

lighthouse ●

# View

The District Newsletter for **Mona Shores**  
Public Schools

MAY 2022 • ISSUE 62



**Lincoln Park Elementary Grand Opening  
Thank You Sailor Community!**



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## Feedback from Families Drives Growth

**Feedback and growth are essential for every organization.**

**Mona Shores Public Schools welcomes and appreciates the perspective, experience, and thoughts of our students, families and community.**

*Thankful for your partnership!*

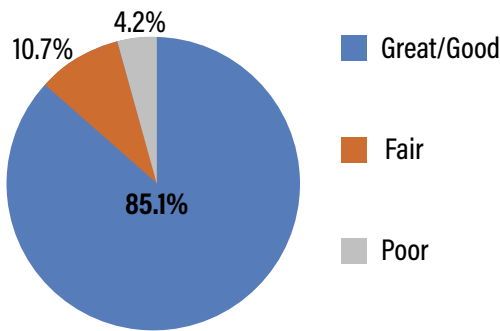
In February we worked with a company called *School Perceptions* to anonymously administer surveys of our families and our students. We administered the *Parent Perception Survey* to all families and the *Student Life Survey* to all students in grade 4 through 12. We got some incredible data from these surveys, some of which cements the great things that are happening in our schools and some that provides areas for us to keep getting better for our community. We are thankful for a community that is willing to share their feedback with us in order to help us be the best we can be.

Bill O'Brien, Superintendent  
 Mona Shores Public Schools

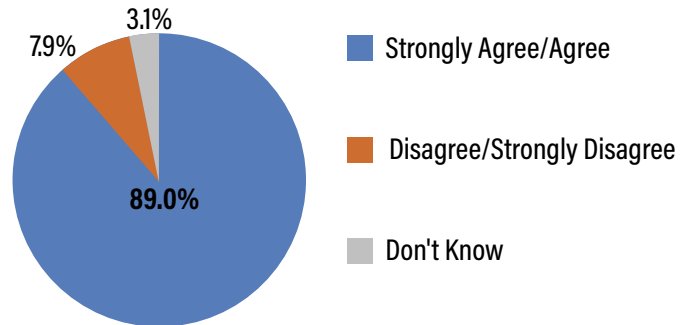
Stan Miller, Board President  
 Mona Shores Public Schools

### Parent Satisfaction Survey - 1,072 Responses

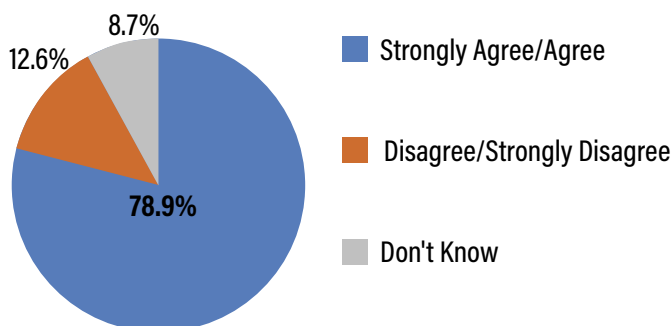
Overall, how would you rate communication from the school?



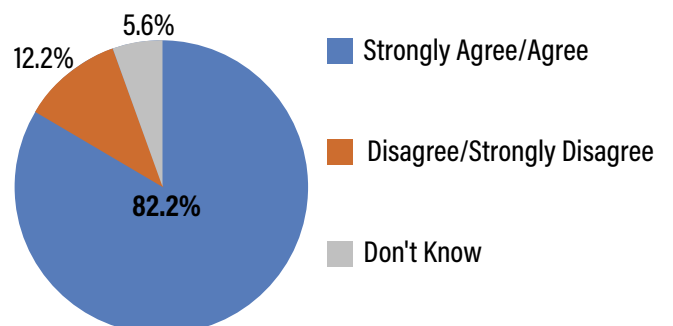
District Administration is doing what it takes to make our district successful.



The School Board is doing what it takes to make our district successful.



The district is heading in the right direction.

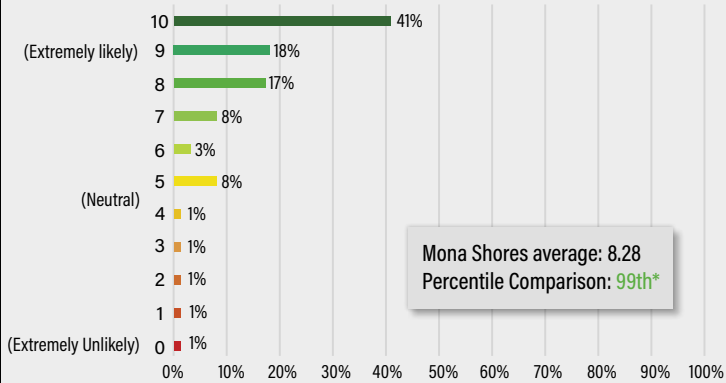


The MASB Certified Board Member Awards Program offers school board leaders a way to develop new skills, stay up-to-date on educational issues and earn recognition for professional development as a school board member. Congratulations and thank you to the Mona Shores Board of Education Members listed below for their accomplishments:

- Stan Miller:** Master Diamond Award
- Kandace Boysen:** Master Platinum Award
- Christine Burnaw:** Certified Board Member Award  
Award of Merit  
Award of Distinction

For more information, the MASB website is at:  
<https://masb.org/summary-of-award-levels.aspx>

### How likely are you to recommend the District to a friend or family member?



## 2022-23 SCHOOL CALENDAR

The school calendar for 2022-23 will look a little different than it has traditionally. We set a goal of finding a way to make the calendar more consistent, predictable, and routine for students, families, and staff. Below are a few important features of our 2022-23 calendar:

- ⚓ 6 solid weeks of learning followed by a break
- ⚓ 2022-23 Breaks:
  - October 17-21
  - Thanksgiving
  - December 22-January 4
  - February 20-24
  - April 3-7
- ⚓ We also worked to minimize half days as we know those are challenging for families and not the best use of instructional time.
- ⚓ Early Release at the Elementaries every Monday
- ⚓ Late Start at MS and HS every other Wednesday

If you would like to view the full calendar, it can be found in the bottom right corner at <https://www.monashores.net/>. We look forward to monitoring how this new approach to the school calendar can support our students and families by providing more consistency and routine.

## Student Life Survey (Grades 4-8) - 1,312 Responses

Life at School: I know my teachers care about me.

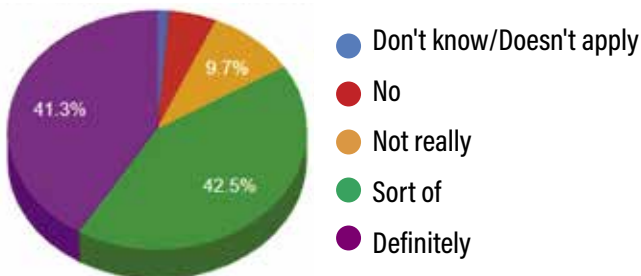


Life at School: I feel safe at school.



## Student Life Survey (Grades 9-12) - 886 Responses

Life at School: I feel safe at school.



Life at School: I know my teachers care about me.



# Bonded Construction Update

by Robert Jonker, Director of Finance



Churchill is finished! All classrooms are complete and the students and staff have settled into their new spaces. Due to the pandemic and shut down in May 2020, the entire construction schedule had to be re-phased delaying completion to just after spring break of 2022 rather than the start of school. Original construction cost was \$11,640,078. We had budgeted an additional \$847,749 in construction contingencies of which we have \$211,579 remaining to date, for a total build cost of \$12,276,248. We fully expect to have some minor items pop up and need correcting throughout the spring, including a water main replacement in June, which could reduce that contingency amount should that occur.

Construction is continuing to go well. Ross Park Elementary and Campbell Elementary are on schedule and the Middle School construction started at spring break. Once again, I would like to thank our community and staff for their support and patience throughout this project.



# Life & Learning: The Impacts of COVID-19

*a message* from Andy Hogston, Director of Curriculum, Instruction & Assessment

It is with a hopeful heart that I write this article. This is yet another opportunity to reflect and ponder the arduous journey of a Global Pandemic. Personally, professionally, and collectively we have endured two years of upheaval and disruption. As a school-community we have experienced loss and sacrificed for the betterment of others. We have complied with ever changing mandates and guidelines. As parents, grandparents, teachers, and district leaders we have made difficult decisions when all potential options seemed impossible. We persevered and did the best that we could. There are moments and memories that will leave an indelible mark. Ultimately, I have gained an appreciation and admiration for the everyday "heroes" that walk amongst us. We can learn a great deal from them about academic pursuits and content, but more importantly about life.

We seem to hear incessantly about the "learning loss" that this generation of students has experienced, but very seldom do we hear about the learning and perspective that has been gained. To generally dismiss the complicated work and efforts of our teachers, students, and parents is mistaken. On the other hand, we should not discount the impacts and trauma caused by the pandemic. Every generation is confronted with challenges. School, work, and life provides no shortage of stress and difficulty, but despite the COVID-19 Pandemic, great things continue to happen at Mona Shores!

## Considerations & Perspective:

- We devised plans and constantly revised them. We found ways to mitigate risk and manage mandates at buildings and in classrooms. We stayed open, offered options, and the learning continued. We found ways to provide co-curricular activities.
- Approximate In-person Days:
  - **19-20** School Year: **122** (Lockdown 58 days - Virtual)
  - **20-21** School Year: **170** (mandated virtual 10 days)
  - Adjusted daily schedules at all levels (Hybrid at HS)
  - **948** fully virtual students to begin the school year & **2771** in-person
  - **21-22** School Year: Hopefully **180** (Less than 30 students K-8 virtual)
- We offered in-person learning for all days except those that we were mandated to close.
- We have provided over **2,250,000** meals to the Mona Shores School Community.
- We distributed and provided over **3800** Chromebooks to families during the lockdown.

## Interesting Data Points

- There are many measures and milestones for determining growth and achievement.
- According to our Star Reading & Star Math Benchmark assessments K-8 students are overall maintaining skills, growing skills, and making gains.
- MSHS students taking AP classes increased from 249 in 2019 to 302 in 2021
- Historical SAT Performance - **2018:** 1007, **2019:** 984, **2020:**1065, **2021:** 1002

*"While we may not be able to control all that happens to us, we can control what happens inside us."* - Benjamin Franklin

## Technology Update *by* Chad Pranger, Director of Technology

The way our kids and community have adapted over the past two years has been simply incredible. As we look back on the 2021-2022 school year, I think it's important to highlight the Mona Shores commitment to keeping kids in classrooms.

With the onset of the pandemic a completely new virtual program was launched. I can speak to the device distribution side of the effort and that was only a part of it. After the Stay at Home Order was issued and speaking with Mr. O'Brien, it became apparent that this would happen in a matter of days, not weeks. Everyone from The Operations Crew, The Grounds Crew, Front Office staff, Principals, Administrators, Technology Staff and many other volunteers joined us to distribute devices for students. Over 100 device carts were disassembled in a

matter of days to ensure each student was equipped with a device for virtual use. Being part of a great team at Mona Shores made this possible.

The first full time school year, coming out of the 2020-2021 pandemic, has presented a great deal of challenges. Construction has been one of our bigger ones and probably one of the more obvious as you drive past the busy job sites. Our first completed building, Lincoln Park Elementary was available for our community to see on March 16th for the Open House. These newly remodeled buildings speak to Mona Shores Schools and our community's commitment to classroom learning.

# SHORES Community Spotlight

Mona Shores Early  
Childhood Director,  
**Autumn  
Hazekamp**

**M**ona Shores Public Schools offers quality early childhood education options to some of the youngest sailors in our community. I am fortunate to be the Early Childhood Director for Mona Shores Preschool and Mona Shores Child Care.

As a young girl, I grew up with my mother working for the Mona Shores Transportation department. I would often help with making copies, alphabetizing cards, and placing labels

on envelopes. These experiences quickly taught me how special Mona Shores Public Schools are. I could only dream of one day working in the district.

My career began after achieving my bachelor degree in Early Childhood Education. I began as a preschool teacher and continued this adventure for six years. I truly loved learning, playing and making memories with amazing children each day. In 2015, I joined the Sailor community and became the Early Childhood Director to the preschool and childcare programs.

Growing up in the area, I married my high school sweetheart. Together we have two young girls that are blessed to grow and learn in such a great community. I am passionate about providing high quality preschool and childcare for children of all ages. Having both of my children attend these programs, it's remarkable to witness how other children and our educators have become family.

Early Childhood Education is an important part of a child's development. By the age of 6, a child's brain is more than halfway developed due to the rapid amount of neurons in a child's brain. Early brain development establishes a child's social competence, emotional well-being, cognitive skills, language, literacy skills, physical abilities and is a marker for well-being in school and life resiliency. Children learn best when they feel a sense of belonging and structure in their environment.

Mona Shores Early Childhood Programs have grown over the years in size, yet continue to be recognized as one of the best places to send young children. We take pride in establishing relationships with children and partnering with over 350 families. Together we can create great success for our children and the future of our community.



We are excited for the upcoming development, upgrades and new early childhood center that will be complete by Fall of 2024. Our center will offer an environment that

is designed for the development of our youngest sailors. These spaces will offer child-sized amenities and a fresh new atmosphere. A new parking lot and entrance will allow for easy access to our center, separate from the elementary school.

We offer a variety of programs that support children starting at birth and continuing throughout their elementary years. Together we partner with parents to offer a nurturing environment to help children develop at their own pace. Our early childhood educators are highly qualified to work with infants, toddlers and preschoolers. All staff are CPR & First Aid certified and participate in several training sessions each year. Our center has been open for over 20 years and we are a star rated center through the State of Michigan Great Start to Quality Program.

For more information about our child care or preschool programs, please contact our early childhood office at 231-780-6720. Enrollment for the 2022-2023 school year is happening now and slots are filling quickly.

Mona Shores Early Childhood Director,  
**Autumn Hazekamp**



**Driftwood  
Cafe**  
Driftwood Cafe  
Tanglewood Park  
560 Seminole Road  
Muskegon, MI 49444

Discount Dining Dinners have returned to Driftwood Cafe!  
Dinners are served on  
Tuesdays from 4 - 6 pm.

Join your friends and make new ones.  
Menus vary and include tasty and healthy options. All menus are certified by our registered dietitian.



Visit [agewellservices.org](http://agewellservices.org) for more info.

# COX Accounting & Tax Service

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[www.coxaccounting.biz](http://www.coxaccounting.biz)

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for over 70 years*

**Frank Cox  
Ila Cox  
John Cox  
Mark Hekkema  
Jason Cox  
Jon Johnson**

# Sailors Make Use of Full Season in First Uninterrupted Winter Since 2019

~ a message from  
Todd Conrad, Director of Athletics

Though it is difficult to conceive, the 2021-22 winter season was the first in three years that was not abbreviated due to the pandemic. The tail end of the 2019-20 winter season was canceled in March and as we all know, last winter was riddled with starts and stops. The indoor season was good to the Sailors this year as multiple teams had banner seasons.

- Girls Basketball won second consecutive OK Green and MHSAA district championships before ending their season in the regional semi-final against Rockford at Byron Center. The girls were also named academic all-state as a team.
- Competitive Cheer won an incredible 13th consecutive Greater Muskegon championship as well as a 4th consecutive conference championship, both in the OK Green as well as the now-defunct OK Black division. Coach Amanda Heethuis was also named district Coach of the Year by the state coaches' association.
- The hockey team won a third consecutive conference championship in Coach Benedict's third year at the helm. The Sailors lost a heartbreaker to Byron Center in the regional final at Lakeshore Sports Center in double overtime.
- While our female bowlers have enjoyed tremendous success recently, the 2021-22 season saw the boys step up to claim the OK Green championship this year. Both teams competed hard at the MHSAA regional hosted by Sherman Bowling Center in Muskegon.
- Though it is not an MHSAA sport, the Mona Shores powerlifters had four state champions at the MHSPLA state championship meet. For the boys, Xander Iversen, Dauson Trigg, and DJ Caviness took home titles. Our lone female champion was Allie Baker.



As we look forward to the spring, I'd like to make everyone aware of a new way to support Sailor Athletics. In partnership with **Best Financial Credit Union**,

families at Mona Shores can now get a Mona Shores branded debit card. A small donation is made to the Mona Shores Athletic Department each time a purchase is made with the debit card. Just visit the branch at 1888 East Sherman Boulevard in Muskegon or at 612 West Savidge Street in Spring Lake. Please reach out to the athletic office with any questions.

## GO SHORES!

TONIGHT'S HOMEWORK:  
PREPARE FOR  
FINANCIAL SUCCESS

...AND, WE CAN HELP



INVESTMENTS & PORTFOLIOS



COMPANY RETIREMENT PLANS



RETIREMENT PLAN ROLLOVERS



SOCIAL SECURITY ANALYSIS



FINANCIAL PLANNING

231.720.0743 [www.braeburnwealth.com](http://www.braeburnwealth.com)

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# High School

*a message* from High School Principal, Jennifer Bustard

## "Sailor P.R.I.D.E."

Personal responsibility | Respect | Integrity | Disciplined | Engagement

Spring is full of excitement for all of our students, and it is an exceptionally exciting time for our seniors who will soon be participating in the many upcoming events that are focused around graduation. Along with graduation comes the highly anticipated Spring Prom. We are so fortunate to be able to offer this event for our students this year! To kick off another successful and safe prom, we will be providing students with a Drug and Alcohol Awareness Month. Once again this year, in partnership with our Norton Shores Police Department, Ramos and Sons, Nexes Realty, and Muskegon ALI, we will have a series of student and community events in place to provide awareness and prevention in the areas of health and safety concerns.

## April Awareness Activities 2022

Sponsored by NSPD



### IMPORTANT DATES:

**MARCH- APRIL** Face the Book Billboard Contest, Campaign and Competition

**APRIL 25-29:** Save a Life tour virtual presentation

**MAY 3:** Save a Life tour program: 9 am -1 pm

**MAY 7:** PROM at *Fricano's* (event center): 7:00 - 10pm

**MAY 6:** Drawing for the *Ride with Pride* final 10 juniors and seniors ~ PRIZE=CAR! And 🚲 Final 9-10th grade students eligible for an eBike!

**MAY 13:** Sailor Pride All School Assembly: Celebrate School and Community • Positive Behaviors • Present grade level prizes donated by local businesses and announce the winner of the Car and eBike!  
Sponsored by *Ramos and Sons* and *Nexes Realty*.

### Teaching and Learning:

Our high school is proud to share that in our pursuit of College, Career and life readiness for all of our students, we have recently assessed our 9th grade, 10th grade and 11th grade students. Since the State of Michigan implemented the mandate for all juniors to take the SAT college entrance exam, we have created the opportunity to test all students on that day. The 9th and 10th grade took PSAT, and the 11th grade took the SAT. The PSAT test is a predictor assessment on how students will fare on the SAT College Readiness Assessment. By having students take these assessments, teachers have a data resource to use in evaluating curriculum, monitor how students are learning, make the necessary adjustments to assist in student achievement and provide students and their parents with college readiness predictors. For more information on SAT readiness check out the counseling department webpage or visit [www.collegeboard.org](http://www.collegeboard.org).

### National Merit Finalist

#### Congratulations to Senior Alden Crago

for being named a National Merit Finalist



The National Merit Scholarship program is an academic competition for recognition and scholarships. Approximately 1.5 million high school students enter the program each year. Alden is one of 15,000 students in the United States that has been recognized for high academic achievement on the PSAT/NMSQT assessment.

### Summer School Information:

We are pleased to announce that Mona Shores High School will be once again offering Summer School for students. Having summer school will give students a local opportunity for credit recovery and credit enhancement. We are excited about this opportunity to be able to offer a variety of classes to our students. Specific Summer School information is available in the counseling office at the high school or can be found on our high school webpage. Any questions, please contact Pat Rabbitt, summer school coordinator. He can be reached at 231-780-4711.

Please visit our high school webpage for dates, locations, current events and general school information at [www.monashores.net](http://www.monashores.net). You can follow all of the Sailor action on Twitter or Facebook @MSHSPRIDE.

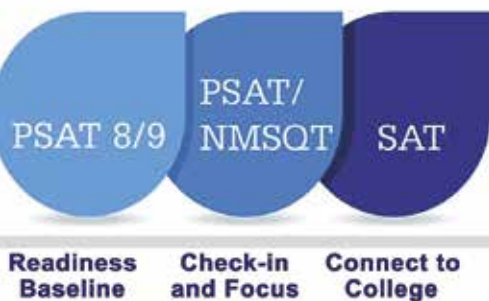
Hope to see you at our next event! Go Sailors!

Jennifer Bustard, Principal  
(231) 780-4711, extension 8499

\*High School schedules continue on page 10.

### The SAT Suite of Assessments

CollegeBoard



Readiness Baseline    Check-in and Focus    Connect to College



# HIGH SCHOOL SCHEDULES

## 2022 Calendar of Events for High School Seniors

May 7 ..... Prom – 7:00 pm-10:00 pm Fricano’s  
 May 13 ..... Sailor PRIDE Assembly  
 May 23 ..... Honors Convocation – 7:00 pm (HS Auditorium)  
 May 23-27 ..... Senior Exam Week  
 May 27 ..... Senior Day!  
     Senior Breakfast – 7:45-8:30 am (HS Cafeteria)  
     Senior Tour Elementary’s  
     Senior Checkout – 10:19-12:00 pm (Aux Gym)  
     Senior Lunch – 12:30 pm (Fricano’s on the Lake Pizza)  
     Senior Community Parade 5:30 pm (Lake Harbor to Seminole)  
 May 31 ..... Commencement Rehearsal – 12:45 pm (Mercy Arena)  
     Commencement – 7:00 pm (Mercy Arena)

## 2022 High School Exam Schedule Grades 9th – 11th

June 8 ..... 1st Hour Exam – 7:45-9:10 am  
 June 9 ..... 2nd Hour Exam- 7:45-9:10 am  
                     3rd Hour Exam – 9:20-10:45 am  
 June 10 ..... 4th Hour Exam – 7:45-9:10 am  
                     5th Hour Exam – 9:20-10:45 am  
                     Last day of school



“The health sciences classes at the CTC gave me a head start on my college education, and they look great on a resume or college application. Today, I’m a Registered Respiratory Therapist at Saint Mary’s Medical Center.”

*Benjamin Essenberg*  
 Former Health Sciences student  
 Mona Shores High School

**READY TO ACCELERATE YOUR CAREER?**  
 Visit [muskegonctc.org](http://muskegonctc.org) to review class options.

## First Congregational Church



First Congregational Church of Muskegon has recently confirmed its commitment to being Open and Affirming.



**In Person & ONLINE  
 Worship Service  
 Sunday - 10:30 AM**

This means that we care for the welfare of our community and welcome everyone, no matter who you are or where you are on life’s journey.

We embrace into our full life and ministry persons of all sexual orientations, gender identities, and gender expressions.

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 Muskegon, MI 49441  
 231-726-3254  
[www.fccmuskegon.org](http://www.fccmuskegon.org)



## ACCEPTING NEW PATIENTS

Medical, Dental, Behavioral Health Services  
 Accepting New Patients ages 5-21

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[info@SerenityWellnessChiro.com](mailto:info@SerenityWellnessChiro.com)

# Counselor's Corner

by Danielle Smith-Walker, Director of Counseling

## SCHEDULING 2022-2023

Scheduling for the 2022-2023 school year has wrapped up here at the high school. Students had the opportunity to meet with counselors, update their EDP's and explore Xello (career interest inventory). If your son/daughter did not turn in their scheduling forms, please have them bring them to the counseling office as soon as possible.

## MUSKEGON AREA PROMISE

All graduates who reside in and graduate from a Muskegon County School are eligible for TUITION-FREE PROMISE Scholarships. The PROMISE covers tuition (valued at the current Muskegon Community College rate), and mandatory fees (a \$5,400 value). For more information please visit: <http://www.muskegonisd.org/career-college/promise/>.

### Students must:

- Live in the MAISD boundaries
- Graduate with a cumulative GPA of 3.5 or higher
- Apply for FAFSA
- Enroll at Muskegon Community College or Baker College.

NO Application is needed for this award. Students will be sent a letter of eligibility that details instructions to accept the award. Please Note: There is a July 1 deadline.

## SCHOLARSHIP FORMS

Any senior who has received a scholarship should fill out the "Award Form" in order to be recognized at the Honors Convocation. This form will be available in early May. Please list all scholarship earnings and awards that you have been granted to date. This includes scholarships/grants that you may or may not accept. Do not include loans or Pell Grants. It is important that you include the full name of the scholarship/award including the college name if applicable.

## FINAL TRANSCRIPTS

Seniors will be meeting with their counselors individually for an Exit Interview. During this time seniors must notify their counselor which college (and NCAA if applicable) must receive a final transcript AND place an order for a Final Transcript in Parchment. If your student has trouble doing this, please have them stop in the office.

## SCHOLARSHIPS

There are scholarships listed on our Counseling Department website with applications available in our office or online. Please remember that you should allow 5-7 days prior to the deadline for processing. There are monthly listings posted on our high school web page. Please view at the following link: <http://www.monashores.net/our-schools/mona-shores-high-school/hs-departments/counseling/financial-aid--scholarships/>.

- **Seniors planning to attend Muskegon Community College:** Our office has planned a special day for our seniors to visit Muskegon Community College on **April 21**. Students will go through orientation, take placement tests, and meet with advisors to register for classes. Students must sign up to attend. Please stop in the counseling office for further details.

## SAT

Students planning to take the May 7 SAT must submit their registration online by April 8. Please visit the [CollegeBoard website](https://collegereadiness.collegeboard.org/sat/register/dates-deadlines) for more information. <https://collegereadiness.collegeboard.org/sat/register/dates-deadlines> for more information. Mona Shores High School's code is 232704. The basic fee for the SAT (no writing) is \$55. Please note that there is also an August 27 test date for those wanting to take it before school starts.



## DECISION DAY

Decision Day is May 1st. Typically, Decision Day coincides with the date that most seniors are to inform a college of their plan to enroll and make a deposit. This is a state initiative to recognize seniors on their post-secondary plans. We would love for all seniors to add their name to our Sailor college/career map located outside of the Counseling Office. Please encourage your son/daughter to stop by the Counseling Office to fill out a flag indicating their post secondary plans (college attending, military service, or career) to add to our map.

COUNSELOR'S CORNER continued on next page....

**FINANCIAL AID**

Many students/families still have not completed the FAFSA. It is not too late! The financial aid process begins with submitting the **Free Application for Federal Student Aid (FAFSA)** online after October 1. For assistance in completing your FAFSA, please contact either Baker College or attend one of MCC's FAFSA Friday sessions. These services are available to the community (students need not be planning to attend either college for assistance). For more information, please contact the Financial Aid office at MCC: Phone: (231) 773-9131.

**SUMMER SCHOOL**

Information regarding summer school at Mona Shores High School will be available in the Counseling Office and on our website by the end of April. This is an outstanding opportunity for students to either do credit recovery for one or two classes or do credit enhancement to get ahead in their coursework. Each class spans a three-week time period, and it is imperative that students attend every day during the session. Check out the website for the fees, specific dates, and the courses being offered, or contact your student's counselor.

**CREDIT RECOVERY CLASSES**

Students who have failed classes or are behind in credits may elect to take an online course after school through the High School's credit recovery program. The student needs to see his/her counselor to complete an application and determine which course needs to be taken. Students may work Monday through Thursday from 3:00 – 4:30 p.m. All work needs to be completed at school and should be finished within a trimester's time. Please contact the counseling office for more information.

**TESTING OUT OF CLASSES**

Testing out of classes provides students with an opportunity to earn credit in a course by passing an examination. Testing out is only available once per year. Test out dates will take place before the end of the year. Look for more information soon. Students must complete a request form (available in the Athletic/Counseling Office later this month) and then return it along with a refundable \$25 check. Study materials will be available for pickup in the Athletic/ Counseling Office. Students must earn an 80% or better on the exam in order to receive credit for the course.

**COUNSELING OFFICE WEBSITE**

Please refer to our website: <http://www.monashores.net/our-schools/mona-shores-high-school/hs-departments/counseling/> to find the latest scholarship application information, financial aid, E-transcripts, NCAA and testing information.



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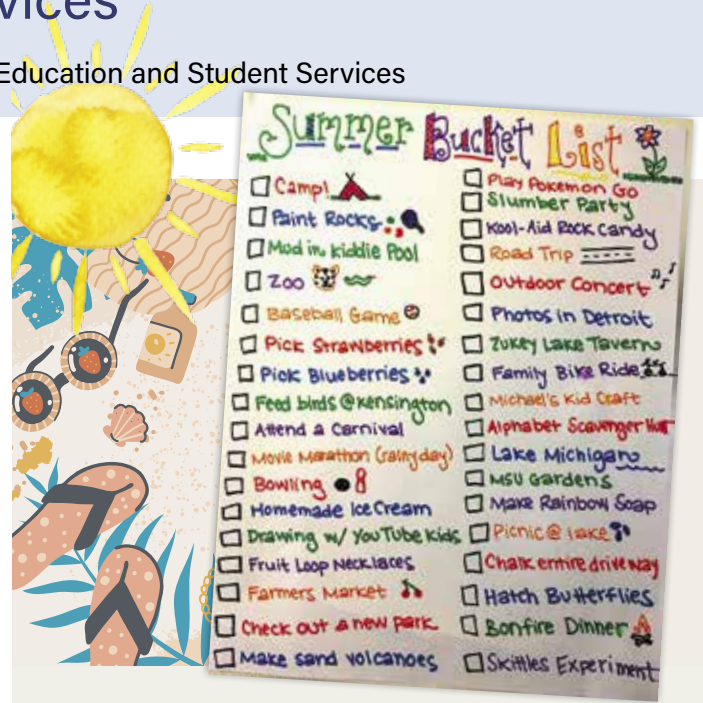
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# Special Education & Student Services

*a message* from Jennifer Briggs Russell, Director of Special Education and Student Services

*The best thing to spend on your children is your time.* ~ Louise Hart

When it comes to our loved ones, there is one thing each of us can give, no matter our circumstances. Time. We may have a lot or a little, it may be a day, a week or a weekend. What matters is putting down our phones, and creating shared experiences together. This time of year in West Michigan offers so many experiences to share with our families. We can look for comets, star gaze on the beach. We can have fun with our 'Sailor Tips' activities. The NEW Dune Harbor County Park is a perfect spot for walking, kayaking, and fishing. The Muskegon Farmers Market is open and has free smells, music, and gorgeous colorful produce and flowers. This season is a perfect time to focus some of our time and attention completely on the people we care about the most! *Hope everyone has a healthy and enjoyable summer!*



A summer bucket list is a great way to capture ideas for fun ways to spend TIME together. Looking forward to things is part of the fun! Making the list, and getting new and creative ideas adds to the excitement!

Summer Bucket list shared with permission from: <https://mrswebersneighborhood.com>



## Sailing Tips from the Therapy Crew

Core Strength & Pencil Grasp



JoAnn Hradsky, OTR/L Jessica Keever, MS OTR/L Lisa Luttrull, DPT Melissa Stark, MS OTR/L

### Did you know?



- Core strength refers to the strength of the muscles of the abdominal wall, pelvis and lower back.
- Core strength is important for the development of gross and fine motor skills because it is the foundation for control of all body movements.



### Cocoon



### Superkid

### Tips for Strengthening the CORE at Home

- Cocoon:** tuck knees to chest, give a hug, and lift your head
- Superkid:** lift arms and legs straight up off the floor
- Have your child do each exercise, **3 times in a row, daily.**
- Preschool** students should hold each pose for 20 seconds.
- Elementary** students should hold each pose for 30 seconds.



## Pencil Grasp



### Functional Grasp

- Allows for the greatest amount of finger movement
- Prevents or decreases fatigue of the muscles of the hands
- Dynamic tripod grasp:** uses the thumb and index finger, while pencil rests on the middle finger
- Dynamic quadrupod grasp:** uses the thumb, index and middle fingers, while pencil rests on the ring finger.



### Home Activities to Develop Pencil Grasp



Playing with tongs



Piggy bank



Squeezing spray bottles



Writing on easel or vertical surface



Snapping



Playing with Play-Doh



Buttoning activities



Playing with spinners



Zipping



Taking off lids



Finger play songs



Stringing beads

### Tips and Resources for Developing Pencil Grasp

- Students need to be directly taught how to hold a pencil with a functional grasp.
- Visit this link for more information on how to hold a pencil: <https://bit.ly/343e5Yv>
- Visit this link for more information on tricks to teach a functional pencil grasp: <https://bit.ly/3svFWtV>

# Middle School

*a message* from Principal, Doug Ammeraal

## MSMS || 2021-2022 A Year Focused on Re-Engaging, Re-Igniting, and Re-Inspiring

It's hard to believe that we are two-thirds of the way through another outstanding, yet extremely challenging, school year at Mona Shores Middle School! As we look toward our final weeks and trimester, sending our 8th graders to the High School, and welcoming a new team of rising 6th graders, I am proud of our students and staff at MSMS! They have both continued to show passion for learning, collective responsibility for success, and dedication to serving others. All in the face and fallout of COVID! This has certainly been a phenomenal, strong year for our building.

*Since the beginning of the year, Mona Shores Middle School has focused on the three pillars of focus below.*

- **RE-ENGAGE ||** While we have not fully returned to "normal" and continued to battle COVID through this school year, our students and staff re-engaged and embraced the experience, learning, trials, and tribulations that school offers. We have all worked to get our students into classrooms, to keep them healthy, and to re-establish routines, expectations, and a full school experience. Our staff has been able to connect with, teach, and provide feedback to our students. We have engaged our students in the hallways, challenged them in the classroom, and modeled positive interactions as they move through the building. Our Sailor Experiences have challenged and offered another way for students, teachers, school and community to all re-engage with each other. Whether it was through our cooking experience, creative writing, industrial creations, art experiences, or any of the other experiences, students engaged in a variety of different capacities. We have challenged our staff to dive deeply back into their passions, into the hearts and minds of our students, and into all that our profession has to offer. They have re-engaged their "WHY" in teaching, impacting, and supporting our students. In moving through the remainder of the 2021-2022 school year, we will continue to re-engage our staff and students in all of the amazing things that make up the fabric of Mona Shores Middle School.
- **RE-IGNITE ||** Re-igniting our fitness/workout routine, a diet, a new school year, an old hobby, or simply getting up early again can certainly be difficult. As students, educators and adults, we experience this each year with the re-igniting that occurs each and every September with the start of a new school year. It occurs each step we take into that forgotten or paused routine. It occurs when we move out of routine and normalcy. Re-igniting, though, happens when we choose to step back into the early mornings, procedures, franticness, deadlines, discipline, family, and the overall grind that life is. Re-igniting the flame of learning, of literacy, of connections, and of school in general for our students and staff can be daunting at best. Now, pile on two years of COVID and these challenges to re-ignite become even more of a hurdle. Yet, our students and staff have found a way to re-ignite their passions, their work, their routines, their expectations, their relationships, and their normalcy! At MSMS, we are grateful for this focus and commitment.
- **RE-INSPIRE ||** This is the one that I have grappled with and wondered about the most. How would we tap into and inspire our students and staff after a year-and-a-half of COVID, both in their learning and in their Sailor PRIDE. I wondered if and how our staff would tap back into their passions, their heart, and their love of teaching when so many forces pressed back and challenged their amazing profession, making the work more difficult than ever. I wondered if our students would latch back onto their learning, to their classmates, to PRIDE, and to being the best middle school in America. I wondered what we had lost and what we might be able to regain. **Looking back and then considering where we are now, what MSMS and our staff have been able to accomplish and inspire in our students has far exceeded my expectations.** Our staff re-inspires students every single year and every single day when they step into our building. Our staff has re-inspired each other through conversations, collaboration, shared experiences, and authentic connections. Our staff will do whatever it takes for OUR kids! This IS the inspiration. From day one, I believe that our students saw and felt this within our building. Over the months, this inspiration, normalcy, and press-forward-attitude has allowed both our students and staff to feed off it and propel us forward in a strong, inspiring year.



So as we move through the final days and weeks of the school year, staff at MSMS will continue to give their best as they re-engage, re-ignite, and re-inspire their students, their work, and within Mona Shores Middle School!

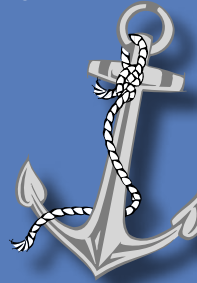
**"You are loved, valued, and appreciated for being exactly who you are."**

# Elementary News *News* Mona Shores PTOs are Phenomenal!

For many years, the Parent Teacher Organizations at our elementary buildings have been providing an array of engaging activities and community-building events, while also supporting teachers and their classroom needs. This driven group assists with various school functions and services, provides financial assistance where needs are identified within the school, foster a community atmosphere, and actively support the mission and vision of our district. These incredible volunteers truly make memories for our students that last a lifetime!

## 2021-22 HIGHLIGHTS AND UPCOMING EVENTS:

- Spirit Week activities
- Dinner for teachers at conferences
- Father/Daughter Dance
- Mother/Son Event
- Family Fun Night
- Staff Appreciation
- 5th Grade Celebration
- Walk-A-Thon/Read-A-Thon
- Snacks for classroom celebrations
- March is Reading Month
- Carnivals/Festivals
- Field Day
- Recess Equipment
- Field Trips
- Classroom Supplies
- Teacher Grants



Our PTOs warmly welcome any help you are able to give in keeping these events fun for everyone. If you are interested in getting involved, please feel free to reach out to any of our elementary schools for more information. In addition, the chart below includes PTO contact information and meeting dates for your child's school.

CAMPBELL ELEMENTARY	CHURCHILL ELEMENTARY	LINCOLN PARK ELEMENTARY	ROSS PARK ELEMENTARY
<b>MEETINGS:</b> 2nd Monday of the month at 7 PM	<b>MEETINGS:</b> 1st Wednesday of the month at 6 PM	<b>MEETINGS:</b> 2nd Tuesday of the month at 7 PM	<b>MEETINGS:</b> 3rd Wednesday of the month at 6 PM
<b>PRESIDENT:</b> Jason Whiteman	<b>PRESIDENT:</b> Julie Johnson	<b>PRESIDENT:</b> Jamie Sowa	<b>PRESIDENT:</b> Shannon Glinski
<b>VICE PRESIDENT:</b> Tracy Smith	<b>CO-VICE PRESIDENTS:</b> Katie Moriarty and Meghan Arnson	<b>VICE PRESIDENT:</b> Jennifer Fishel	<b>VICE PRESIDENT:</b> Amanda Shunta
<b>SECRETARY:</b> Vanessa Chorny	<b>SECRETARY:</b> Meghan Rollins	<b>SECRETARY:</b> Jessica Fowler	<b>TREASURER:</b> Laura Hall
<b>TREASURER:</b> Kellen Facchini	<b>TREASURER:</b> Jen Kanaar	<b>TREASURER:</b> Shanna Maike	<b>UPPER EL LIAISON:</b> Michelle Bourdon <b>LOWER EL LIAISON:</b> Melissa Frey
<b>EMAIL:</b> mscampbellpto@gmail.com	<b>EMAIL:</b> juliej893@gmail.com	<b>EMAIL:</b> lincolnparkptocrew@gmail.com	<b>EMAIL:</b> rossparkpto@gmail.com

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**HEAD START:** A federally funded preschool program that offers three and four year old children a full day of educational experiences. Breakfast, lunch and an afternoon snack are provided.

**GREAT START READINESS PROGRAM:**

A state-sponsored preschool experience for 4-year-olds to include a full day of educational experiences. Breakfast, lunch, and an afternoon snack are provided.



**Classrooms are located in Ross Park Elementary.**

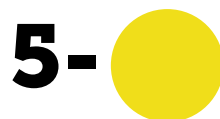
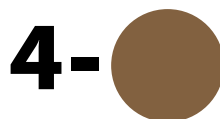
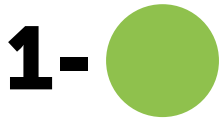
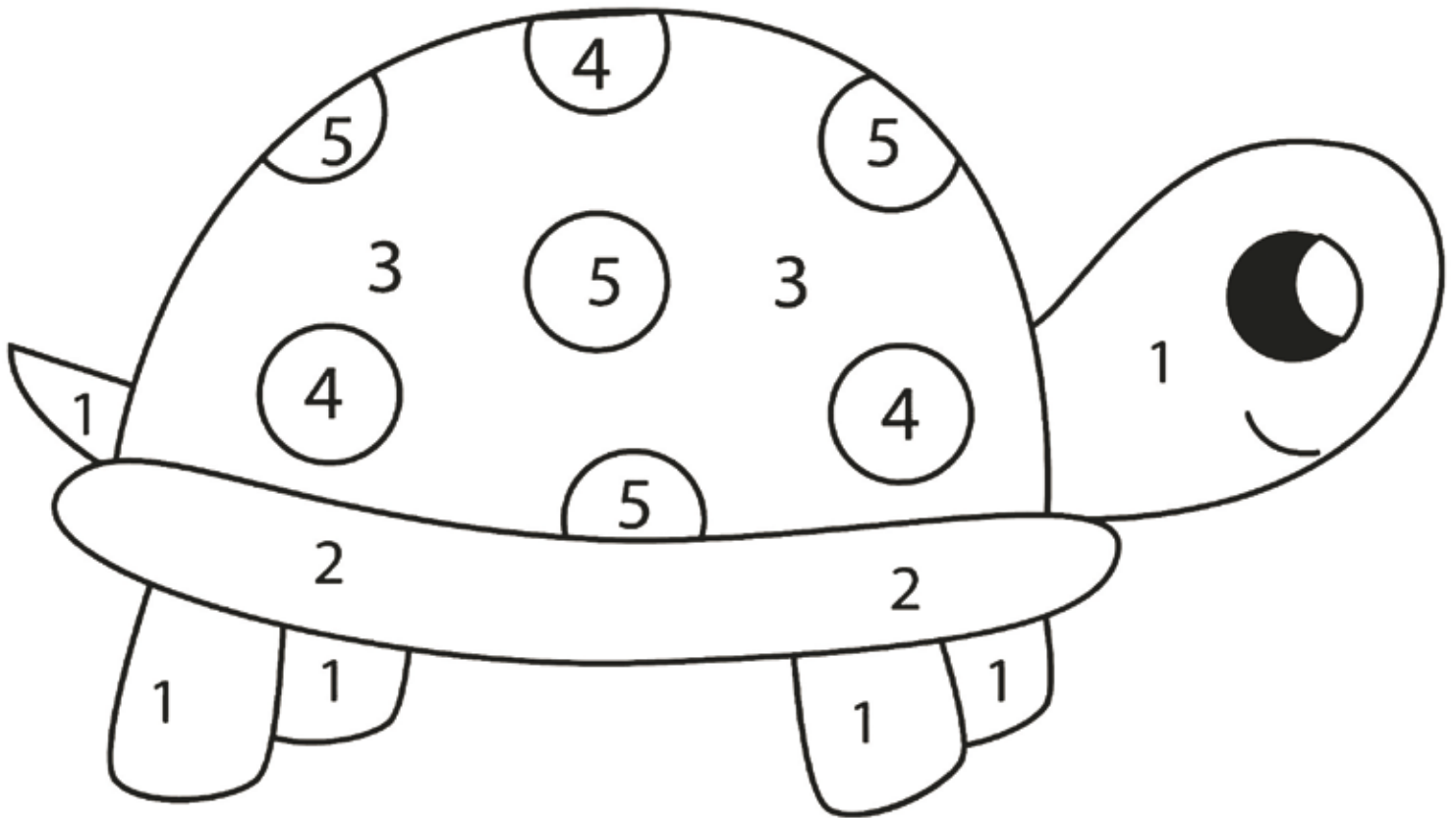
**Please call 231-720-2540 for information.**

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# Future Sailors Activity

**Color by number.**



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- COMMUNITY SERVICES.....(231) 780-4748
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- ROSS PARK ELEMENTARY .....(231) 798-1773
- MIDDLE SCHOOL.....(231) 759-8506
- HIGH SCHOOL .....(231) 780-4711

**Board of Education 2022 Meeting Schedule**

- May 9 ..... 7:00 PM to 9:00 PM..... Work Session HS-LMC
- May 16..... 7:00 PM to 9:00 PM..... Regular Session HS-LMC
- Jun 6 ..... 7:00 PM to 9:00 PM..... Work Session HS-LMC
- Jun 13..... 6:45 PM to 7:00 PM..... Budget Presentation HS-LMC
- Jun 13..... 7:00 PM to 9:00 PM..... Regular Session HS-LMC

**BOARD OF EDUCATION 2021-2022**

- |  |  |
|--|--|
| <b>Stan Miller, President</b><br>(231) 557-4039<br>E-mail: millers@monashores.net        | <b>Jay Keessen, Treasurer</b><br>(231) 206-0889<br>E-mail: keessenj@monashores.net |
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| <b>Jeanne Cooper-Kuiper, Trustee</b><br>(231) 798-3815<br>E-mail: cooperj@monashores.net |  |



*Our Board of Education (left to right):  
Wesley Wilson, Mary McClellan,  
Chris Burnaw, Kandace Boysen,  
Stan Miller, Bill O'Brien (Superintendent)  
and Jay Keessen.  
Not pictured Jeanne Cooper-Kuiper.*

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