

lighthouse ●

view

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

MAY 2023 • ISSUE 65

\$\$\$ MONA SHORES PUBLIC SCHOOLS \$\$\$

VOTE MAY 2!

Current Millage Rate Renewal

**2 LOCAL
MILLAGE
RENEWALS**



SINKING FUND



**OPERATING /
NON-HOMESTEAD**

**1 COUNTYWIDE
ENHANCEMENT
MILLAGE RENEWAL**



**SECURITY &
TECHNOLOGY**

ALL RENEWALS OF CURRENT TAX LEVIES

Part of the 40 Year Plan for Responsible Fiscal Management Of Our Schools.

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a letter from our Superintendent



Sailor Families,

As this edition of the Lighthouse View lands in your mailbox we are just days away from an important day for Mona Shores. We want to remind everyone to get out and vote on May 2. There are three millage renewals on the ballot. All three are current millage rate renewals with no new tax levies.

Mona Shores has two local millages and there is one county-wide security/technology enhancement millage on the ballot. All are renewals of current tax levies. Renewal of these 3 millages will maintain the current tax levies.

These three levies are part of the 40 year plan for responsible fiscal management of Mona Shores Schools. By simply renewing these current millage rates Mona Shores Schools has committed to not asking our community for additional tax levies. We can responsibly manage the needs of the district with only renewals of current tax levies and do not have to ask for an increase.

What are the 3 millage renewals?		
Sinking Fund Renewal	Operating/Non-Homestead Renewal	Security/Technology Millage Renewal
10 year renewal of .9837 mills	10 year renewal of 18.9544 mills	10 year renewal of 0.9831 mills
Sinking Fund dollars may only be utilized for construction or repair of school buildings, site improvements, and with the newly amended law, school security improvements and the acquisition and upgrading of technology. This generates approximately \$850,000 annually for Mona Shores Schools.	The Non-Homestead or Operating Millage Renewal ensures that we continue to receive our full foundation allowance, which accounts for the majority of our budget. An operating millage represents non-homestead properties such as industrial, commercial and some agricultural property and "second homes." It does not include a family's primary residence.	This renewal ensures that we continue to fund essential safety features such as our School Resource Officers, security cameras, and keep updated technology in our students hands and classrooms. This generates about \$800,000 annually for Mona Shores Schools.

Renewal supports things like:

- School Resource Officers
- Current classroom technology
- Individual student devices for all kids
- Bus technology
- Security upgrades
- Funding for unplanned facility needs such as broken pipes, roof leaks, or mechanical failures, parking lot repairs, carpet repair, etc.
- Communications, website, and app
- Future facility needs

Thank you for voting on May 2!

Have questions or want additional information?
 Call Bill O'Brien at (231) 332-8201 or email obrienb@monashores.net or visit www.monashores.net/page/2023-millage-renewals



Mona Shores Public Schools THE VIEW

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**Board of Education
2023 Meeting Schedule**

- May 87:00 PM to 9:00 PM..... Work Session RP-PLC
- May 15.....7:00 PM to 9:00 PM..... Regular Session RP-PLC
- Jun 57:00 PM to 9:00 PM..... Work Session RP-PLC
- Jun 12.....7:00 PM to 9:00 PM..... Regular Session RP-PLC
- July 10.....7:00 PM to 9:00 PM..... Combined Session RP-PLC

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- MIDDLE SCHOOL.....(231) 759-8506
- HIGH SCHOOL(231) 780-4711

a letter from our **Board President**

gratitude

I've been thinking a lot about gratitude lately. I find it fascinating that even when it's hard to find something to be grateful for, the more you find the easier it gets. Fortunately, it's easy to find reasons for gratitude around Mona Shores.

I'm grateful for tremendous progress in offerings for our students in special education at the high school this school year, and for the teachers and administrators who have driven that work.

I'm grateful for the bold and innovative school calendar that more than 86% of students, family, and staff want repeated next school year, for Superintendent Bill O'Brien's vision and leadership in proposing it, and for the collaboration among administrators, staff, and union leadership that made it possible. As if further proof were needed of the success of this model, a very slightly modified version of it will become the county-wide common calendar in 2023-24.

I'm grateful for the thoughtful collaboration of my board colleagues and our student representatives and the passion they bring for our students, staff, district, and community.



Most importantly, I'm grateful for the caring relationships our teachers build with their students, which I see demonstrated in ways big and small and at times expected and extraordinary. Research shows that teaching and learning are more effective when those relationships

are strong, and Mona Shores teachers do phenomenal work every day to help your kids and mine become independent thinkers and strong citizens.

If you're grateful for a teacher, tell them today! And



as always, please reach out to me or another board member to share your gratitude or your vision of how we can get better, because we're always grateful for community feedback.

Stan Miller

Stan Miller, President
Mona Shores Board of Education



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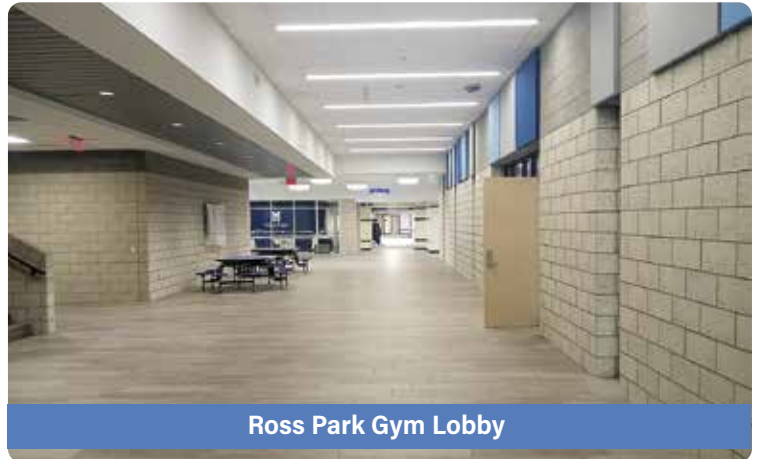
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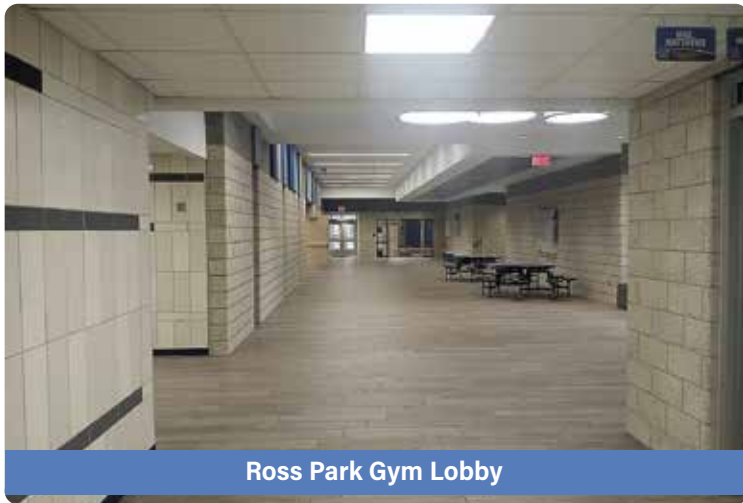
Bonded Construction Update

by Robert Jonker, Director of Finance

Winter construction at Ross Park Elementary has gone well. At spring break, we received three renovated classrooms, one for our GSRP program and one for our ECSE program as well as a temporary home for our Headstart program. At Christmas break, the gym, music room and main lobby were finished and became available for use. Starting at spring break, we are renovating the media center and old GSRP and Headstart classrooms. Once school is dismissed for the summer, we will renovate the childcare/preschool wing which will include a drop off loop and parking lot at the south end of the building. We expect all construction to be complete by the end of this August.



Ross Park Gym Lobby



Ross Park Gym Lobby



Ross Park Music Room

At the Middle School, the eighth grade locker commons completion was delayed due to some supply chain issues. It is finally complete and the students are enjoying the space. The technology classroom and art room were completed over the winter with the technology classroom becoming available at Christmas break and the art room completed at spring break. We paused construction from spring break through mid-May to give our students an environment with minimal distractions to help them succeed with the mandated testing occurring this spring. When the pause is finished, we will start with construction of the seventh grade locker commons. The renovation of the seventh grade wing will follow once school dismisses for the summer. While the seventh grade wing renovation will be complete by the start of school in the fall, the locker commons will not be ready until Christmas break. Once again, I would like to thank our community and staff for their support and patience throughout this project.



Jeffery L. Williamson Skilled Trades Education Fund

Supporting the skilled trades programs at the Muskegon Career Tech Center

*Skilled Trades Tuition Scholarships to Muskegon Community College
for Muskegon County Residents*

For more information on the Community Foundation for Muskegon County, visit muskegonfoundation.org



If you would like to contribute a tax-deductible gift,
visit muskegonfoundation.org/give/give-now

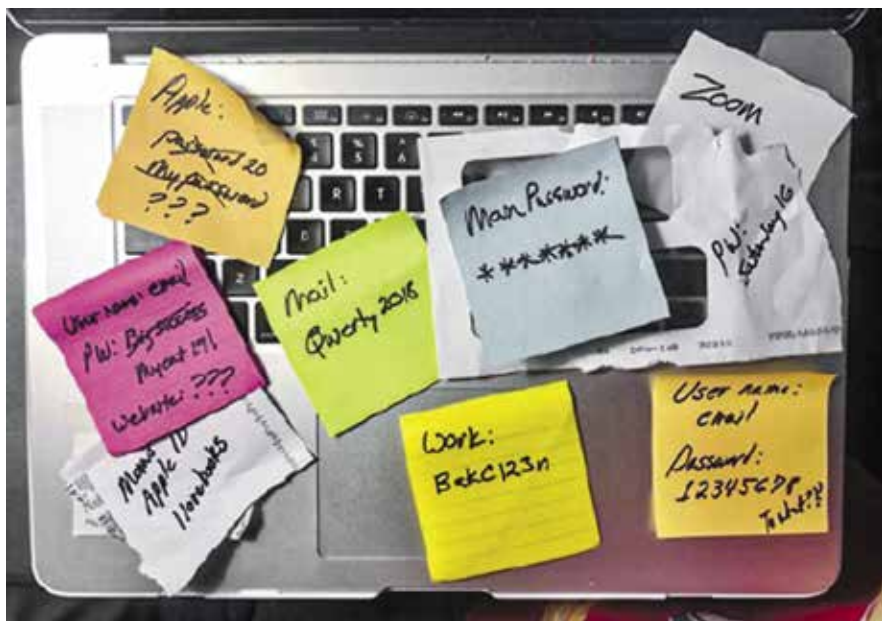
Together We Can Strengthen Our Community



Technology Update

by Chad Pranger, Director of Technology

DIGITAL PASSWORD MANAGERS



Does this image look familiar?

We all have probably done this or know someone who does. Aside from the obvious access of this information to others, is the sheer number of usernames and passwords. Increasingly, our digital world requires more usernames and passwords for everything we do. Banking, investment accounts, Amazon, Netflix, work related and the list goes on. It's not uncommon for someone that operates in the modern online world to have amassed 100+ different logins and passwords. Digital attacks are more common than ever and the stakes are higher with so much being done online nowadays. How does a person even begin to keep track of all this? Enter the Password Manager.

The Password Manager:

The Password Manager is a digital tool used for managing your usernames and passwords. They can centrally keep, encrypt and protect passwords that you create for the various systems out there.

The Pros:

- Stores and encrypts all of your password information in a central location.
- Stores links for sites to directly launch the login pages.
- Auto fills usernames and passwords.
- Updates the stored password automatically after a required password change.
- Password managers can work in desktop web browsers, smartphones and tablets via apps and plugins.

The Cons:

- It's online so it's subject to compromise like anything else. It's extremely important to maintain a strong master password and use multifactor authentication.
- A master password may be irretrievable if lost, depending on the password manager.
- There may be a bit of a learning curve for some and getting used to the new way of handling passwords.

Free and Paid Versions of Password Managers:

The main difference between free and paid versions of password managers are some of the more advanced features. Sharing password stores between team/family members and encrypted data storage, for example. Paid versions tend to have a more polished interface. Password Managers provided by certain vendors tend to favor their product, so cross platform functionality is not as smooth.

Recommendations:

- There are dozens of products available, we have experience with the ones listed below.
- 1Password and LastPass are two of the most popular paid versions.
- Bitwarden frequently tops reviews as the best free Password Manager although paid versions exist.

In Closing:

If you are struggling with your massive collection of passwords, a Password Manager is certainly worth a look.

Athletic Update

~ a message from Todd Conrad, Director of Athletics

Bowling, Cheer, and Wrestling Highlight Winter Athletic Season for the Sailors

The Mona Shores High School competitive cheer program has garnered statewide recognition as one of the most accomplished. With multiple top 5 finishes in the last handful of years at the Michigan High School Athletic Association championships, the Sailors have been especially successful in Muskegon County. Since the 2006-2007 school year, the Greater Muskegon Athletic Association has conducted a competitive cheer tournament for the county. In the 16 competitions they have held, Mona Shores has only finished second once, in 2008-2009 when Reeths-Puffer was nearly ten points better than them. Since then, they have rattled off 13 straight first-place finishes, establishing themselves as the dominant program in the Muskegon area. This year's GMAA meet was canceled due to weather.

The ladies have had similar success in the Ottawa-Kent athletic conference. The most recent conference title was solidified at the OK Green championships at Zeeland West High School on February 1st, capping a run of five straight for the Sailors. It was their 8th OK conference championship in the last decade, an incredible run that includes 7 teams who won academic all-state awards from the Competitive Cheer Coaches Association of Michigan. Earning first-team, all-conference for the ladies were sophomores Claire Fouchea and Sa'Mari York, junior Niesha Sharp, and seniors Libby Shaw and Ali Sewick.

The boys bowling team has been on a bit of a run themselves lately, winning the last two OK Green titles. Senior Nathan Trowbridge and Sophomore Derek Kern earned first-team, all-conference honors. Derek finished second in the final individual standings with a season-long average of 200 while Nathan's 180 average was good enough for fourth place out of nearly 50 bowlers.

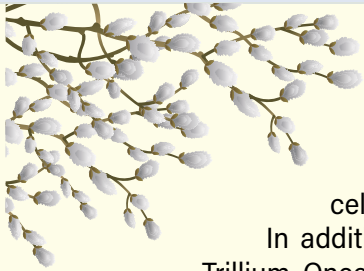
The winter also saw a close to the outstanding wrestling career of senior Gavyn Stout. The four-time OK Green conference champion also won his MHSAA district twice and qualified for regionals three times in his career. As a junior and a senior, Gavyn qualified for the MHSAA state championships, winning a match each year. This year, Gavyn defeated a regional champion from Warren DeLasalle in the second round of the state tournament. He finished his career with a record of 142 wins and 29 losses. Academically, he is at the top of his class with a 4.5 gpa and plans to attend Michigan State University after graduation.



GO SHORES!

High School

a message from High School Principal, Jennifer Bustard



Spring is an exceptionally exciting time for our seniors, the Class of 2023 who will soon be participating in the many events to honor and celebrate their accomplishments.

In addition, the Spring Prom is at the Trillium. Once again this year, in partnership with our Norton Shores Police Department, Ramos and Sons, Nexes Realty, 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.

RIDE WITH PRIDE 2022-2023!

2023 CALENDAR OF EVENTS FOR HIGH SCHOOL SENIORS

April 29	Prom - 7:00 pm-10:00 pm Trillium
May 12	Sailor PRIDE Assembly
May 22	Honors Convocation - 7:00 pm (High School Auditorium)
May 22-26	Senior Exam Week
May 26	Senior Day! Senior Breakfast - 7:45-8:30 am (High School 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 30	Commencement Rehearsal - 12:45 pm (Trinity Health Arena) Commencement - 7:00 pm (Trinity Health Arena)

2023 HIGH SCHOOL EXAM SCHEDULE GRADES 9TH - 11TH

June 14	1st Hour Exam - 7:45-9:10 am
June 15	2nd Hour Exam- 7:45-9:10 am 3rd Hour Exam - 9:20-10:45 am
June 16	4th Hour Exam - 7:45-9:10 am 5th Hour Exam - 9:20-10:45 am Last day of school

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

Personal responsibility | Respect | Integrity | Disciplined | Engagement

CELEBRATING THE ARTS:

Sound of Shores 2023

Mona Shores Elementaries, Middle School and High School talented musicians came together to perform on one stage!

What a showcase of the performing Arts!



SOCIAL EMOTIONAL SUPPORTS:



Hope Squad is a nationally researched based Peer to Peer suicide prevention program.

The Hope squad members are nominated by their classmates as trustworthy peers and trained by advisors. The program reduces youth suicide through education, training, and peer intervention. Hope Squad connects students with each other and to mental health resources. 41 states, 1,600 schools and over 45,000 Hope squad members currently exist today in our nation.

MSHS has begun this journey by selecting Hope squad members. Members are trained in QPR and are able to recognize the warning signs and report to support resources. MAISD consultants will be providing the QPR training.

More information can be located at hopesquad.com.

Awareness Activities 2023 ▪ Sponsored by NSPD ▪ IMPORTANT DATES:

MAY

- MAY 5** - Drawing for the Ride with Pride finalists for the opportunity to win a Car and E-bike
- MAY 12** - 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 E-bike!

Sponsored by Ramos and Sons and Nexes Realty.

*High School news continues on page 9

Celebrating the Extraordinary Extracurriculars:



CONGRATULATIONS to the LEAGUE of LEGENDS E SPORTS TEAM for their incredible teamwork and accomplishments. They are a very talented group of students! BIG THANKS to Coach Droski for making this opportunity possible!

**MSHS League of Legends
MHSSEL 2022 State Runners Up!**

CAREER CAMP >>

For 7th & 8th graders at the Career Tech Center



June 12–June 15, 2023

Seats are limited so enroll today at

SUMMERCAREERCAMP.ORG



CAREER TECH CENTER

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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.

To catch all of the Sailor Action follow us on the new MSPS App, Twitter and Facebook: @mshspride and @MonashoresAthletics

Download the Mona Shores App today! Just search Mona Shores in the App store or Google Play store to stay up to date with all things Mona Shores.

Hope to see you at our next event!!

• *Go Sailors!* •

Jennifer Bustard, Principal



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GO SAILORS!

Counselor's Corner

by Danielle Smith-Walker, Director of Counseling

SCHEDULING 2023-2024

Scheduling for the 2023-2024 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.

WE ARE GROWING . . . AGAIN!

Beginning with our 2023 grads, Promise eligibility now includes students who . . .

Have completed high school with a 3.24+ GPA, OR are ranked in the top 30% of their graduating class.

Also beginning with the class of 2023, we are planning ways to use Promise dollars for supporting students with predetermined Career Tech Center eligibility and Homeschool status. More details coming soon!

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. For more information please visit: <https://www.muskegonisd.org/ctc-home/career-development/promise/>

Students must:

- Live in the MAISD boundaries
- 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.

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 webpage. Please view at the following link: <https://www.monashores.net/o/mshs/page/financial-aid-and-scholarships>

- **Seniors planning to attend Muskegon Community College:** Our office has planned a special day for our seniors to visit Muskegon Community College on **May 11**. 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

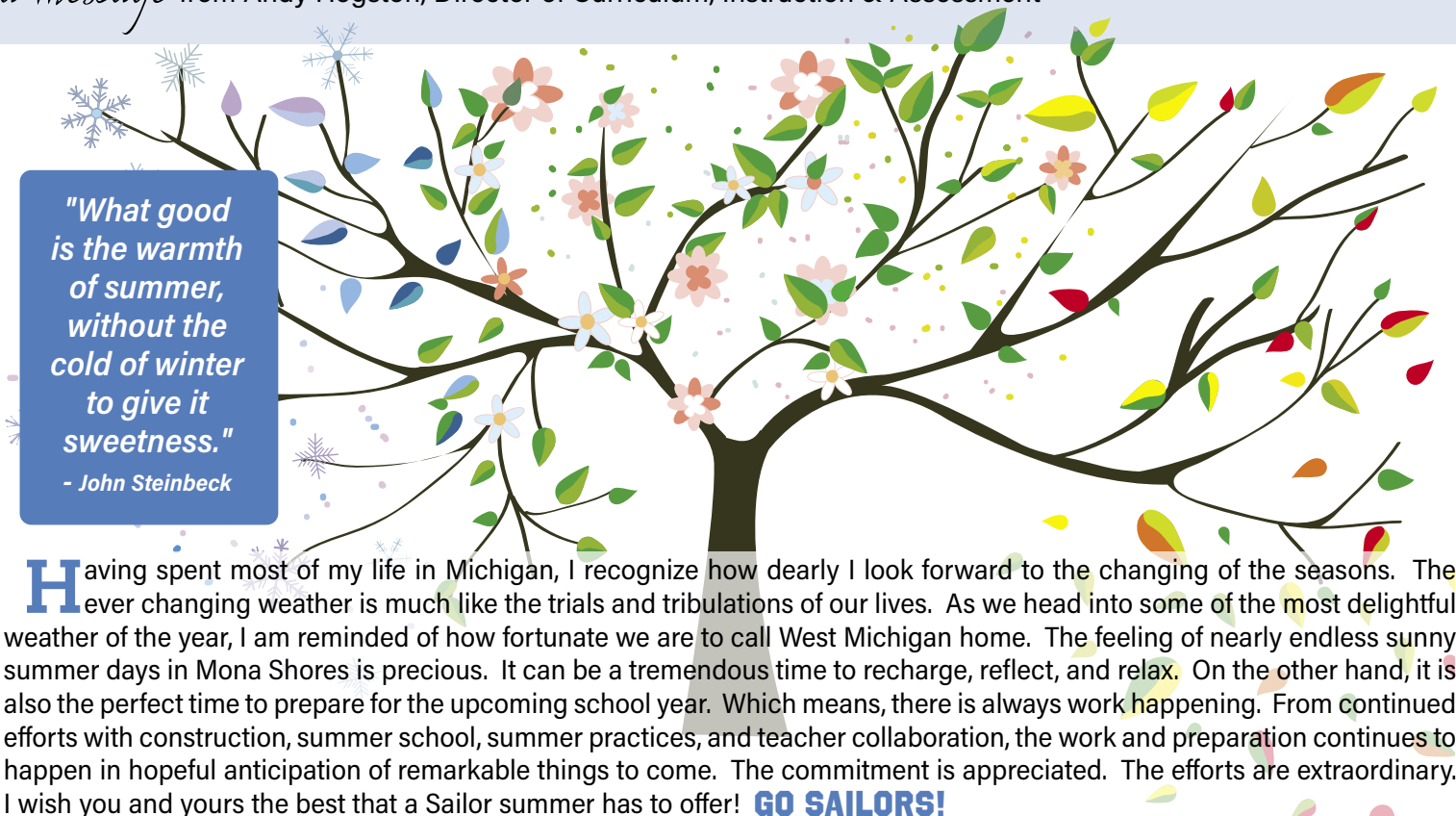
Students planning to take the **May 6** SAT must submit their registration online by April 7. Please visit the **CollegeBoard website** for more information. <https://collegereadiness.collegeboard.org/sat/register/dates-deadlines> for more information. Mona Shores High School's code is 232704. The basic fee for the SAT (no writing) is \$55. Please note that there is **also an August 26** 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.

Teaching and Learning

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



"What good is the warmth of summer, without the cold of winter to give it sweetness."
- John Steinbeck

Having spent most of my life in Michigan, I recognize how dearly I look forward to the changing of the seasons. The ever changing weather is much like the trials and tribulations of our lives. As we head into some of the most delightful weather of the year, I am reminded of how fortunate we are to call West Michigan home. The feeling of nearly endless sunny summer days in Mona Shores is precious. It can be a tremendous time to recharge, reflect, and relax. On the other hand, it is also the perfect time to prepare for the upcoming school year. Which means, there is always work happening. From continued efforts with construction, summer school, summer practices, and teacher collaboration, the work and preparation continues to happen in hopeful anticipation of remarkable things to come. The commitment is appreciated. The efforts are extraordinary. I wish you and yours the best that a Sailor summer has to offer! **GO SAILORS!**

.....COUNSELOR'S CORNER (continued from page 10)

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 fit in AP or Fine Arts classes. Check the website for more information.

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: <https://www.monashores.net/o/mshs/page/counseling-office> to find the latest scholarship application information, financial aid, E-transcripts, NCAA and testing information.

Special Education & Student Services

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

MIRRORS & WINDOWS OF LEARNING

I am not referring to actual mirrors and windows - although we have some beautiful new windows in our elementary buildings thanks to the support of our community. In this example, 'mirrors' and 'windows' are metaphors for how we can learn about ourselves, about people like us, and about people different from us. Mirrors and windows are a learning framework we can use as educators, parents, and community members.

MIRRORS

Learning using mirrors gives us opportunities to learn about people like ourselves, who have had similar or shared experiences. We look in the metaphorical "mirror," we recognize ourselves in the characters, the stories, the events. We see familiarity and commonality with people like us in stories, movies, and on social media. Terry Kawi states, "Mirrors help us see ourselves in relation to the world and help us build connection and a sense of belonging." Mirrors help us recognize ourselves as included and reinforce that our experiences and our perspectives matter and are valued. Mirrors reflect our identities.

WINDOWS

We can learn about people and events that are new to us through "windows." We look in the metaphorical "window" to learn about people, events, and stories that we don't know much about, and haven't experienced ourselves. Windows give us a chance to explore a new perspective from different people and the world as they experience it. Windows create an opportunity for us to develop empathy and understanding of people, places and events that occur beyond our own life experience. Windows can help us learn something new, something we may not have even known existed.

Mirrors give us opportunities to learn about ourselves and windows give opportunities to learn about the unknown.

This season, look with intention for learning opportunities with your family. See what you notice in mirrors; what we have in common with others. Remember to look for windows too, where we can notice something new, something different, maybe even spark family conversations.

1. Kawi, T. "The Importance of Windows and Mirrors in Stories." PBS Teachers Lounge. November 5, 2020.
<https://www.pbs.org/education/blog/the-importance-of-windows-and-mirrors-in-stories>
2. Style, E. "Curriculum As Window and Mirror." Listening for All Voices. 1988.
<https://nationalseedproject.org/Key-SEED-Texts/curriculum-as-window-and-mirror>
3. Windows and Mirrors: A Framework for Inclusive Curriculum. July 7, 2022.
<https://www.waterford.org/education/windows-and-mirrors/>

THERAPY CREW TIPS

Thanks again to our Occupational & Physical Therapy clinicians for giving us a window to learn more about the three components of balance: proprioception, vision, and vestibular. Homemade obstacle courses have always been a favorite indoor and outdoor activity at our house. There are tons of ideas on Pinterest & Google that incorporate materials we already have in our homes!



Sailing Tips from the Therapy Crew

Balance and Toe Walking

Jessica Kever, MS OTRL Lisa Luttrull, DPT Nina Mulder, MS OTRL Melissa Stark, MS OTRL

Understanding Balance

- The 3 Components of Balance:
 - **Proprioception:** tells us where our body is in space and assists with control over our arms and legs
 - **Vision:** what our eyes see
 - **Vestibular:** located within the inner ear, this system senses the orientation of our body relative to gravity to maintain balance
- Our brain processes information from our proprioceptive, vision, and vestibular senses to help us keep our balance.
- When any system is affected, it can lead to balance problems.
- **Remember:** core strength (muscles of the trunk and legs) is the foundation for balance. A strong core = better balance!



Balancing Table Pose



Paper Plate Skis

Balance Activities for Younger Children

- Walking along marked lines, paths, curves, and balance beams
- Balancing on pillows, cushions, and raised surfaces
- Create an obstacle course with everyday household materials



Balance Activities for Older Children

- Hopscotch, Skipping, and other motor games
- Yoga Poses such as tree pose and balancing table pose
- For an advanced challenge, try walking across a pool noodle

Toe Walking

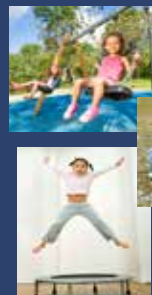
What is Idiopathic Toe Walking?

- Toe walking is common in children learning to walk before the age of two.
- Idiopathic toe walking describes children over the age of three who persist with toe walking but do not have any medical diagnoses.

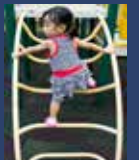
Other Contributing Factors

- Sensory processing differences
- Weak abdominal muscles
- Delays with gross and fine motor skills

Activities to Address Toe Walking



- scooter board
- swing
- animal walks:
 - bear walk
 - crab walk
- yoga poses:
 - single leg stance
 - bridge
 - downward dog
- jumping
- bouncing on a therapy ball
- climbing



Additional Tips & Resources

- Remember core strength is important! Activities for core strength include animal walks, cocoon and superman poses, climbing, and pushing / pulling activities.
- Use the phrase "Heel toe lets go!" while walking for a reminder to walk on your heels.
- Reach out to our therapy team if you want more information on toe walking resources.

Middle School *a message* from Principal, Doug Ammeraal

Meaningful, Memorable, and Rewarding Experiences

The first two-thirds of the school year have absolutely flown by and have been filled with some amazing experiences. It is hard to believe that we are moving into the final third of the 2022-2023 school year. It seems like only a couple of weeks ago that we were gearing for September, welcoming our 6th graders, and attending Friday night football games. Now, we are looking at the push into Spring, the rebirth of color, and all of the 'buzz' that comes this time of year.

This time of year allows us to reflect on some of the meaningful, memorable, and rewarding experiences and moments here at Mona Shores Middle School.

• **NEW STUDENT FEEDBACK** || This year, MSMS has just over 900 students in our building, 63 of which are new to Mona Shores Middle School. These students came to us from places like Fruitport, Muskegon area, Grand Rapids, South Carolina, Peru, New York, and others. As I work through all of the meetings with them, I ask them to give me ONE word that describes the students, staff, and culture at MSMS. Here are some of the words they have used: *best, legendary, fabulous, different, amazing, helpful, interactive, awesome, kind, balanced, and family*. Just to share a few. Our new students are obviously excited and proud of their new school!

• **RED GLASSES MOVEMENT** || The Month of Caring at MSMS was again a huge success, supporting and promoting the mission of the Red Glasses Movement. That mission: "**Live Big. Love Bold. Pass It On.**" Each week offered a different experience, activity, and theme that aligned with the spirit and mission. This became a part of our building, permeating our hallways, impacting our students, and inspiring us all to look at life through a different lens. One of the highlights



included four of our CREWs, student congress members, and our Peer to Peer class going to all four elementary schools and sharing about the Red Glasses Movement with all of our 3rd-5th grade classrooms! This was truly an amazing experience for our middle school students, our upper elementary students, and for all of the adults and leaders involved. We are grateful for the leadership and inspiration of Mrs. Schiller and Mrs. Mineni as they facilitated this meaningful experience for our students.

• **MONTHLY CHARACTER TRAITS** || Our students, staff, and families continue to reflect, learn, and grow with our character traits through a variety of lessons during CREW time. This includes respect, responsibility, gratitude, grit, and courage thus far. In each one of these lessons, there are quality videos, meaningful discussion questions, literacy components, and more for students to engage in. Teachers have been intentional in recognizing, discussing, and tying the focus trait into their curriculum. Administrators work hard to remind our students each week of our focus trait, challenging them to consider what it might look like, how it might impact their lives, and in what ways might they be able to model that trait. I am proud of our staff, students, and families for intentionally focusing on these traits, having conversations, and challenging our students with these.

• **CREW** || The spirit, impact, and structure of CREW continues to evolve positively within the building. CREWs are finding ways to build and enhance relationships, connect more with their peers and school, strengthen self-value, monitor academic progress, and focus on character development. This might include class circles/discussions, competitions with other CREWs, building-wide competitions, making



breakfast, minute-to-win-it games, dance competitions, and more! We will continue to move forward and strengthen our goal of creating a place where all students feel loved, valued, and appreciated.

• **FROZEN JR.** || What an amazing production by Mr. Closz, his team, and all of our amazingly talented students! The set was beautifully designed, the singing was outstanding, choreography was on point, and the attention to detail was second-to-none. It was easy to see the hard work, time, and effort that were put into this production; It is what made it so special! We are grateful that our students can have this experience, learn about dedication and hard work, and excel in delivering a quality product.

• **ENGAGING LESSONS** || I continue to be impressed by and proud of our teachers



and their ability to engage students into learning, thinking, and creating. So far this year, we have seen students eating insects, breaking out of lockboxes, creating brochures with Canva, creating holiday cards that light up,

participating in runway shows, designing and building, changing out windshields, learning through GooseChases, designing insulated cups, competing in the Battle of the Books, web design coding, and so much more. We are focused on creating meaningful, rewarding, and engaging lessons for our students; it is fulfilling to know that the teachers and staff at MSMS are delivering on this commitment.



Here are just a couple of events I am looking forward to as we close out the school year.

• **TRANSITIONS** || While our 8th grade students are visiting the High School, selecting classes, and getting excited for that transition, our 5th grade students are doing the same! Last month, the MSMS team visited all of our elementary schools, creating that excitement and inspiration to join the MSMS team. Then following Spring Break, we brought all of our 5th graders over to visit MSMS for a tour, lunch, and learning. This is such an exciting and meaningful time of the year for our students and for our building!

• **SCIENCE CAMP** || Per tradition, our 6th grade students will be heading to Grace Adventure Camp for 3 days. Not only will they engage in all of those exciting camp experiences (dune walk, swimming, boating, fishing, laser tag, games, and of course, the BLOB, they will be participating in a plethora of science and STEM activities that are designed and facilitated by our high school students. This event is one that students will remember for a lifetime!

Our families and community should be proud of the experiences taking place at MSMS, of the character being developed in our students, and the authentic commitment by our staff! We trust that they value the strong academics, clear behavioral expectations, and the high-character young people that MSMS is striving to support! I know that I am!

With the final leg right around the corner, please know that this team of high-quality, passionate educators at Mona Shores Middle School will continue to strive for excellence, our best, in all that we do! We will stay focused on our students, their success, their failures, and their experience at Mona Shores Middle School!

With SAILOR PRIDE, Doug Ammeraal, Principal



Better Together is a phrase often stated throughout Sailor Nation. It is more than a fun slogan though. The students and staff intentionally work to create a whole school family by collaborating between the buildings. This year, we at the elementary level, are thankful for our partners at Mona Shores Middle School and want to highlight a few examples of how this partnership is impacting your elementary students.

All 4 of Mona Shores elementary schools participate in the Be Nice program, so when the middle school students wanted to come over and share a kindness activity, it was an easy "yes!" The middle school students have been learning about the "Red Glasses Movement", and they created their own activities to share with the younger Sailors.

The Red Glasses Movement was started in honor of a special 5-year old, Audrey Louise who passed away from a severe infection in January 2018. Audrey was defined by her bright Red Glasses, her contagious smile, and lack of inhibitions. She went through life like a little bulldozer and pushed her way through every door and achieved her goals again and again. Audrey had a way of loving without restrictions. Over 20,000 Red Glasses have been shared all over the world. The mission of this movement is to inspire people to put on the Red Glasses and see the world through Audrey's eyes. To simply, LIVE BOLDLY. LOVE BIG. PASS IT ON.

Led by the middle school team of Doug Ammeral, Meghan Schiller and Gretchen Mineni, several groups of middle school student leaders presented to 3rd, 4th, 5th grade students at each of the elementary schools on Friday, March 3. They passed it on by introducing the movement, leading discussions, and completing a small group activity that inspired the students to see life the way that Audrey did. They even left notes of encouragement on ALL student lockers.

Another collaborative effort between all Mona Shores elementary schools and the Middle School, is the fifth grade transition process. The Middle School's administrative and counseling teams visit each elementary to give an informative presentation to all fifth graders in early spring. This initial session involves introductions with frequently asked questions addressed. A current MSMS sixth grader also attends their former elementary's session to ease worries and address some questions peer to peer. The second opportunity will be our fifth graders getting tours of the Middle School and getting acquainted with their future surroundings later this spring.



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 231-865-2497 for information.
Now enrolling for the 23-24 school year.
 Both programs are FREE to families that qualify.

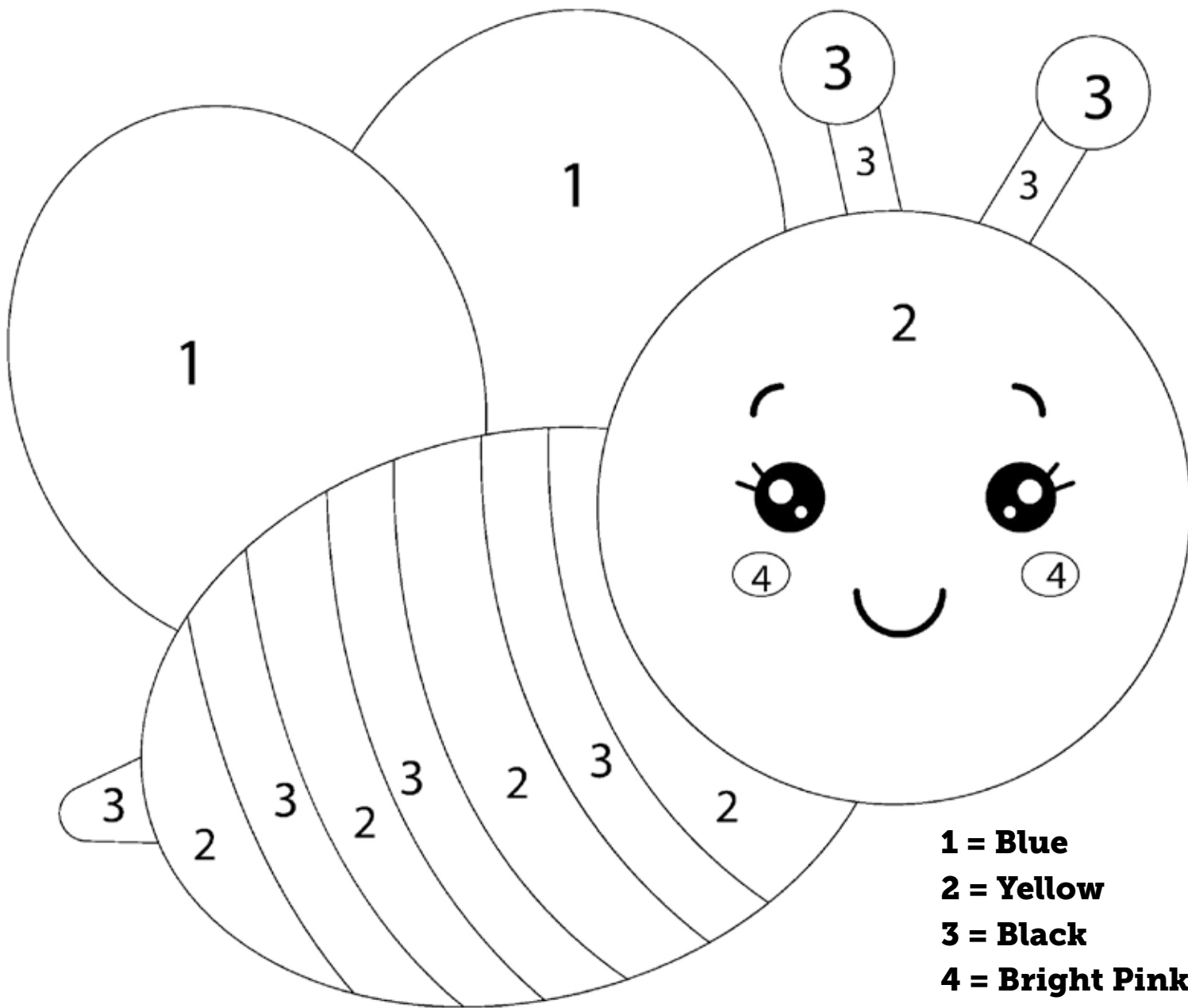
At Mona Shores, we are committed to establishing strong partnerships between our buildings for the benefit of all of Sailor Nation.

— Better —
TOGETHER



Future Sailors Activity

Color the picture according to the number key at the bottom.



*****ECRWSS***
POSTAL CUSTOMER**

MISSION STATEMENT

Inspiring excellence, building character, and impacting the future through academics, arts, and athletics....Mona Shores!

Early Childhood



Mona Shores Child Care

Mona Shores Community Child Care offers a nurturing and caring environment filled with many experiences to allow your child to play, learn and grow. We provide care for children ages 6 weeks through fifth grade.

We also offer Sailor Care for before and after school care needs at all Mona Shores elementary schools. If you are interested in enrolling your child for child care or before/after school care, please contact us today at **231-780-6720**.



The Mona Shores Tuition Preschool Program has an outstanding reputation in our school community.



Our newly remodeled facility will be complete in the fall and was designed with young learners in mind. Our experienced, caring, certified teachers are ready to work with your child and help

prepare them for their next level of education.

Call Mona Shores Community Services to check for openings at (231) 780-6720.

We offer both three and four-year old preschool classes at Ross Park Elementary.

Registration began in March.

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