

MoCo Monday Minute

Monday, October 31, 2016 (Happy Halloween!)

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Red Ribbon Week was celebrated last week with a different theme each day. On Wednesday, Camargo's theme was "Hunting for Drug Free Kids" and students and staff dressed in camo.

Quote of the Week – “Math isn’t just about calculations or memorizing formulas. Math is everywhere we look. It’s in the science behind a perfect football spiral, the velocity of a game-winning three-point shot in basketball. It’s in the ratio of ingredients you measure when you’re cooking. It’s even in how you budget to save for your first car. When I was a kid, I didn’t realize that math was training my brain to solve these types of problems.”

John Urschel, an offensive lineman for the Baltimore Ravens and a doctoral student in mathematics at M.I.T., in “The Winning Equation in Math Education,” *Education Week*, October 12, 2016 (Vol. 36, #8, p. 23), www.edweek.org

No School November 7th & 8th – Remember, no school next Monday and Tuesday, November 7th & 8th. Monday will be a teacher planning day and Tuesday is Election Day.

Testing Celebrations –

Several schools held testing celebrations last week. Students and staff have worked hard to attain success and deserved the opportunity to celebrate.



Students Gave New Look to School Entrance –

A group of MCIS students developed and implemented a school beautification project. A big thank you to the MCIS PTO for providing potting soil, flowers, and watering cans. The students are excited to provide a welcoming entrance to MCIS!



Good Luck, Cross Country –

Congratulations to the MCHS Boys' and Girls' Cross Country for qualifying for the State Meet! Sophomore, Jewelee Holbrook placed second overall with a time of 21:13. Eighth grader, Lauren Patrick placed 17th in 22:29, sophomore, Chyann Sargent placed 25th in 23:12, senior, Lacey Johnson placed 26th in 23:15 and senior, Skyler Peyton placed 41st in 24:55. Talia Morgan Patrick placed 44th in 25:00 and sophomore, Katie Johnson placed 48th in 26:07. The girls placed fourth behind Tates Creek, GRC, and Paul Lawrence Dunbar. They defeated Henry Clay, Scott County, Woodford County, Lafayette and Bryan Station.

Sophomore Jarrett Forrest placed 12th in the boys' varsity race by covering the 5000 meter course in 17:40. Jarrett qualified for the state meet! Junior, Austin Terrell placed 28th in 18:34, junior, Thomas Willoughby placed 39th in 18:57, sophomore, Boone Hart placed 45th in 19:17, and junior, Trevor Roberts placed 51st in 19:35. Junior, Ryan Thomas placed 58th in 20:04 and freshman, Joshua Taylor placed 60th in 20:14. The boys placed 7th overall, defeating Anderson County, Scott County and George Rogers Clark.

The KHSAA State Meet for Class AAA will be held on Saturday, November 5th at the Kentucky Horse Park. The boys' race will be at 1:30 p.m. and the girls' race at 2:15 p.m.



Bass Fishing Team Holds Regional Qualifier – The MCHS Bass Fishing Team held their first KHSAA Regional Qualifier this past Saturday at Cave Run Lake. The team of Harrison Gay and Alex Nesmith won the tournament with three fish that weighed 3.26 pounds. Second place went to Logan Watkins and Kyle Workman with a five bass limit that weighed 3.03 pounds and third place went to Jared Boston and Jacob Highley with a five bass limit that weighed 2.77 pounds. Congratulations to all the anglers on a great first tournament. Renegade Marine donated tackle prize packs for all the anglers. The next tournament is this coming Saturday, November 5th at Cave Run Lake.

Student Attendance – MSE was the attendance leader this week with a one-day high of 95.91% on Thursday, October 27th and a weekly percentage of 95.55. Congratulations!

Dates:

- Nov. 2 – Auditions for Middle School Musical – Wizard of Oz – 7th & 8th Grades
- Nov. 3 – McNabb Academic Team - Written Assessment
- Nov. 4 – Camargo Fall Festival, 5:30-8:00 p.m.
- Nov. 4 – MSE Fall Festival
- Nov. 4 - Deadline to register to take the ACT test given at MCHS on Feb. 11, 2017
- **Nov. 7 – No School – Teacher Planning Day**
- **Nov. 8 – No School – Election Day**
- Nov. 9 – Camargo SBDM Meeting, 3:00 p.m.
- Nov. 9 – McNabb Boys’ Basketball VS Powell County
- Nov. 10 – Veterans Day Program, 8:30 a.m., MSE
- Nov. 10 – Veterans Day Program, 3:00 p.m., MCHS
- Nov. 11 – Veterans Day Program, 1:15 p.m., Camargo
- Nov. 11 – Veterans Day Assembly, 9:00 a.m., Mapleton
- Nov. 11 – Veterans Day Celebration, 1:30 p.m., MCIS
- Nov. 12 - ENCORE Theatre Troupe Performance, 7:01 p.m., MCHS Auditorium
- Nov. 14 – Camargo PTO Meeting, 4:00 p.m.
- Nov. 14 – Board of Education Meeting, 6:30 p.m., MCHS Cafeteria
- Nov. 15 – MCIS SBDM Meeting, 5:30 p.m.
- Nov. 15 – McNabb Volleyball VS Campbell County
- Nov. 16 - Mapleton PTO Meeting, 4:00 p.m.



Elementary students enjoyed their fall parties on Friday.



The Montgomery County Fire/EMS grilled for MCHS last week in recognition of being a distinguished school.

- Nov. 17 –MSE Family Dinner Night
- Nov. 17 – MCHS SBDM Meeting, 5:30 p.m.
- Nov. 17 – McNabb Boys’ Basketball VS Bourbon County
- Nov. 21 – McNabb SBDM Meeting, 5:00 p.m.
- Nov. 21 – MCIS PTO Meeting, 5:30 p.m.
- Nov. 22 – Mapleton Literacy Fair
- **Nov. 23-25 – No School – Thanksgiving Break**
- Nov. 28 – Born Learning Parent Workshop, Dinner at 5:30 p.m., ELC
- Nov. 28 – McNabb Boys’ Basketball VS LCA

Continuous Learning through Professional Literature

Tuning Schools to the Adolescent Brain

In this article in *Education Week*, psychologist/author Thomas Armstrong reminds us of the three layers of the human brain, “this incredible three-pound organism designed by nature over hundreds of thousands of years to react with excitement and awe to the amazing world that stretches out before it”:

- Brain stem – Survival, reproduction, fight/flight, body functions;
- Limbic system – Emotions, connections to others;
- Prefrontal cortex – Planning, decision-making, self-monitoring, impulse-control.

The limbic system has matured by a person’s teens, but the prefrontal cortex doesn’t develop fully till the early 20s. This means adolescents tend to act on impulses not tempered by mature reflection and restraint.

“Research indicates that while adolescents are able to reason like adults by the age of 15 or 16,” says Armstrong, “they can do this only under ‘cold cognition’ settings (e.g., where there is no emotional pull or peer influence). When they’re around their peers or in an emotionally charged situation (‘hot cognition’), teens’ prefrontal-cortex functions don’t work as well, which is why a teenager will respond affirmatively to an anti-drug curriculum in the classroom, but then go out and smoke weed with his friends at night... Neuroscience research tells us that the teenage brain is exquisitely sensitive to environmental influences. This neuroplasticity makes it vulnerable to a wide range of societal dangers – traffic accidents, drug abuse, suicide, violence. But it also makes it acutely sensitive to the influences of teachers...”

Armstrong believes these insights about the brain have several implications for secondary schools:

- *Curriculum* – Schools should orchestrate learning experiences that include metacognition, goal-setting, planning, working memory, reflection on one’s learning, and

frequent opportunities to make responsible decisions. School should put teens in classroom interactions with their peers that help them integrate impulsiveness, energy, and peer connections with their developing ability to reason and reflect.

- *Out-of-school experiences* – Students should be involved in apprenticeships, internships, service learning, community-based learning, small peer-learning groups, entrepreneur-based learning, and student-directed projects.

- *Metacognition* – Students need to be explicitly taught how their brains work, how to use that knowledge to direct their learning and stay out of trouble, and how to regulate their feelings under stressful and tempting situations.

- *Stress reduction* – “Research suggests that the adolescent brain – subject to the vagaries of dopamine (which connects to reward and pleasure) and serotonin (which connects to well-being and happiness) in the brain – is more susceptible to stress than the brains of either children or adults,” says Armstrong. This suggests that adolescents benefit greatly from mindfulness, meditation, yoga, and frequent aerobic activity.

Based on what we’ve learned about the adolescent brain, Armstrong believes schools should stop doing the following:

- Delivering content through lectures and textbooks that fail to engage students;
- Public posting of grades and test scores in ways that humiliate some students in front of their peers;
- Locking students into a college-bound program that takes away their ability to make decisions about what interests them most;
- Providing insufficient physical education and movement during the school day.

“Brain-Friendly’ Practices for Adolescent Success” by Thomas Armstrong in *Education Week*, October 12, 2016 (Vol. 36, #8, p. 28, 24), www.edweek.org

Be sure to notify the designated person at your school if you have calendar information that should be added to your website calendar.

Thank you so much for your effort and commitment to children. If you have questions about any of the information contained in this issue of The MoCo Monday Minute, please contact me at matthew.thompson@montgomery.kyschools.us.