

April 2017

# SMOKE SIGNALS

Martin High School PTSA Newsletter





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### On The Cover

Gorgeous sunset with Texas bluebonnets. Photo courtesy of Adam Potts Photography.



**Dear Martin Warrior Families:**

Spring is just about here and there are so many exciting things going on at Martin! Naturally there's the testing season and next year's schedule sign up, but then comes Prom & Bahama Bash and then graduation is right around the corner! In addition to school, many of our kids are involved in spring sports and other events.

Please mark your calendars for our **MHS PTSA Meeting – Monday, May 1st**. Our meeting will begin at 7pm in the Little Theatre. Hope to see everyone there.

Be Your Best! Go Warriors!

Melody Fowler

Martin PTSA President

**Visit Our Website For The Latest PTSA News**

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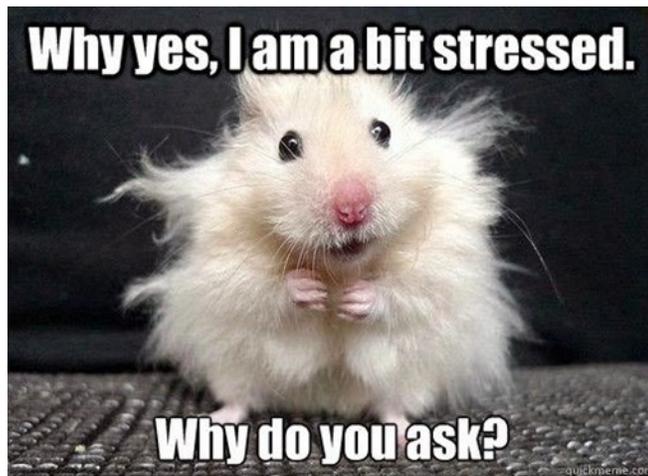
## Counselors' Corner

### April 2017

#### MEET YOUR COUNSELORS!

A-Browd:	David Pyatt
Browe-Dap:	Amy Benson
Dar-Gh:	Jana Lewis
Gi-Hy:	Suzanne Bandy
I-Ll:	Connie David
Lm-Mix:	Barbara Moeller
Miz-Ph:	Jarita Galbreath
Pi-Sans:	Susan Kingen
Sant-Trap:	Edwina Thompson
Trar-Z:	Jai Davis
AVID/STEM:	Sara Stringer

***“Go confidently in the direction of your dreams.  
Live the life you have imagined.” –Henry David Thoreau***



## **Coping with School Stress**

As the end of the school year is winding down, we often see students' stress level going in the opposite direction. With testing, deadlines, college applications, grades, and questions about the future looming, students often experience an increased level of stress and anxiety.

The following, from [studypoint.com](http://studypoint.com), offers some tips on how to get your student back on track:

### **Be Organized**

- Help your student put together a schedule of activities, suggests [familyeducation.com](http://familyeducation.com). Start with things that happen at fixed times (such as soccer practice) then fill in the open spaces with study time, piano practice, relaxation time, etc.
- Schedule work time for big assignments that will take several days or weeks to complete. This will help your student avoid having to cram a long-term project into a day or two, thereby reducing stress and giving him or her a better chance at a good grade.
- Give your student an organized workspace. A messy desk or backpack can easily swallow up a homework assignment. The time spent separating schoolwork into subject folders, organizing school supplies, and throwing out what your student no longer needs will save loads of time (and worry) later on.
- Set house rules for study time. Cell phones and televisions should be off, and the Internet used for research only. Make sure other family members honor these rules, since even a TV down the hall can be distracting for a student who's trying to focus.

### **Prioritize**

- It's great to be involved in a range of different activities; however, if soccer, swimming, school newspaper, and youth orchestra are gobbling up too much time, figure out what your student can afford to quit. Take into account your student's intended college major and potential scholarships, but don't forget to factor in your student's genuine interest levels as well. Extracurricular activities that are purely for fun can help reduce stress. Ultimately, the decision should be up to your child. According to [stressfocus.com](http://stressfocus.com), choosing to say no helps a teen learn to prioritize and be independent.
- Figure out what can wait until tomorrow—or next month. It might be a term paper that isn't due for several weeks, or even ACT or SAT prep, which can be done over the summer rather than during the hectic school year.
- Help your student set realistic goals, both in and out of school, says [familyeducation.com](http://familyeducation.com). Having attainable goals to work toward will help him or her see the light at the end of the tunnel.

## **Live a Healthy Life**

- Sleep is a key factor when it comes to wellness. Students (including teenagers) generally need at least 10 hours of shut-eye each night. Studies have shown that teens who don't sleep enough have lower GPAs and higher rates of car accidents, and are more at risk for physical and mental illness.
- Exercise is one of the best ways to blow off steam. According to an article by New York Times blogger Gretchen Reynolds, studies have shown that regular exercise actually helps change brain chemistry to reduce stress.
- Eat well. A diet of high-calorie, high-fat foods can make your student feel sluggish, whereas a balanced diet will help him or her tackle the day. Brainready.com offers a list of five top brain foods.
- Be a healthy role model. If you tell your student to exercise, choose healthy foods, and go to bed at a reasonable hour, do so yourself, says familyeducation.com. (You may find your own stress levels diminishing as a result!) By forming good habits, your student will be less likely to medicate anxiety with junk food, alcohol, drugs, or aggressive behavior.
- Schedule recreational time. Although it may be tempting to urge your student to use that free Saturday afternoon for ACT study or biology homework, it's important not to work constantly. Your student needs the chance to play, relax, space out, and have fun.
- Laughter really is the best medicine. According to stressfocus.com, having a good sense of humor and watching cartoons can help relieve tension. Encourage your student to do things that make him or her laugh.

## **Show Your Support**

- Allow your student to talk about his or her stress, says suite101.com. Let go of the idea that your student is "just a kid" and has nothing to be worried about, and offer a sympathetic ear.
- Find out what is causing your student's anxiety. Is it pressure to succeed? A big upcoming project? Standardized tests? Once you know the source, you can better help your student solve the problem. If your student needs academic support, visit [www.studypoint.com](http://www.studypoint.com) to find out how they can help.
- Be positive. According to about.com, praising your student for his or her accomplishments can go a long way when it comes to self-esteem. When your student is struggling (a bad grade, a missed catch, a rejection), help him or her focus on the opportunities the situation presents. Even a disappointing experience can lead to a useful lesson.
- Keep in mind that boys and girls handle stress differently, according to stressfocus.com. Girls are more likely to seek guidance and support, while boys will either tune out the stress or tune into something else for distraction.

And as always, your school counselor is just an email, phone call, or visit away! Encourage your student to come by his/her counselor's office for support.

We can help! J



Make a note  of it... "To be a singer who truly inspires, we must throw out ego out the door and show up to serve. That's when we truly change the world" Kerri Ho [www.thesongbirdtree.com](http://www.thesongbirdtree.com)

Our **spirit wear** is on display in the choir room. It is **always** on sale. You can find the order form in the choir room, and it will be **available at all the concerts**. Wear the spirit-wear proudly and support Martin High School!

## 2016-2017 MHS CHOIR Calendar of Events

updated March 2017

Changes are in Bold.

Tues/Apr 4	- Pre - UIL 3:00 p.m - 10:00 p.m.
<b>Tues/Apr 4</b>	- <b>MHS Choir Booster Club Executive Board Meeting 6:00 p.m. - 7:00 p.m. in Choir Room B</b> * Board will meet in Choir room B due to Pre UIL*
<b>Thurs/Apr 13</b>	- <b>Chorale Trip Meeting 7:00 p.m.</b>
Apr 18-19	- Choir UIL at Mansfield ISD Center for the Performing Arts – Times TBA
Apr 21-24	- Chorale Spring Trip to Washington, D.C.
<b>Tues/May 2</b>	- <b>MHS Choir Booster Club Exec Board Meeting 6:00 p.m. &amp; General Meeting 7:00 p.m. (Choir Room) **2017 Seniors Recognized!</b>
Thurs/May 4	- Spring Concert 7:00 p.m. in the Auditorium – 2017 Seniors Recognized!
<b>Tues/May 16</b>	- <b>Chamber Recital 7:00 p.m. at St. Mark's Church</b>
<b>Thurs/May 18</b>	- <b>Senior Awards Ceremony</b>
May 22-24	- Musical Dress Rehearsal 3:00 p.m. - 10:00 p.m.
May 25-27	- Musical at 7:00 p.m. in the Auditorium
Sat/May 27	- Musical at 2:00 p.m. and 7:00 p.m. in the Auditorium
<b>Sun/May 28</b>	- <b>Choir Banquet (tickets must be purchased by students) – 7:00 p.m. Fort Worth Club</b>
TBA	- Varsity Show Choir Learning Session
TBA	- Varsity Show Choir Auditions for 2017-2018
Fri/June 2	- Chorale Sings at Graduation (UTA College Park Center) – 7:30 p.m. – 10:00 p.m. (Call time TBA)

Sign-up to receive Twitter updates via text message from [@MartinChoir](https://twitter.com/MartinChoir) without being a Twitter user! **Simply send a text message to 40404**. In the body of the message type: **FOLLOW @MartinChoir**. **There must be a space after FOLLOW, but not one after the @ sign**. You will then receive confirmation text stating you are now following **MartinChoir**. Standard text messaging rates apply.

**\*\*Be sure to help out Martin Choir in one of our easiest fundraisers all year** - Enroll in Kroger's Community Rewards by visiting [www.KrogerCommunityRewards.com](http://www.KrogerCommunityRewards.com) / Locate your state and click "Enroll Now" / Sign in to your online account, or create an account / Find and select **MARTIN H.S. CHOIR-PARENT BOOSTER CLUB**, and click "Save"\*\*\* - Contact Kathy Hayes or Tamarah Schirm (Kathy: [stormyandkathy@sbcglobal.net](mailto:stormyandkathy@sbcglobal.net); Tamarah: [tamarah@schirms.net](mailto:tamarah@schirms.net) ) if you need further -assistance. **Anyone in any state can sign up, so pass this on to your friends and family! J**

**Don't forget to visit our Martin Choir website and add as one of your favorites, click on choir calendar to see a daily list of rehearsals and meetings and updates to above schedule - [www.martinchoir.com](http://www.martinchoir.com)**

## **PTSA Student Recognition Awards 5th Six Weeks 2016-17**

Each six weeks PTSA selects students nominated by the faculty and staff that have shown these characteristics:

**DEDICATION~COOPERATION~MORAL CHARACTER~  
POSITIVE ATTITUDE~LEADERSHIP~CITIZENSHIP~  
SOCIAL RESPONSIBILITY~STUDENT GROWTH**

We are proud of these students and their accomplishments!

Senior ~~ Haleigh B, Madelyn R and D'Juan W.

Junior ~~ Stephan A and Madison B.

Sophomore ~~ Erika K.

Freshman ~~ David W.

Thank you MHS faculty and staff for all your nominations!



## 2016 / 2017 Martin PTSA Membership Form

Senior Students **MUST** be a member to be eligible for PTSA Scholarships.

Parents of Seniors **MUST** be a member to work Bahama Bash.

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

(Email needed especially for parents of senior students)

Name joining PTSA	Check One		Check One			Student-Grade
	Regular	if Awarded Texas Life Membership	Parent	Student	Teacher/Faculty	

Total Regular Members  × \$10.00 = \_\_\_\_\_

Total Life Members  × \$ 7.75 = \_\_\_\_\_

Donations to Scholarship Fund  
(Scholarships given to graduating seniors. Donations are tax deductible) \_\_\_\_\_

Total Payment \_\_\_\_\_

**Mail checks payable to MHS PTSA and mail to  
Elizabeth Madison, P.O. Box 175188, Arlington, TX 76003**



## 2016-2017 FFA DOG WASH **SAVE THE DATES!!!**



### **FFA-AG DOG WASH RAIN-OR-SHINE!!!**

This event is held by the tennis courts and greenhouse on the east side of the school from: 11:00am – 2:00 pm (NEW time). If it is raining or cold we will wash the dogs inside the greenhouse. **The FIRST Saturday of the month!**

- Saturday, October 1, 2016
- Saturday, November 5, 2016
- Saturday, December 3, 2016
- Saturday, February 4, 2017
- Saturday, March 4, 2017
- Saturday, April 1, 2017
- Saturday, May 6, 2017\* (This date may change due to Prom)

QUESTIONS ABOUT BOOSTER CLUB ACTIVITIES?

E-MAIL US AT: [Martinffa4501@gmail.com](mailto:Martinffa4501@gmail.com) **\*PLEASE have ALL dogs on a leash!**