



Ram o Gram

January 2009

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Message From The Superintendent

Wow, the second semester is ready to begin. It seems only a few days ago we were wondering about the new year and how many new activities were going to come together. The second semester guarantees many new and learning filled days for our students. Juniors will be taking the ACT/PSAE test in the spring. Seniors will be graduating in only a few months. Winter athletes are in full swing with spring sports gearing up to start practice.

Yes, Mt. Vernon Township High School continues to provide many different opportunities to it's many students. Encourage your student, or students themselves become involved. School will provide a more enjoyable experience when you are active in music, sports, or clubs.

Students and parents remember our door is always open to help with school concerns or just to visit. Don't be a stranger.

Respectfully,
Terry Milt, Superintendent

Important Notice Second Semester Schedules

School will resume on January 5, 2009. Students will report to their first semester, first period class at 8:15 a.m. to pick up their second semester class schedule. Students will be dismissed at 8:25 a.m. to move to their assigned second semester first period class which will begin at 8:30 a.m.



Holiday Vacation/Break December 22—January 2

School will be dismissed at 11:35 on Friday, December 19, 2008, to begin the holiday break. School will resume at 8:15 a.m. on Monday, January 5, 2009.

Have a safe and happy holiday season. Catch the Rams in the Centralia Holiday Tourney December 29-31 or the Lady Rams at the Mascoutah Tournament December 29-31.

Encourage your son or daughter to include academic excellence and perfect attendance on his/her New Year's resolution list.

Students Selected As Illinois State Scholars

Congratulations to the following senior students who were selected as Illinois State Scholars. Typically, only the top ten percent of students in the state are chosen for this award. State scholars are selected based on a combination of ACT score, grade point average and class rank.

Micah Arcuri	John Beckham	Perry Borah	Leamber Broady
Elizabeth Clifton	Gabe Cralley	Caleb Cross	Anna Dismang
Lauren Donoho	Elijah Dowell	Kaycee Dycus	Blake Flota
Jessa Hawkins	Maria Hernandez	Blake Jennings	Randy Jones
Tyler Knox	Kyle Lamichhane	Kyle Martin	Brian Metcalf
Chris Milburn	Leah Minor	Michael Olson	Nick Sager
Shelby Timm	Hope Wallace	Campbell Walters	Chelsey Webb

CONGRATULATIONS MARGO RICHARDSON!

On November 8, 2008, Junior Margo Richardson became the first Mt. Vernon High School student to win the Illinois Cross Country Championship. Margo ran a time of 17:41 over the 3 mile course at Detweiller Park in Peoria. Margo's first place state finish followed first place finishes at the conference, regional and sectional meets. WE ARE PROUD OF YOU MARGO!

Writing Contests Underway

The Illinois Association of Teachers of English sponsors an annual writing competition for Illinois high school students. Several Mt. Vernon high school students have been recognized by the state for their writing in the past. Such recognition improves college and scholarship applications., The deadline in the end of January. If your son/daughter is interested, please have him/her contact Mrs. Garrett in the library for details.

In the spring the Southern Illinois Association of Teachers will sponsor a prose writing competition and the Regional Office of Education will sponsor the Writing Talent Search in March or April. Students should listen to the announcements or see their English teachers or Mrs. Garrett in the library for details.

Resolve to Read More in 2009

The library staff reminds everyone to keep reading in 2009! The library has lots of books that appeal to teenagers. If you don't find one you like, please see Mrs. Garrett, Mrs. Hutchison, or Ms. Reyling for how to use interlibrary loan to obtain books from other libraries. It's free!

A good New Year's resolution would be to read at least 20 uninterrupted minutes from a book of your choice daily. A book is preferable to the newspaper or a magazine because it requires you to focus and concentrate. Such focus improves your reading and helps your school achievement.

Happy New Year of Reading in 2009.

- Mrs. Garrett, Mrs. Hutchison, and Ms. Reyling

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Special Olympics— Basketball

Twenty-two Special Olympics athletes from MVTHS competed in the Individual and Intermediate Basketball Skills Competition at Carmi-White County High School on Thursday, December 4th.

Gold Medal Winners: Norman Burwell, Nathaniel Chwarczinski, John Donovan, Jacob Gass, Deshon Howard, Sydney Irvin, Antonio Moore, Ivan Nason, Sierra Okraj, Dustin Todd, and Alicia Yates

Silver Medal Winners: Byron Karch, Katrina Mestel, Jessy Riechman, Courtney Sammons, and Anthony Wood

Bronze Medal Winners: David Finn, Nathanael Garner, Heather Ince, and Nicholas Meador

Ribbon Winners: Haley Dehn, and David Hester

WE ARE SO PROUD OF ALL THESE ATHLETES FOR THEIR HARD WORK AND GREAT SUCCESS! WAY TO GO!



NOVEMBER STUDENT OF THE MONTH WINNERS

Amanda Boswell	Brittney Brown
Rya Heady	Deshon Howard
Audrey Mayo	Alyssa Miller
Brett Tucker	Morgan Bozarth
Alisha Capps	Katlin Hicks
Danielle Jay	Andrew Mendenall
Alicia Sheldon	



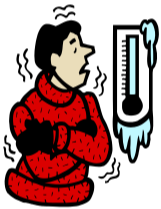
DECEMBER STUDENT OF THE MONTH WINNERS

Britney Bravard	Lauren Donoho
Anthony Merced	Jose Rivera
Chelsey Webb	David Clifton
Rachel Lee	Laina Parsel
Campbell Walters	Brian Workman



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Coat Drive Underway at MVTHS

Cold weather has arrived along with the need for warmer outerwear. Anyone who has **clean, new or used** coats, scarves, gloves or hats, please bring them to the Guidance Office, room 206A or call Mrs. Renth at 246-5931. These will be made available to students. Thanks for your help!

Sweetheart Dance Ticket Sales

The annual Hi-Tri Sweetheart Dance will be held on Saturday, February 7. This year's theme is "Midnight in Paris." The dance will be held from 8:00—11:00 p.m. in the Changnon Gym. The cost of tickets is \$13 for Hi-Tri members and \$15 for non-members. Girls have until January 15, 2009 to join Hi-Tri and receive the discounted price. Tickets will be sold **after school only** during the week of January 20-23. Students must purchase tickets at this time. Tickets cannot be sold at the door. All school debts must be cleared before tickets can be purchased. Any student, former student, or graduate who is attending the dance as a date must also have cleared their debts.

Please note that if you are on social suspension you will not be allowed to buy tickets or attend the dance. You will need to be cleared by the attendance office in order to do so. Please check with the attendance office with any questions about social suspension.

From the Nurse: Staph Infections

It's that time of year again when staph infections seem to be more prevalent. What is staph? Staphylococcus aureus is a bacterium that is commonly found in the nose and on the skin of healthy people. Approximately 25-30% of the populations carry the bacteria without becoming ill.

What does staph infection look like? Most infections caused by staph are skin infections such as pimples or boils. Staph skin infections can be red, painful, swollen, or have pus or other drainage.

Sometimes it may resemble a bug or spider bite. More serious staph infections can also cause pneumonia and infections of the blood and joints.

Over the past several years, treatment of some staph infections have become problematic because the bacteria have become resistant to some antibiotics. Methicillin resistant staphylococcus aureus (MRSA) is a type of staph that is resistant to some antibiotics, including the antibiotic methicillin. How can staph infections be prevented? Wash your hands often with soap and water or alcohol-based gel. Also practice good hygiene— showering with soap and water, changing clothes daily, etc. Staph can be transmitted by contact with secretions from infected skin lesions, wounds, nasal drainage, and objects and surfaces contaminated with staph. Avoid contact with other people's wounds or bandages. Avoid sharing personal items such as towels, washcloths, razors, clothing, and uniforms.

In addition, since staph infections start when staph enters the body through a break in the skin, keeping skin healthy and intact is a good preventive measure. If you have any questions, please call the nurses office at 246-5832.

Wishing you and yours a safe and healthy new year.
Judy Knolhoff, R.N., School Nurse

