



# EAGLE NEWS



## MRMS Eagles Have Made It To Third Base!

Just WOW! Believe it or not, Eagles are at the end of third nine weeks of the 2024-2025 school year. January and February was full of cold weather, snow days, and inconsistent schedules. Hopefully, March doesn't come in like a lion!

As Eagles head into March, spring fever is in the air. Eagles need to remember to stay focused and work hard in the last nine weeks of the school year. Benchmark testing is scheduled to start March 10<sup>th</sup>. Each grade level/subject has scheduled/coordinated benchmarks to not conflict with each other.

The end of the third nine weeks is Thursday, March 13<sup>th</sup>. Eagles need to be proactive in completing missing assignments. Students can stay for Opportunity School on Tuesdays, Wednesdays, and Thursdays, however, a parent/teacher/administrator must sign the student up in order for the student to attend. Parents may call the school office to request his/her child to stay for Opportunity School.

The month of March will be busy with field trips. Eighth grade will be going to Washington, DC. Seventh grade will be attending the Career Fest, an opportunity for students to explore career options, at the Virginia Horse Center. Talent Search students will be visiting Virginia Western Community College. All MRMS Eagles will be attending a VMI baseball game! ELL and NJHS students also have field trips. Eagles are thankful for the opportunity of field trips.

March also brings spring sport season. Students participating in sports at the middle and high school level must complete classwork, maintain good grades, and be present at school! With spring fever and the start of spring sports, it is easy to fall behind. Stay on track!

Eagles, remember this quote, "You may not think you're going to make it. You may want to quit. But if you keep your eye on the ball, you can accomplish anything." -Hank Aaron. The end is near!

## Keep Working Hard, Eagles!

## Student Recognitions

### Players of the Week

#### for the week of February 10

6th - Chloe Ferguson & Esmee Shifflett

7th - Emma Murri & Damien Manning

8th - Carlos Becerra-Hiatt & Sarah Lewis

### Players of the Week

#### for the week of February 17

6th - Mason Fitz & Emma Ramsey

7th - Josie Bryant & Westin Goad

8th - Morgan Kelly & Ruby Lewis

### Players of the Week

#### for the week of February 24

6th - Olivia Wicker & Adeleigh McElroy

7th - Ronan Murray & Leighton Nicely

8th - Izzy Fix & AZ Whitehead

## Homework Hotline

Please use the link below to check each grade level daily/weekly homework!

<https://sites.google.com/rcs.rang.k12.va.us/mrm/s/homework-hotline>

## Sweat + Sacrifice = SUCCESS

## "Take Me Out To The Ball Game..." MRMS Eagles To Attend a VMI Baseball Game!

MRMS's theme for the 2024-2025 school year is "Hitting It Out of the Park"! At the beginning of the school year, MRMS Eagles watched "Field of Dreams". For Halloween, the MRMS administrative team dressed as, "A League of their Own." Our morning and afternoon bells are adapted to the sound of 'start and end' of the day. Teachers and staff adapted classrooms and hallways with baseball themed decor, as well as, incorporated rules in the classroom for striking out, and using baseball lingo.

Eagles have embraced the theme throughout the school year and as a culminating event to the theme, "Hitting It Out of the Park," all MRMS Eagle student body and staff will be transported to Lamore Field at Gray-Minor Stadium to watch a VMI baseball game on March 11<sup>th</sup>. The game starts at 1:00 pm and Eagles will return to school by 3:20 pm. Phones and belongings will stay at school. MRMS Eagles are extremely appreciative to school administration and to VMI for organizing and embracing the school theme with this amazing opportunity for all.

Let's celebrate this special occasion by showing off our Keydet pride by wearing their school colors.



8<sup>th</sup> grade wear red  
7<sup>th</sup> grade wear yellow  
6<sup>th</sup> grade wear white



## NJHS Selling St. Patrick's Day Candy Grams

NJHS will be selling St. Patrick's Day Candy Grams during lunches on March 10-12.

For \$2, students can pick a card design and a full-size candy item to be delivered to any student or staff member. We will take pre-orders and our leprechauns will deliver them through homerooms on March 17!

## SOL Testing Dates! Mark Calendars Now!

Below are the dates for Spring SOL testing. Please schedule appointments around these dates. Once a student has started their SOL, students cannot be removed from the testing room to leave. Testing will start each day at 8:30.

**April 23 - 8<sup>th</sup> grade Integrated Reading and Writing SOL**

**April 29 - 7<sup>th</sup> & 8<sup>th</sup> grade Math SOL AND Algebra I SOL**

**April 30 - 6<sup>th</sup> grade Math SOL**

**May 1<sup>st</sup> - 7<sup>th</sup> & 8<sup>th</sup> grade Reading SOL**

**May 2<sup>nd</sup> - 6<sup>th</sup> grade Reading SOL**

**May 5<sup>th</sup> - 7<sup>th</sup> grade Civics SOL AND 8<sup>th</sup> grade World Geography SOL**

**May 7<sup>th</sup> - 7<sup>th</sup> grade Science SOL AND 8<sup>th</sup> grade Earth Science SOL**

## MRMS Yearbook

The 2024-2025 MRMS yearbook is on sale now! The cost of a yearbook is \$25 and yearbooks will arrive in May.

Please click on the link below to order a yearbook.

<https://www.rockbridge.k12.va.us/MRMS>



## Designation Imagination

The MRMS Destination Imagination team members Dasha Billias, Rachel Feldman, Kinsley Hardin, Levi Poulin, Lilly Roeder, Daniel Sheller, and Logan Wood will compete at the Virginia State Destination Imagination Tournament on Saturday, March 22. They will present the solution to their Central Challenge 'Are We There Yet?' which they have been working on since September. They will also complete an Instant Challenge that will be presented to them on the day of the tournament. Wish our team members well as they compete against teams from all over the state.

## Look Out, Washington, DC! 8<sup>th</sup> Grade Eagles Are Coming!

On March 13<sup>th</sup>, 8<sup>th</sup> grade Eagles will travel to Washington DC to visit the Udvar-Hazy Air and Space Museum and the National Museum of African-American History. The exhibits in these museums directly align with topics that students have studied this year.

Permission forms went home this week with each 8<sup>th</sup> grader.

## Reminders

- \*Be here on time and be prepared daily
- \*1<sup>st</sup> period begins at 8:07 AM & the school day ends at 3:28 PM
- \*If your student is absent, please call or send a note. (540-463-3129)
- \*If your student is absent, they **cannot** attend extra curricular activities such as dances or sporting events.
- \*After 10 absences, a doctor's note will be required.



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## MRMS Girls Soccer Team

- Rachel Barney
- Delanyie Chaffin
- Lillian Chapman
- Cordelia Clark
- Rachel Feldman
- Jaely Maquera
- Sophia Marshall
- Emma Murri
- Lilly Nicely
- Olivia Poulsen
- Olivia Shaw
- Aria Williams
- Katia Macedo

## MRMS Boys Soccer Team

- Jack Chapman
  - Sebastian Cosgriff
  - Finn Elwood
  - Ethan Cruz
  - Wyatt Ferguson
  - Philip Johnson
  - Kazen Murdoch
  - Jameson (Jamo) Martin
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## Cell Phone Policy Consequences

- 1<sup>st</sup> Offense:** Verbal reminder/warning to place device their device away off their person
- 2<sup>nd</sup> Offense:** Parent/Guardian contacted, device confiscated and held in office, student picks up phone at end of day
- 3<sup>rd</sup> Offense:** Parent/Guardian contacted, device confiscated and held in office, parent/guardian picks up phone after meeting with administration
- 4<sup>th</sup> Offense:** Parent/Guardian contacted, device confiscated and held in office, parent/guardian picks up phone after meeting with administration, 30 calendar days prohibited on campus or must check in to office daily.

## Remember The MRMS Dress Code Policy

With warmer weather on its way, all MRMS students need to remember the dress code policy. Make sure you are wearing school appropriate clothes everyday. Below is what the school handbook says regarding the dress code policy.

### School Attire Guidelines

- \*You must have tennis shoes every day for PE class.
- \*Clothing, which includes jewelry, accessories should be free of messages that are violent, relate to drugs or alcohol, discriminate, or are pornographic.
- \*Clothing must cover the torso - your belly. Clothing must conceal undergarments and tops must have armholes. Rips and tears must not fall in the torso area.
- \*No hats or hoodies/hoods can be worn in the building.
- \*Sunglasses may not be worn inside the building.
- \*Sleepwear, including pajamas, is not allowed.
- \*Blankets are not to be brought to school.

## Preparing For SOLs

Written by Cordelia Clark and Lillian Chapman

To prep or not to prep, that is the question. Some students study, or play video games, where others don't do anything at all. In the weeks leading up to the SOL, some teachers will be doing a review for the SOL. Paying attention to the review will help you do better. Studying after school or doing flash cards will help you remember material. Fast forwarding to the nights before the SOL, getting a good night's sleep and eating a healthy dinner is good.

On the day of the SOL, focusing on each question, and taking your time, will help you do better. Occasionally, students will second guess themselves and get a question wrong. You need to trust what you think is right, and move on from the question. Some students said to stay calm and eat a special breakfast.

When we interviewed students, some said to eat lots of candy, or play video games. Several students said getting sleep was good and many also said eating was good. Others said that they go on their roof or study right before the SOL. All students have their own ways of preparing for the SOL, you could do what they do or figure out your own method to prepare.

## Pen Pal Writing For Future MRMS Eagles



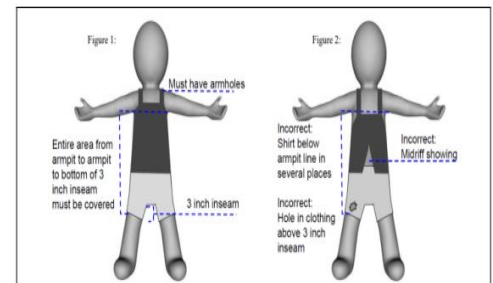
Students in Mrs. Dowless's, Ms. Arnold's, and Mrs. G-M's SOAR groups are writing pen pal letters to future MRMS Eagles! This project allows current MRMS students to write a letter to rising middle schoolers about the middle school experience from a current student's perspective. Rising 5<sup>th</sup> graders will write to their current middle school pen pal to ask lingering questions they may have about middle school. All county elementary school 5<sup>th</sup> graders will be touring MRMS in the spring. The pen pal partnership with current Eagles will help rising students feel more at ease with transitioning to MRMS.

**Eagles are Involved!**



# Attendance Matters

Every student. Every day.



## Overcoming The Mid Winter Blues!

Get OUTSIDE!

Take a moment for YOURSELF! BREATHE!

Get plenty of REST!!

Eat nutritious meals!

SOCIALIZE! Talk with friends and family!

**We do not accept Doordash deliveries for students!**



Every day is a good day at The River!

## Important Dates to Remember

### March

- Mar 3 - Spring Pictures
- Mar 6 - 6<sup>th</sup>/7<sup>th</sup> State Band Assessment
- Mar 7 - Hat Day for Read Across America
- Mar 10-28 Benchmark Testing for all grades
- Mar 11- School Wide VMI Baseball game trip
- Mar 13 - 8<sup>th</sup> grade field trip to Washington DC
- Mar 13 - End of the third nine weeks
- Mar 13 - Pi Day: Wear your Pi shirt
- Mar 13 - Central Elementary 5<sup>th</sup> graders visit MRMS
- Mar 14 - Teacher Workday
- Mar 17 - St. Patrick's Day! WEAR GREEN!
- Mar 18- 7<sup>th</sup> grade Career Fest at VA Horse Center
- Mar 18 - Talent Search Students only-field trip
- Mar 21 - ELL field trip
- Mar 24 - Report cards go home
- Mar 25 - NJHS field trip



## Kindness Matters

"Kindness is all around us, if we're open to seeing it. It's when someone greets you with an authentic smile and asks about your day. It's when someone helps you pick up the papers that spilled out of your folder or offers you a pen when yours ran out of ink. It's when a teammate says encouraging words after you missed a goal or basket. It's when someone saves you a seat at the lunch table or invites you to hang out after school. It's when someone checks in with you because it looked like you might be having a bad week. It's when someone does something thoughtful and with intention. It creates connections and builds friendships. It lets someone know that you want to be there for them. It creates lasting memories. Kindness is a tremendous thing."

<https://www.everymondymatters.com/grades-6-8>





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### Read Across America



Read Across America is celebrated annually on March 2<sup>nd</sup>. Schools across the nation will celebrate Read Across America the week of March 3-7. The purpose of Read Across America is to help motivate students to read and make awareness of the importance of reading. MRMS Eagles should celebrate reading 365 days of the year and not just the one week in March.



To celebrate Read Across America Day, MRMS will have a Hat Spirit Day on Friday, March 7th. Wear your favorite hat, your craziest hat, your goofiest hat!



All hats should be school appropriate.



### Things YOU can do to make good reading habits!



Set a personal reading goal!

Go to the library! Get a physical book in your HANDS!

READ TO BUILD YOUR STAMINA & CONFIDENCE!

BELIEVE you are a good reader!

Share what you are reading with your teachers, family, and friends!

Ask your teachers to help you find the right book for you!

Read ALOUD and have FUN!

Make a reading area/space in your room!

Read books that interest YOU!!!!

Just keep READING!

The more you read, the better reader you will be!

### Reading Is Exciting!

"Reading takes us to exciting new places, enchanted lands, and even faraway galaxies. When we read, we can be detective, explorers, and heroes. Ever stayed up late to finish a book by flashlight under your covers?! Or missed your bus stop because you were so engrossed in a chapter?!"

READING ADDS EXCITEMENT TO OUR LIVES!!!!

<https://nationaltoday.com/national-read-across-america-day/>



### Reading Is Relaxing!

"Even reading for just six minutes can reduce stress, according to research! In fact, reading is more calming than listening to music or going on a walk! Curling up with a good book and your favorite beverage is one of life's great joys and RELAXERS!"

<https://nationaltoday.com/national-read-across-america-day/>



### Developing Good Reading Habits

"Reading is one of the most basic skills students require to learn to be successful. It is not just an essential professional skill, but it is also a way to enjoy creative, informative, and inspiring works of literature that enrich our life experiences. Reading is the backbone of education, but sadly most of today's students prefer to play a video game or watch TV instead of reading a book." In order to become/continue to be a good reader, students need to develop good reading habits!

<https://www.theasianschool.net/blog/how-to-develop-reading-habits-in-students/>

### Reading Makes Us Smarter!

"Did you know that reading actually increases your brain power? It's TRUE! Regular reading can slow the decline of memory and brain function that comes with age AND OF COURSE, as Dr. Seuss says, "The more that you read, the more things you will know, the more that you learn, the more places you'll GO!"

<https://nationaltoday.com/national-read-across-america-day/>



### Pi Day



March 14<sup>th</sup> is National Pi Day! Pi, 3.14, describes the ratio of the circumference of a circle and its diameter which is constant no matter the size of the circle. Here are ten trivia tidbits to celebrate the irrational number we irrationally love without end:

- Pi day is also Albert Einstein's birthdate!
- The use of Pi was first documented in Ancient Babylon 4000 years ago.
- The Greek mathematician Archimedes developed an algorithm for calculating Pi in 250 BC., using a 96 sided hexagon.
- The symbol for Pi  $\pi$  was introduced by Welsh mathematician William Jones in 1706, then popularized in the 1800's by Swiss mathematician Leonhard Euler, who had his own constant named after him.
- Pi has been calculated accurately to over 22 trillion decimal places by modern computers.
- NASA scientists and engineers only use about 39 decimal places of Pi in their interstellar calculations resulting in precision within the size of an atom.
- Because it is a non-terminating, non-repeating number, theoretically the equivalent of every story ever written is contained within its sequences, even Shakespeare's works.
- In the 1985 book "Contact" by astronomer Carl Sagan, scientists work to find a message embedded in Pi from the creator of the Universe. This was left out of the 1997 movie of the same name.
- Calculating Pi was used to defeat a murderous computer in an episode of Star Trek, "The Wolf in the Fold", in 1967.



### Pi Day Spirit Day: March 13<sup>th</sup>!

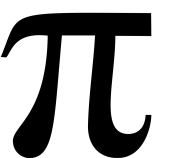
Wear your favorite Pi shirt and jeans!  
Make your own shirt!



Examples: Pumpkin Pi, Apple Pi, Chicken Pot Pi, or ask your homeroom teacher to print a Pi symbol and tape to your shirt!

### Pi Day Jokes

- What is the most mathematical type of snake? **a Pi-thon!**
- What do you call a mathematician who becomes a private investigator? **Magnum Pi!**
- What do mathematicians and the Air Force have in common? **They both use Pi-lots!**
- Why do all other numbers avoid conversing with Pi at a party? **Because Pi goes on and on!**
- Why is Pi so lucky and in love? **Because Pi's love is infinite and non-repeating!**
- Why should you never argue with Pi? **Because Pi is completely irrational!**
- What is a math teacher's favorite dessert? **Pi!**



Life is a math equation. In order to gain the most, you have to know how to convert negatives into positives

-Anonymous

