



Happy New Year!

Save the Date:

1/7

School
Resumes

Varsity
Basketball
Practice Begins

1/8

FTO Meeting
@ 5:30pm

1/9

School Board
Meeting @ 5pm

Family Fun
Fitness Night @
5:30pm

1/14-25

Book Fair

1/16

Parent Teacher
Conferences

Book Fair
Community
Night

1/18

2nd Qtr. Awards
Assembly @
1pm

1/21

MLK Day
NO SCHOOL



Parent-Teacher Conference

January 16th



2ND QUARTER ACADEMIC AWARDS ASSEMBLY

JANUARY 18, 2019
@ 1:00 PM



Visit our

BOOK FAIR!

Jan. 14th - 25th

* **Community** *

Night

Jan. 16th



Family Fitness Night

**Jan. 9th
5:30- 6:30
pm**

**Fun mini workouts
for the whole family**

**A family that moves
together stays fit
together.**

Varsity Basketball

Jan. 7 ~ Practice Begins

Jan. 11 @ HBCS ~ 3:30 pm

**Jan. 12 @ Tonalea
(boys only)**

**Jan. 18 & 19 @ Kaibeto
Tournament**

**Jan. 26 @ Tonalea
(girls only)**

**Come out and
support your
Panthers!**



100 days smarter

Jan 15th

From FTO...



Lil' Shoppers Shoppe was very successful. FTO rose profit of \$525.12.

Thank you parent volunteers for helping with this holiday fundraiser.



FTO is sponsoring a t-shirt designing contest. Two winners will win a free t-shirt printed with their design. For more information contact Ms. Honahnie. Deadline for entries is 4pm Jan. 14, 2019.



The Penny War fundraiser will run from Jan. 7th-14th.

The winning class will be announced at the 2nd quarter awards assembly.

Hopi Words of the Month

Paamuya- moisture moon

mosayru- buffalo

sinom- people

tutskwa- land

paala- moisture

talwiipiki- lightning stick

masánpi – dancing stick(s)

aaya – rattle

pisa- sand (fine)

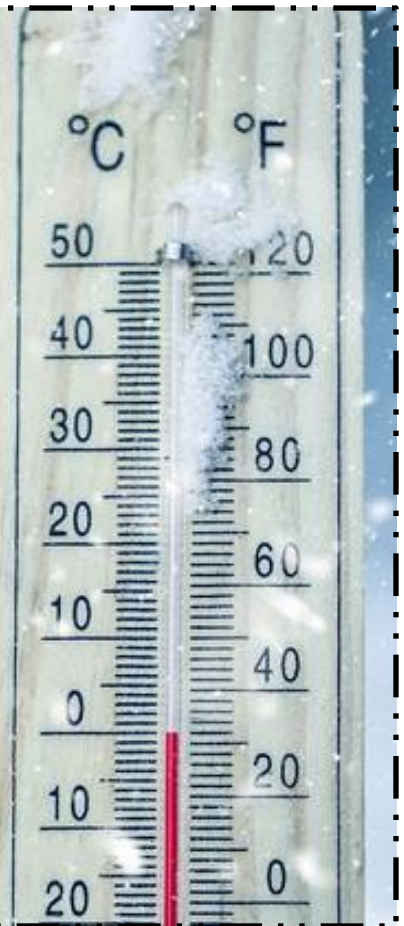
loma vasa- good field

MDS 2019 School Resolutions

As always, MDS and its staff are committed to providing the best education for our students.

Please help us this last half of the school year by making a family resolution to:

- Attend at least one FTO meeting and one academic night. Research shows that children are most successful when their parents are more involved in their education.
- Have your child at school on time and ready for the day. MDS provides breakfast up to 7:55 am daily. A good, healthy breakfast will help your child get the day started on the right foot.
- Dress your child appropriately for the weather. The front office will contact parents & guardians to request for proper attire if students arrive to school wearing short cuts and/ or do not have a jacket or coat.



Does one of your resolutions include eating healthier?

Check Out These Healthy Cooking Tips

Instead Of...	Substitute...	Benefits...
Cheese	Low-fat cheese	Less fat & calories
Sour cream	Plain, fat-free yogurt	Less fat & calories
Iceberg lettuce	Dark, leafy greens	More vitamins & minerals
Boiled vegetables	Steamed vegetables	Better vitamin retention
All-purpose flour	Replace ½ with whole-wheat	More fiber
Bread crumbs	Rolled oats	Fewer calories, more fiber
White rice	Brown rice	More fiber
Salt	½ amount in recipe	Less sodium
Seasoning salts	Herbs or spices	Less sodium
Butter	Trans-Fat-Free Margarine	Less saturated fat & cholesterol
Lard	Canola Oil or Olive Oil	Less saturated fat & cholesterol
Oil for baking	Unsweetened applesauce	Less Fat & Calories
Ranch dressing	Vinaigrette dressing	Less Fat & Calories
Whole Eggs	Egg whites	Less Fat & Calories