



## Happy Holidays from all of us at MDS!

### Save the Date:

12/03

Picture Re-Takes

Family Fun  
Fitness Night  
@ 6pm

12/04

FTO Meeting  
@ 5:30pm

12/05

School Board  
Meeting @ 5pm

12/13

Last day for  
Lil' Shoppers  
Shope

12/14

MDS Holiday  
Program  
12:00 pm

12/17

Saanti Claus Visit

Dec. 22-Jan.6

Winter Break  
**NO SCHOOL**

### MDS Proudly Presents

### A Modern Day Native American Myth

Performed by the students of  
Moencopi Day School

**When: Friday, December 14, 2018**

**Time: 12:00 p.m.**



### Hopi Words of the Month

**kyaptsi**- Respect

**tuuwaqatsi**- Entire Land

**naasungnaya**- Rest

**puhutota**- Renewal

**naakukwuwua**- Reflection

**tuutuwutsi**- Story Telling

**nuvati** - Snowfall

**patasungwa** - Ice

**Tömö**- Winter

**sowi'yingwa**- Deer

### Hopi Charater Trait of the Month

to guide our behavior for a more prosperous life.

**"Hak hiita qa kyaakyawnakyangw**

**tuuvaasi'ytangwu"**

- Be Generous and Kind

### A Word from FTO



The Lil' Shoppers Shoppe is up and running. Students can come and purchase items for their friends and family while learning to budget and spend wisely, while also experiencing the joy of giving.

### Shope Hours:

**Daily:** AM/ PM recess  
(when available)

**M, T, Th:** Afterschool  
2 pm (kgd.)- 5 pm

**Shope closes  
Dec. 13<sup>th</sup>**

### JV Girls Basketball

**Dec. 4 vs. FMES  
@ 4pm**

**Dec. 7 vs. SMDS  
@ 3:30pm**

Come out and support  
your Panthers!

**Lifetouch**  
Picture Retake Day

**Dec. 3<sup>rd</sup>**  
starting at 9am

- New Students
- Students who missed the initial Picture Day.
- All sessions must be paid at time of session.



**Saanti Claus**  
is coming to MDS!

**Dec. 17**

to deliver treats  
to MDS students.



**Family Fitness Night**

**Dec. 3<sup>rd</sup>**  
**6-7pm**

**Fun workouts for the  
whole family**

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

# National Handwashing Awareness Week December 2- 8, 2018

## Advice from the Experts of Hand Washing!



Our hands are natural engineering marvels, they give us a powerful grip to hold onto things and, yet they are capable of handling small, delicate items with incredible precision. We use our hands for everything, drinking, eating, getting dressed, driving, caressing a loved one, petting our beloved dogs, gardening and much more.

Therefore, it comes as no surprise that according to a research conducted at the University of Colorado at Boulder, on average a human hand carries close to 3,200 bacteria from 150 different species, now, there is no need to be alarmed, most of these bacteria can be categorized as not harmful, but others are cataloged as germs which are harmful microorganisms. The study serves to highlight the importance of proper handwashing to prevent the spread of disease.

## Dangers of Not Washing Your Hands Properly

Correctly washing and drying your hands is the best way to avoid the spread of harmful germs that cause illnesses like:

- Common Cold
- Flu
- Hepatitis A
- Several types of diarrhea
- Epstein-Barr which is the virus that causes mononucleosis
- Pink Eye



## Benefits of Washing and Drying Your Hands

- Washing your hands often this time of year when the flu season is in full swing can reduce your chances of getting infected with the flu virus.
- Prevent food poisoning by washing your hands before you handle food.
- Wash your hands after using the bathroom or changing a diaper can prevent the spread of hepatitis A

## Holiday Party Snack Ideas

