

McPherson High School**Home of the Bullpups!**

MHS	620-241-9500		
Career/Tech Ed Office	241-9530		Kitchen 241-9525
Activities/Athletics Office	241-9510	School Safety Hotline 877-626-8203	MHS Fax 241-9506
Guidance Office	241-9520	www.mcpherson.com/418/	Athletics & CTE Fax 241-1309
Bryce McFarland, Principal		Shane Backhus, Asst. Principal	Brandi McWilliams, Asst. Principal

Principal's Comments

As we enter the final weeks of the 2017-2018 school year, MHS students are heading into the home stretch toward graduation on Saturday, May 19th and summer break.

Senior finals will be completed on May 14th & 15th. The last day of classes for the Class of 2018 will be on Tuesday, May 15th. Graduation practice is at 9:00 AM on Thursday, May 17th, following the Senior Parade. Graduation is on Saturday, May 19th at 7:00 PM in the Roundhouse. Please make sure any financial obligations have been taken care of before Friday, May 18th.

Finals for 9th through 11th Grade students will be on Tuesday, May 22nd and Wednesday, May 23rd. Finals are to be taken on the scheduled date unless approval is granted from administration. Students will check in Chromebooks for the summer on the last day of finals.

9th/10th/11th Grades Final Exam Schedule

Tuesday, May 22nd – Hours 1, 3, 5, and 7
 Wednesday, May 23rd – Hours 2, 4, 6, and Chromebook check-in



CONGRATULATIONS
to the **Class of 2018**
from the faculty and staff
of McPherson High School.
We wish you a happy
and fulfilling life!

Final Exam Schedule

The schedule listed below will be used for finals. No final exams will be given early. If you have any questions about the schedule, please contact the office.

Senior Finals
May 14th & 15th

9th/10th/11th Grades Finals Schedule
Tuesday, May 22nd – Hours 1, 3, 5, and 7
Wednesday, May 23rd – Hours 2, 4, and 6

2018/2019 DISTRICT ENROLLMENT Scheduled for Saturday, August 4th



NO SCHOOL ~ All Schools Day
Friday, May 11th

Last Day of School
Wednesday, May 23rd dismissed at 12:30p.m.

Unpaid Fees.....

All MHS Students must have all fees and library fines paid by Thursday, May 10th.

If you have questions, please call 241-9500 and contact **Tracy Wedel** in the bookkeeping office, or **Caley Cole-Robinson** for Library fees. Please send your check today clearing your student's account.

You Are Invited...

The MHS Carpentry students invite the community to tour Project House #50 during an Open House on May 11th (All Schools Day) weather permitting from 1-3 p.m. The house can be viewed behind McPherson High School.

Are You Moving?

In planning for next school year, it is important that we be able to project the year's enrollment as accurately as possible. Please contact the office at 241-9500, if your student(s) will not be attending MHS in the fall.

Unused Medication

Any unused medication and inhalers need to be picked up by May 22nd, or they will be destroyed. If your child needs to continue on medication at school in the fall, a new form must be completed. A Request for Medication to be Administered at School form may be found on the district web site, or obtained from the school. Please return it at registration. Thank you for your help.

~ **Deb Stucky**, School Nurse

Seniors! Seniors! Seniors!!

Graduation: Doors will open at 6:00 pm. The graduation exercises begin at 7:00 pm. We request that you arrive as a group and do not save seats.

Handicapped individuals should be driven to the back of the building so they can be taken to the Roundhouse floor for seating. Please remember that there needs to be someone with the handicapped individual.

HAPPY GRADUATION

Seniors! Seniors! Seniors!!

Senior Parade and Graduation Practice

Seniors may wish to participate in the "Senior Parade" before graduation practice on Thursday, May 17th. Parade guidelines and more information will be mailed to you in the Principal's letter.

Graduation practice will begin in the Auxiliary Gym at 9:00 AM on Thursday, May 17th. Following graduation practice, walk throughs will be at the Elementary and Middle Schools.



HAPPY GRADUATION

MHS Class of 2018 Graduation
Saturday, May 19th
MHS Roundhouse
7:00 p.m.

Seniors: If you are planning to attend College or Technical School you will need to have a final transcript request before the end of school.

Please Note: Final transcripts will be processed and should be available by the second week in June.

HAPPY GRADUATION



Seniors must request a final transcript to the school they are planning to attend. This can be done during the Senior Breakfast on May 4th or by coming by the guidance office before May 10th.

SENIORS

Senior Breakfast: Friday, May 4, 2018, at 7:00 AM

Senior Showcase: Friday, May 4, 2018, from 9:00 AM to 12:00 PM

- Parents may view showcases immediately following breakfast

Project Graduation: Saturday, May 5, 2018, at 6:30 AM

- Bus leaves the west high school parking lot for Worlds of Fun at 6:45 AM. Students should be wearing their Project Graduation senior shirt

Seniors' Last Day: Tuesday, May 15, 2018

Senior Parade: Thursday, May 17, 2018

- seniors participating in the parade should be at Genesis ready to leave the parking lot by 8:15 AM
- seniors not participating should be at the high school for graduation practice by 9:00 AM
- following graduation practice, seniors will board busses for their elementary schools to do graduation walkthroughs at the elementary and middle schools **seniors need their cap and gown for walkthroughs--please leave tassels and stoles at home so they do not get lost

Graduation: Saturday, May 19, 2018 at 7:00 PM

- Seniors should report to the auxiliary gym by 6:30 PM with cap, gown, tassel, and stole.
**Please watch for an email from Ms. Shook with specific Senior Parade and Graduation Day instructions.



Let's Celebrate!

Join us in celebrating the
Class of 2018 at
Senior Breakfast!

Friday, May 4, 2018
7:00 A.M. MHS AC

For: Parents and Seniors
R.S.V.P. to Erica Shook
by Wednesday, April 25
at 620.241.9500 ext. 233
or erica.shook@mepherston.com

Senior Showcase will follow
in the Roundhouse!





YOU ARE
INVITED
TO



Senior Showcase

Come see the
skills and talents
on display by the

Class of 2018



IN THE MHS ROUNDHOUSE

FRIDAY, MAY 4TH, 2018

OPEN TO THE PUBLIC FROM 11 TO 12 PM



The senior class officers have selected author Tom Pace of Oklahoma City as their commencement speaker.

In 1987, Tom Pace had \$62.53 to his name and a solid reputation as a failure. He was 30-years-old and had a string of 30 jobs that he hadn't been able to hold, along with failed attempts at college. He had entered adulthood with the ability to read at a fourth-grade level and the fact that he had Attention Deficit Disorder and Dyslexia did not help the situation. He had hit rock bottom in his life: total despair, depression, wanting to give up and wanting to commit suicide. Today, Tom Pace is an avid reader, having read over 500 books on the topics of: mental, physical, and spiritual wellness, financial security, and relationships. He has read his favorite book, *The Purpose Driven Life*, over 100 times! Tom is also the founder and CEO of the PaceButler Corporation, a multimillion dollar international company. Tom is happily married with two wonderful daughters. He enjoys reading, running, and skiing, as well as mentoring numerous individuals from diverse backgrounds. Tom gives a major credit of his success to mentoring, which is the reason he wrote the book, *Mentor: The Kid & The CEO*. The book is based on actual events from his life experiences and passes on the same principles that he used to create health, wealth, prosperity and significance.

Here are some important upcoming dates from your College & Career Advocates! For more information, please contact us at 241-9520.

- *May 4, 2018: Senior Celebration Breakfast/Showcase
- *May 7, 2018: AP Testing Begins
- *May 11, 2018: All School's Day
- *May 15, 2018: Last Day of School - Seniors
- *May 19, 2018: MHS Graduation
- *May 23, 2018: Last Day of School - Underclassmen

Juniors and Seniors

If you are a College-Bound Student-Athlete you'll need to register with the NCAA, National Collegiate Athletic Association. Go online to register at ncaa.org, or come by the counselors office for more information.

Last day to purchase a Yearbook is May 10th!

Thank you, Thank you, Thank you...

...to all the Junior and Sophomore parents and students who helped make Prom 2018 a success. Your help was very much appreciated!



Mark Your Calendar For Band Camp!

The **MHS Marching Band will hold its 2018 Marching Band Camp August 6-10** at McPherson College campus. Band Camp will be held from **8am-4pm daily** with a noon hour lunch break and games! Band camp is required for all members on the MHS Marching Band. There will be a **"New Marchers" day on Friday, August 3rd** from **9am-noon**, for freshman and new members. Camp gives us a great jumpstart on preparing for the new season, but more importantly, it begins to build the teamwork and unity necessary for a successful season and band year. Camp also gives freshman and new members a great opportunity to meet and make friends before school begins. Stay tuned for more information in the upcoming Summer Band Newsletter.

Kyle Unruh - Director of Bands

SPRING SPORTS

Baseball:

Regionals: May 16 at Hays High School
State: May 24 & 25 at Salina - Dean Evans Stadium

Golf:

Regionals: May 14 at McPherson - Turkey Creek Golf Course
State: May 21 at Emporia Municipal Golf Course

Swimming:

May 17-19 at Capitol Federal Natatorium in Topeka

Girls Soccer:

Regionals: May 15, 16 & 18 at TBA
State Soccer: May 25 & 26 at Newton - Bethel College Athletic Complex

Softball:

Regionals: May 15 at Buhler - Wheatland Park Complex
State: May 24 & 25 at Salina - Bill Burke Complex

Boys Tennis:

Regionals: May 3 & 4 at Abilene High School
State: May 11 & 12 at Winfield - T.H. Vaughan Tennis Center

Track and Field:

Regionals: May 17 at Andale
State: May 25 & 26 at Wichita - Cessna Stadium

Student Honors

Our students continue to excel! CONGRATULATIONS to the following MHS clubs, teams and individuals!

- The McPherson Chapter of the National Honor Society inducted 30 new members on April 25, 2018 at 5:30 pm in the Theatre. Not only does each of these students possess excellent academics, but also each has demonstrated excellence in leadership, service and character. The newest NHS members are: Ashley Achilles, Zarhary Anderson, Miranda Axelson, Katie Bahr, Katelyn Beam, Zachary Brewer, Jaycee Burghart, Daphne Carrillo, Alaina Diggs, Megan Eisenbarth, Kari Ellet, Desire Eps, Hannah Hageman, Lauren Hein, Katherine Hemenway, Riley Hett, Gave Hoover, Benjamin Hopkins, Hannah Kirchner, Anne Leaf, Zachary LeBlanc, Jarrod Nowak, Emily Smith, Meghan Smith, Silas Steinert, Mary Wurm, Abbey Yi anakopulos, Claire Yowell, Stephanie Anderson and Paige Oertel.
- Congratulations to the McPherson Fine Arts Department! Band Regional Solo & Small Ensemble Festival -- Receiving 1 Ratings: Katie Hemenway, Kaytlynn Kuder, Bryson McCaleb, Ben Hopkins, Meghan Monroe, Sydney Myers, Ashley Achilles, Tara Almqvist, Kari Ellet, Brycen Labertew, Katelyn Martin, Josie Strathman, Kaliah Tice, Ashley Moore, Dalton Wilson, Hayden Schneider, Jesse James, Kristin Anguiano, Mason Anguiano, Mattea Black, Olivia Myers, Riya Shah, Bel Canto, Bel Canto Silver, Mixed Ensemble, Mixed Ensemble Women, Trumpet Trio, Percussion Ensemble, Saxophone Quartet, Cello Trio, Senior String Ensemble. Receiving 2 Ratings: David Rettig, Elijah Hein, Issac Linscheid, James Parker, Matthew Powers, Meghan Monroe, Addie Fitzmorris, Zachary Wash, Chloe Jones, Mackenzie Higgins, Christopher Malaby, Daric Souder, Jenna Shanks, Sage Koelling, Vin Stolzenburg, Bel Canto Black, Men's Ensemble, Mixed Ensemble Men, Women's Ensemble, Women's Ensemble Black, Women's Ensemble Red, String Quartet.
- State Solo & Small Ensemble Festival -- Receiving 1 Ratings: Ashley Achilles, Tara Almqvist, Kari Ellet, Brycen Labertew, Josie Strathman, Kaliah Tice, Katelyn Martin, Riya Shad, Mattea Black, Olivia Myers, Mason Anguiano, Kristin Anguiano, Dalton Wilson, Hayden Schneider, Katie Hemenway, Sydney Myers, Katylynn Kuder, Benjamin Hopkins, Meghan Monroe, Percussion Ens, Saxophone Quartet, Trumpet Trio, Senior String Ensemble & Cello Trio. Receiving 2 Ratings: Bryson McCaleb, Kaliah Tice, Katelyn Martin, Kristin Anguiano, Dalton Wilson, Hayden Schneider, Mixed Ensemble, Bel Canto & E ver. Congratulations!
- KSHSAA State Large Group Festival: Band, Orchestra, Concert Choir, Select Women's Choir, & Women's Choir, received a 1 rating. Congratulations!!
- Congratulations to the following who received All State Bowling Team honors: 1st team - Clayton Ouellette & Taylor Miller; 2nd Team - Matthew Stiggins & Cheyann Williams.
- Congratulations to Kamren Jost & Laiken Hein on being crowned Prom King & Queen.

2018/2019 Hi-Steppers

Captains:

Kallie Jost
Anna Nason

Team:

Miranda Axelson
Ally Soukup
Angelina Erbert
Jenna Shanks
Kaliah Tice
Laynee Schroeder
Matie Anderson
Breanna Schnelle
Alexa Allen
Kaylee Zeitlow
Emma Wilson

2018/2019 Cheer Team

Abbi Unruh
Jersey Lopez
Ashlon Stanford
Shelby Yowell
Kyla Hagemann
Kaytlynn Kuder
Avery Mayfield
Tabitha Sletcha
Kailla Minier
Dalton Wilson
Skyler Einfeldt
Hope Williams
Justus Hampton
Natalie Hedlund
Autumn Allen
Tayln Huff
Lauren Hein
Claire Yowell
Faith Madron
Paige Unruh
Megan Saverino
Diana Garcia
Dacia Helms
Ashlie Stout



SPS

Any student that is planning on taking SPS during the 2018-2019 school year must have a current physical (dated after May 1st, 2018) on file in the activities office.

Attention 2018-19 MHS Athletes: Get Your Physical Evaluation/Participation Sheet in Early!

To be eligible for participation in KSHSAA recognized interscholastic athletics/spirit groups, a student must have the following forms on file in the MHS Activities/Athletics office: the History Pre-Participation Physical Evaluation signed by a practicing physician, or registered physician's assistant, certifying that the student has passed an adequate physical examination and is physically fit to participate, the Activity/Athletic/Field Trip Participation Sheet a concussion form and a drug consent form also be completed and on file. A participation fee will also be required. ***Every student athlete is required to have these forms completed in order to participate. The physical evaluation should not be taken earlier than May 1st preceding the school year for which it is applicable.*** The forms necessary for participation during the 2018-19 school year will be available in the Activities/Athletics office.

The KSHSAA recommends completion of the physical evaluation at least one month prior to the first practice to allow time for correction of deficiencies and implementation of conditioning recommendations. *The first day of practice for fall sports, during the 2018-19 school year, will be Monday, August 13th. For winter and spring sports, athletes should have their physicals and parent consent forms in to the Activities/Athletics office one month prior to the first day of practice.*

Please do not wait until the first day of practice to take care of these requirements. Remember, a student will not be permitted to participate until ALL forms are completed, signed and on file, and a participation fee paid. Failure to fulfill these requirements will result in suspension from the team and practices, and ineligibility with the KSHSAA.

COMPLETED FORMS FOR THE 2018-19 SCHOOL YEAR WILL BE ACCEPTED IN THE ACTIVITIES/ATHLETICS OFFICE ANYTIME AFTER MAY 1, 2018.



SPEED, POWER, & STRENGTH TRAINING PRINCIPLES



GOALS—TO IMPROVE SPEED, POWER, STRENGTH, AND REDUCE INJURY RISK

USE OF MOSTLY FREE WEIGHTS (AS OPPOSED TO MACHINES)

CONCENTRATE ON BIG MULTI-JOINT LIFTS THAT EFFECT LEGS AND HIPS (80 % OF A PERSON'S MUSCLES ARE FROM THE WAIST DOWN)— PARALLEL SQUATS AND POWER CLEANS

CORE LIFT APPROACH—SPEND MAJORITY OF LIFT TIME ON THESE CORE LIFTS: SQUAT, SQUAT VARIATION, POWER (HANG) CLEAN, CLEAN VARIATION, BENCH , BENCH VARIATION.

ALL ATHLETES SHOULD DO THE SAME CORE LIFTS

DO ONLY A FEW AUX. LIFTS—COULD VARY DEPENDING ON SPORT. SPECIAL EMPHASIS ON GLUTE-HAMS, STRAIGHT LEG DEAD LIFTS, AND OLYMPIC LIFTS

VARY WORK-OUTS—SETS AND REPS

SET-REP SYSTEM SHOULD INCLUDE INCENTIVES TO BREAK RECORDS EVERY WORK-OUT.

LIFT YEAR ROUND

LIFT IN SEASON: NOT ONLY IMPORTANT TO LIFT IN-SEASON, BUT LIFT TO IMPROVE— NOT JUST MAINTAIN

SPRINT AND PLYO DRILLS—2 TO 3 TIMES A WEEK.

STRETCH FOR SPEED

"Bullpup Speed, Power, Strength Summer Schedule-2017"

"The McPherson Bullpup Speed, Power & Strength (SPS) program is open to all athletes in the McPherson School District in grades 7-12. Our SPS program goals are to improve speed, power, and strength and reduce injury risk of ALL types of athletes (see SPS training principles). HS & MS students have the opportunity to continue their training throughout the school year by enrolling in one of the SPS courses that are offered through the PE department. All training sessions will take place at McPherson High School using the weight room, wrestling room, gyms and outdoor facilities.

SPS Summer Schedule

Monday/Wednesday/Thursday

Week of June 4th 9th-12th Girls 7:30-9:00am

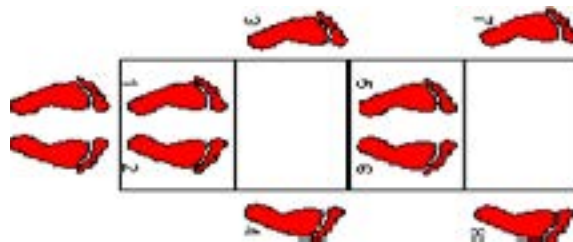
Monday, June 11th 9th-12th Girls 7:00-8:30am

June 13th-August 3rd
 Session 1 (10th-12th Boys) 6:15-7:45am
 Session 2 (10th-12th Boys/Girls) 7 - 8:30am
 Session 3 (9th Boys) 7:30-9:00am
 Session 4 (7th-9th Girls) 8:15-9:15am
 Session 5 (7th-8th Boys) 8:45-9:45am

NO SPS THE WEEK OF JULY 4TH (7/2-7/6)

Questions can be directed to:

Jace Pavlovich at jace.pavlovich@mcpherson.com (for boys)
 Christy Doile at christy.doile@mcpherson.com (for girls)
 Shane Backhus at shane.backhus@mcpherson.com for general information
 Or call the MHS activities office at 241-9510.



MHS Main Stage Theatre

Thespian Troupe #3796



Presents



Theatre of Kindness & Acceptance

May 3rd & 4th

McPherson High Auditorium

Donation greatly appreciated at the door

Curtain at 7:30 pm

Email: [greg.mcglynn@mcpherson.com] with any questions