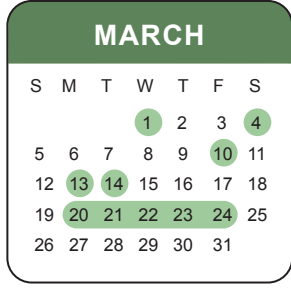




KNIGHTLY NEWS



March? how did that happen?



- 1st:** Donut Day
- 3rd:** Bible Study with Coach Austin
- 4th:** Silvertips Night
- 6th:** Mom's In Prayer
- 10th:** Pizza Day
- 13-14th:** NO SCHOOL - Records Day
- 20-24th:** IOWA Testing
- 24th:** Awards Chapel

LIGHTNING ROUND

- Donut Day tomorrow, March 1st
- Bible Study w/ Coach Austin, March 3rd
- MCS Night at the Silvertips, March 4th (Tickets only from the link below!)
- Moms In Prayer Meeting
- Auction Spotlight: Baseball!
- Recess/Watch D.O.G.S. Sign-ups

DONUT DAY

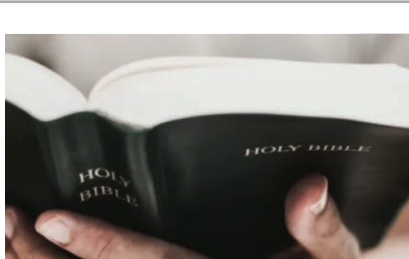
Wednesday, March 1st

Donuts are sold before school for \$1 each. If there are any remaining, they will be sold after school.

This is NOT prepaid. Send your child with cash to bring on donut day and they can grab one on the way to class. All funds raised from Donut Day will go directly to support our teachers and our school!



Thank you to our Sponsor! avacannon.JohnLScott.com



BIBLE STUDY with Coach Austin



- Open to middle school guys (6-8th grade only)
- Starting **March 3rd**. Group meets Fridays, 3:15 - 4pm
- FREE. Email or talk to Coach to join

IT'S GAME TIME MCS FAMILIES!

SILVERTIPS VS SEATTLE THUNDERBIRDS
SATURDAY MARCH 4TH. | 6 PM GAME TIME
 @ ANGEL OF THE WINDS ARENA
\$25/TICKET ANY AGE (\$33 VALUE)

Use this link to purchase tickets!

[GET TICKETS](#)

When you do, a portion of the proceeds are given directly back to MCS/TAPP.

See you in the Knights Section!!



Moms in Prayer Group

Next Meeting - March 6th

Come be a part of this life changing ministry of prayer! MCS hosts a prayer group for moms to come together to pray for our kids, teachers, staff, our school, and of course, for each other!

"Not giving up meeting together, as some are in the habit of doing, but encouraging one another." Hebrews 10:25

- Meetings:**
- March 6, 20
 - April 3, 17
 - May 1, 15
 - June 5



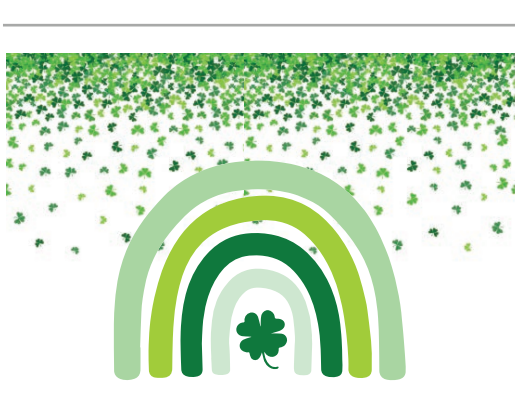
We have SO many great items this year that we want you to know about! Each newsletter will feature a special item that was generously donated.

Today's spotlight item is for anyone who loves summer nights, garlic fries, autographs, and catching foul balls under the lights!

Thank you to all three teams for your continued support of MCS.

Auction Spotlight

Family Pack (4) Club Level Seats Family Pack



March Recess Calendar

Let's fill up the calendar! Recess duty is an easy way to earn double volunteer hours, and one of the **most important ways** we can help our teachers.

- Morning :** 10 - 10:40
- Lunch :** 12 - 12:40
- Afternoon :** 1:45 - 2:00

Did you know there's NO Guinness Record for the longest Recess? We should change that!

[SIGN UP HERE](#)

Hallway Hero Sign Ups

Let's fill the calendar for the whole year!

[RSVP Here!](#)



Dear Parents:



Recent statistics suggest that virtually all teens have smartphones and are online every day. About half of teens are online almost constantly. This has raised concerns about the effects of excessive screen time.



In a recent blog post, Dr. Daniel Amen cited a study by the National Institutes of Health based on brain scans of 4,500 children. Children whose daily screen time exceeded 7 hours showed premature thinning of the brain's cortex. He also referred to other studies showing that excessive screen time is associated with mental health issues such as depression, anxiety, and low self-esteem.

For years, Love and Logic has advocated limiting screen time for kids of all ages, and these studies support this approach. Although the basics of parenting remain the same, issues involving technology and screen time have left many parents wondering what limits are appropriate, how to hold their children accountable for misuse of technology, and how to help kids learn the decision-making skills required to make healthy technology choices when they leave home.

♥ The following principles can help parents limit screen time for their kids.

- Kids need limits.
- Limits are best set through actions instead of hollow threats.
- When kids make poor decisions, they need to experience natural or logical consequences.
- Consequences are always more effective when provided with loving empathy.
- Our kids will learn how to live their lives by watching us.

♥ Because limits are at the core of these principles, here are some examples of 'essential' limits:

- You may have your tablet if there is no arguing when I ask you to shut it off.
- Feel free to have a cell phone when you can pay for the entire cost.
- We allow kids to have devices with access to the Internet if they check them in with us each night. We'll return them in the morning if there are no problems.
- I've met plenty of good people who've ended up doing bad things on the internet. That's why your mom has all my passwords and is free to see my history. You may have this device if you do the same. Everyone needs someone to hold them accountable.
- I'm shutting my phone off so that I can give you 100% of my attention. Thanks for doing the same.