



MSA Weekly News

November 20, 2009

Volume 3, Number 11

"If a student can't learn the way we teach ... we should teach the way a student can learn.

-Twee L. Moore, Founder

In This Issue

- 34 Shopping Days Left
- GRANDparents Day!
- Fine Arts Spirit Wear
- Did You Know ...
- Custom T-Shirts Available
- GOTR
- Holiday Market
- FREE Seminar
- Something for All!
- YOU Are Invited
- Guest Journalist
- Bouncing Sugar Babies
- SAT 101 Course
- The Scoreboard
- The Bulletin Board
- Cares and Concerns
- Character Quote of the Week

Web Links of Interest

Atlanta Community Food Bank

Find out how the cans you donate get distributed

Only 34 Shopping Days Left

This week we have had the culmination event of Girls on the Run, a board meeting, a field trip to WSB for Middle, several basketball games, LOTS of Thanksgiving feasting going on and then Grandparents Day. This also has been our last week with the Chicks from Lower School. They are big enough that they will try to fly away from you and Ms. Jodie said when she comes with the food, they get excited and can pretty much get out of the box in which they are living. This afternoon they go home to the farm where the eggs came from. We have enjoyed having them. [There are pictures on [Twitter.com](#) (@millspringsacad) if you haven't checked 'em out yet!]

I want to leave you with some Lessons from Girls on the Run. The girls have learned some insightful things that some parents can only hope to get through to their daughters. It was obviously a great opportunity for this group. Be sure to read the entire **update below**.

"I learned a lot about myself and the other girls. I learned that it's good to listen to others and that I shouldn't do drugs. I also learned it's good to exercise and keep your body healthy. My favorite part was the snacks!" – **Jasmine McDow**

"I learned about sharing and being friendly. I learned that it is bad to gossip. My favorite part was running on the track." – **Erin Welch**

"I learned how to deal with people if they frustrate you. I learned that gossip can change stories around and hurt others. I learned that smoking is harmful to your heart and body. My favorite part was the activities and games." – **Emily Pearman**

Have a Happy Thanksgiving – we will see you on November 30.

Grandparents Day is GRAND!



Grandparents dominated the campus today – how wonderful it is to see them all. The students are always very proud of their grandparents and love to take them on a tour of THEIR school – some of them even make their way in the office to tell them about the business of the school. I heard the presentations were terrific as was the food. There were so many grandparents that we had to add tables and chairs to the room. *Pictured: **Evan Hardin** (PreUpper student) showed Grandpa the Smartboard and Grandpa showed Evan math!* (Picture courtesy of Michael Adams, PreUpper Teacher)

Get your Fine Arts Spirit Wear!

[MSA Sports Calendar](#)
The most current information when it comes to MSA Sports Schedules

[MSA Home Page](#)
Find everything you need to find about MSA is here

[MSA PVA Web Site](#)
Learn what is going on with your PVA

[MSA Weekly News Archives](#)
Catch up on past news

[MSA Current Calendar](#)
School Calendar on the MSA website



Donate to the
Annual Fund TODAY!

Contact Us

<http://www.millsprings.org>
charwood@millsprings.org

Mill Springs Academy
13660 New Providence Rd
Alpharetta, GA 30004
770-360-1336



MSA Fine Arts is now selling sweatshirts for students to wear! They are uniform approved sweatshirts – green and hooded with an MSA Fine Arts logo on the front designed by our art teacher Brian Buxton. Students can have one or more of the following “labels” on the back of the sweatshirt: Artist, Actor, Musician, Vocalist, Technician. We are also offering MSA Fine Arts sweatpants that can be worn for drama rehearsals.

Parent “MSA Art Alliance” t-shirts are now available as well. The design for this shirt was created by Upper School student Brogan Guyton.

Click on **THIS LINK** to view the order form. Please print it out and mail it in with your payment to Janet Ford. Thank you!

Did you know ...

- The **Atlanta Community Food Bank** is experiencing a 30% increase in requests for food assistance.
- Only 3 cities in the US have more people living below the poverty level than Atlanta.
- Hunger and poverty are inextricably linked in our community. More than 12 percent of Georgians live in poverty. IN Fulton County, the number rises to almost 25 percent – one in four people.
- One in 5 Georgians suffers from hunger.



With your help we can take steps to end these problems. The food we collect will be distributed among 800 not for profit agencies with a variety of feeding programs. Some help seniors on a fixed budget make ends meet. Others provide groceries for the working poor. Still others provide meals to the homeless.

The next time you are in the grocery store you can help. Make sure to pick up those 15 extra cans so that together MSA can collect two TONS of food to share with those who need it!

The deadline is December 3rd!

Get Your Custom T-Shirt Here!



Design by **Erin McCallum**,
CommArts Student

For the third glorious year, MSA Fine Arts will be selling custom printed t-shirts designed by our fabulous art students! You choose the design(s) you like, the color of your design to be printed on your shirt, and if you would like the artist to sign your shirt. Short sleeve are \$10 and long sleeve are \$15. Great gift ideas for family and friends! And you can say you know the artist and/or that the artist attends your awesome school!

T-Shirt Order Form

Please have each order on a separate form --- it is not very 'green' but it ensures that the t-shirts are created EXACTLY how you want them to be created! Please note that these shirts are NOT a uniform item. Questions **contact Janet Ford.**

Girls on the Run Update



Pictured: **Steffi Schneider, Erin Horst, Maridy Moore, Erin Welch, Emily Pearman, Caroline Berman, Gracie Bernstein, Jasmine McDow, Ashtyn Ayres** – missing is **Mia Hummel-Levy.**

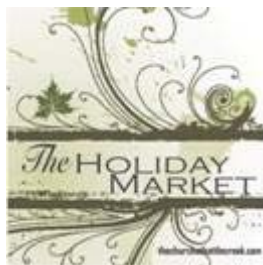
The Girls on the Run (GOTR) season culminated in a 5K race on Sunday, November 15 at the Atlanta Youth Soccer Association fields in historic Kirkwood. The girls have been training for the race since late August, and everyone on the MSA team crossed the finish line! We are extremely proud of all of the girls for their dedication and determination.

On Monday, November 16 the GOTR team participated in a community service project and had an end of season celebration. For their service project, the group collected items to donate to the Crabapple Animal Hospital. The girls visited the clinic to drop off their items, toured the facility, and saw some really neat things! After visiting the hospital, the girls returned to school for the celebration. Parents were invited to join the group to celebrate. All of the girls received a certificate for completing the GOTR program and a special "Superstar" award. We would like to send a special thank you to all of the parents and staff for supporting GOTR this season. We greatly appreciate your encouragement and assistance in helping the girls to achieve success! (Coaches Anne, Susan, and Shannon)

Holiday Market is Coming!

Don't spend all your money on Black Friday! Save up for the first MSA PVA Holiday Market!

This year the kids will get an opportunity to shop for the people they choose in the MSA Holiday Market which will be held in the CommArts Great Room. The PVA has partnered with Carol's Hallmark of John's Creek to have a wonderful market full of great gifts for the whole family, all under \$10. Please make sure you send your child with a **WISH LIST** on the day they are to shop and either a blank check or cash with their budget. Plan to do as much shopping as you can at this great event, a percentage will come right back to our school.



The shopping schedule is:

Monday, Nov. 30: Lower /PreUpper

Tuesday, Dec. 1: CommArts/PreUpper

Wednesday, Dec. 2: Middle / PreUpper

Teachers, parents and Upper School students are welcome to shop as their schedule allows.

If you are interested in volunteering, there is still time, contact **Donna Foster**.

A link to the wish list is **HERE**.

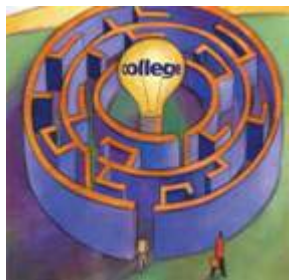
FREE Seminar – Everything College Admissions!

January 13, 2009

7:00pm – 8:30pm

@ MSA

Learn from the best!



With 9 years experience helping students navigate the testing and college admissions process, Jed Appelrouth, MS, NCC, will guide you through all the steps necessary to help your child achieve his or her best scores on the admissions exams (SAT or ACT) and submit more competitive college applications.

Don't miss this FREE opportunity to help your child get ahead.

To Register:

1. Go to <http://www.appletutors.com/signup>
2. Enter Event Code M030553 on the top left of the page

Something for Everyone

To some Friday the 13th is a bad omen. But to those of us fortunate enough to enjoy an evening of a beautiful Art Show and spirited Cabaret here at MSA, this Friday the 13th in November was a wonderful day to remember. During the Cabaret, the sights and sounds of song, dance, comedy and lots of laughter echoed throughout the Student Activities Center. Across the lobby in the gymnasium, the Art Show complemented the performers with beautiful artwork of all colors, shapes and sizes created by our very own talented art students.

From 1st graders to 12th, artists and performers alike “strutted their stuff” to the delight of onlookers young and old. It was truly an evening to remember ... with a little something for everyone. Thanks to all the artists! (Janet Ford, Fine Arts Director)



Cameron Feeley - Middle



Anthony DeSantis - PreUpper



Spencer Murphy - Upper

It's College Day and **YOU** Are Invited

Mill Springs Academy is having our
Annual College Fair
on Friday, December 4th, 2009.



Location: Upper School Great Room

Time: 10:30 – Noon

Who is invited: Students, Counselors and Parents.

How many colleges will be there: We are expecting about 20 schools from around the Southeast.

Grandfather and Grandmothers' Day

Guest Journalist – **Andrew Asher**, Middle



They are so pretty. They look tall and wear glasses. Graham's hair is brown and Grandpa's is gray. I like the fact that they are never late to anything even if you get lost for hours. I also like all the ways grandma says is lucky. I really have no idea where you live but I do know its somewhere deep in Atlanta Georgia. I like to call grandpa, Grandpa and grandma, Graham. I really want you to know that Mill Spring Academy is a place where you learn. It's like lots of schools. That's it

Bouncing Sugar Babies!



Proud "Single Dad" **Chris Torres** with the Twins

On November 9th there were an abundance of "sugar babies" born in Lisa's Upper School Health class. The students are encouraged to give their newborn a personality, giving them a chance to "bond" with the baby. For a large portion of their Health grade, the project requires students to carry their baby for a week and write a journal on what they have to do for the baby. They must use their imagination and also be creative. This project was started 2 years ago, and at first most of the students complained about how "stupid" it was. This semester was totally different, many of the students were wanting to know when they would get to do the "sugar babies"!! This year, we had a kidnapper on the loose, who called herself, "THE BAKER". She did manage to kidnap one or two, causing several "Amber Alerts" to be issued. We also had a few "parents" that have to appear in court later, for things such as neglect. Sometimes we would find the poor little things stuck in a locker, or maybe just sitting around with no supervision. All in all, this is a good experience for the students, they understand after a week why they participate in this project. (Lisa Brown)

SAT 101 Course @ Mill Springs



Prepare for the Spring 2010 SATs with Appelrouth Tutoring Services and get ahead of the game with a thorough review of content and strategies for the exam!

To Register:

1. Go to <http://www.appletutors.com/signup>
2. Enter Event Code SAT384 on the top left of the page
3. Click Go

Cost: \$499

Location: Mill Springs Academy

Included Materials: The Official Guide to the SAT, the ATS Fabulous Guide to the SAT, ATS Math and Vocabulary flash cards.

In addition to 20 hours of in-class content and 2 individual tutoring hours, ATS is including 3 proctored, fully analyzed mock tests for enrolled students. [Eleven Saturdays beginning Saturday, January 23.](#)

The Scoreboard



Scores (MSA score first)

11/14 – Boys Basketball vs. Crowns Academy (18-55)

11/17 – Boys Basketball @ Brandon Hall

11/18 – Girls Basketball vs. Kings Ridge

11/19 – Boys Basketball @ Gables (42-27)

The Bulletin Board

This is my bulletin board and what you will find on it:

Nov 23 – 27 – Thanksgiving Holiday – **SCHOOL CLOSED** - the office is closed as well.

Mon, Nov 30 – 1:30pm – **PVA Meeting** – Upper School Conference Room – NOTE CHANGE OF VENUE

Mon, Nov 30 – **The Holiday Market** – CA Great Room

Thur, Dec 3 – **Canned Food Drive** ENDS – Get ‘em in gang!

Thur, Dec 3 – **CommArts Festival** celebrating **India** – U Grt Rm

Fri, Dec 4 – **College Day** – Upper Great Room

Sat, Dec 5 – 8:15am – **SAT Test**

Tue, Dec 15 – 8:30am – Parent Breakfast for Rising 9th Graders – [RSVP HERE](#)



Cares and Concerns of our Community

Please keep the following from our Community in your thoughts and prayers.



The Day Family

The FitzGerald Family

Jobless Families

The Lewis Family

The Slayden Family

Please **email me** at any time with individuals you would like to include on our list as their needs arise. For privacy, I will only list names and claim ignorance if you ask me for details.

Character Quote of the Week



It is only with the heart that one can see rightly; what is essential is invisible to the eye.

-- Antoine de Saint -- Exupery

To: All Mill Springs Parents, Board of Trustees, Newsletter Friends, Newsletter Family, Newsletter Professionals, Newsletter Foundations and All Staff/Faculty

Please follow us on Facebook and Twitter for up to the minute information.



Please consider the environment before printing.

If at any time you wish to not receive further MSA Weekly News editions please just 'reply' with that information in the email to charwood@millsprings.org

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