



SMOKE SIGNALS

Martin High School PTSA Newsletter



APRIL 2016



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Dear Martin Warrior Families,

I want to say a big THANK YOU to our fabulous PTSA Board Members, Martin Administrative Staff, Teachers, Parents, & Students! Martin is truly the BEST High School in Arlington because of YOU! It has been a real honor to serve this year.

As our year is coming to a very quick end, I want to give a special shout out to Cara Hackley & Jenny Reine, our Bahama Bash Chairs, for their outstanding leadership! They have been working an entire year to provide our Martin seniors with a drug & alcohol free after prom party that will give these kiddos a night they will always cherish. Thanks to ALL who are serving on the Bahama Bash Board for your dedication to make this enormously GIGANTIC, crazy, over-the-top party come together! Martin Warriors of all grades please support Bash in any way possible these last few weeks!

Six Flags Day – AISD Education Celebration – Friday, April 15th, 6-11 pm

This is a private party benefiting the Arlington ISD Education Foundation & our very own Martin High School. Tickets are only \$20 each and Martin will receive \$5 for every ticket purchased! Come enjoy Six Flags at a major discount – without lines!!! Purchase your tickets today! Click [HERE](#) to buy your tickets OR Go to:

www.aisdeductioncelebration.com. Be sure to enter code: MARTIN

Our next and LAST PTSA General Meeting for the year will be on May 2nd at 7:00 in the Little Theater. Please make every effort to attend to help us close out the year strong and welcome our new Board for next year! Also, following our meeting at 7:30, we will have a presentation from Texas PTA: Don't Stand By, Stand UP! This is an outstanding program that addresses bullying and how to handle it. It's a problem that doesn't always go away over the summer AND it can give you tools to practice for next year. Please join us.

I wish everyone a wonderful final 6 weeks! Go Warriors!

Warrior Proud,

Cindy Bradley
Martin PTSA President



MEET YOUR COUNSELORS!

A-Brown:	David Pyatt
Browe-Dap:	Amy Benson
Dar-Gh:	Jana Lewis
Gi-Hy:	Suzanne Bandy
I-LL:	Connie David
Lm-Mix:	Barbara Moeller
Miz-Ph:	Jarita Galbreath
Pi-Sans:	Susan Kingen
Sant-Trap:	Edwina Thompson
Trar-Z:	Jai Davis
AVID/STEM:	Sara Stringer

*"Go confidently in the direction of your dreams. Live the life you have imagined."
~Henry David Thoreau*

Coping with School Stress

As the end of the school year is winding down, we often see students' stress level going in the opposite direction. With testing, deadlines, college applications, grades, and questions about the future looming, students often experience an increased level of stress and anxiety.

The following, from studypoint.com, offers some tips on how to get your student back on track:

Be Organized

- Help your student put together a schedule of activities, suggests familyeducation.com. Start with things that happen at fixed times (such as soccer practice) then fill in the open spaces with study time, piano practice, relaxation time, etc.
- Schedule work time for big assignments that will take several days or weeks to complete. This will help your student avoid having to cram a long-term project into a day or two, thereby reducing stress and giving him or her a better chance at a good grade.
- Give your student an organized workspace. A messy desk or backpack can easily swallow up a homework assignment. The time spent separating schoolwork into subject folders, organizing school supplies, and throwing out what your student no longer needs will save loads of time (and worry) later on.
- Set house rules for study time. Cell phones and televisions should be off, and the Internet used for research only. Make sure other family members honor these rules, since even a TV down the hall can be distracting for a student who's trying to focus.



Prioritize

•It's great to be involved in a range of different activities; however, if soccer, swimming, school newspaper, and youth orchestra are gobbling up too much time, figure out what your child can afford to quit. Take into account your child's intended college major and potential scholarships, but don't forget to factor in your child's genuine interest levels as well. Extracurricular activities that are purely for fun can help reduce stress. Ultimately, the decision should be up to your child. According to stressfocus.com, choosing to say no helps a teen learn to prioritize and be independent.

•Figure out what can wait until tomorrow—or next month. It might be a term paper that isn't due for several weeks, or even ACT or SAT prep, which can be done over the summer rather than during the hectic school year.

•Help your child set realistic goals, both in and out of school, says familyeducation.com. Having attainable goals to work toward will help him or her see the light at the end of the tunnel.

Live a Healthy Life

•Sleep is a key factor when it comes to wellness. Children (including teenagers) generally need at least 10 hours of shut-eye each night. Studies have shown that teens who don't sleep enough have lower GPAs and higher rates of car accidents, and are more at risk for physical and mental illness.

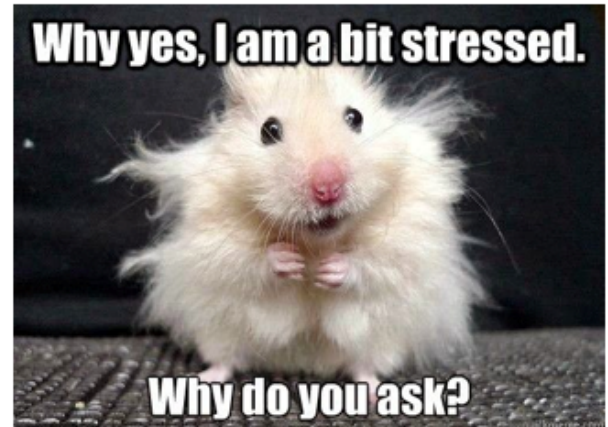
•Exercise is one of the best ways to blow off steam. According to an article by New York Times blogger Gretchen Reynolds, studies have shown that regular exercise actually helps change brain chemistry to reduce stress.

•Eat well. A diet of high-calorie, high-fat foods can make your student feel sluggish, whereas a balanced diet will help him or her tackle the day. Brainready.com offers a list of five top brain foods.

•Be a healthy role model. If you tell your child to exercise, choose healthy foods, and go to bed at a reasonable hour, do so yourself, says familyeducation.com. (You may find your own stress levels diminishing as a result!) By forming good habits, your child will be less likely to medicate anxiety with junk food, alcohol, drugs, or aggressive behavior.

•Schedule recreational time. Although it may be tempting to urge your child to use that free Saturday afternoon for ACT study or biology homework, it's important not to work constantly. Your child needs the chance to play, relax, space out, and have fun.

•Laughter really is the best medicine. According to stressfocus.com, having a good sense of humor and watching cartoons can help relieve tension. Encourage your child to do things that make him or her laugh.



Show Your Support

•Allow your child to talk about his or her stress, says suite101.com. Let go of the idea that your child is “just a kid” and has nothing to be worried about, and offer a sympathetic ear.

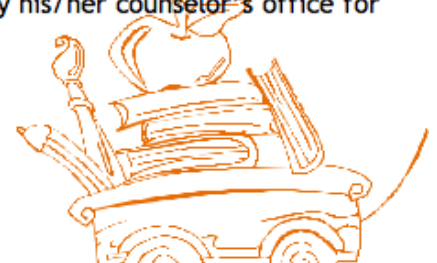
•Find out what is causing your child's anxiety. Is it pressure to succeed? A big upcoming project? Standardized tests? Once you know the source, you can better help your student solve the problem. If your child needs academic support, visit www.studypoint.com to find out how we can help.

•Be positive. According to about.com, praising your child for his or her accomplishments can go a long way when it comes to self-esteem. When your child is struggling (a bad grade, a missed catch, a rejection), help him or her focus on the opportunities the situation presents. Even a disappointing experience can lead to a useful lesson.

•Keep in mind that boys and girls handle stress differently, according to stressfocus.com. Girls are more likely to seek guidance and support, while boys will either tune out the stress or tune into something else for distraction.

And as always, your school counselor is just an email, phone call, or visit away! Encourage your student to come by his/her counselor's office for support...

We can help!





Lady Warrior Soccer



Its PLAYOFF Time!!

Come out and support YOUR Lady Warriors!! They have won 15 straight games and are looking for 7 more wins to finish the season as the State 6A Champion!

Your Martin Lady Warrior Soccer team went 14-0-0 in district 4-6A to earn their fourth straight district championship and their 13th out of the last 14 district titles !

***Follow Us
@MHSladysoccer***



- ***Playoffs Start The Weekend of March 25th***
- ***Chipotle Night—April 5th***
- ***April is Lady Warrior Soccer Month at Smoothie King on South Cooper! See Our Website or Twitter for Details***

Visit Us At: www.ladymartinsoccer.com

Martin Lady Warriors



Area Champions 2016



TICKET SALES - 2016

TICKETS ON SALE!

April 1st, 4th - 8th, & 11th - 15th

Upper Gym Lobby @ Lunch

Tickets \$35

(\$45 at the door)

Checks payable to:
MHS Bahama Bash



Attention All Senior 2016 Parents!

If your student will be attending Bahama Bash, have you...

Mailed in your \$25 parent contribution? What is this you ask?

Your contribution goes toward this year's funding as part of the \$100K needed to put on Bahama Bash. For every \$25 contribution you send in (maximum of \$100) your student will get their name put in the multiple scholarship drawings that are drawn that night. Last year nearly 40 kids received scholarships through Bash!

Signed up to help?

240 PARENT volunteers are needed the night of Bahama Bash! That's a lot of hands. Please don't assume everything is covered because it's not. We need you! You say your kid doesn't want you there? Well, with over 1000 people running around from event to event, room to room, having a good time, you probably won't even see your kid all night! We need you, the parents, to make Bahama Bash a success!

Calendar of Events

- Jan. 19, 5pm-8pm: Chick-Fil-A Fundraiser, Little Rd. location
- Jan. 25, Lunch & Dinner: El Arroyo Fundraiser, S. Cooper
- Feb. 2, 7pm-8pm: All Senior 2016 Parent Meeting, MHS Library
- Feb. 21, 6pm-10pm: Grease Monkey Fundraiser & Performance
- Apr. 12, 7pm-8pm: Parent Volunteer Final Mtg., MHS Library
- Apr. 29, 2pm-???: Bahama Bash Set-up, MHS
- Apr. 30: Prom
- May 1, 12am-6am: Bahama Bash, MHS

We need you to be a part of Bahama Bash!

- 👆 Be a Martin PTSA member (\$ 10)
- 👆 Be an approved AISD volunteer
(http://aisd.net/departments/Volunteer_App_Info)
- 👆 Contribute a minimum of 10 volunteer hours
- 👆 Pay a \$ 25 parent contribution per student (every \$ 25 contribution enters your senior student in Bahama Bash scholarship drawing)

Questions? Please contact our chairs
Cara Hackley at carahackley@sbcglobal.net
Jenny Reine at jreine2@tx.rr.com

Bahama Bash Parent Contribution Form Scholarship Entry

My Parent Contribution for \$_____ is enclosed.

*Your Senior's name will be entered in the Bahama Bash Scholarship drawing one time for every \$25 parent contribution (up to \$100 or max of 4 entries per student)

Parent's Name: _____

Student's Name: _____

Make checks payable to **MHS Bahama Bash**

Return this form to: Bahama Bash, c/o Martin HS PTSA,
P.O. Box 175188, Arlington, TX 76003-5188

The year lives here!



Martin High School

WARRIORS

Buy your
yearbook now!
yearbookforever.com

Friends and fun, classes and clubs... the yearbook staff is capturing the year.
Buy a 2015 yearbook so you can remember this year anytime!

Cost:

- \$65 through Feb. 28
- \$75 March 1 - April 30

Don't wait — if you want to personalize the book, namestamping starts at \$5 extra and must be purchased before Jan. 31!

To purchase:

- To use a credit card, debit card or PayPal, go to yearbookforever.com and enter our school name.
- For cash or check, bring payment made out to MHS Yearbook to Ms. Adwell in room 260B.

Student name _____ Grade _____

Address _____

Phone _____ Email _____

Number of yearbooks _____ x \$ _____ = _____ Total cost

Walsworth yearbooks

yearbookforever.com



2015 / 2016 Martin PTSA Membership Form

Senior Students **MUST** be a member to be eligible for PTSA Scholarships.
Parents of Seniors **MUST** be a member to work Bahama Bash.

Name _____

Phone Number _____

Email _____

(Email needed especially for parents of senior students)

Name joining PTSA	Check One		Check One			Student-Grade
	Regular	if Awarded Texas Life Membership	Parent	Student	Teacher/Faculty	

Total Regular Members × \$10.00 = _____

Total Life Members × \$ 7.75 = _____

Donations to Scholarship Fund
(Scholarships given to graduating seniors. Donations are tax deductible) _____

Total Payment _____

**Mail checks payable to MHS PTSA and mail to
Elizabeth Madison, P.O. Box 175188, Arlington, TX 76003**

To be completed by PTSA:

Joined by/date: _____ Check # _____ Cash _____ Card(s) Given _____