

Mt. Vernon Message

Spring Break is scheduled for April 9-13. Students will return to school on Monday, April 16.

Spring Assessment is quickly approaching. April 23-May 4 is the assessment period for grades P3-5th grade. Parents please encourage your child during this time. Below are some helpful hints for parents during this assessment time.

- Have a relaxed environment. Avoid any activities and conversations that may arouse anxiety, conflict or unpleasantness.

- Try to avoid applying disciplinary measures to any member of the family on the evening before the test.

- Have your child go to bed early enough to get plenty of rest.
- Set the clock to alarm a little early in order to allow your child time to eat and dress without rushing.

- See that the clothes that your child likes and feels comfortable in are laid out so that frantic searches are avoided.

- Be sure that paper, pencils and other needed school materials are together and located where they will not be forgotten in the morning.

- You may want to talk briefly about the test in an encouraging way. Let your child know that you understand how difficult tests are, but you are confident in his/her ability to do well. Emphasize that test results help in planning the child's instructional program.

- Ask your child to do as well as he/she can. Think of something that would be very pleasing to your child and say that this will be the reward, following the test.
- Let all conversation about testing be casual and brief.
- Prepare a good breakfast for your child, but not a heavy one.
- Be sure that your child is not late for school.
- The test is constructed to be given in a group setting. Children seldom do as well when given the test individually. Therefore, it is very important that your child be in school Monday to start the test and finish with the other students. PLEASE MAKE ATTENDANCE A PRIORITY!

- Art Prize: Last week's art prize winner was Warren Mullins from Mrs. Webb's Primary Classroom. Congratulations Warren!
- Music In Our School: Friday, March 23 was the all school sing in the gym. We enjoyed music by our fifth grade chorus as well as skits from the teachers. Pictured are some members of the chorus who participated in Old McDonald Had a Farm and teachers performing a skit of the Teacher Survivor Show. Thanks to all parents/grandparents who came out to support our children/grandchildren.



Warren Mullins - Weekly Art Prize Winner

Whitaker named National Award Winner in Leadership & Service

The United States Achievement Academy announced that Matthew Whitaker of Mt. Vernon has been named a United States National Award Winner in Leadership and Service.

This award is a prestigious honor very few students can ever hope to attain. In fact, the Academy recognized fewer than 10% of all American high school students.

Matthew, who attends RCMS, was nominated for this national award by Mrs. Melissa Singleton, a teacher at the school.

Matthew, will appear in the United States Achievement Academy Official Yearbook, which is published nationally.

"Recognizing and supporting our youth is more important than ever before in America's history. Certainly, United States Achievement Academy winners should be congratulated and appreciated for their dedication to excellence and achievement," said Dr. George Stevens, Executive Director of the United States Achievement Academy.

The Academy selects USAA winners upon the exclusive recommendation of teachers, coaches, counselors, and other qualified sponsors and upon the Standards of Selection set forth by the Academy. The criteria for selection are a student's academic performance, interest and aptitude, leadership qualities, responsibility, enthusiasm, motivation to learn and improve, citizenship, attitude and cooperative spirit, dependability and recommendation from a teacher or director.

Matthew is the son of Harold and Sandy Whitaker of Mt. Vernon and the grandson of Edith Lunsford of Broadhead and Billy and Betty Ann Whitaker of Mt. Vernon.



Matthew Whitaker

Adams named National Award Winner in English

The United States Achievement Academy announced that Nicole Adams of Crab Orchard has been named a United States National Award Winner in English.

This award is a prestigious honor very few students can ever hope to attain. In fact, the Academy recognized fewer than 10% of all American high school students.

Nicole, who attends RCMS, was nominated for this national award by Susan Coffey, a teacher at the school.

Nicole, will appear in the United States Achievement Academy Official Yearbook, which is published nationally.

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Nicole is the daughter of Kenny and Janet Adams of Crab Orchard and the granddaughter of Milton and Janet Adams of Broadhead and Everett and Eula Taylor of Crab Orchard.

Adams named All-American Scholar

The United States Achievement Academy announced today that Nicole Adams of Crab Orchard has been named an All-American Scholar.

The USAA has established the All-American Scholar Award Program to offer deserved recognition to superior students who excel in the academic disciplines. The All-American Scholar must earn a 3.0 or higher, grade point average. Only scholars selected by a school instructor, counselor or other qualified sponsor are accepted. These scholars are also eligible for other awards given by the USAA.

Nicole, who attends RCMS, was nominated for this national award by Julie Phillips.

Nicole will appear in the All-American Scholar Yearbook, which is published nationally.

"Recognizing and supporting our youth is more important than ever before in America's history. Certainly, All-American Scholar Awards should be congratulated and appreciated for their dedication to excellence and achievement," said Dr. George Stevens, Executive Director of the United States Achievement Academy.

The Academy selects USAA winners upon the exclusive recommendation of teachers, coaches, counselors, and other qualified sponsors. Once awarded, the students may be recognized by the USAA for other honors.

Nicole is the daughter of Kenny and Janet Adams of Crab Orchard and the granddaughter of Milton and Janet Adams of Broadhead and Everett and Eula Taylor of Crab Orchard.



Nicole Adams



Old McDonald Had a Farm - Rocky Lear, Beverly Miller, Brooke Kirby, Choe Mae Spoonamore, Zachary Robinson, Bethany French, Jessica Witten.



Teacher Survivor Show - Paula Clark, Sheila McQuay, Julie Asher, Robyn Rumsey, Harold Woodall.

Adams named National Award Winner in English

The United States Achievement Academy announced that Derek Adams of Broadhead has been named a United States National Award Winner in English.

This award is a prestigious honor very few students can ever hope to attain. In fact, the Academy recognized fewer than 10% of all American high school students.

Derek, who attends RCMS, was nominated for this national award by Susan Coffey, a teacher at the school. Derek, will appear in the United States Achievement Academy Official Yearbook, which is published nationally.

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Derek is the son of Glen and Tina Adams of Broadhead and the grandson of Danny Simpson and Jean Simpson of Crab Orchard and Donnie Adams of Somerset.



Derek Adams

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Your Post Frame Building Headquarters

Family Cafe

115 Main St. • Mt. Vernon • 256-0749

Will open April 2nd at 7 a.m. under new management.

We have a complete menu: Breakfast, sandwiches, daily specials, homemade pies and cakes.

If you enjoy "plain country cooking", Lillian Caldwell invites you to stop by. Call-in orders are welcome.

Parking available in back of restaurant

School News deadline is Noon Tuesday

**Black Mulch
Brown Mulch
Topsoil
Pea Gravel**
See Terry Harris or call (606)758-0108

R.C.H.S. Open House

When: Thursday, March 29, 2001
Where: Rockcastle County High School
Time: 5:00 to 7:00 p.m.

Focus On: The INDIVIDUAL GRADUATION PLAN and REGISTRATION FOR 2001-02

Teachers will be available for conferencing

Parents, this is your opportunity to talk to your child's advisor about his/her I.G.P. and about a class schedule for next year!



Report Cards will be given to students on Monday, March 26th