

McPherson High School



Home of the Bullpups!

<u>MHS</u>	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

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
May 22nd, 2019**

1st Hour - Final	7:50 - 9:00
Second Chance Breakfast	
2nd hour - Study Session	9:06 - 9:30
3rd Hour - Final	9:34 - 10:44
Lunch (One Lunch Shift)	10:44 - 11:24
4th Hour - Study Session	11:28 - 11:52
5th Hour - Final	11:56 - 1:06
6th Hour - Study Session	1:10 - 1:34
7th Hour - Final	1:38 - 2:48

**9th/10th/11th Grades Finals Schedule
May 23rd, 2019**

2nd Hour - Final	7:50 - 9:00
Second Chance Breakfast	
4th Hour - Final	9:06 - 10:16
6th Hour - Final	10:20 - 11:30
(11:30 Dismissal/Optional sack lunch for students)	



CONGRATULATIONS
to the **Class of 2019**
from the faculty and staff
of McPherson High School.
We wish you a happy
and fulfilling life!

**2019/2020 DISTRICT ENROLLMENT
Scheduled for Saturday, August 3rd**



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.

You Are Invited...

The MHS Carpentry students invite the community to tour Project House #51 during an Open House on May 10th (All Schools Day) weather permitting from 1-3 p.m. The house can be viewed behind McPherson High School.

**NO SCHOOL ~ All Schools Day
Friday, May 10th**

**Last Day of School
Thursday, May 23rd dismissed at 11:30 a.m.**

Unpaid Fees.....

All MHS Students must have all fees and library fines paid by Thursday, May 9th.

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.

There is a **NEW** immunization requirement for **ALL Juniors** for 2019-2020 school year. One dose of Meningitis B (McV40) needs to be given at age 16. If a dose has been given before age 16 yr old they will need another booster dose at age 16 yr or older. A letter has gone out to parents reminding them to get the shot for their child before school starts in August. If you have any questions, call Deb Stucky RN, school nurse at 241-9500. The shots can be gotten at Walgreens during Pharmacy hours (walk in), the McPherson Health department, call for an appointment or the students Dr office.

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

Chromebook Check-In

ATTENTION ALL SENIORS:

Chromebook check-in will be on Wednesday, May 15, however, you may check your Chromebook in ANY time during the week of May 13, as long as they are completely finished with it; we will not be able to re-issue a device.

Any senior who checks his or her CB in early, can receive library late fee forgiveness. This will not exempt you from tech fees or book replacement costs, but it will free you up from some of those pesky late fees!

ATTENTION ALL UNDERCLASSMEN:

Chromebook Check-In for all freshmen, sophomores, and juniors will be Wednesday, May 22 and Thursday, May 23 in the MHS library. Students will need to check in Chromebooks and chargers.

We urge you to check-in your Chromebook as soon as you are finished with it for academic purposes. Please, if at all possible, turn it in before 12:00 PM on Thursday, May 23.



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.

Individuals with mobility issues, please access the Roundhouse using the ground-level entrance (Door #17) on the north side of the high school, next to the Welding Facility.



HAPPY GRADUATION

HAPPY GRADUATION

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! Seniors! Seniors!!

Senior Parade and Graduation Practice

Seniors may wish to participate in the "Senior Parade" before graduation practice on Thursday, May 16th. 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 16th.

Following graduation practice, walk throughs will be at the Elementary and Middle Schools.

***MHS Class of 2019 Graduation
Saturday, May 18th
MHS Roundhouse
7:00 p.m.***

Seniors must request a final transcript to the school they are planning to attend. Stop by the guidance office before May 15th.

SENIORS

Senior Showcase: Friday, May 3, 2019, from 8:00 AM to 12:00 PM

- Parents may view showcases anytime

Project Graduation: Saturday, May 4, 2019, 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: Wednesday, May 15, 2019

Senior Parade: Thursday, May 16, 2019

- 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

Senior Picnic: Thursday, May 16, 2019 - 6:00 P.M. at Lakeside Park - watch for email with details

Graduation: Saturday, May 18, 2019 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.



Join us as we celebrate
the skills and talents of our seniors.

MHS CLASS OF 2019 SENIOR SHOWCASE

**FRIDAY, MAY 3RD
MCPHERSON HIGH SCHOOL
ROUNDHOUSE
8 AM-12 PM**



You're Invited

Senior Picnic

Thursday, May 16, 6:30 P.M.

Lakeside Park

Please Bring With You:

- **Your family!**
- **Main dish - All families**
- **Side dish - Seniors with last names A-L**
- **Dessert - Seniors with last names M-Z**
- **Blankets or lawn chairs**
- **Table service for your family**
- **Outdoor games**

*The senior class officers have selected former
MMS & MHS Principal Brad Plackemeier
as their commencement speaker.*



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

- *May 3, 2019: Senior Showcase
- *May 6, 2019: AP Testing Begins
- *May 10, 2019: All School's Day
- *May 15, 2019: Last Day of School - Seniors
- *May 18, 2019: MHS Graduation
- *May 23, 2019: 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 9th!

Thank you, Thank you, Thank you...
...to all the Junior and Sophomore parents and students who helped make Prom 2019 a success. Your help was very much appreciated!

SPRING SPORTS

Baseball:

Regionals: May 14 - TBA

State: May 23 & 24 at Wichita State University Eck Stadium

Golf:

Regionals: May 13 at Hays - Smoky Hill Country Club

State: May 20 at Dodge City - Mariah Hills Golf Course

Swimming:

May 16-18 at Capitol Federal Natatorium in Topeka

Girls Soccer:

Regionals: May 15, 16 & 18 - TBA

State Soccer: May 24 & 25 at Emporia High School

Softball:

Regionals: May 14 - TBA

State: May 23 & 24 at Maize High School

Boys Tennis:

Regionals: May 3 at McPherson High School

State: May 10 & 11 at Topeka-Kossover Tennis Center

Track and Field:

Regionals: May 17 at Wichita Northwest High School

State: May 24 & 25 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: Taylor Boesker, Derek Britting, Rachel Carlson, Tanner Cheatham, Garrett Farney, Jakob Feil, Iliana Garcia, Megan Grieb, Britton Haigh, Logan Hardgrave, Raegan Harger, Avery Howard, Tyler Hoxie, Jessica Kelling, Kaytlynn Kuder, Breckyn Martens, Sydney Myers, Anna Nason, Stacey Pham, William Powers, Emma Ruddie, Lakyn Schieferecke, Heather Schimming, Hayden Schneider, Tabitha Slechts, Sawyer Smith, Andrea Sweat, Breckyn Turner, Paige Unruh & Zoe Vontz.
- Congratulations to the McPherson Fine Arts Department! Band Regional Solo & Small Ensemble Festival -- Receiving 1 Ratings: Matt Powers, Bryson McCaleb, Megan Monroe, Ethan Burger, Katie Hemenway, Kaytlynn Kuder, Ben Hopkins, Wesley Wurm, Connor Olson, Isaac Linscheid, Ty Kraemer, Sydney Myers, Ashley Achilles, Kari Ellet, Tessa Boesker, Kaliah Tice, Addie Fitzmorris, Pierce Hamma, Jane Holmes, Laura Lee, Chris Malaby, Merris Neighbors, Jenna Shanks, Madison Speirs, Josie Strathman, Zachary Wash, Mason Anguiano, Olivia Myers, Heather Schimming, Laura Lee, Brass Quintet, Bel Canto, Bel Canto Black, Men's Ensemble, Mixed Ensemble, Mixed Ensemble Men, Mixed Ensemble Women, Women's Choir, Women's Choir Red, String Quartet, & String Trio. Receiving 2 Ratings: Cheyenne Grant, Abigail Paulsen, Kaleb Achilles, Noah Gregory, Mackenzie Higgins, Madison Skytte, Daric Souder, Sage Koelling, Bridget Menke, James Gesaman, Jessie James, Ashlie Stout, Percussion Ensemble, Bel Canto Silver, Men's Choir, Women's Choir Black.
- KSHSAA State Solo & Small Ensemble Contest -- Receiving 1 ratings: Katie Hemenway, Ben Hopkins, Kaytlynn Kuder, Issac Linscheid, Meghan Monroe, Sydney Myers, Connor Olson, Matthew Powers, Wesley Wurm, Mason Anguiano, Olivia Myers, Ashley Achilles, Pierce Hamma, Jenna Shanks, Josie Strathman, Kaliah Tice, Zach Wash, Violin Trio, Bel Canto, Bel Canto Black, Men's Choir, Mixed Ensemble, Mixed Ensemble Women, Women's Choir, Women's Choir Red. Receiving 2 ratings: Ethan Burger, Ty Kraemer, Bryson McCaleb, Heather Schimming, Laura Lee, Tessa Boesker, Kari Ellet, Addie Fitzmorris, Jane Holmes, Laura Lee, Merris Neighbors, Madison Speirs, Brass Quintet, String Quartet, Mixed Ensemble Men. Congratulations!!
- *KSHSAA State Large Group Festival: Band, String Orchestra, Select Women's Choir, & Women's Choir, received a 1 rating and Men's Choir for their 11 rating. Congratulations!!*
- Congratulations to Jaron Oakes & Paige Unruh on being crowned Prom King & Queen.

2019/2020 Hi-Steppers

Captains:

Anna Nason
Kaliah Tice
Layne Schroeder

Team:

Anya Collins
Ally Soukup
Angelina Erbert
Anna Vogts
Annah Turner Simon
Aspyn Holm
Avery Strathman
Braelynn Patterson
Breanna Schnelle
Carsen Burger
Emma Wilson
Hannah Wilson
Jenna Shanks
Kaylee Zeitlow
Kelcie Kynaston
Kinley Dietrich



SPS

Any student that is planning on taking SPS during the 2019-2020 school year must have a current physical (dated after May 1st, 2019) on file in the activities office.

Attention 2019-20 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 2019-20 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 2019-20 school year, will be Monday, August 19th. 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 2019-20 SCHOOL YEAR WILL BE ACCEPTED IN THE ACTIVITIES/ATHLETICS OFFICE ANYTIME AFTER MAY 1, 2019.



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

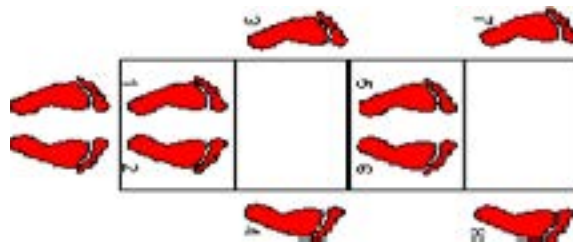
SET-REP SYSTEM SHOULD INCLUDE INCENTIVES TO BREAK RECORDS EVERY WORK-OUT.

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-2019"

"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 3rd	9th-12th Boys & Girls 11:00am-2:00pm (open Lift)
Monday, June 10th	9th-12th Girls Only 7:00-8:30am
June 12th-August 8th	Session 1 (10th-12th Boys) 6:15-7:45am Session 2 (9th-12th Boys/Girls) 7-8:30am Session 3 (7th-8th Boys) 7:30-9:00am Session 4 (7th-9th Girls) 8:15-9:15am

NO SPS THE WEEK OF JULY 4TH (7/1-7/7)

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.

**McPherson Main Stage Repertory Class
Thespian Troupe #3796**

Presents

An **Encore benefit performance
of their 2019 International selected show**



May 10th @ 2:30 pm (matinee)

May 11th @ 7:00 pm evening

Admission: \$4.00 (all ages) or Free with **ASD button**

Donations GREATLY appreciated towards Internationals costs