



Michael and Brenden Miller enjoyed the face painting station on Carnival Day. AE/MS student council members organized the popular Spirit Week, which ended with Carnival Day. They received high praise from carnival attendees. Photo: Gretchen Hildebrand



Susan Schultz and her yoga students demonstrate some of their favorite yoga positions. Photo: Brandon Jackson

AE/MS Students Stretch and Strengthen in Yoga Class

By Susan Schultz
AE/MS Counselor

Since January 18, a wonderful group of AE/MS students have met after school on Wednesdays to learn yoga poses, deep breathing, meditation, and relaxing visualization, complete with calming music.

Students have learned a yoga routine that has included many poses such as sphinx, cobra, boat, fish, bridge, wheel, tree, mountain, warrior, and more. They have also had fun learning partner poses

such as open heart, double boat, rooftop, lizard on a rock, and double dog.

Students who have participated are Gavin Elliott, Jarrett Benson, Emmi Abrahamson, Kyleigh Fanny, Galen Whitman, Hawk McCord, Lilly Furtkamp, Katie Bent, and Cyrus King.

Doing yoga is a great way to stretch and strengthen your body as well as reduce overall stress. Many adult classes are offered in the area, and DVDs can teach you how to do yoga at home. Everyone can benefit!

AE/MS Guidance News

By Susan Schultz
AE/MS Counselor

There are a lot of happenings coming up during these last few months of school.

On March 28 we had a spring Mix-It-Up At Lunch Day. Students were seated by colors assigned to them to encourage getting to know people with whom they don't normally sit.

On Wednesday, April 11, the eighth graders will be going on a field trip to the Concord Regional Vocational Technical Center (CRVTC) at Concord High School. Students who attend MVHS are able to apply to vocational programs at CRVTC for their junior year. Some of the programs offered include: automotive, culinary arts, cosmetology, criminal justice, graphic arts, computer technology, and health sciences.

On Thursday, May 3, we will celebrate an early Cinco de Mayo Mix-It-Up At Lunch Day, complete with music and a taco bar.

On Thursday, May 24, an educator from the Rape and Domestic Violence Crisis Center will be presenting an hour-long bully-proofing program to sixth graders, as well as an hour-long presentation to seventh graders on flirting versus hurting. *Bully-Proofing* will focus on the types of bullying and how to handle it. *Flirting versus Hurting* will focus on the difference between healthy boy-girl relationships and controlling and abusive relationships.

Representatives from MVHS will be coming to AE/MS to explain course registration to the eighth grade and will also be holding a parent information night. The date is yet to be determined.

Also in the works are presentations by the New Hampshire Higher Education Assistance Foundation to get our fifth and eighth graders thinking about the possibility of college: *Get on the Bus for the fifth grade* and *Are You Smarter than a 12th Grader?* for the eighth grade.

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