



MIDDLE + HIGH SCHOOL

MONTHLY



## EVENTS Be in the know

**January 8** - School Assembly: The Winner Within

**January 8, 6:30 pm** - Ramsdell Theatre Public Event: The Winner Within

**January 15 & 16** - High School Exams

**January 16** - First Semester Ends

**January 19** - No School for Students

**January 27** - Cyber Safety Presentation

**THE WINNER WITHIN**  
MOTIVATIONAL SPEAKER  
**KEVIN DUPREE**  
**1/8/26**  
SCHOOL ASSEMBLIES  
8:15 AM MIDDLE SCHOOL  
9:30 AM HIGH SCHOOL

PLUS! FAMILIES, FRIENDS, AND NEIGHBORS ARE ENCOURAGED TO ATTEND THE FREE COMMUNITY EVENT ON 1/9, AT 6:30 PM AT THE RAMSDELL THEATRE. YOU DON'T WANT TO MISS THIS!

LEARN MORE & RESERVE YOUR FREE TICKETS ONLINE BY SCANNING THE QR CODE, BY CALLING 231 299 1205, OR AT [WWW.ARMYORYOUTHPROJECT.COM/EVENTS](http://WWW.ARMYORYOUTHPROJECT.COM/EVENTS)



## MONTHLY WORD

from Principal Nowicki



As we begin the new year, I want to thank our students, families, and staff for a positive start to the second semester. January is a natural time to pause, reset routines, and refocus on goals as we move into the rest of the school year.

Each day, our students and staff are engaged in meaningful learning and growth, and that work is strengthened by the support we receive from families. Your involvement, encouragement, and partnership play an important role in helping students feel supported and successful at school.

As we look ahead, we're excited about the opportunities this semester will bring and remain committed to supporting every student along the way. Thank you for being an important part of our school community as we move forward together into the new year!

## Mariner Gear

Through this ongoing fundraiser, our Mariner Market earns 10% from purchases made at the online store.



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# STUDENT HEALTH RESOURCES

## A Healthy Start to the New Year



Winter and flu season can make staying healthy a challenge. We encourage students to take care of themselves by getting enough rest, washing hands regularly, and staying home when they are truly ill.

Consistent attendance is key to student success. Even a few missed days can impact learning and progress. When possible, please help students attend school regularly and arrive on time.

If health concerns or other challenges are affecting attendance, reach out to the school. We're here to help support students and families.

### First Hydroponic Harvest

In October, the Nutrition Services began a hydroponics growing journey. Four weeks later, they were able to harvest lettuce for use in the school lunch salad bar.

Nutrition Services Director, Haleigh Savage obtained the hydroponics system through an equipment grant from the National School Lunch Program.

If you have any questions about the hydroponic system or the plants we are growing, or are interested in the hydroponics process and want to be apart of it. We would love to have students join us in learning all about the growing process. Contact our food service director, Haleigh Savage via email: [hsavage@manistee.org](mailto:hsavage@manistee.org) or phone (231)-398-3695.

There is also a presentation about the process on our website at: [www.manisteeharriers.com/nutrition-services/](http://www.manisteeharriers.com/nutrition-services/)



MAPS NUTRITION SERVICES  
MONTHLY LOCALLY SOURCED/ MICHIGAN GROWN HIGHLIGHT

JANUARY - CUCUMBERS

MAPS NUTRITION SERVICES GETS ALL THEIR CUCUMBERS FROM MICHIGAN FARMS.

All our Michigan-grown Cucumbers come in bulk, and the MAPS Nutrition Service Staff slices or dices them for each lunch service

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