

MurrENEWS – December 10, 2008
Murray City School District, Murray, UT
Educating Murray since 1906!

MurrE-QUOTE:

"Happy Holiday
Happy Holiday
While the merry bells keep ringing
May your every wish come true

Happy Holiday
Happy Holiday
May the calendar keep bringing
Happy Holidays to you"

– Irving Berlin (1888-1989), American songwriter

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LOG CABIN PLAYHOUSE FOR SALE FROM MHS BUILDING CLASS

Under the direction of MHS instructor Quinn Drury, students in the Murray High carpentry department have built this beautiful children’s playhouse that they are selling to raise funds for their USA SKILLS Leadership Program & future competitions.

Description of Log Cabin Playhouse:

- **Size - 4 foot X 8 foot**
- **Design - Frontier-style Playhouse; including front porch, four glass windows, a loft, and a slide**
- **Construction - T111 wood siding, 4" pine trim, with a 5-year cedar stain**
- **Roof - 30-year architectural shingles.**

The students in the MHS carpentry class love this darling Log Cabin Playhouse and are proud of the work that they have put into its construction. Materials costs are around \$800 and it is hoped that more may be raised in support of this valuable high school program. If you are interested, contact Quinn Drury at MHS. This would be a fabulous Christmas gift for any family ... See Attached Pictures & CHECK IT OUT!
(Also may be seen online <http://www.murrayschools.org/wworks/>)

HOLIDAY EVENTS IN THE DISTRICT

If you have holiday activities or events taking place in your school or organization and would like them posted on the Home Page of the district website please email information back. We will keep updating the list as information is shared. See current listings online: <http://www.murrayschools.org/wworks/>

CATCH THE HOLIDAY SPIRIT...NOT THE FLU!

Adapted from a memo from Lisa Schilling R.N., School Nurse, Trenton R-9 District, Trenton, MO.

The holidays are upon us and so is the flu season! With the hustle and bustle, we tend to get overstressed, and our immune systems are drained from lack of sleep, improper diet, and lack of exercise. Improve your chance of fighting off influenza and staying healthier this flu season by taking these ten simple steps:

Step #1 Take time to get a flu vaccine. The single best way to prevent the flu is to get the flu vaccination each year. The flu can strike anytime from now until spring, so it isn't too late or too early to get the flu vaccine.

Step #2 Take everyday precautions. Cover your nose and mouth when coughing or sneezing with a barrier other than your hand, such as a tissue or paper towel. If these are not available, cough or sneeze into your sleeve or crook of your elbow. As always, good hand washing remains the best way to prevent the spread of disease.

Step #3 Take flu antiviral medications if your doctor recommends them. Antiviral drugs have been proven to be an effective treatment option if a person does get the flu, but should not be considered a substitute for vaccination. Remember, they must be taken within 48 hours of the onset of symptoms.

Step #4 Take time to focus on adding nutrition to your diet. Adding healthy foods is important to your immune status because your food choices can either boost or suppress your immune function based on the quality of what you are eating. You don't have to skip the "good stuff" just be sure to add the "healthy stuff" too.

Step #5 Take a multi-vitamin daily. No matter how hard we try, it is difficult to get all of the nutrients we need from food. By taking a quality vitamin supplement daily, you will help cover some of the short falls of your diet. Remember that vitamins are only a supplement to diet. Vitamins from food are the optimum form for your body.

Step #6 Stay hydrated! By maintaining proper hydration your body will be able to function at its optimum level. When you get dehydrated you are more likely to become ill or not recover as quickly from illness, so drink your water! Remember sodium (salt) causes you to retain fluids and caffeine dehydrates you (coffee/pop).

Step #7 Take time to move. Try to associate movement with pleasure and not painful activities which you must fit into your schedule. Exercise should be intertwined into your lifestyle. How you do that should depend on your likes and schedule. Change how you think about the E-word. "Where the mind goes the man follows." Purposeful movement enhances immune function and releases feel-good endorphins in the brain.

Step #8 Get your rest. Lack of sleep causes a weakened immune system. You will not be able to fight off infection or heal at a speedy pace. You only have 24 hours to "make-up" for any "lost" sleep. Beyond that and it is just lost. Over-sleeping on the weekends is not a solution and can even make you feel worse.

Step #9 Take time to plan your annual health screenings. By learning what screenings are appropriate for your age you will have a starting place. The next step is talking to your doctor and scheduling them. An ounce of prevention is worth a pound of cure. If not for yourself, do it for the ones who love you.

Step #10 Take time for yourself and your mental health. Now is the time to reflect and enjoy

family. However, most of us rush, stress and end up wanting to strangle our family. Take a moment for yourself and de-stress, simplify and reflect on what matters most to you during this busy time.

**Take time to enjoy the season and may wellness
and good health be the norm for you and your families!**

GREAT HOLIDAY WEBSITE – www.northpole.com

Here is a recipe from cooking area of the Northpole.com website

<http://www.northpole.com/Kitchen/>

“Santa's Breakfast Cake “

INGREDIENTS:

1/2 cup margarine
1 cup sugar
1 teaspoon vanilla
2 eggs
2 cups flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1 cup vanilla yogurt
1/2 cup chopped walnuts
1/4 cup sugar
2 teaspoons cinnamon

INSTRUCTIONS:

Preheat oven to 350 degrees. Cream together margarine, sugar, and vanilla until smooth. Add eggs and beat well. Combine flour, baking powder, and baking soda before sifting into the creamed mixture. Stir until moistened. Add the vanilla yogurt and mix well. Topping: Combine chopped walnuts, sugar and cinnamon. Grease and flour 1 large loaf pan or 3 mini loaf pans. Half fill the pan(s) with batter. Sprinkle topping over batter. Fill pan(s) with remaining batter and then top with remaining topping. Bake at 350 degrees for 30 minutes. Test for doneness with a toothpick.

“GET FIT, DON'T SIT” FAMILY SWIMMING EVENT

December 10 (Wednesday) – Family Swim Night and Ducky Derby at the Murray Park Center Leisure Pool. The cost for swimming is only \$1.00; Ducky Derby \$1.00 and there will be a Grand Prize drawing for a Nintendo Wii! Come early to the event which will run from 7 – 9 PM!

DISTRICT CALENDAR REMINDERS:

12/10 (Wed) DO Holiday Staff Luncheon @Horizon Elementary, 1:45- 2:30 PM

12/10 Hillcrest JH Band & Orchestra Concert, 6 PM

12/10 Family Swim Night, \$1 each, Murray Park Center, 7-9 PM

12/11 (Thurs) DO Holiday Staff Luncheon @Parkside Elementary, 12-1:15 PM

12/11 MHS Wrestling @ Home vs East; JV 5:30, Varsity 6 PM

12/11 Riverview JH Band Concert, 7-8 PM

12/11-12 MHS "Miracle on 53rd Street" Dance Concert, Auditorium, 7 PM

12/12 Riverview JH Early Bird Readers, Library, 7:15-7:55 AM
12/12 (Fri) DO Holiday Staff Luncheon @Grant Elementary, 11:30 AM-12:30 PM
12/12-13 MHS Wrestling/Clash of Titans Duel Tournament @ Olympus
12/13 & 12/15 Murray Community Dance Christmas Concerts (Community Ed), MHS, 5:30 & 7:30 PM both nights
12/15 (Mon) DO Holiday Staff Luncheon @Longview Elementary, 12-1:00 PM
12/16 Riverview JH Scoliosis Screening, classes/Harrison, Duehlmeier, Searle, 7:55 AM-2:40 PM
12/16 (Tues) DO Holiday Staff Luncheon @Riverview JH, 11:40 AM-12:05 PM & 12:30-12:55 PM
12/16 Spec Ed Prof Development, RJH Rebel Rm, 2:30-4:30 PM
12/16 Lady Spartan Basketball @ Springville; Soph 3:30, JV 5:15, Varsity 7 PM
12/16 MHS Boys Basketball @ Home vs Taylorsville; Soph 3:30, JV 5:15, Varsity 7 PM
12/16 MHS Swim Meet @ Home vs West, 3:30 PM
12/16 MHS Wrestling @ Home vs Alta; JV 5:30, Varsity 6 PM
12/16 Riverview JH Choir Concert, 6-7 PM
12/16 MHS Art Show, Media Center 6:30-8 PM
12/16 MHS Band Concert, 7 PM
12/17 DO Holiday Staff Luncheon @Early Childhood Education Center (ECEC), 11:45 AM-12:15 PM
12/17 Renaissance sponsored Christmas Lunch for staff & faculty, Commons Area, 2 PM
12/17 (Wed) DO Holiday Staff Luncheon @Maintenance Department, 3:15- 4 PM
12/17 MHS Choir Concert, 7 PM
12/18 Longview Elem School Choir Christmas Assembly, 9:30 AM
12/18 (Thurs) DO Holiday Staff Luncheon @McMillan Elementary, 11:45 AM-12:45 PM
12/18 MHS Wrestling @ Home vs Olympus; JV 5:30, Varsity 6 PM
12/18 Riverview JH Choir Concert, 6-7 PM
12/18 Nutcracker Performance, 1st Grade, McMillan Elem, 6:30 PM
12/19 Horizon Elem Bell Choir Assembly, 9:15 AM
12/19 (Fri) DO Holiday Staff Luncheon @Liberty Elementary School, 12-12:30 PM
12/19 Lady Spartan Basketball @ Provo; Soph 3:30, JV 5:15, Varsity 7 PM
12/19 MHS Boys Basketball @ SUU vs Davis; Varsity only 7:15 PM
12/19 & 20 MHS Wrestling/Viewmont Invitational @ Viewmont
12/20 MHS Boys Basketball @ SUU vs Cedar; Varsity only 6:05 PM
12/23 Longview Elem Sing-A-Long Assembly, 9:30 AM
12/23 Last Day of School before Winter Break
12/23 Lady Spartan Basketball @ Skyview; Varsity 5PM
12/24/08 – 1/4/09 Winter Break – NO SCHOOL

See the entire calendar online:

http://www.murrayschools.org/wworks/spotlight_upcomingdistrictevents.shtml

EMPLOYMENT OPPORTUNITIES IN THE MURRAY CITY SCHOOL DISTRICT

Contact Denise McDougal at the DO for more info, 264-7487; dmcDougal@murrayschools.org

Check online at http://www.murrayschools.org/wworks/humanresources_employment.shtml

NO LICENSED OPENINGS

CLASSIFIED OPENINGS:

- TA II - Indian Mentor Advocate @ MHS

- Murray Community Education - Computer Teacher

The Murray School District MurrENEWS electronic newsletter is a Murray School District publication designed to share news and information. Please forward this email to anyone you think may be interested. To submit an item for MurrENEWS or to have parents, community members or other names added to the mailing list, contact D. Wright, Public Relations Specialist at the Murray City School District Offices, 801-264-7400, or email dwright@murrayschools.org.