



THE MUSTANG ROUNDUP

Morrison Academy Taichung

April 18, 2024

ALL-SCHOOL ANNOUNCEMENTS

SENIOR FLEA MARKET

This year's Senior Flea Market will be held this Saturday, April 20 from 9 AM- 1 PM. All are welcome to join the event. Come ready to shop for bargains and good food!



LIBRARY BOOK IN A JAR

LAST BOOK IN A JAR CHALLENGE for this school year! Guess the book title of the "book in a jar", write your guess and drop it in the Answer Jar. Challenge is open until April 26! Three correct guesses will be randomly drawn to win a prize and ALL correct guesses will be entered in the Amazon Gift Card draw at the end of the school year.

CAMP EXCEL SUMMER CAMP

Calling all Mustangs! Camp Excel is coming back for another exciting week of summer camp June 3-7! K12 students can sign up for basketball and/or soccer sessions with Coach Kirk Long and Coach Daniel Nipper. Please register using the form below.

CAMP EXCEL SUMMER CAMP




CAMP EXCEL

**JUNE 3-7, 2024
MONDAY TO FRIDAY**

Calling all Mustangs!
Club Excel Summer Camp is coming soon! Coach Nipper and Coach Long are excited to host another fun week of Basketball and Soccer. It will include developing skills and technique, creating positive attitudes and participation in fun and competitive games! Come join us!



AGE GROUPS, FEE & SCHEDULE

K-5	8:30-11:30	6000 NT
6th gr. & Up		
Basketball	3:00-4:30	3500 NT
Soccer	4:30-6:00	3500 NT
BOTH sports		6000 NT

REGISTER NOW
<https://forms.gle/WzaniN6xZ9hKks1Q7>




FOR MORE INFORMATION:
Kirk.Long@ma.org.tw
Daniel.Nipper@ma.org.tw



CHILD SAFETY RESOURCES FOR PARENTS

source: [Axis Report](#)

Helps for Smartphone Addiction (from Axis)

With the hectic pace of daily living in modern times, everyone has different ways to cope and relax. For many, especially teens, their smartphone is a channel for relaxation. However, like other coping mechanisms, it can lull them into overuse, sometimes referenced as “smartphone addiction” or, more accurately, “smartphone overuse.” Axis shares some tips to help parents and their kids overcome those tendencies. Some excerpts from the article:



Attention is the rarest and purest form of generosity.

— Simone Weil

Encourage self-evaluation.

Help your teen figure out what they use their phone for, and then evaluate whether their habits are matching the telos of their phone. Ask lots of questions and try not to talk too much.

Embrace boredom.

Unstructured time is where creativity happens. This is time with nothing to do. Create tech-free zones so that you and your teen have space to process the continuous inputs that come at you all day long (music, books, podcasts, etc.).

Embrace limitation.

Phones, and especially social media, promise omnipresence, that we can be in multiple places at once. But to be human is to be limited. We are always missing out on something. And in a way, this is true freedom. Embracing the present moment fully, because that's all we actually have.

Develop a nurturing environment.

If your teen is turning to their phone to meet an innate need (belonging, intimacy, mastery, or autonomy) you can help them to find other outlets. Maybe sit down together and brainstorm different ways to meet each of those needs.

For more tips and details, see the rest of the article here:

<https://axis.org/resource/a-parent-guide-to-smartphone-addiction/>

協助智慧型手機成癮者 (資料來源: [Axis.org](#))

現代生活忙碌，每個人都有不同的方式來應對和放鬆。對許多人來說，尤其是青少年，智慧型手機是放鬆的管道。然而，與其他應對機制一樣，它可能會導致人們過度使用，這有時被稱為「智慧型手機成癮」，或更準確地說，「智慧型手機過度使用」。Axis分享了一些技巧來幫助父母及其孩子克服這些傾向。以下是該文章的摘錄：

鼓勵自我評估

幫助您的孩子弄清楚他們手機的用途，然後評估他們的習慣是否符合手機的目的。多問孩子問題，盡量不要說太多。

擁抱無聊時光

自由活動時間是創造力發生的時候，這是無事可做的時間。建立不需電腦科技的時段，讓您和您的孩子有空閒處理全天不斷輸入的資訊(音樂、書籍、播客等)。

擁抱限制

手機，尤其是社群媒體，無所不在，讓我們似乎可以同時身處多個地方。但生而為人，必然受到限制，我們總是會錯過一些東西。而且從某種程度上來說，這就是真正的自由。充分擁抱當下，因為這才是我們真正擁有的一切。

營造培育環境

如果您的孩子藉著手機來滿足一些天生的需求(歸屬感、親密感、掌控感、或自主性)，您可以幫助他們找到其他出路。也許可以跟他們一起坐下來集思廣益，討論滿足每種需求的不同方法。

若想知道更多要點和詳細內容，請參閱該文章：

<https://axis.org/resource/a-parent-guide-to-smartphone-addiction/>

MAC FAMILY FUN DAY- APRIL 27

You and your child(ren) are invited to the first-ever **K12 MAC FAMILY FUN DAY** on April 27! In the past, this event has been only for EMS families, but this year our MAC PAC would like to invite all of our K12 families.

If you'd like to join this year's event, please register on the form below. More details are provided in the form.

[MAC FAMILY FUN DAY RESERVATION FORM](#)

*Each reservation includes a delicious lunch, family activities, and designated pool time. Lunch will be catered by both California Grill and our MAC chefs.

[FAMILY FUN DAY PROMO VIDEO](#)



April 27
10am-2pm

MAC PAC WOULD LIKE TO INVITE ALL MAC FAMILIES TO THIS YEAR'S

MAC Family Fun Day

TICKET PRICES
NT 1000-
Family pass
(2 adults + 2 or more children)
OR
NT 300 - Adult
NT 200 - Child

Reserve your spot today!

Includes:
-Catered Lunch
-Swimming pool
-Climbing wall
-9-Sq & Yard Games

HIGH SCHOOL ATHLETICS UPDATE



Mustang Teams Shine in Recent Competitions

The Mustang girls soccer and Track & Field teams showcased their prowess at the ACSC Tournaments, leaving a mark of sheer determination and sportsmanship. Despite fierce competition, the girls soccer team claimed a respectable 7th place, while the girls track secured an impressive fourth, with the boys track closely behind in 5th.

In the latest showdowns, the girls varsity soccer faced a challenging match on the road against MAK, ending 0-3. Meanwhile, the varsity boys volleyball triumphed with a 3-1 victory over MAK, propelling them to the top of the southern TISSA division.

On home turf, the JV teams battled it out against MAK, with the girls JV soccer displaying notable improvement despite a 0-2 loss, and the JV boys volleyball securing their fifth consecutive win with a commanding 2-0 victory, and first place in the southern division.

The action-packed week concludes today with the Mustangs hosting the annual MAC Pentathlons on the track. Teams enter the final weeks before the upcoming TISSA tournaments just two weeks away.

Join us in rallying behind our Mustangs as they gear up for the challenges ahead. Let's show our unwavering support and cheer them on to victory! Go Mustangs!

You can keep up with all Mustang Athletic events via our [HS Athletic calendar](#) and the [MAC Athletics official instagram account](#).

ACSC TRACK PHOTOS (credit- Marcus Lin)



UPCOMING EVENTS

4/19 HS Spring Concert at DaYi (7:00 PM)

4/19 Kindergarten Roundup

4/20 Senior Flea Market (9 AM- 1 PM)

4/24-26 Senior Transition Retreat

4/26 MS Festival at MAT

4/27 MAC Family Fun Day

[MAC Parents Resources and Links](#)

2024 MAC Spring Concert

HS Spring Concert (large ensembles)
April 19, 7:00 PM @Dayi

MS Spring Concert
May 9, ~~3:45 PM~~ 7:00 PM @Dayi

HS Spring Concert (chamber concert)
May 17, 6:30 PM @MAC Orchestra Rm

G3-5 Band/Strings Concert
May 21, 3:45 pm @Commons

SNAPSHOTS AROUND CAMPUS

