

Important Announcements

Health Fair on Saturday

Saint Barnabas Medical Center will sponsor a health fair in the cafeteria from 12:30 to 3:30. A team of doctors and other medical professionals will talk about heart health, stomach and digestive health, diabetes and the dangers of concussions. Nutritional and drug counseling will be offered along with Hepatitis B, blood pressure and concussion screenings. Insurance enrollment questions will also be answered.

Health Seminar and Health Fair 12/10/2016

12:30 Welcome

Dr. Su Wang, Center for Asian Health, Medical Director

12:35 Top Asian Health Issues:

Hepatitis B & More

Dr. Su Wang, Medical Director

1:00 Your Heart Health

Dr. Sarah Fan, Cardiologist

1:30 Break

1:45 GI Health & Asians

Dr. Larry Siu, Gastroenterologist

2:10 Asians and Diabetes Risk & Prevention

Kevin Chen, Certified Diabetic Educator

2:30–3:30 Concussion Program for Kids & Parents

Interactive talk

Free 2 minute baseline King-Devick

concussion screenings

WIFI in the Cafeteria

MHCS is providing trial basis of Free-WIFI when classes are in session, accessible in the student lounge/Cafeteria. Due to technical limitations, streaming sites will not be accessible. Network ID: MHCS-DECEMBER PW: "letitsnow". ID and password will be changed monthly; changes will be notified in the newsletters.

Safety First

For the safety of our families, the MHCS Board of Directors is requesting that parents and students do not sit in the hallways. We invite parents to wait in the office or student lounge/cafeteria to chat. Please tell your children to look for you in the cafeteria or office at the break. Hallways should be clear to prevent people from tripping and offer quick access for medical personnel in case of an emergency.

While we strive to provide a safer and better learning environment, we kindly ask parents to remind children of the following rules:

- Don't run in the hallways.
- Don't be late for class.

- No food or drinks allowed in the classrooms nor in the gyms.
- Respect the Watchung Hills Regional High School's property. If it does not belong to us, please refrain from touching or using any objects that are in the classrooms.
- Please also note that we need to leave the school premises by 4 p.m.
- Please return chairs and tables to their proper places after class.
- MHCS has a long-standing policy that classrooms are for teachers and students. Special permission must be obtained from the language dean and the teacher for a parent to be present in a classroom. Some teachers want parents to rotate classroom duty and some do not. Thank you for cooperating with your child's teacher and collaborating with the school.
- Security Monitors - If you borrow a classroom chair for your hallway duty, please put it back at the end of school.

We appreciate your collaboration in making the school a better and healthier environment.

Chinese New Year Performance

The New Year performance will be held on January 28 (the first day of the lunar new year) from 1 p.m. - 4 p.m. If school is canceled for inclement weather, the show will be held on the following Saturday, February 4. All children will be performing. Please invite your family and friends to our biggest event of the year and New Year's dinner, which will follow in Watchung Hills Regional High School.

Teachers and Class Parents: Please help us schedule the Chinese New Year's program by filling in the details of your classroom's entertainment [here](#). Once you have filled out the information, please email your music file or PowerPoint slides to our program manager at cnymanager@mhcs-nj.org by 12/17/2016 or hand in the file on an USB to the principal in the office.

Parent Duty

If you have not signed up to volunteer, you may do so through the [Parent duty signup](#) link on our school website. Please contact Service Lead Eric Chen service@mhcs-nj.org with any questions.

On the day of your parent duty, please report to the office (Room 120) at 12:20 p.m. to sign in with the Service Group. The duty is from 12:20 to 3:45 p.m. Email service@mhcs-nj.org if you have questions. Thanks!

Language Department

New Digs for the Library

We aren't in the hall any more. We moved to the cafeteria. Come visit us! There is plenty of seating. (And also Wifi.) The library has books, CDs and DVDs to lend. Thank you to all the families who have donated books. Contact the principal to make additional donations. Thank you and see you at the library!

CACA Speech Contest

2016 中美文化協會 校際中文演講比賽 (2016 CACA Speech Contest) was held at Mid-Jersey Chinese School last Saturday. All students did very well and had a memorable experience. Congratulations to the top three winners:

Group B (B組)	曾柔尹 Zoe Tseng	2nd place
Group C (C組)	任右宸 Johnathan Jen	1st place
Group C (C組)	許慧筠 Emily Hsu	2nd place
Group D (D組)	王安芝 Valerie Wang	2nd place
Group CSL 3 (CSL 3組)	蘇倫正 Spencer Su	3rd place

Special thanks to all the parents for helping their children participate.

Culture Department

Many thanks to all parents' help with another successful annual Karaoke Contest last Saturday. Congratulations to the top winners:

2016 MHCS Karaoke Contest Result

個人組 Solo	名次 Place	姓名 Name	班別 Class
高年組 (Group A)	第一名	李玉鳳 Alison Lee	六甲
	第二名	姜易安 Eanne Chiang	十甲
中年組 (Group B)	第一名	任右宸 Jonathan Jen	七甲
	第二名	曾柔尹 Zoe Tseng	四甲
	第三名	王安芝 Valerie Wang	八甲
低年組 (Group C)	第一名	Lily Lappas	小甲
	第二名	陳奕蓉 Miah Fitzpatrick	三甲
	第三名	陳又齊 Jeffrey Chen	大甲

雙人組 Duet	名次 Place	姓名 Name	班別 Class
高年組 (Group A)	第一名	姜易安 Eanne Chiang / 姜易于 Evonne Chiang	十甲/八甲
中年組 (Group B)	第一名	黃喬安 Joyce Hwang / 曾柔尹 Zoe Tseng	四甲/四甲
	第二名	黃于安 Emily Hwang / 曾羿博 Wesley Tseng	六甲/八甲
	第三名	包一良 Alena Powell / 包一秀 Caitlyn Powell	六甲/四甲
低年組 (Group C)	第一名	黃婷珊 Tiffany Hwang / 陳嘉欣 Amanda Chan	四甲/ BL 4A

Class assignments are now closed for the semester. No refunds or changes are allowed.

MHCS is always striving to provide our students with opportunities to understand and learn more about Chinese culture. We are open to your suggestions and feedback.

Please contact Culture Dean John Huang at culturedean@mhcs-nj.org for culture class questions

Please note, gym assignment may change due to high school activity. All changes will be posted outside of the main office, Room 120.

Vendor Schedule*

Date	Food Vendor
12/10/2016	Asian Delight 鎧悅, Ashia 便當, Zongzi
12/17/2016	林宮 (Lin's), 青島家人, 牛肉麵 (Beef Noodle Soup), 香菇 (Willy's mushrooms)
1/7/2017	渤海村 (Dumplings), 台灣小吃 (Taiwanese Delicacy)

*The schedule may change due to vendors' availability.