

Musselman's Winter Spirit Week

JAM SESSION



FEBRUARY 15-19

Winter Sports/Activities:

*** Boys Basketball, Girls Basketball, Cheerleading,
Wrestling, Swimming, Indoor Percussion, One Act Plays,
Indoor Color Guard, Kaleidoscope, Band**

PAMPHLET BY: CAMILLE, BLAIR, LEAH, JAZMYNE, GRACE

Objective

Encourage all students to show their spirit this week using the theme "Musselman's Jam Session!" During this week, classes will compete in dress-up day participation, morning competitions, pep rally competitions, and showcases. At the end of the week, the winning class will receive the Spirit Stick! Friday, February 19th, all Applemen will come together in our "music" themed pep rally and show their unity and school spirit. During this pep rally we are incorporating different music genres by having dress up days and pep rally games themed accordingly. Have fun and enjoy the week while remembering to follow all school rules.

Guidelines & Rules

- Students are only allowed to work on activities before and after school. Any class working on activities during class time will be disqualified for that competition.
- Faculty supervision is **required** for activities before and after school hours.
- Class presidents will receive a sign-up sheet for all competitions.
- Each student should **ONLY** participate in one class competition; we want to encourage as much participation by as many students as possible.
- Face paint or hair coloring **MUST** be applied before entering the school.
- ALL school rules apply unless otherwise stated for that day.

Student Directed One Act Plays

The theatre department hosted the SDOA's on Saturday, February 6th at 6:00 PM in the auditorium. The winning plays and acting awards earned points towards the spirit stick!

Showcases

All class showcases for spirit week will be displaying the theme, "Musselman Jam Session!" Be creative and use your imagination! Do not decorate hallways!!! Showcases are to be worked on before and after school **ONLY**, and a class sponsor must be present. All showcases **MUST** be completed by 7:25 AM on Monday, February 15th. A class **WILL** be disqualified if found to be working on the showcases after this time! Showcases must be disassembled by February 26th or it will be discarded.

Freshmen: Country

Sophomores: Rap

Juniors: Rock N Roll

Seniors: Reggae

NEW RULES THAT MUST BE FOLLOWED...no exceptions!!!

- **THERE IS TO BE ABSOLUTELY NO CONFETTI.** Class officers, if your class does this, you will be expected to stay and clean it up.
- **THERE WILL BE NO storming the court.** NO exceptions. Teachers, we will need your help with this. Please block them from coming on the court.

Points

Each class competition is worth 4, 3, 2 or 1 point (4pts for 1st place). There is a running total posted by Mrs. Branch's room (204). The points are obtained by competitions throughout the week and completed at the pep assembly. The class with the most points wins.

DRESS UP DAYS



Monday: Reggae Day

Each student must wear at least 2 items that pertain to a reggae artist such as Crocheted hats, Jamaican Flag Colors, Braided hair, sandals, Peace Signs, round glasses, concert or band t-shirt etc.)

Tuesday: Country music day

Each student must wear at least two items that pertain to a country music singer such ten gallon hats, cowboy boots, blue jeans, camoflauge, your biggest belt buckles, concert or band t-shirt

Wednesday: Rap Music Day

Each student must wear 2 items that pertain to a rapper such as MC Hammer Pants, Look Like Eminem, BLING, Adidas track suits, something from a rapper's clothing line, concert or band t-shirt

Thursday: Rock n roll

Each students must wear 2 items that pertain to a rock n roll band or performer such as leather anything, acid washed jeans, get that hair band hair, studded jewelry, dress like Elvis (the King of Rock-n-Roll), concert or band t-shirt

Friday: MHS day

Each student must wear 2 items that are green, white, or red, or pertain to Musselman. Go big green!!!

MORNING GAMES

7:15 am to 7:30 am

(Late participants will be disqualified; PLEASE BE ON TIME)

Monday: "Drummer Mon"

Each class will have one contestant. A band member will play a few notes on a bongo. The contestant/drummer will be blindfolded, and will play that beat back to the best of their abilities. The class that can play the beat back the best will win. (Judges present)

Tuesday: "Lasso"

Each class will have one contestant. The contestant will have to lasso a chair that will be 10 ft away. Whichever class can lasso the chair the fastest will win!

Wednesday: "Rapper Trivia"

Each class will have one contestant. Each contestant will fill out trivia about rappers. The class that finishes first and gets the most correct will win!

Thursday: "Air Guitar Challenge"

Each class will have one contestant. A rock n roll song will play over the speaker, and each contestant will have to play the air guitar to match the song. The judges will then decide which air guitar imitation is the best. The class with the best imitation wins!!

Friday: Class Dance

Each class will present their class dance for Mrs. Branch in the small gym.

Seniors - 7:05

Juniors- 7:10

Sophomores- 7:15

Freshmen- 7:20

Musselman High School Winter Spirit Week Jam Session

Pep Assembly Dismissal

Winter 2016

Procedures for Friday, February 19th:

1:00 Students from C lunch report to 5th period.

1:05 Students in 5th period for 5 minutes; Winter athletes report to cafeteria.

1:10 Students dismissed to gym by class.

(Teachers/Coaches take attendance—in case of emergency, you are responsible for them from this point. Please review your emergency manual on Assemblies.)

1:20 Pep Assembly begins.

Athletes will come in to the Fight Song, EVERYONE, PLEASE STAND!!!

Teachers, please be with your classes in the bleachers. Please encourage students to participate and have fun!

Pep Rally Games

Rock Me Like A Wagon Wheel Relay

You will need 4 contestants lined up. The first player will grab the handle and the second player will get in the wagon and balance the apple on their head (no hands). When we say go, player one will run up and back to the line (~ length of the gym) pulling a wagon with the "apple"man in it. If the apple falls off, you must stop and retrieve it. When you get back to the starting line, player 2 gets out and grabs the handle while player 3 gets in the wagon with the apple balanced on their head. Make the trip up and back. When they return player 3 gets out and grabs the handle while player 4 gets in the wagon with the apple balanced on their head. The final round occurs when player 4 gets out and grabs the handle while player 1 gets in the wagon with the apple balanced on their head. (Every member of your team will pull the wagon AND balance the apple!) The first team done with all 4 rounds wins.

Musicool Hoops Mon

Each class will have 8 contestants. All 32 Players stand in a circle holding hands with a hula hoop hanging on two people's arms. The reggae music will start and players must stay cool and pass the hoop by wiggling through it (must stay connected/holding hands or you're both out.) The player(s) stuck with the hoop when the music stops is/are out. Continue until there is 1 person left. There will only be 4 points awarded to the winner for this game. It's winner takes all!

Will the Real Slim Shady Please Stand Up

There will be one contestant from each class. They will go to the center court and sit crisscross applesauce on the floor with their backs to each other in a circle pointing toward their respective class. Over the loud speaker, a rap song will be played. The contestants will have to guess by writing the official name of the song (spelling counts) on their dry erase board then stand up when they have their answers ready. The contestant gets one chance to guess each song. This will be single elimination rounds. The last one to stand up with their board is out.

Tug Of War

Each class will have 10 contestants, 5 boys, 5 girls. They will line up strategically down the rope, and when the administrator says go, the classes will pull the rope, and whichever class can pull the other class over the center of the floor wins!

Class Dance

Each class must have at least 4 boys and 6 girls. There will be 3 judges. Each class will be given a cd. On Friday morning, the class will present their dance to Mrs. Branch. At the pep rally, the classes will perform for the judges, and the school. The class with the best dance will win!!

Here are some basic rules that you MUST follow or you will be disqualified or even stopped:

- No confetti, powder, water, (a.k.a anything messy)
 - Stunts must have a spotter.
 - Each class MUST use the given CD.
- Stay school appropriate with your gestures/moves.
 - You may not practice during the school day.
- After school, you must have a class sponsor/staffulty with you as a chaperone.
- You cannot change your dance from what you showed Mrs. Branch Friday morning.

Lip Syncing Contest

Participation will be limited to a maximum of five (5) contestants per class. Each contestant/group will perform one song. Full length songs are not performed, only song clips. The song you perform should be clipped to a maximum length of ninety (90) seconds. It is recommended that each song clip include a minimum of one verse, bridge and chorus. A copy of the cd and lyrics with the time to start and stop indicated as well as the chosen lyrics highlighted must be submitted to Mrs. Branch by Wednesday, February 17. Contestants cannot change their songs once the song selections have been given to Mrs. Branch. You will not have a second chance to submit a different song later, so choose wisely. Props and costumes are encouraged but are not mandatory. Righteous dance moves and "working the crowd" are highly encouraged. Refrain from choosing songs with lewd and offensive language. The winner will be chosen by our community/staffulty judges.

Dude. Be Nice. Money Drive

Who: Everyone...this is a class competition.

What: Money Drive

Where: MHS

When: At lunches the week of February 15-19

Why: All money will be donated to



(A local non-profit mental health organization)

How: Drop your spare change/dollar bills y'all in your class jar every day at lunch. The class that collects the most money wins. It will be winner takes all! Not only will you be having some healthy class competition, but you will help this local organization with their cause.

EastRidge Health Systems is the comprehensive behavioral health center that serves the citizens of Berkeley, Jefferson, and Morgan Counties, West Virginia and provides mental health, substance abuse, and intellectual/developmental disability services and programs for all age groups. EastRidge provides services without regard to race, color or national origin. EastRidge offers the majority of services out of three outpatient clinic sites located in Martinsburg, Kearneysville, and Berkeley Springs (Please see our Locations page). In addition, specialized services are offered at several additional sites in Martinsburg and Hedgesville.

In any given year EastRidge Health Systems staff serve approximately 4,000 customers with mental illness, substance abuse disorders, or intellectual/developmental disabilities. More than 750,000 hours of service are delivered each year by our staff to our customers. EastRidge is serving more than 1700 active customers at any given time.

Dress-Up Tally Sheets

During 4th period, Monday through Friday, each 4th period teacher will tally his or her own class's participation. Tallies need to be torn off and returned to Mrs. Branch (room 204) BY THE BEGINNING OF 5th PERIOD because totals will be calculated immediately!

Friday: Once an Applemen, Always an Applemen

# Dressed up	# Present	Teacher: _____
9 th _____	_____	
10 th _____	_____	
11 th _____	_____	
12 th _____	_____	

Thursday: Rock n' Roll Day

# Dressed up	# Present	Teacher: _____
9 th _____	_____	
10 th _____	_____	
11 th _____	_____	
12 th _____	_____	

Wednesday: Rap Day

# Dressed up	# Present	Teacher: _____
9 th _____	_____	
10 th _____	_____	
11 th _____	_____	
12 th _____	_____	

Tuesday: Country Day

# Dressed up	# Present	Teacher: _____
9 th _____	_____	
10 th _____	_____	
11 th _____	_____	
12 th _____	_____	

Monday: Reggae Day

# Dressed up	# Present	Teacher: _____
9 th _____	_____	
10 th _____	_____	
11 th _____	_____	
12 th _____	_____	

President's Sign-Up Sheet

Morning Games: (Be in small gym by 7:10 games start promptly at 7:15. Be there or be DQ'd).

Monday: Drummer Mon

1. _____

Tuesday: Lasso

1. _____

Wednesday: Rapper Trivia

1. _____

Thursday: Air Guitar Challenge

1. _____

Pep Rally Games:

Wagon Wheel:

1. _____
2. _____
3. _____
4. _____

Musicool Hoops Mon:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Will the Real Slim Shady Please Stand Up:

1. _____

Tug Of War:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Class Dance: (Run through/approval with Mrs. Branch at---- 9th: 7:20; 10th 7:15; 11th 7:10; 12th 7:05)

1. (Boy) _____
2. (Boy) _____
3. (Boy) _____
4. (Boy) _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Lip Syncing Contest: (CD with times and lyrics printed/highlighted due to Mrs. Branch by Wed, Feb 17).

1. _____
2. _____
3. _____
4. _____
5. _____