Mitchell High School

Friday, January 30, 2026

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Jan. 26	**Jan. 27**	**Jan. 28**	**Jan. 29**	**Jan. 30**
Hot Dog **OR** Shrimp Poppers Baked Beans, Chips, & Oranges	Super Nachos **OR** Buffalo Chicken Nachos Fiesta Beans, Broccoli, Pineapple, & Taco Toppings	Pork Fritter **OR** Chicken Fries Mashed Potatoes, Gravy, Corn, & Apples	Rotini Pasta w/Meat Sauce **OR** Grilled Cheese Peas, Mixed Fruit, & Garlic Toast	Pepperoni French Bread **OR** Buffalo Chicken Pizza Carrots, Pears, & Rice Krispy Treat

*Cold Lunch Option offered daily.

Weekly Activities





Monday

Jan. 26

Tuesday

Jan. 27

GBB @Sanford Pentagon

FDC @PAC

BBB @Sanford Pentagon

Wednesday

Jan. 28

Thursday

Jan. 29

Boys & Girls Wrestling @SF Jefferson

Friday

Jan. 30

Debate @SF Jefferson

FDC @Iowa

GBB @MHS

BBB @MHS

Saturday

Jan. 31

Debate @SF Jefferson

FDC @Iowa

Girls & Boys Wrestling @Brookings

Gymnastics @Aberdeen

Sunday

Feb. 1

FDC

January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 NO SCHOOL New Year's Day	2 NO SCHOOL Christmas Break	3
4	5 Start of Q3/S2	6	7	8	9 CLOSED SRB	10
11	12	13	14	15	16	17
18	19 NO SCHOOL MLK Jr. Day	20	21	22	23	24
25	26	27	28	29	30 CLOSED SRB	31

5: Classes Resume/Semester 2

19: No School/Staff Develop.

Nurse Hours
Every Day
8:30 am-10:30 am

CONGRATULATIONS!

EXCHANGE CLUB STUDENT OF THE MONTH



Emma Plamp for December



Katie Hohn for January

Student of the Month
For February

You can now follow MHS on Facebook!

Scan the QR Code to keep up-to-date with everything MHS on Facebook





All Mitchell Activity Passes are accepted for games at the Pentagon tonight.

Attention Students:

During B & C lunches, students will NOT be allowed in MCTEA commons. You must stay in the lunchroom commons during this time.

Thank you

Flowers can be ordered in the MHS Commons before school and during lunches.

Flowers can also be ordered online at this link.

https://forms.gle/h5zojMdbLpM773Dx9



Selling January 26-30 ... flowers will be delivered February 11 during SRB

Saturday 1/31
9:00-4:00

Free of Charge!

Prom Dresses

Accessories & Shoes!

The Glass Slipper



Prom Dresses
Accessories
and Shoes!

For updates "like/follow" the Glass Slipper Mitchell on Facebook

FREE of CHARGE

Saturday, January 31st • 9:00 am - 4:00 pm
at RiverTree Church, Mitchell, SD
(Corner of 6th & Sanborn)

Donations can be dropped off in the office (Tuesday through Friday) at RiverTree Church.

The Glass Slipper project gives away free prom dresses and accessroies to high school students in the Mitchell and surrounding areas. The Glass Slipper collects new and almost-new formal dresses and accessories and provides them, free of charge, to students who are unable to purchase their own prom attire. Students do not need to prove any type of financial hardship in order to get a dress from us.

If you have any questions or you would like to donate call 605.999.8275 for more info or for after hour drop offs.

Sign up for Track 2026!

Using the link below, sign up for Track 2026.
Practice will start March 2. Come join this awesome team!
Please fill the form out before Feb 1st so we can get a headcount for preseason workouts!

Track Sign up Link!

If you have any questions, contact Mrs. Lynch or Mrs. Thill



The Guidance Office will be **closed** on February 2nd and 3rd due to Middle School Registration Presentations

EDUCATORS RISING MEETING

TUESDAY, FEBRUARY 3 @ 2:45 P.M.
MRS. RYLANCE'S ROOM C2135

EDUCATORS RISING
SOUTH DAKOTA

Agenda -

- Tutoring
- Teacher Appreciation Week
- Future Teacher Signing Day
- Fundraising

A Sargent from the Marine Corp will be here February 3rd from 11:30-1:00 in the lunchroom for any student who would like to speak with him.



Unfiltered REALity Meeting

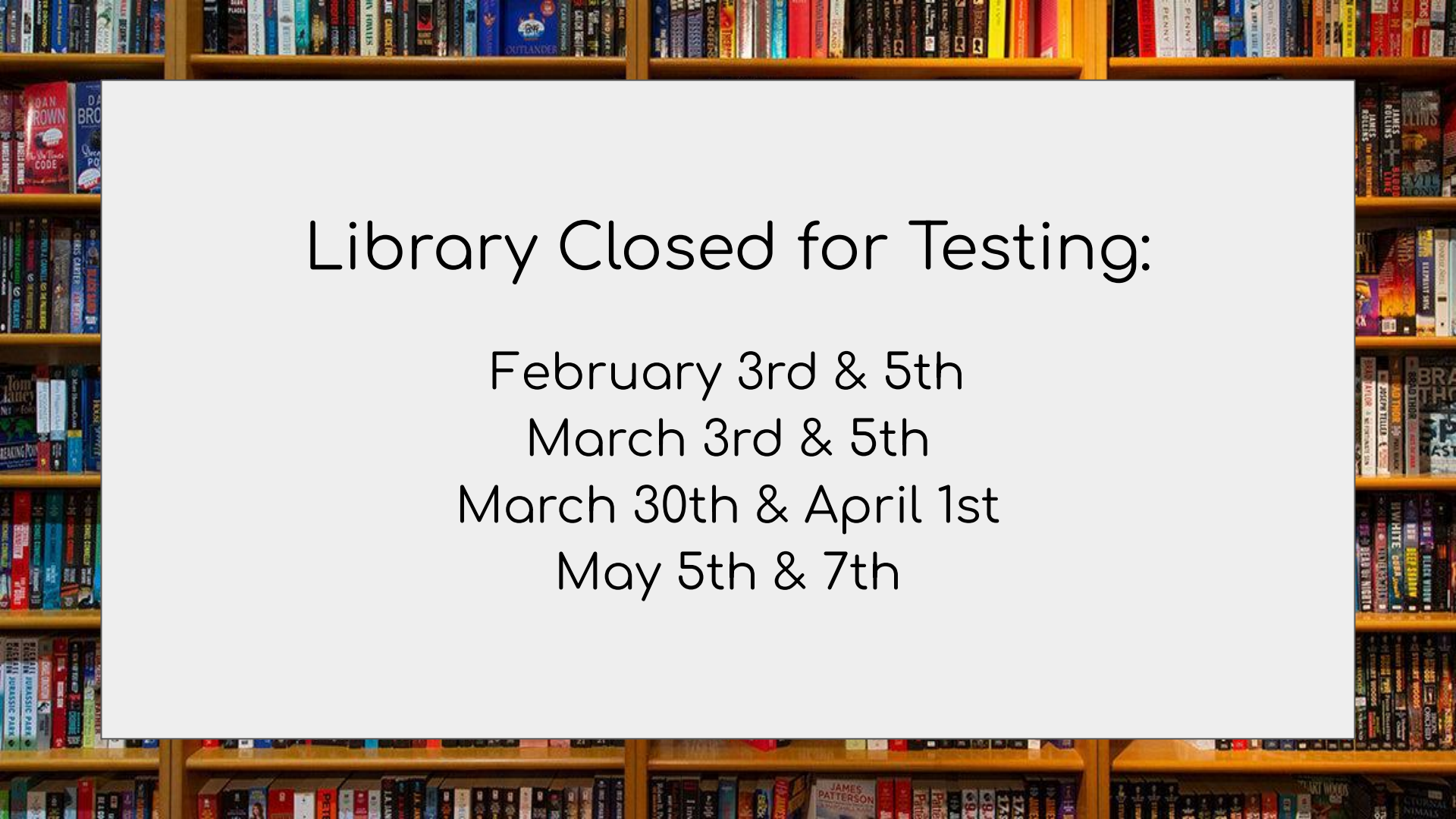
Tuesday, February 3rd at 2:00pm
in the MCTEA commons.
We will be meeting to finalize our plans for our Love Yourself Week

Unfiltered REALity is a group of students that provide fun and educational activities to inform their peers about the affects of nicotine and how the Big tobacco companies target YOUth.

Everyone is welcome to come and check out what Unfiltered REALity is all about.

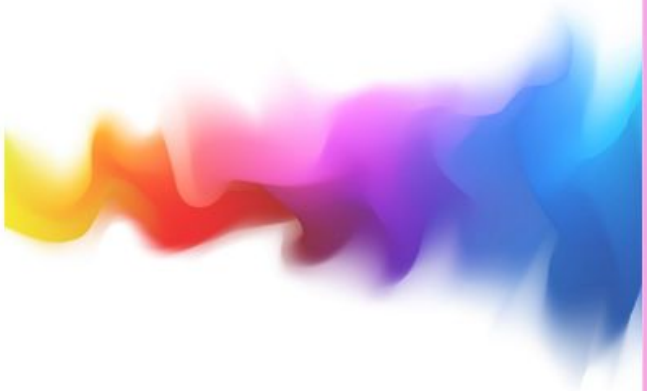
MHS students and staff are invited to join us as we honor the senior athletes that plan to make a commitment to continue their athletic career at a post-secondary institution next year.

The next MHS Signing Day is
February 4, 2026
at 3:20 p.m. in the MHS Commons


Library Closed for Testing:
February 3rd & 5th
March 3rd & 5th
March 30th & April 1st
May 5th & 7th

National Art Education Association

NATIONAL ART HONOR SOCIETY



Applications available in the art department.

To Qualify:

- Have completed 3 or more art courses
- Have a 3.5 GPA in those art classes

DUE: Feb. 6, 2026

OPTIMISTS– BRINGING OUT THE BEST IN KIDS

Mitchell Area Optimist Club

FAMILY SWIMMING EVENT

Saturday, Feb 7

3-5 PM

Mitchell Indoor Aquatic Center

FREE

There is no cost to participate in this event. Instead we will be accepting donations of mac and cheese, oatmeal, ramen, or popcorn that will be donated to the Weekend Snack Pack Program.



Junior Class Meeting

February 9th - 2:00 pm @PAC
during SRB to discuss the upcoming ACT testing for Juniors.

ALL JUNIORS MUST ATTEND

Financial Aid Assistance

SENIORS, GET HELP WITH YOUR FAFSA APPLICATION!!

WEDNESDAY, FEBUARY 11, 2026
1:50 PM @ MCTEA RM 10





READY TO CONQUER COLLEGE COSTS? ATTEND AND COMPLETE THE FREE APPLICATION FOR FEDERAL STUDENT AID (FAFSA).

WHY COMPLETE THE FAFSA?

Completing the FAFSA gives students access to:

- Federal aid includes grants, scholarships, work-study jobs, and student loans
- FAFSA completion is also required for some private scholarships

NOT ATTENDING MITCHELL TECH?
THAT IS OKAY,
PLEASE COME ANYWAY.

MITCHELL TECH

Class Meetings

Location: PAC Auditorium

Freshman Class Meeting - February 11th, 2:00 pm
Sophomore Class Meeting - February 17th, 2:00 pm
Junior Class Meeting - February 19th, 2:00 pm

These meetings are to discuss the new state requirements for scheduling and upcoming registration.



You could be a winner!

- LG 65" 4K UHD AI Smart TV!
- iPad Air 128 GB
- 2 Tickets for MHS Show Choir Cabaret

Mitchell Community Scholarship Fund

Radiothon

Monday, February 23
7:00 AM - 3:00 PM
KMIT 105.9 FM
KOOL 98.3 FM

Mitchell Community Scholarship Fund

Make a pledge of $50 or more and you could win a 65" LG 4K UHS smart TV!
Pledge $25 and enter to win one of two other great prizes!

Listen and call in your pledge (996-9667 or 800-244-5648)
or make a donation online at:

mitchellcommunityscholarship.com

Proceeds from this event provide a scholarship to every MHS & MCHS student who applies!

KMIT Real People Real Country 105.9 FM

TechSolutions

KOOL 98.3 FM

National Honor Society

Juniors and Seniors
Check your school email to see if you are eligible

Applications were sent to those who can apply

Applications due - February 27, 2026 at 4pm
Ms. Smith's Room – C2133

Minimum Requirements:

--Junior or Senior at MHS
--3.5 Cumulative GPA or higher
--Volunteer Hours –
--Excellent record of behavior in and out of school
--Participation in leadership roles in school and community

CHARACTER • SCHOLARSHIP • LEADERSHIP • SERVICE

Questions? – Visit with an NHS committee member:
G Smith, Johnson, Widstrom, Roudabush, Hoffman, Kreutzfeldt

A representative from USD will be here on Tuesday, March 17th from 2:30-3:00 pm in the commons.



Want to win

$100????

Students can help with a Booster Club event and get your name in the drawing!

Click the link below



https://m.signupgenius.com/#!/showSignUp/20F0448AAA829A5F94-57621163-2526

WARNING

Failure to purchase a yearbook may result in future memory loss and awkward silences at reunions.

$80

Sale ends May 23

Go see Ms. Smith or visit

SCAN ME

Order your 2026 Yearbook today

NOTICE:

For home basketball games, the *northwest parking lot* of the school will be reserved for senior citizens (age 65+) and handicap parking.

NO PARKING will be allowed all day

Important Spring Semester Reminders:

WHEN RETURNING FROM AN APPOINTMENT OR ARRIVING LATE TO SCHOOL, YOU MUST CHECK IN AT THE OFFICE

THERE ARE NO BLANKETS ALLOWED IN SCHOOL

THE ELEVATOR IS FOR AUTHORIZED USERS ONLY

FRESHMEN DO NOT HAVE OPEN CAMPUS AND MUST REMAIN IN THE BUILDING DURING LUNCH

PLEASE KEEP FOOD IN THE CAFETERIA AND DO NOT WANDER DURING LUNCH

NO STUDENTS ARE ALLOWED TO PARK IN THE SOUTH MCTEA LOT. YOU WILL BE TICKETED

BLUE-LINED AREAS ARE NOT FOR PARKING. YOU WILL BE TICKETED

DO NOT PARK IN FRONT OF THE EARLY CHILDHOOD DEVELOPMENT CENTER

Seniors

Don’t forget to order your cap and gown.
The sooner the better!

Use the attached QR code to order.

HELP US FEED LOCAL KIDS

TOGETHER, WE CAN PUT FOOD ON THE TABLE

HOW YOU CAN HELP:

Drop off non-perishable food items at the following locations:

Davison County Sheriff's Office
Mitchell High School



WE NEED YOUR SUPPORT

Every day, families in our community go to bed hungry. Your donation helps us provide food to youth in our area. Donations will go to The Mitchell Caring Closet and Mitchell Food Pantry.

MOST NEEDED FOOD ITEMS:

- Cereal
- Beef Ramen (Not the Cups)
- Jello Cups
- Juice mix
- Individual Chip Bags
- Granola Bars, Fruit Snacks
- Rice Cups
- Spaghetti Sauce
- Peanut Butter and Grape Jelly
- Pancake Mix and Syrup
- Cake Mix and Frosting
- Dish Soap
- Can openers

Volunteer with Girls on the Run

EmBe

Girls on the run

BUILD CONFIDENCE FOR LIFE!



Girls on the Run is an after-school program led by trained, caring coaches who empower girls to activate their limitless potential.

Teams meet twice weekly for 8 weeks, culminating in a celebratory 5K with friends and family.

Coach a team!

- GOTR provides all the tools, training, and support you need.
- Coach Commitment is once a week!
- You don't have to be a runner!
- No coaching experience is required.
- 5 coaches per team to allow for flexibility in coaching schedule. Two at every practice.
- **Must secure coaching team before opening participant registration**

LEARN MORE ABOUT BEING A GOTR COACH!

Ready... Set... GOTR!

START The season starts: March 5 - April 30

Mitchell LB Williams GOTR team will meet on: Tuesdays and Thursdays from 3:30 - 5:00

The 5K Celebration will be held in May 2026!! Details to come throughout the season!

You'll Teach Girls How To...

- Develop a sense of belonging with a team
- Speak positive self-talk and increase self-worth



QUESTIONS?

Elizabeth Cordell
Girls on the Run Program Coordinator
ecordell@embe.org
605.681.8349
www.embe.org/gotr

United Way



Becoming a Junior Coach is a fun and rewarding way to get involved with Girls on the Run, grow their leadership skills and make a difference in girls' lives throughout their community.

LEAD CONNECT IMPACT

QUALIFICATIONS

- 16-18 years of age (in high school), or juniors / seniors
- Return signed waiver (signed by parent/guardian if under 18)
- Complete Junior Coach application
- Complete online and in-person training
- Consistently attend practice (minimum of once per week) for 8 week season - March - May

Girls on the run **JUNIOR COACH PROGRAM**

QUESTIONS?

CONTACT Elizabeth Cordell
EMAIL ecordell@embe.org
PHONE 605-681-8349

APPLY TODAY!

EmBe

Questions? See Mrs. Rylance C2135 or Leslie.Rylance@k12.sd.us

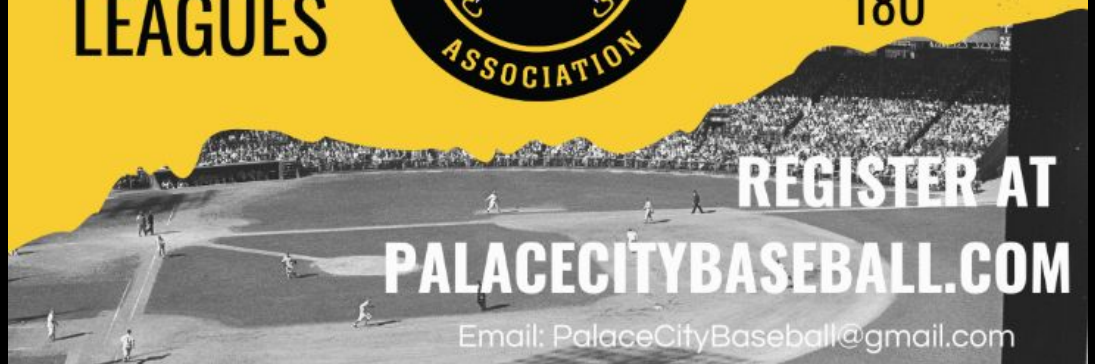
NOW OPEN

BASEBALL REGISTRATION

SUMMER LEAGUES

PALACE CITY BASEBALL ASSOCIATION
PCB

CLASS A
13U
14U
16U
18U

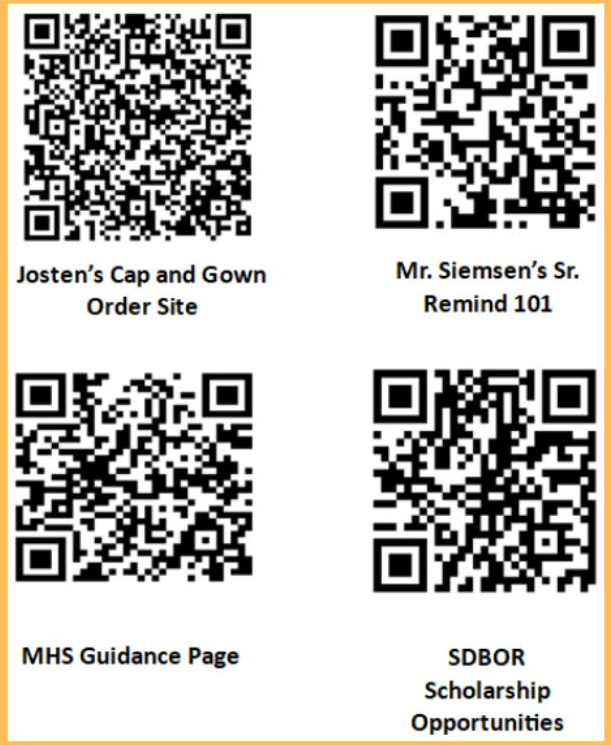


REGISTER AT
PALACECITYBASEBALL.COM

Email: PalaceCityBaseball@gmail.com


PEO
Priceless Prom
Wessington Springs
South Dakota
2026 Prom Dress
Resale event
Find your perfect dress!
January 31, 11am-4pm
February 1, 12pm-4pm
Walk-Ins Welcome!
The 2026 Priceless Prom Fundraiser event benefits grants, scholarships, and loans that support women in post high school and continuing education.
What to know:
Five appointment slots beginning on each hour.
Come with a friend. Moms, grandmas, aunts welcome!
The Perfect Prom is located at the Opera House in Wessington Springs: 108 Dakota Avenue N
Questions? Give us a call or text at 605-354-3826.
Follow us on FB:
PEO Priceless Prom WS
No advanced appointment needed.

SENIOR INFORMATION



KERNELS

KERNELS

The Maize - MHS Yearbook

PHOTOS 2025-2026
PHOTOS 2024-2025
PHOTOS 2023-2024
PHOTOS 2022-2023
PHOTOS 2021-2022
PHOTOS 2020-2021
PHOTOS 2019-2020
ABOUT
CONTACT

View the different galleries by clicking on photo galleries by their year.

All photos are taken by the yearbook staff and are unedited - what you see is what you get. You can edit your selected photos once they are in your cart.

Our main focus is to take photos for the yearbook. Please do not ask us to take a photo of a specific student



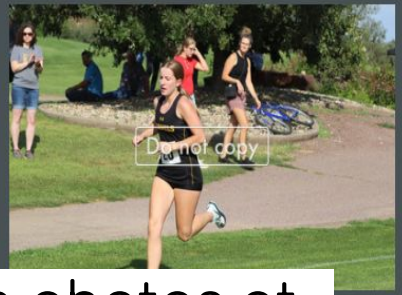






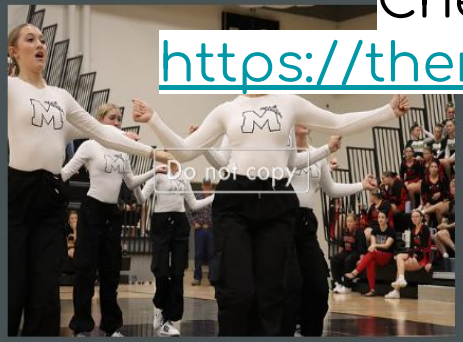


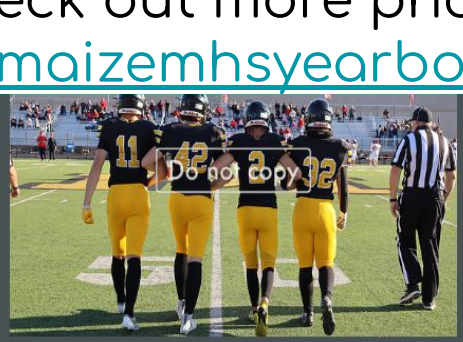






Check out more photos at - https://themaizemhsyearbook.zenfolio.com









DISCOVER DAKOTA STATE



Discover DSU Days

January
Friday 30

February
Friday 20

April
Saturday 25

Program Preview Days

All Fools Game Faire
Monday, March 30

dsu.edu/visit

Attention Dual Credit Students

If you are taking a dual credit class that requires a proctor for any tests, the only proctors at MHS are Mr. Thill, Ms. Olson and Mrs. Max.

Other teachers are not able to be proctors for your testing. This is a directive from administration.

If your instructor requires forms be signed prior to testing, please provide them to Mr. Thill, Ms. Olson, or Mrs. Max for signature.

All testing requires making an appointment a minimum of two days in advance of when you will need to take your test.



Cuts for Kids

Provided by Hollywood Style

- Provided for students in need of a basic hair cut
- Haircuts will be provided at the high school – come in same door as shopping event
- During regular pop-up shopping events each month
- Sign up through same Sign-up Genius as shopping - scroll down to bottom to see available time slots for haircuts
- There will be two time slots for each session



MSD Caring Closet Pop-Up Appointments

2025 Fall Pop-Up Dates: 8/13/8/15/8/16, 9/13, 10/11, 11/8, 12/13, 1/10, 2/7, 3/14, 4/11 & 5/16

Location: Mitchell High School: 821 North Capital - Please park in the parking lot on the west/back side of the PAC/MCTEA/new MHS building and follow signs.

- **To see the times available and to reserve a time slot for each of your student(s),** scan QR code or go to**:** *https://www.signupgenius.com/go/10c0f4da8aa2da2fac43-popups1*

- **Please check in with the MSD Caring Closet volunteer 5 minutes prior to appointment.**

Items that will be available for free to Mitchell School District Students:

- **Up to 5 tops**[1] (short sleeve/long sleeve/hoodie/sweatshirt etc.)
- **Up to 5 bottoms**[1] (athletic pants/athletic shorts/jeans etc.)
- **1 pair of athletic shoes** (or snow boots in winter months)[1]
- **1 jacket or coat**[1]
- **1 package of 4 socks**[2]
- **1 package of 4 underwear**[2]
- ***Youth sizes only*** **1 pair of Pajamas**[1]

[1] - These items will come from our new or clean, gently used inventory and are limited to what we have on hand the day of the Pop-Up Caring Closet.

[2] - These items will come from our new inventory only and are limited to what we have on hand the day of the Pop-Up Caring Closet.

Students are limited to 4 Pop-Up appointments per school year.
No shows do count towards the student's 4 Pop-Ups*. If something comes up and a student can't make it to their appointment, please leave a message or text us at the phone number below prior to the day of the Pop-Up.*

Please know that we will do our best to provide the above items to each student signed up, but because of our limited inventory and resources, we unfortunately can not guarantee this.

This program, which is run by volunteers, is funded by community donations and helps Mitchell students with daily essentials so they can focus on having a successful academic school year.

Email: msdcaringcloset@gmail.com **Group**: MSD Caring Closet **Text/Voicemail:** (605) 299-1303



Mitchell School District Students

If you are struggling with daily essentials or know someone who is, please be brave enough to discuss in confidence with any MHS school staff member!

With the help of the MSD Caring Closet, example of some of the things we want to try to help you with:

- **Coat/Jacket/Hat/Gloves**
- **Clothing/Shoes**
- **Outfit for a job interview or school event**
- **Bedding/Blankets/Pillow/Towels**
- **Basic Hygiene/Household Items**
- **School Supplies**
- **Required clothing or equipment for school activity or sport**
- **Food items for the weekend**