



AFNORTH US MHS

DoDEA's Mission:

Educate, Engage, and Empower military-connected students to succeed in a dynamic world

DoDEA's Vision:

Excellence in Education for Every Student, Every Day, Everywhere



Week Ahead

September 13, 2024

UPCOMING DATES

- 16 Sep** NO SCHOOL
- 21 Sep** Tennis HOME vs Ansbach @ 13:00
- 27 Sep** Football HOME vs ISB @ 17:00
- 28 Sep** Tennis, Volleyball, X-Country, & Orcas HOME
- 28 Sep** HS Homecoming Dance (see flyer below)
- 30 Sep** NO SCHOOL
- 4 Oct** Terry Fox Run @ 14:00
(At the AIS Track - More info to come)

Office Hours : Monday-Friday: 8:00am-4:00pm

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alex.spexarth@dodea.edu

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Attendance

AFNO.attendance@dodea.edu

Visit <https://afnorthmhs.dodea.edu/>

for US MHS specific information.

Visit: <http://www.afnorth-is.com>

for AFNORTH Int'l School Information.

AFNORTH HOME



VS



LIVE STREAM

FRIDAY,
SEPTEMBER 13 2024

HERE!!



VS



SATURDAY,
SEPTEMBER 14 2024

AFNORTH US MHS Attendance

Late Arrivals and Absences: Email

afno.attendance@dodea.edu if your child will be late/absent *before* the start of school. **In the 'Subject' line, please include your students name and grade.**

Appointments and Early Dismissal: Email

afno.attendance@dodea.edu if your child has an appointment *before* the start of the school.

Picking Up/Dropping Off Students: Call the MHS office +31(0)455 278 263/262 when you **ARRIVE** at school.

Cross Country Meet

AFNORTH VS VILSECK

14 SEPTEMBER
Vilseck HS

G
A
M
E

COME JOIN US

VOLLEYBALL MATCH

AFNORTH VS Brussels

14 SEPTEMBER
AT 10:00 AM
AFNORTH Gym 1

ORCAS SWIM MEET

Orcas VS Shape

14 September
At Shape

This

Weekend

BLACKOUT GAME

WEAR BLACK AND COME TO SUPPORT YOUR AFNORTH LIONS FOOTBALL TEAM!

FRIDAY, SEPTEMBER 13TH

AFNORTH VS ANSBACH
5 PM KICKOFF

D
A
Y

TENNIS MATCH

14 SEPTEMBER
AT SHAPE HS

AFNORTH VS SHAPE



IMPORTANT

Please remind your child to lock their belongs when participating in after school sports and PE class!

Do you have any spare locks that you don't have a use for?

AFNORTH MHS will take them!

Accepting donations for used (working - key or combo) locks.

Lock donations will be collected at the US MHS office.

Thank you!

Fall PTA Meetings

Oct. 10

Nov. 14

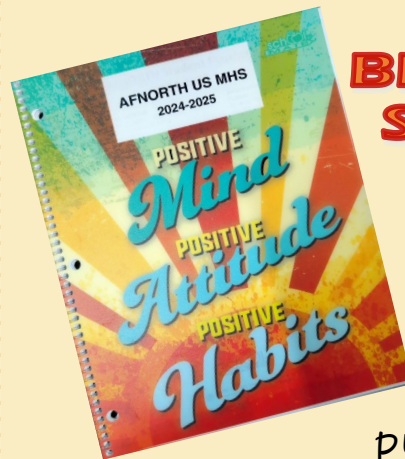
Dec. 12

The PTA welcomes you to join their upcoming PTA meetings! All meetings will begin at 4:00pm.

Visit the link to join the PTA team!

Membership fee only \$10!

afnorth.memberhub.com



BRING TO SCHOOL DAILY!

The school has purchased individual planners for every student. Please ensure your student is bringing this daily **(Pro tip: Keep it in your computer bag!)**. The planners are used as hallway passes as well as organization and time management tools.



**AF'NORTH
COOKS**
Interested?

**SEPTEMBER
17TH**
Info Meeting @
Lunch

**CAFETERIA
STAGE**

Cooking Club will meet Tuesday from Sept. 24th to November 26th and from January 21st to March 25th.

We will have a lunch interest meeting on September 17th on the Cafeteria Stage and signs ups will go out on Wednesday morning. The first 16 students will be taken for our first 8 sessions and another session will run from January to March of 2025. Questions? Come ask them Tuesday.

CREATIVE CONNECTIONS

A six-day advanced symposium for 160+ high school students to showcase their talents. The objective of the activity is to provide students with advanced instruction in fine arts. Offerings vary from year to year.

The 2024 event will include workshops in acting, show choir, string ensemble, dance, modern band, drawing/painting, mixed media, photography, fashion, live video, and video production. The week of intense coursework culminates with an art exhibition and stage show. This year's theme is Harmony and Chaos.

[Click here for the application packet](#)

Make sure to see Mrs. Brobst in the music room and let her know you are interested in applying. The deadline to submit your application is October 3rd at midnight! Do not wait until the last minute to prepare! Students from US and Canadian sections are welcome to apply!

Film Club

Students meet twice a month to decide and discuss aspects of films, musicals, and other movie forms. Plans for this year include a movie night and another March Madness Movie bracket in the spring.

Contact Ms. Moore for more information or stop by, B1.2!

(Open to all 9th - 12th graders)

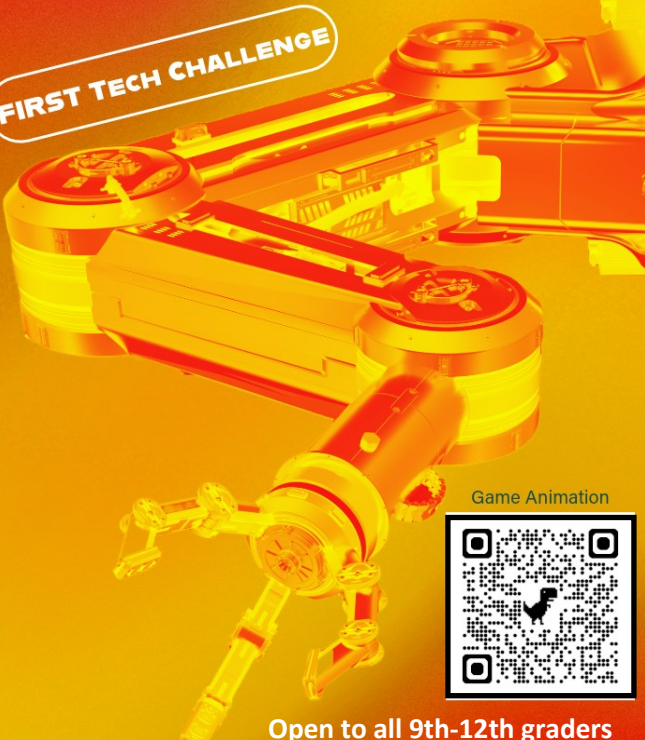
$$\begin{aligned} 1 + 1 &= 121 \\ 1 + 2 &= 134 \\ 2 + 2 &= 444 \\ 3 + 2 &= 954 \\ 3 + 3 &= ??? \end{aligned}$$

Does your child like math puzzles? If so, there are math puzzles found in a plastic sleeve outside B2.9. Puzzles will be printed once a month and answers will be provided a week later after printing.


welcome to AFNORTH

FTC

FIRST TECH CHALLENGE



Game Animation



TECHNOLOGY IS THE FUTURE

ian.eddington@dodea.edu

Open to all 9th-12th graders

Join a team of designers and programmers who will compete in the 2025 FIRST Tech Challenge (FTC) Invitational Tournament! February 20-22 Meetings will begin 5 Sept, **Thursday, after school, in room B1.7.** Contact Mr. Eddington for more information.

AFNORTH HS, Brunssum, NL

Homework Club

with MATH TUTORING

1 once a week

on "2" Tuesdays

at 3:45

in Room D3.3

If you are picking up your student before 17:30 please come to room D3.3 so that we can release them directly to you.

christina.moriconi@dodea.edu

HW Club Sponsor emails: rachel.hamer@dodea.edu

Don't forget to add money to your child's Sodexo Lunch account!

Visit: <https://qpay.quarto.nl/Portal/Account/Login/0> to do so. You can also see transaction history. Remember that **Sodexo does not accept cash payment** for lunches, only the Sodexo Lunch Card.



Week 38 16-09 tm 20-09-2024

MONDAY

No School Today	
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TUESDAY

Veggie Pie, Mashed Potato, White Beans in Tomato Sauce	1, 2, 3
Beef & Pork Meat Ball	1, 2, 3, 5, 10
Mashed Potato	1
White Beans in Tomato Sauce	3

WEDNESDAY

Veggie Macaroni Dish, Snack Tomato	3, 4
Macaroni	3
Bolognese Sauce	3, 10
Snack Tomato	

THURSDAY

Omelet, Sweet Tomato Sauce, Rice, Atjar Salad	1, 2, 9
Chicken Filet	1, 2
Noodles	3
Atjar Salad	9
Sweet & Sour Tomato Sauce	3

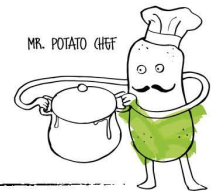
FRIDAY

Veggie Snack, Fries, Carrots	1, 2, 3, 4, 8
Fish Nuggets or Hot Dog Sausage	2, 3, 5, 7
Fries	
Carrots	
Tartar Sauce	2



LISTED PRODUCTS AND DISHES CAN CONTAIN TRACES OF ALLERGENS.

- 1 = milk
- 2 = egg
- 3 = gluten
- 4 = soy
- 5 = pork
- 6 = chicken
- 7 = fish
- 8 = sesame
- 9 = peas
- 10 = beef



All meals are nut free

Nutrition Corner

3-Ingredient Cottage Cheese Pancakes Recipe

Prep Time	Cook Time	Makes
3 - 5 minutes	10-15 mins	8 pancakes

INGREDIENTS

- 1/2 cup old-fashioned oats
 - 1/2 cup cottage cheese
 - 2 large eggs
 - 1/8 tsp salt
- Maple syrup, jam, or sliced berries for serving
1. Place 1/2 cup old-fashioned oats, 1/2 cup cottage cheese, 2 large eggs, and 1/8 tsp salt in a blender and process on high speed until well combined, about 30 seconds.
 2. Heat a large nonstick frying pan over medium heat. Working in batches, add the batter in 2-tablespoon portions, spacing them evenly apart. Cook until the pancakes are set around the edges and deep golden-brown on the bottom, 2-3 minutes (this batter won't bubble up like traditional pancake batter). Gently flip the pancakes with a spatula and cook until the second side is golden-brown, 1-2 mins or more. Transfer to a plate.
 3. Repeat cooking the remaining batter.



Recipe courtesy of the kitchn website: www.thekitchen.com

HS HOMECOMING
DANCE

Hollywood
a Night with the Stars

28 September, 2024 • 7-11 PM
at the ICC (International
Conference Center)

Cost: €15

*Ticket sales starting
Tuesday at Lunch*

9th - 12th grade only



Casting Call!!!



AFNorth MHS Music and Drama Department is looking for students in grades 6-12 to be in the Fall Musical! Audition Workshops are SOON!!

September 17th and 19th.

For more information about the musical and to sign up, scan the QR code or go to this link to fill out the form:



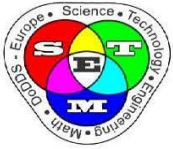
<https://forms.gle/N9x4B5tg1vzbskLW9>



If you have questions, see Mrs. Brobst or email @ shelley.brobst@dodea.edu

This Musical Include the Pop Songs

"We Got The Beat" * "My Prerogative" * "Lost In Your Eyes / Eternal Flame / Crazy For You" * "All Star" * "Just The Way You Are" * "Call Me Maybe" * "Firework" * "Make You Feel My Love" * "TubThumping / Hit Me With Your Best Shot" * "My Stupid Mouth" * "I'm Gonna Be (500 Miles)" * "A Song For Roxanne -- a.k.a The Turtle Love Song" (Original Song)
"The Sign" * "The Middle" * "Less Than Perfect" * "My Life Would Suck Without You"



STEMposium 2024

Explore the Possibilities

Immersed in a real-world scenario you will make difficult decisions pertaining to an engineering problem we have been asked to find a unique solution too.



What is STEMposium?

It is a week-long experience plunging you into an intense scenario. Using the engineering design process, your team will apply science, technology, engineering and math concepts to solve numerous evolving problems encountered. Scientists, engineers and other experts will be on hand to mentor your team through the process. Teams will present their results to their peers and a panel of experts at the conclusion of the STEMposium



Apply Today!
Open till Oct. 4th!

ENGAGE Your MIND!

APPLY the SKILLS!

ENGINEER Your FUTURE!

When: December 2-7, 2024

Where: Wiesbaden, Germany

Who: Students in enrolled in DoDEA Europe High Schools Grades 9-11

Contact Your School POC:

Dan Wilson – dan.wilson@dodea.edu

BRUNSSUM CYS

Fall

COLLEGE NIGHT

*Thursday,
November 14, 2024*

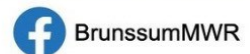
 *CYS Gym Bldg 602H*  *5:00 - 7:00 PM*

**Meet College
Representatives &
Learn about Programs
& Scholarships**

**Free
Entry**
no registration
required

For more info:

 COMM: +31455340280
DSN: 597-4280



BRUNSSUM YOUTH CENTER * 6TH-12TH GRADES * CYS BUILDING- H602

MURDER MYSTERY

DINNER PARTY

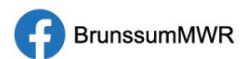
OCTOBER 24TH 6PM-10PM

THROUGHOUT THE EVENING CLUES AND HINTS
WILL BE REVEALED. YOUTH WILL WORK
TOGETHER TO GATHER INFORMATION AND
SOLVE THE MURDER.

\$5
TICKET FEE

SIGN UP DEADLINE
OCTOBER 11TH

OPEN TO U.S. AND NATO ID CARDHOLDERS
FOR MORE INFORMATION & TO REGISTER CALL YOUTH CENTER
DSN: (314) 597-4280 CIV +31 (0) 45-534-0280



BrunssumMWR



BeneluxFMWR



Brunssum.armymwr.com

BRUNSSUM MIDDLE SCHOOL TEEN CENTER
(6-12TH GRADES)

FALL BREAK CAMP

October 14-18, 2024

7:00 AM - 1:00 PM

Register by Friday, October 4th

JOINT TRIP TO
THE VISIONS OF
MAGIC EXPO IN
BRUSSELS WITH
SHAPE MST
YOUTH

POTIONS
CLASS

QUIDDITCH

FIND YOUR
WIZARDING
HOUSE

LEGO
BUILDING

WAND MAKING

THEMED
CRAFTS

BAKING

MOVIES

THE WORLD OF WIZARDRY

FOR MORE INFORMATION AND TO REGISTER,
CONTACT PARENT CENTRAL SERVICES:
COMM: +31455340266/0267 DSN: 597-4266/4267
FEES BASED ON TOTAL FAMILY INCOME



BrunssumMWR



BeneluxFMWR



Brunssum.armymwr.com

Available in Past Newsletters:

6 Sep Newsletter

- *ENS (Emergency Notification System) sign-up*
- *VFW - Scholarship Opportunities*
 - *Voice of Democracy*
 - *Patriot's Pen*
- *US College and University Fair in Utrecht*
- *Fall Sports Schedule*

30 Aug Newsletter

- *School ID info*
- *AFNORTH MHS webpage*
- *School Bus Procedures*

23 Aug Newsletter

- *Kiss and Ride Hacks*
- *Fall Sports HOME Events Schedule*

The screenshot shows a newsletter header for AFNORTH US MHS with the school's mission and vision. It includes a 'Week Ahead' section for September 6, 2024, listing upcoming dates for sports and school events. A prominent yellow box contains a 'LAST CHANCE' sign-up for the Emergency Notification System (ENS), providing a QR code and website link. To the right, there is a list of staff members with their contact information and office hours. At the bottom right, there is a section for 'AFNORTH US MHS Attendance' with instructions on late arrivals and appointments.

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Week Ahead September 6, 2024

UPCOMING DATES

7 Sep	First Tennis, Football, Cross Country & Volleyball games - GO LIONS!
13 Sep	Football HOME vs Ansbach
14 Sep	Volleyball HOME vs Brussels
16 Sep	NO SCHOOL
30 Sep	NO SCHOOL
4 Oct	Terry Fox Run @ 14:00

***LAST CHANCE* Sign Up for ENS Emergency Notification System**

LAST CHANCE TO REGISTER!! Registration needs to be completed annually! If both parents sign up, you will both need your own phone number. A test notification will be conducted later this month.

see full text on our website: <https://www.afnorth-us.com> under Parent Portal (password: ParentAIS24-25)
Click or Scan QR code to sign up

Office Hours : Monday-Friday: 8:00am-4:00pm

Heather Rhine MHS Principal +31 455-278206
heather.rhine@dodea.edu
Danell Lynn MHS Asst. Principal +31 455-278265
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Deborah Kehoe MHS Counselor +31 455-278264
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Alex Rogers Spexarth MHS Registrar +31 45-527-8263
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