

YOU
BELONG
AT MEAD



Naslund's Notes



CROSSING THE '21 FINISH LINE!

December 7, 2021

Panther Families,

As we enter the home stretch of 2021, we want to do everything we can to partner with you and your scholar to finish strong and gear up for an epic 2022 at Mead High School. Following are a few ways to do that:

- [Panther Power Hours](#)
 - Monday & Wednesdays from 3p - 5p
 - Mead High School Library
- "Fresh(men) Study Sesh"
 - Wednesday, December 15 from 3p - 5p
 - Mead High School Mall
- Check PowerSchool (Parent Access Directions [HERE](#))
- Connect with Teachers & Counselors

In addition, we put together a website called "[Mead: A Day in the Life](#)" as a place to put a name to the face and hear a bit about our courses. It's also nice to see a smile without the masks. My wife works at Sacred Heart Children's Hospital, and they started to wear buttons with their picture on it so the kids could see a full smile. Though we are starting to get better at smiling through a mask and with our eyes, there's just something about a smile. Take a look around when you have a minute.

May we not take smiles and human connection for granted.

See you next year!

Jeff

Jeff Naslund
Proud Panther Principal



PS. Looking for a last-minute, really meaningful gift? [Buy a Union Stadium brick.](#)

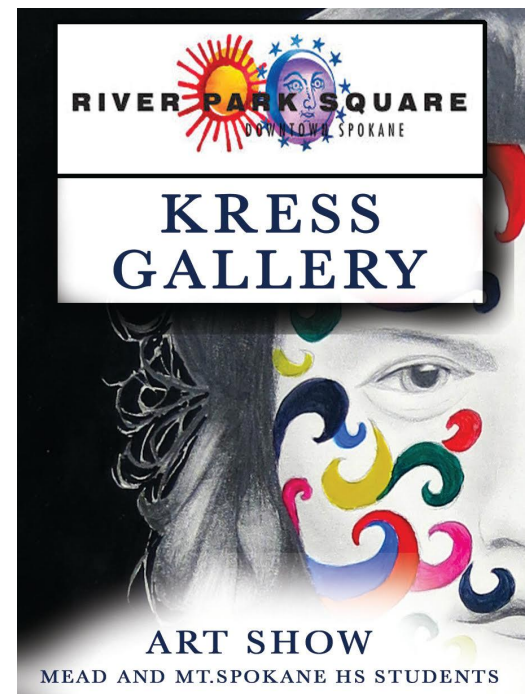
PPS. Still need some Panther gear? Our [Sideline Shop](#) has good stuff but visit our Panther Paw Spirit Store during lunches and skip the shipping.

CALLING ALL ARTISTS!

We are Panther Proud to partner with Northwood Middle School again for their 3rd Annual Diversity Art Contest.

They strive to create a culture where all students feel valued, accepted, and believed in. BOOM! [HERE](#) is a link to a slideshow of winning artwork from the past two years. [HERE](#) is a link to a flier with details about the art contest.

Students create an art piece that can be hung on Northwood's walls that is a celebration or reflection of diversity. Artwork needs to be submitted to Mr. Banger by Wednesday, January 5th at noon. A \$100 prize will be awarded to the winning artist, \$60 to 2nd place, and \$40 to the 3rd place artist. Winners will be selected by Northwood's Equity Advisory, a group of diverse community leaders.



Miss the Kress Gallery Art Show opening on Friday? Don't fret--it's available to view throughout the month. Head downtown, check it out, and support our young artists.

SENIOR ALL-NIGHTER!

What is a Senior All Nighter?

- The Senior All-Nighter is a parent run, parent organized event that takes place after graduation. It is a tradition to provide an opportunity for safe celebration with your classmates before moving on to the next chapter of your life. I haven't had students tell me they regret going but have had students regret not going.

Why buy a ticket so early?

- The SAN planning committee makes adjustments based on how many seniors are participating. Prices go up as the event draws nearer. If you are planning on going and can afford a ticket, you would want to do that sooner rather than later. Our parents have been selling tickets on Mondays and Fridays during lunch.

What if I can't afford a ticket?

- See Mr. Strate / Student Services. Please. The committee has no way of knowing how to help without you letting them know. We don't want you to miss this celebration due to financial constraints.

More SAN Questions? Email meadseniors@gmail.com.

[SAN Registration Form](#)

[More Senior All-Nighter Ticket Information](#)

[SAN Ticket Payment Options](#)

YOUR YEARBOOK!

**YEARBOOKS
ON SALE
NOW!**



**SAVE \$10 AND BUY EARLY!
BOOKS ARE \$55 EACH!**

Buy your book online (thru your student account) or in the business office!



**Mead High School Choirs
2021 Winter Holiday Concert**

sing
PEACE
to all people

**Mead High School Theater
December 10th, 7:00pm**



THE MEAD
ORCHESTRA
PRESENTS

a

STRINGS

Christmas

*With music selections from the
Nutcracker and Christmas Day*

DECEMBER 13TH

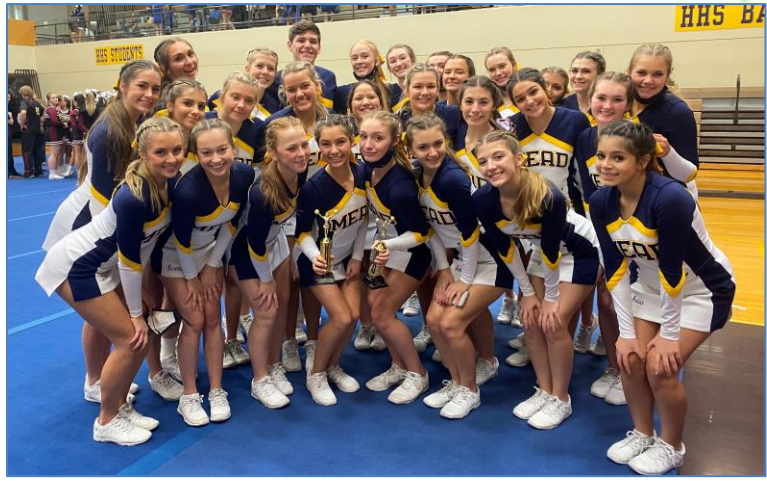
7PM MEAD THEATER

ATHLETICS

December 6, 2021

THIS WEEK'S ATHLETIC SCHEDULES 

CHEER – Mead’s Cheer Team traveled to Hanford Saturday for their first competition opportunity. The Panthers’ Traditional and Gameday routines took **1st place** and the team qualified for February’s WIAA Cheerleading State Championships! Nice job Panther Cheerleaders and Congratulations to our coaches, **Katherine Melka & Becca Wright.**



ATHLETE OF THE WEEK

Congratulations to Mead Senior Volleyball player, **Mia Tunison.** **Mia’s** contribution to the Panthers’ Volleyball State Championship earned her **WIAA Athlete of the Week** honors. **Tunison** led Mead to the 3A Volleyball State Championship last week at the Yakima Valley SunDome. The Panther senior hit .319, had 33 kills, led the team in passing (2.15) and had 47 digs. It was Mead's eighth State Championship.

Winter Sports Seasons got under way last week with Non-League Basketball and Wrestling contests.

BASKETBALL – Both the Boys and Girls teams got things started last Tuesday, hosting the Ferris Saxons. The Boys lost to Ferris, 65-59 and the Girls defeated the Saxons, 56-29. Friday, we hosted the Mt. Spokane Wildcats in the annual CatMania Basketball games and the results were split again. The Girls won, 61-34 and the Boys lost, 76-49. Both games this week are on the road.



WRESTLING – Mead had 3 Champions - **Jake Mark (145), Johnny Mason (152) and JT Connors (220)** – and the Panthers took the **Team Title** at the **Deer Park Invitational** Saturday in Deer Park. Mead defeated 2nd Place Mt. Spokane 250 to 209.

GYMNASTICS – Mead hosts a Jamboree, Thursday at the Mead Gymnastics Center and compete in their first League Meet on Wednesday, December 15th.



BLUE & GOLD ATHLETES OF THE FALL SEASON – Wednesday morning, Mead Alumni and Mr. Naslund recognized five of our Panther seniors as the **Fall Sports Season Blue & Gold Award Winners.** **Preston Egan (Football), Erika Frahm (Soccer), Madi Zorn (Volleyball), Brycen Gardner (Cross Country) and Courtney Osborn (Cross Country)** all received their awards from **Denny Patterson, Brian Patterson and Jim Jones** – all former Mead Panthers. The group recognizes student-athletes who positively represent themselves as Mead Panthers and are leaders on their teams and at school. Award winners also received gift cards to Subway!

. AND In case you missed it – **Courtney Osborn** was on our Girls’ State Champion XC Team and featured in an article on the KHQ website, recognizing **Courtney** and her mother **Susan**, who was on the Mead Girls XC State Championship Team in 1988! Here’s the [Link](#) to the story.

Fall GSL, All-League Teams and their photos were in Sunday’s Spokesman Review. Click [here](#) to see the photos.



GREAT AMERICAN RIVALRY SERIES SCHOLAR ATHLETE – **Bridger Frost** was recognized as this year’s GARS Scholar Athlete at the Battle of the Bell Football Game, October 15th. He is one of only 160 recognized nationwide and with the recognition comes the opportunity to earn additional scholarship money! Voting continues through December 14th, friends, family and community members can show their support and help you secure your spot on the GARS Scholar Athlete HOF Team roster! Share the link below with friends and family so they can **VOTE FOR BRIDGER!** <https://greatamericanrivalry.com/athlete/bridger-frost-2021/> The 25 Scholar Athletes that gain the most votes will earn an additional \$500 scholarship award and recognition from the Great American Rivalry Series and the Pro Football Hall of Fame.

WINTER SPORTS TEAM SCHEDULES CAN BE FOUND @ ARBITERLIVE.COM.

12/6 – 12/11 Schedules

WINTER SPORTS TEAM SCHEDULES @ ARBITER LIVE

BASKETBALL

Mon. – Boys C (5:30) & 9-JV (7:00) v. Gonzaga Prep

Tues. – @ Central Valley
Boys 9th 4:00
Boys V & Girls JV 5:30
Girls V & Boys JV 7:00

Wed. – 9th Girls (5:30) & Boys (7:00) @ Post Falls

Thur. – Boys C (5:30) & 9-JV (7:00) @ Lewis & Clark

Fri. – @ North Central
Boys 9th 4:00
Girls V & Boys JV 5:30
Boys V & Girls JV 7:00

Sat. – @ Post Falls
Boys JV & Girls JV 4:00
Girls V 5:30
Boys V 7:00

GYMNASTICS

Thur. – Jamboree @ Mead Gymnastics Center 6:00

WRESTLING

Wed. – v. Cheney JV 5:00 Varsity 7:00

Fri. – @ Inland Empire Wrestling Tournament – Central Valley
- 9th @ Joe Ridlington Mt. Spokane High School



SEE SOMETHING? SAY SOMETHING!

Find a
trusted adult,
Call 911, or
Report
Anonymously



Panthers Protect Panthers

PANTHERS *protect* PANTHERS

What should I do if...

...I believe someone may injure themselves?

...I'm having thoughts of injuring myself?

DO SOMETHING!

Talk with a trusted adult (or give them this card)

Call "First Call for Help" 1.877.266.1818

Text HEAL to 741741

Call 9-1-1

Take Action

_____ needs to talk with an adult.

(insert name)

PANTHER POWER HOURS

Need help with your homework?

Join us after school for some extra help on your assignments, homework or projects! Tutors and teachers will be available for one-on-one help!

When:

Mondays and Wednesdays
Starts November 29th!

Time: 3pm - 5pm

Where: Mead Library

Activity buses will be available for students who register! Scan the QR code below to sign up today!



**BITE
2 GO**



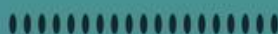
2nd HARVEST



AT THE
CORE



**IT'S HARD TO BELONG
WHEN YOU'RE HUNGRY!**



Scan for weekend food signup.

