

YOU
BELONG
AT MEAD



Naslund's Notes



PANTHERS AND THE FLOW

September 29, 2021

Panther Families,

Here we are into week 4 and we continue to make adjustments to create the best learning experience for our students. I know there's still work to do. I hear you.

One thing I shared [last spring](#) during teacher appreciation week was a term new to me: "languishing."

"Languishing is a sense of stagnation and emptiness. It feels as if you're muddling through your days, looking at your life through a foggy windshield. And it might be the dominant emotion of 2021" (Adam Grant, 2021).

This emotion didn't just go away. It especially seems to rear its head when we have unmet expectations or when we expect something different. I've personally felt it this school year having expected to have COVID behind us. I do, however, see hope on the horizon. That's not just the eternal optimist in me. I've seen it in the hallways, classrooms, and in our extracurriculars. It's even happening with the Mariners!

That same Adam Grant referenced above shared a potential solution to languishing by getting into the flow via his most recent [TED Talk](#). He introduced his "Mario Kart theory of peak flow." It has three components: mastery, mindfulness, and mattering. Take a look at [the talk](#) for more explanation, but these things are present. When we commit to knowing, loving, and developing our students, we get in the flow. We avoid languishing. We do this together. As a community.

Thank you for doing your part to help find and keep the flow! We [get to](#) be [MEad](#)!

Jeff Naslund
Proud Panther Principal

PS. State Testing is coming. Yes, we are still required to test and do our best. Here's what that will look like. Mead High School will be conducting State testing starting on October 4th. All Freshmen and Seniors will be testing in English, Math, and Science. Our Junior class will only be tested in English and Math while our Sophomores will not need to test at all this fall. These tests are a make-up test to last spring's testing window which was canceled at the state level due to the global pandemic.

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

Scan for weekend food signup.

GOT QUARANTINED?

Now what? As we've navigated through COVID protocols and worked closely with SRHD through it all, we have had to quarantine students much to their and our disappointment.

We commit to do our best to keep students on the right track via Google Classroom, email, etc. It's been a frustration with families that we do not have Zoom to keep on track and on pace with their classes. I will continue to reiterate that students can only do so much to keep up but should do what they can. I also encourage them to reach out to teachers directly.

I hope families will see and feel that we are supporting them in any way we can. Ultimately, students will be shown grace and compassion and we'd ask for the same in return. As we get ideas for improvement we will work to implement them. Always improving.

NOTE FROM NUTRITION SERVICES

We strive to offer great-tasting food that your students look forward to and enjoy. We are experiencing difficulties with food supply shortages that are impacting our menus. We understand how disappointing it can be for a student to go to school expecting to have their favorite school lunch and then have it change at the last minute. We don't like when that happens either. We will do everything we can to stick to the menu that is posted online. Please use our online menu at <https://mead.healtheliving.net/> to view the most accurate and up-to-date version of our daily offerings. You can also view up-to-date menus using the following QR codes to download the "My School Menus" app!



HEALTH & SAFETY

We have had positive cases in our building from students who have come to school unknowingly positive for COVID-19. In some cases it has been very minor symptoms -- even just a runny nose, scratchy throat or headache -- and through testing, we have seen them turn positive. Please monitor these symptoms, no matter how minor, and help us keep our schools open.



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!



ATTENTION CLASS OF 2022!

SENIOR YEARBOOK PHOTOS DUE: OCTOBER 8TH

All senior photos must be turned in online using the Herff Jones eShare website. The yearbook staff **WILL NOT ACCEPT LATE PHOTOS.**

Got questions? Check out the Mead HS website for more info under the SENIOR tab or see our adviser Ms. Busch in room M2.

**BITE
2 GO**



2nd HARVEST



AT THE
CORE



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



Scan for weekend food signup.



Lilac Association

SENIOR GIRLS

Do you love:

Spokane?

Community Service?

Scholarships?

Travel?

Connections in business and friendships?

THEN YOU MIGHT BE INTERESTED IN
BECOMING MEAD'S LILAC PRINCESS
CANDIDATE!

Attend an informational meeting on Sept
30th in Mrs. Griffith's room H19 right
after school



SCAN ME



ATHLETICS

September 27, 2021

THIS WEEK'S ATHLETIC SCHEDULES

9/27 – 10/2 Schedules

GARY BASKETT – The Mead Community lost a legend this week with the passing of former Mead Art Teacher and Hall of Fame Coach – Gary Baskett. Many of us can tell a story about an experience with coach Baskett and you have had discussions with friends and seen the many social media posts honoring ‘B.’ Former Panther Brent Reser summed it up with his ‘Don’t Blink’ – Blog Post . . . [Gary Baskett: One-of-a-Kind](#). Click the link to read Brent’s, from the heart, post. And, if you did not see the article in the Spokesman honoring Gary and his career, here is the [Link](#).



GIRLS SOCCER – The Girls return to the pitch with 3 games this week! Tonight (Monday) they host North Central at Union. **In case you missed it:** Mead senior goalkeeper, Mercedes Cullen was featured in a story in the Spokesman last week – [Mead Goalkeeper Mercedes Cullen Carrying On Family’s Soccer Tradition](#).

VOLLEYBALL – The Panthers defeated Lewis & Clark last Tuesday, 25-17, 25-10, 25-11 and this weekend they played for the Championship of the Linda Sheridan Tournament at Shadle Park. The Girls qualified for the Gold Bracket after pool play and defeated Central Valley, Lakeside (9-mile) and Lake Stevens to make the Final against Lakeside of Seattle and lost to the Lions in 3 sets: 18-25, 25-16, 7-15.

SOFTBALL – The Panthers lost for the first time this season on Thursday, dropping a game to the University Titans, 16-3. Earlier in the week Mead defeated Rogers, 13-9 and Shadle Park, 9-3. The Girls are 2-1 in League play and 7-1 overall.

BOYS & GIRLS CROSS COUNTRY – **Brycen Gardner** won the Boys’ Race and **Alanna Parker** won the Girls’ Race at last Wednesday’s GSL meet held at Salnave Park in Cheney. Both teams swept Gonzaga Prep and Cheney to remain undefeated in League races this season. There are no League races this week and both the Boys & Girls Teams will be at the Fairways Golf Course Saturday for the Battle of the 509.

FOOTBALL – Friday, at Gonzaga Prep, the Boys lost to the Bullpups 56-21. **Colby Price** returned the second-half kickoff for 90 yards and a touchdown and the Panthers played the Pups even the rest of the way. **Max Workman** caught a 21-yard touchdown pass from **Colby Danielson** and **Schuyler Harkness** scored on a 3-yard touchdown run.

ATHLETIC EVENT TICKETS – This Fall, to watch Varsity Football and Volleyball contests in person at Mead High School and Union Stadium you will need to pay for admission. There is no charge for **regular season** Slow Pitch Softball, Girls Soccer and Boys & Girls Cross Country Events. *For post season / playoff games & matches, there is always a charge for admission.*

TICKET PURCHASING OPTIONS:

- Home Events at Mead and Union Stadium - **Purchase tickets online** – go to gomeadpanthersgsl.org and click on **TICKETS** at the top of the page. There is a service charge associated online ticketing. But purchasing online allows you to avoid the rush of buying tickets at the gate. Simply show the ticket takers your ticket confirmation (on your phone or a printed ticket) and enjoy the games.
- Purchase a **GSL Sports Pass** – Click the [LINK](#) for Purchasing Information.
- **Pay at the Door** – Home and Away Events.

Tickets are \$7 for Adults, \$5 for Students/Senior Citizens and Students who have paid for their ASB Fees are admitted by showing their Mead ASB Card.

TEAM SCHEDULES – Most of our Fall Sports Team Schedules can be found at [ARBITERLIVE](#). Some sub-varsity schedules may not display properly because of ongoing technological issues, but coaches will know the correct schedule and the week-to-week schedule is always posted in this newsletter.

We are counting on Panther Parents, Students & Fans to follow the Covid Guidelines, Expectations and Protocols at all Home and Away Athletic Events in order to help us continue with providing the Athletic and Activity opportunities for the nearly 400 student-athletes who are participating this fall. Thank you all ahead of time.

FOOTBALL		
Mon. – JV @ Gonzaga Prep		3:30
Thur. – 9 th v. Cheney - TBA		
C @ Shadle Park		4:00
Fri. – V @ Cheney		7:00
VOLLEYBALL		
Mon. – 9 th @ Post Falls		
v. Lakeland		5:30
v. Post Falls		7:00
Tues. – V & JV @ Post Falls		
v. Lakeland		5:30
v. Post Falls		7:00
Wed. – C(Gold) @ Gonzaga Prep		6:00
& C (Blue) v. Cheney		6:00
Thur. – @ Central Valley		
9 th		4:00
JV		5:15
Varsity		7:00
GIRLS SOCCER		
Mon. – V v. NC @ Union		6:30
C v. LC @ Mead		4:00
Tues. – C @ Post Falls		4:00
Wed. – V @ LC (Hart Field)		4:00
JV v. LC @ Union		4:00
Fri. – *V @ Cheney		4:00
JV @ Post Falls		4:00
C @ Ferris (South Complex)		3:30
BOYS & GIRLS XC		
Sat. – @ Battle for the 509		
Fairways Golf Course		9:00 am
SLOW PITCH SOFTBALL		
Mon. – V @ Ridgeline		4:00
JV v. Central Valley		4:00
Tues. – V v. Ferris		4:00
JV @ Ferris		4:00
Thur. – V v. Cheney		4:00
JV @ Cheney		4:00



2022 MEAD SENIOR YEARBOOK INFO

DEADLINE

Senior photos are due: **Friday, October 8th**

SUBMISSION INFO

To submit your child's photo online please go to: **HJeshare.com** and enter our school code: **meadsenior2022**

Once you have successfully entered our school portal you should see, 'Mead High School' at the top of the web browser.

To upload your image, you must **first enter the first and last name of the user** uploading the photo NOT the seniors name. Please include the user's email and contact phone number should the yearbook staff need to contact the person in possession of the senior photo.

Once the user has entered their information please click on the green button, 'select images for upload.' Browse your computer for the image and select, 'choose.' Once you have attached your photo please enter the students grade, first and last name and a description of the photo. (Descriptions may include the student's hair color, clothing, etc).

As of 2017 the MHS yearbook staff no longer accept photos on CD, USB or in print. The process for turning in your child's senior photo will now be done electronically. We have set up a secure online account with our publisher, Herff Jones in which parents and/or professional photographers can upload a senior photo. In order to ensure this transition is streamlined we will NOT accept photos via email either. Seniors must be formally enrolled at Mead HS.

WHY ALL THE RULES?

Yearbooks are a lot more than a collection of photos and stories. **A Yearbook is considered a legal document and can be used to prove citizenship, residency, and proof of identity.** The Washington State Department of Licensing will also accept a yearbook as proof of identity with written approval from the school district. Because the yearbook is recognized by both the state and government as a legal document it's crucial that each seniors face is clearly identifiable.

Portraits that do not show both eyes, full face, or are poor quality, do not meet our requirements and therefore will be rejected by the adviser. While we love and celebrate our senior's right to express themselves the senior portrait section is NOT the appropriate place for props, crazy expressions, or distracting elements. We encourage you to submit your personality portraits with your senior tribute images instead.

MORE INFO ON BACKSIDE

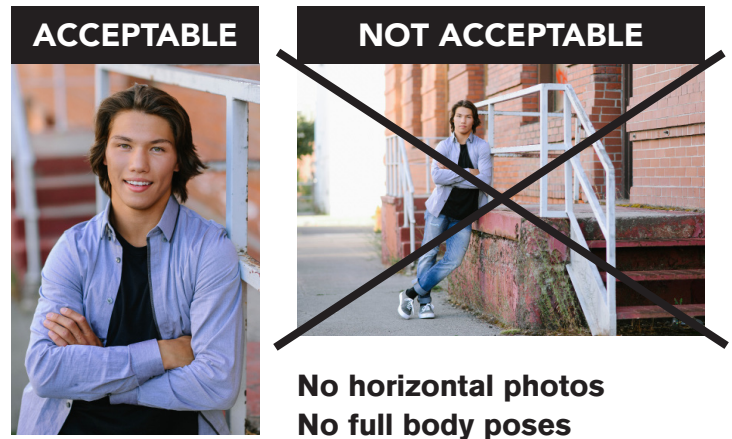
PHOTO REQUIREMENTS

Images **MUST** meet the following requirements or they **MAY NOT BE APPROVED** by the yearbook staff. The yearbook adviser reserves the right to refuse a photo based on appropriateness or quality of the photo. You will be notified if this situation arises.

PHOTO SIZE

4 inches wide x 6 inches high (vertical photo ONLY)
300 dpi (resolution)

ALL IMAGES MUST BE SAVED AS A .JPEG or .JPG
**** Please save your image as LastName, FirstName**
ex: Smith,John.jpg



ACCEPTABLE PHOTOS

1. Photos must be a vertical orientation from the waist up.
3. Head size is approximately 1.25 inches from the bottom of the chin to the top of the head.
4. Basic front view; traditional poses only.
5. Both eyes should be visible and clear.

NOT ACCEPTABLE PHOTOS

1. Horizontal portraits will not be accepted; full-body shots will be cropped to the correct size.
2. Photos from cellphone or smart tablets.
3. No Selfies, glamour shots, or social media photos.
4. No Soft focus or out of focus photos.
5. Hats of any kind for either girls or boys.
6. For boys, no see through tank tops, visible underwear, or tees with messages/ large lettering.
7. For girls, the cleavage and skirt/dresses should be modest.
8. **We strongly discourage the use of an props in senior portraits.** Pets, instruments and large accessories detract from the students face and will likely be cropped out. Nothing objectionable/ illegal will be accepted. As example, any kind of weapons. Please call if clarification is needed.
9. No photos with hard shadows across the face. The entire face must be clear. Photos that are too bright (overexposed) or too dark (underexposed) may not be accepted.
8. No sunglasses or objects that obscure the students face. Both eyes should be visible and facing forward.

The senior section is one of the most important sections of the yearbook, and we want every senior's photo included. It is crucial that the quality of your student's image meets the printing standards set by our publishing company. **In order to meet the October 8th deadline, students will need to have their photos taken over the summer or in the early fall.** Many photographers offer incentives for purchasing photos early.

If you are unable to secure a professional photographer the yearbook adviser would be happy to set up a time with your student to have their photo taken. **We offer both outdoor or indoor photo options free of charge for seniors in need.** Please contact the yearbook adviser for more information and/or questions. Photos that do not adhere to these standards may be excluded from the yearbook. The student's school photo will be substituted if the requirements are not met or if we do not receive a photo by the deadline.

FAILURE TO MEET OUR DEADLINE will result in the yearbook staff using your child's school ID photo unless your child's ID photo is deemed inappropriate (many seniors like to wear silly clothing, make funny faces, etc in their ID photos). In order to meet our publishers deadline parents should be aware that Dorian's may not have senior ID images ready for distribution by our deadline. The staff will do their best to ensure that your child is in the book but we can make **NO PROMISES if you fail to upload a photo for us to use. Please DO NOT ASSUME the Dorian ID photo will be used in lieu of a personal photograph.**

DON'T FORGET TO BUY A YEARBOOK!

Yearbooks are on sale from September 7 - January 31. Cost is \$55. Payment can be made through the Business Office or online using a credit card. Please keep a record of payment. Books purchased at the end of the year are \$65.

SENIOR TRIBUTE DEADLINE

Senior Tributes are ONLY accepted from January 3-7, 2022. Special information will be on the MHS website and in building the first part of December.

Yearbook Adviser Contact Information

Ms. Makena Busch

phone: 509.465.7130

email: mhsyearbook@mead354.org

Please note that Ms. Busch is available before and after school hours. Phone calls made during school hours will likely go to voicemail while Ms. Busch is teaching. All voicemails and/or emails will be returned within 48 hours. Thank you for your patience and understanding!

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)