

YOU
BELONG
AT MEAD



Naslund's Notes



TEACHER APPRECIATION!

This week, **May 3 - 7**, marks another **Teacher Appreciation Week**. Like many of you, I can name ALL of my teachers back to kindergarten and could share at least one example of how each changed the trajectory of my life. Obviously this year in particular has been challenging for all of us and especially for our teachers. I ran across the comic below that's so real it actually isn't comical--or is it?! It's bonkers!



Mead High School has provided face-to-face instruction (with a remote option) for more kids more days this year than any other school in the state. This means big kudos to our students, families, staff, and our teachers. Our teachers have been the glue keeping it all together.

Keeping it all together can be exhausting and lead to all kinds of emotions. Adam Grant, Author and Organizational Psychologist, says, "one of the best strategies for managing emotions is to name them." I've been accused of being too optimistic and positive on more than one occasion, but right about now I even admit

that many aspects of life feel really hard and...blah. Grant describes the [blah feeling so many are feeling during the pandemic](#) as [languishing](#). We are languishing. There, it's named. Now, we can manage it, lean into it and work through it.

"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." It may even include counting down the days until the end of the year or going through the motions.

While there isn't anything magical that can make it all better, we can collectively encourage one another and remember we are in this together. It's okay to languish together, too. In addition, Grant encourages his readers to find a [flow](#) and focus on small goals. Making a goal to encourage a teacher could fit right in there and help you *and* them! Win-win! Thank YOU for thanking a teacher.

We've got this. Together!

Jeff

Jeff Naslund
Proud Panther Principal



May 22 Senior Celebration: Due to SRHD / WA DOH guidelines restricting dancing to groups of 10, >6' apart, with masks, our senior class council will be planning a "Senior Celebration" event rather than a traditional prom. These details are constantly shifting as we are now getting more guidance / restrictions from our health officials. Seniors are working on what this could look like. Stay tuned for more details.

June 2: Senior Sunset: Location & Details TBA

June 15 & 16 Senior Finals & Checkout:

- June 15: Senior Finals P4, P5, P6
- June 16: Senior Finals P1, P2, P3
- June 16: Checkout @ 11:15 in the Gym

June 17 Elementary Grad Walk: Details will come out as we get closer to June.

June 18 Graduation!:

- Morning: Breakfast (Details TBA)
- 11:30: Rehearsal @ Union Stadium
- 5pm: YOUR time!
 - Ticket information will be based on the latest SRHD guidance.

[June 18 - 19 Senior All-Nighter!](#)

SENIOR CALENDAR



YOU *belong* AT
MEAD HIGH SCHOOL

ZOOM REMINDERS

When can my student access classes from home?

There may be times when a student who usually comes to school in-person needs to access classes from home. What situations are allowed for these students to remotely access their classes?

Situation #1 - A student has [COVID symptoms](#) and needs to stay home.

Yes, students who are ill, and need to stay home due to [COVID symptoms](#), may access their classes remotely if they are able to.

Situation #2 - A student is quarantined at home due to COVID-19.

Yes, students who are under quarantine may access their classes remotely for the duration of their quarantine period.

Are there times when my student cannot access their classes from home?

Yes. Due to a set number of remote seats for students as outlined by contract, students who are on vacation or simply just at home without illness or not on quarantine will not be allowed to remotely access classes while away from school. They can still access Google Classroom for coursework and should communicate with their teachers. The only exceptions to remote into classes involve the aforementioned situations previously outlined (i.e. [symptoms](#) and quarantine).

WHAT'S HAPPENING IN PANTHER TERRITORY?

May 22.....	Senior Celebration
May 28.....	Link Crew May Day training
June 2.....	Senior Sunset
June 15 & 16.....	Senior Finals
June 16.....	Senior Checkout @ 11:10 (Mead Gym)
June 17.....	Elementary Grad Walk
June 18.....	Graduation 5pm @ Union Stadium
June 22.....	P1 / P4 Finals
June 23.....	P2 / P5 Finals
June 24.....	P3 / P6 Finals
June 25.....	Last Day of School (½ Day!)



Sometimes it's okay to be a follower:

- [Mead Facebook](#)
- [Mead Twitter](#)
- [Lunch Menus](#)
- [Athletics Website](#)

FUTURE READY

SCHOOLS 

PREPARING STUDENTS FOR SUCCESS

CALLING ALL FUTURE BUILDERS!

The Spokane Home Builders Association is recruiting high school seniors for careers in the construction industry and the Mead School District has partnered with Spokane Home Builders to host an event where master builders pair with students to build two sheds over two days. Interested seniors will gain exposure to careers in the trades industry, learn about different equipment, engage with sponsors for the possibility of new jobs or summer internships, and enjoy food & refreshments. This event is on Saturday, May 22nd & Sunday, May 23rd at MHS! Contact Mrs Thornton in the College & Career Center with any ?s! Interested seniors can register [HERE](#).

SAT TESTING

Mead High School is hosting the SAT Test on Saturday, June 5th. Interested students must create an account and register [HERE](#). SAT and ACT requirements have changed significantly due to COVID. The most up to date information on SAT/ACT requirements can be found on individual college admissions websites. Most juniors who plan on applying to four year colleges, take the SAT test in the spring or summer of their junior year.

NEW FIRE TECHNOLOGY PROGRAM

Mead School District + Fire District 9 = ALL New FireTech Program

Click [here](#) for a flyer! ALL current sophomores interested should contact Melanie Fender for details.

AP TESTING INFORMATION



ATHLETICS

May 3, 2021

THIS WEEK'S ATHLETIC SCHEDULES

SEASON 3 SPORTS

Gymnastics starts today, (Monday) with practices at the Mead Gymnastics Center and next Monday, **Wrestling, Boys & Girls Basketball,** and **Slowpitch Softball** start their seasons.

Baseball – The Panthers improved their record to 6-2 last week with wins over Lewis & Clark, 7-1 and splitting with Mt. Spokane. Thursday, the Boys defeated Mt. Spokane, 6-5 and Friday they lost, 8-4. Last Thursday's win over the Wildcats was Mead's first win over the Wildcats since and 11-7 win in 2013. Mead is currently tied for 2nd place and has games with 1st place Gonzaga Prep and Ferris left on their schedule.

Golf – Last Tuesday, at the Fairways GC, the Boys finished 2nd, 11 strokes behind Gonzaga Prep (288-299) and they are currently tied for 1st with the Bullpups. The Girls won for the 3rd time in as many tries and are on top of the Greater Spokane League Standings. Monday the teams play @ Wandermere Golf Course.

Track – Changes in the GSL Track Schedule had our teams competing twice last week. Monday the boys defeated Gonzaga Prep, 89-56 and the Girls won, 95-55. Friday at Hart Field the Boys won, 94-51 and the Girls defeated the Tigers, 80-70. Thursday, May 6th, we host Central Valley @ 3:00. **We are still looking for event workers. If you are willing and able to work the event, we can always use the help!**

Cross Country – In April, the Washington State Cross Country Coaches Association organized a **Virtual XC State Championship**. Cross Country runners from across the state ran 5K races on their tracks and submitted their times. The Panther Boys placed 2nd and the Mead Girls were 3rd. **Brycen Gardner** posted the 10th best time (16.11.5) in the boys' race and **Alanna Parker's** 18.57.8 was the best Mead girls time (9th). **Alexis Parker** (19.02.1) placed 10th and **Josh Braun** (16.11.7) was 12th in the boy's race.

Softball – The Girls (3-5) are tied for 5th in the League standings after going 1-2 last week. They defeated Lewis & Clark on Monday, 14-0 and then dropped a pair of games to Mt. Spokane, 17-2 & 14-0.

Soccer – The Boys (14 points) lost to League leader Lewis & Clark (18 points) on Wednesday, 3-1 and are in 2nd place in the GSL standings. Last Monday, Mead defeated Mt. Spokane, 1-0.

Tennis – The Boys went 2-1 last week with 7-0 wins over Cheney and Gonzaga Prep and a 4-3 loss to University. The Girls' match with Cheney was canceled and they lost their matches against Gonzaga Prep, 7-0 and University 4-3.

College Signings – Congratulations to Mead seniors, **Madi Leale** and **Kylie Newman**. They signed last week and will be playing soccer in college. **Madi** signed with **Southern Virginia University** and **Kylie** with **Cal State East Bay**. Congratulations to both girls!

5/3 – 5/8 Schedules

BASEBALL

Mon. – 9 th v. CV	2:00 & 4:00
C v. Mt. Spokane	4:30
Tues. – V @ Gonzaga Prep	4:00
JV v. Gonzaga Prep	4:00
Wed. – 9 th v. Mt. Spokane	4:00
Thur. – V v. Gonzaga Prep	4:00
JV @ Gonzaga Prep	4:00
Fri. – V v. Ferris	4:00
JV @ Ferris	4:00

SOFTBALL

Tues. – V @ Gonzaga Prep	4:00
JV v. Gonzaga Prep	4:00
Thur. – V v. Gonzaga Prep	4:00
JV @ Gonzaga Prep	4:00
Fri. – V v. Ferris	4:00
JV @ Ferris	4:00

BOYS & GIRLS GOLF

Mon. – @ Wandermere	1:00
Thur. – Girls Golf @ Indian Canyon	

BOYS SOCCER

Mon. – V @ Cheney	4:00
Wed. – V @ Ferris	5:00
JV v. Ferris @ Union	4:00
Thur. – C @ Ferris	4:30
Fri. – C @ Othello, Wahitis Field	4:00

BOYS & GIRLS TENNIS

Mon. – C Girls @ Ferris	4:00
Tues. – Boys v. Lewis & Clark	3:30
Girls v. LC @ Hart Field	3:30
Wed. – C Girls @ Gonzaga Prep	4:00
Thur. – Girls v. Cheney	3:30
Boys @ Cheney	3:30
Fri. – C Girls v. University	4:15

BOYS & GIRLS TRACK

Thur. – v. Central Valley	3:00
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2021 At-Home, Online, AP Exam Information Tuesday, June 1st - June 11th

Exams will be taken at-home, online, with school issued Chromebooks.

Students - Today - Right Now!

- Log into your myap.collegeboard.org account and check your profile to make sure your email is accurate. Collegeboard will be corresponding with you via email.
- Check out - [AP Daily Live Review](#) on the AP Collegeboard website.
- **June 20th** - Deadline to send your score(s) for free to one recipient (college) Sign in to your “My AP”, go to “My AP Profile”, select score send tab, and make selection.
- **Exam setup will be available 3 days before exam day and must be completed no later than the day before exam day.** Students must complete setup for each digital exam they take, on their school issued chromebook.
- On exam day, students will be required to take a picture of their photo ID using their computer’s camera.
- AP scores will be released mid August

Testing Dates

***** **Important** *****

Please start the check-in process on your school issued Chromebook 30 minutes prior to the exam.

Thursday, May 20th	AP Computer Science Principles Digital Portfolio Due
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Date	9:00am Start Time	1:00pm Start Time
Tuesday, June 1st	English Literature Comp	
Wednesday, June 2nd	US History	
Thursday, June 3rd	United States Government and Politics World History	
Monday, June 7th	English Language Comp	Computer Science Principles
Wednesday, June 9th	Calculus AB Calculus BC	Physics 1: Algebra Based
Thursday, June 10th	Chemistry	Physics 2: Algebra Based
Friday, June 11th	Biology	Environmental

Step 1 | As Soon as Possible | Practice with Example Questions in the Digital Testing App

Digital practice gives students the chance to practice with example questions in the same application they'll use on exam day and confirm that their technology works as expected.

We strongly recommend that all students taking digital exams complete digital practice.

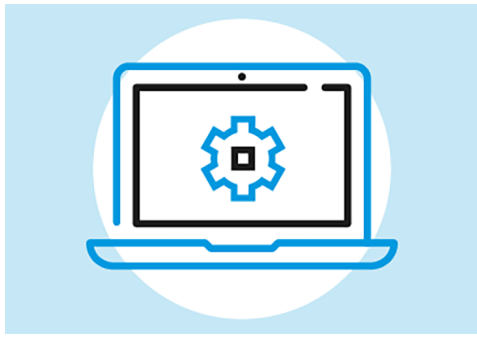


Step 2 | 1–3 Days Before Exam Day | Complete Exam Setup for Each Digital Exam

For each digital AP Exam they take, students must complete the exam setup step in the digital testing app. This step loads their exam onto the computer they're going to test with. Completing this step is required 1–3 days before each exam. Without taking this step for each exam, students will not be able to test.

- Exam setup opens 3 **calendar days before the exam date** and must be completed **no later than the day before the exam**.
- Exam setup must be done on the computer the student will use for testing.
- Once setup is completed, the computer can't be shared with another student until the exam is over and responses have been submitted to the AP Program.

See the [AP Digital Testing Guide](#) for details.



Step 3 | 30 Minutes Before the Exam | Check In to the Exam

On exam day, all students must check in **30 minutes before the official start time of the exam**—at 11:30 a.m. EDT for 12 p.m. exams and 3:30 p.m. EDT for 4 p.m. exams—to complete final pre-exam checks.

- Students can only check in on their testing computer, and can't check in on multiple devices.
- If students don't start check-in before the start time of the exam, they won't be allowed to test and will have to request a makeup exam.

Once they've completed check-in, students will see a timer at the top of their screen counting down the time remaining until the start time of the exam. The exam will begin automatically.