

YOU
BELONG
AT MEAD



Naslund's Notes



Haven't I Been Quarantining?

October 5, 2020

Happy Monday, Panthers!

We've recently had some confusion on quarantining, extended absences, and what to do on one's "off" (at-home) day, so those are the three main things I'd like to cover in this edition of *Naslund's Notes*.



Quarantine: It's a word that's been used a lot in the last 6 months though many people probably have differing definitions. I think the confusion may come from so many people using the word to describe their experience of keeping a low profile during the pandemic. In our case, quarantine takes place when one is a close contact with a person who has tested positive for COVID-19; you have been exposed to COVID-19. **Quarantine means you stay home and away from others for the recommended period of time in case you are infected and are contagious.** Do it for others. Those you love and even those you don't.

Quarantine becomes isolation if you later test positive for COVID-19 or develop symptoms. To be even clearer it means staying home from childcare, school and/or public places for 14 days. We still want you to access your classes and continue learning if you are well-enough to learn. [HERE's](#) a brief guide for continuing your learning. For those who show symptoms but have not been around anyone who has been diagnosed with COVID-19, please follow [DOH guidelines](#) for what to do next.

Extended Absences: As you can see above, we are prepared for students to be out for quarantine but continue their learning. However, students may not pick and choose when they come to school and when they would rather Zoom in. The only time their modality changes is when they are experiencing symptoms where they are not able to come to school due to their **attestation** or they are quarantined due to being a close contact. Otherwise, learning modalities remain for our planning purposes. **So, no Zooming in from vacation.** If you must be out for an extended period of time, please work with your grade level counselor, teachers, and our attendance office; if we know ahead of time we can better support you. [HERE's](#) our extended absence form.

"Off" (At-Home) Days: The word "off" probably doesn't help, because it's more of an "on at-home" day while the other group learns face-to-face. Students have already gotten the hang of when to show up and they've done a great job. [HERE's](#) the A / B schedule in case you needed another copy. So, to be as clear as possible. **When your group is not at school, you do not Zoom in but you are expected to continue your learning. Teachers have planned "manageable tasks" for you. Please get in the habit of checking your email and logging into Google Classroom to find these opportunities to learn. They could include watching videos, taking short quizzes, interacting with classmates virtually, and so much more.** It's still considered a school day just not live learning--asynchronous. Were we to ever transition back to fully remote learning, you would be accessing classes daily, so please develop these habits and keep learning.

[We got this, Mead. Together.](#)

Jeff

Jeff Naslund
Proud Panther Principal

PS. Please check out our Future Ready Newsletter [HERE](#) for important information. It's also located at the end of this.



SPREAD OUT

Even in the great outdoors
Even if you're wearing masks
Even if everyone feels healthy



MASK UP

Even if it's uncomfortable
Even if it fogs up your glasses
Even if others aren't



KEEP GROUPS SMALL

Even with family & friends
Even if it's your birthday
Even if you're outdoors

Learning Options and Some FAQs

District details can be found on our [District Website](#); however, we also have a [Mead High School Learning Options FAQ \[HERE\]](#). One thing to definitely note is if we are closed at any point, we would transition to Continuous Learning 2.0 which is a different schedule to accommodate for ALL students to learn in a virtual environment. [HERE's](#) more on that schedule.

NON-INSTRUCTIONAL TIMES








RECESS LUNCH PASSING TIMES



SCHOOL ENTRY

MASKS - PHYSICAL DISTANCING - HYGIENE


QUARANTINE



OTHER HEALTH & SAFETY AREAS



AIR FLOW & VENTILATION



Sometimes it's okay to be a follower:

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

What's happening in Panther territory?

October 9.....Senior Yearbook Photos DUE!

THERE'S ALWAYS MORE ONLINE @

Mead354.org

2021 SENIOR YEARBOOK INFO

THE BASICS

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.

DEADLINE

**Senior photos are DUE:
Friday, October 9th**

SUBMISSION INFO

To submit your child's photo online please go to: **HJeshare.com**

and enter our school code:
meadsenior2021

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).

ACCEPTABLE PHOTOS

1. Photos must be a vertical orientation from the waist up. Horizontal portraits will not be accepted; full-body shots will be cropped to the correct size.
3. Headshots are to be approximately 1.25 inches from the bottom of the chin to the top of the head.
4. Basic front view; traditional poses only.
5. Props are acceptable if they do not detract from the senior. Nothing objectionable/illegal will be accepted. As example, any kind of weapons. Please call if clarification is needed.

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)
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



NOT ACCEPTABLE



NO horizontal photos
NO full body poses

NOT ACCEPTABLE PHOTOS:

1. Photos from cellphone or smart tablets.
2. **No Selfies, glamour shots, or social media photos.**
3. Soft focus/out of focus.
4. Hats of any kind for either girls or boys.
5. For boys, no see through tank tops, visible underwear, or tees with messages.
6. For girls, the cleavage and skirt/dresses should be modest.
7. 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 9th 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 14 – January 29. 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 4-8, 2021. 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!



Future Ready News

Mead High School - College & Career

October 2020

UPCOMING EVENTS

NACAC NATIONAL COLLEGE FAIR -

10/12, 10/18, or 11/8

Open to all students. An opportunity to learn more about post-secondary institutions and their programs. 600 colleges will be available with zoom breakout sessions. Register for free here [Virtual College Fair](#)

ASVAB TESTING AVAILABLE -

We are offering the ASVAB test (military entrance requirement test) to any senior and junior (based on space available). The ASVAB is a career planning and exploration program that combines a multiple-aptitude test with an interest self-assessment and a wide range of career exploration tools. We will be hosting the ASVAB on Wednesday, October 21st and Thursday, October 22nd. We would prefer that students sign up on the day that they are not scheduled for "in person" classes. Following the test, representatives come to explain the results to students, and to help them match up with potential careers.

Test Dates: Wednesday, October 21st and Thursday, October 22nd
11:15-1:30pm

If you are interested in taking the ASVAB please sign up [HERE](#)

UPCOMING SCHOLARSHIPS -

SENIORS:

[MHS Scholarship Database](#) - Updated throughout the year
[ACT Six Scholarship](#): Spokane's only full tuition, full need urban leadership award that selects approximately eight of Spokane's most promising leaders to two of the region's finest colleges; Whitworth and Gonzaga University. Due - Dec. 1st

[Prudential Spirit of Community Award](#): recognizes students who have distinguished themselves through community service. Due - November 10th

[Coca Cola Scholarships](#): achievement based scholarship awarded to graduating seniors. Students are recognized for their capacity to lead and serve, as well as their commitment to school and community. Due - October 31st

[Elks National Foundation Scholarship](#): awarding over 500 scholarships to seniors based on leadership, scholarship, and financial need. Due - Nov. 15th

NEWS & NOTES

SENIORS - APPLY NOW FOR 2021-22 FINANCIAL AID

As of October 1, 2020 students can apply for financial aid for the 2021-22 school year. With all the uncertainty caused by COVID, securing financial aid (free grant money, work study, federal loan options) is more important than ever. If you have any plans of attending some form of post-secondary training (technical/trade school, community college, or university) there are two ways to apply for financial aid:

- US citizens and eligible non citizens apply with the [FAFSA](#) (Free Application for Federal Student Aid).
- Those that can't file the FAFSA - due to immigration status or other issues with federal aid - can apply for state aid with the [WASFA](#) (Washington Application for State Financial Aid).

Completing a FAFSA or WASFA application is the crucial first step toward college and career training. Most families assume they won't qualify for aid, but the only way to know for sure is to apply. Some institutions require that an applicant wishing to be considered for merit (non-need) aid also submit the FAFSA.

FINANCIAL AID & SCHOLARSHIP EVENTS- THIS WEEK - OPEN TO ALL!

Take advantage of the Washington Achievement Council and the webinars they are hosting to provide information on how to access financial aid, completing your FAFSA/WAFSA (seniors), information on the College Bound Scholarship, and support on how to find scholarships.

October 7th 1pm - 2:30 Financial Aid & Scholarship Webinar

Link: <https://zoom.us/j/96370889948?pwd=RVk2S1N2bVg5NDZLYldVNTFMa2o5Zz09>

Passcode: 755180 Webinar ID: 963 7088 9948

October 8th 6:30-8:00pm Financial Aid and Scholarship Night Webinar

Link: <https://zoom.us/j/98203539931?pwd=WWxyTWZvVndiYWNmUGxKVHRIOGRUdz09>

Passcode: 316423 Webinar ID: 982 0353 9931

JOIN YOUR GOOGLE CLASSROOM TO STAY CONNECTED:

Important information and resources related to your grade level class will be posted at the following google classrooms throughout the year. Students please join your grade level class to stay connected with college & career information and important information from your counselor.

[CLASS OF 2021 \(12TH\)](#)

[CLASS OF 2022 \(11TH\)](#)

[CLASS OF 2023 \(10TH\)](#)

[CLASS OF 2024 \(9TH\)](#)

*Seniors - your google classroom is where you will find information related to post-secondary planning (how to send a transcript, how to go about getting letters of recommendation, and a monthly senior TO DO newsletter).

XELLO - YOUR CAREER & COLLEGE EXPLORATION/PLANNING PLATFORM

All MHS students have access to Xello, our career and college exploration platform. We will be using Xello and its post-secondary planning activities to help students with their post-secondary planning throughout high school. Although we will have some planned activities each year, students can utilize Xello's career interest inventories, career search tools, college and major exploration tabs, along with its grade level lessons and resume builder.

Students can access Xello on their Chromebooks by going to the [MEAD HS website](#), selecting the **Academic tab** at the top, and clicking on **Xello**. Students will not need to provide a username/password. If trying to login from a personal computer you will need to be logged in on your computer under your HELLO ID/school email.

SENIOR MEETINGS:

Set up an individual meeting to meet with Mrs Thornton (College/Career Counselor) for a quick check in and discussion on your post-secondary plans. You can email me at colleen.thornton@mead354.org or better yet set up your appointment [here](#)