

APRIL 2023



# Mountainside News



## FROM THE DESK OF MR. HARE

April is here and yet it feels like our weather wants to hang on to winter. It is so unpredictable! I hope that your family had a wonderful Spring Break and your child is ready to tackle the last quarter of the school year. That is correct, we have officially reached the 4th quarter and we have approximately 10 weeks left in the school year. These last weeks of the year will be immensely busy with spring sports, music performances, club competitions, state testing, a food drive, talent show, and so much more. Believe me when I say that these weeks will fly by!

Thank you so much for your positive support of some of the changes we are bringing to Mountainside this last quarter. Our goal is to improve students' overall mental health, reduce screen time, encourage socialization, and improve academic performance. As we navigate these changes, thank you for reinforcing these items at home and for sending me any feedback you have. We are all in this together!

Lastly, the first week of April is Assistant Principal's Week. I'd like to take a moment to thank Mr. Iverson and Mrs. Harris for their tireless work with our Mountainside students and community. I couldn't imagine a better duo to partner with. Thank you for taking a moment with me to thank them!

Have a great month of April and don't hesitate to reach out if you need anything!

## What's Going On At MMS?



**Monday, 4/10**  
**Start of 4th Quarter**

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**Monday, 4/10**  
**6/7/8 Track &  
7/8 Baseball Begin**

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**Saturday, 4/15**  
**CBC Jazz Band Festival  
Tri Cities**

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**Wednesday, 4/19**  
**8th Monologue Assembly**

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**Saturday, 4/22**  
**CBC Choir Festival  
Tri Cities**

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**Looking For More?**  
**[Visit Our Website](#)**



## KNOW THEIR GRADES...ANYTIME!

Did you know that you can check your student's grades at any time? Through PowerSchool, you can set up a parent account that allows you to check your student's grades, missing assignments, and attendance. In addition, you can also set up notifications to be sent reports or other helpful items directly to your email or phone. If you have not set up a parent account or need help, please call Sheila Warne at 465-7427. You can [\[click here\]](#) to access the sign-in page. If you ever have specific questions regarding your student's grades, please reach out to their teachers directly. Thank you for partnering with us on your student's education!

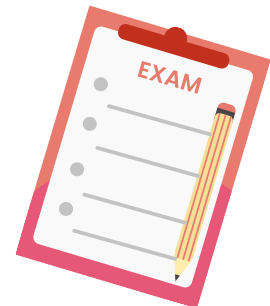


## SPRING SPORTS START NOW!

On Monday, April 10th, 6/7/8 Track and 7/8 Baseball begin. It's not too late to join. Students need to be signed up online with FamilyID, need an up-to-date physical, and need applicable fees paid. Please go to our [\[athletic website\]](#), email our Athletic Director, [Ryan Henderson](#), or call Terri Hogue (465-7407) for more information.

## SPRING TESTING COMING SOON

Spring testing is quickly approaching. We have consolidated all of our MAP and SBA testing to the month of May. If you could limit your child's absences during these weeks, that would be greatly appreciated. Keep an eye on our school website as we will have a more detailed schedule posted soon. Questions? Don't hesitate to contact our office at 465-7400.



## FREE PARENTAL GUIDANCE

Did you know that 50% of parents worry their child is struggling but don't know what to do? Let's be honest, parenting is hard! In our work to bring the Hope Squad to Mountainside (see our last newsletter), we have learned about an amazing and FREE resource for parents. [ParentGuidance.org](#) offers free articles, courses, coaching, etc. The topics include items like mental health, bullying, suicide prevention, student anger/frustration, digital media, keeping students safe, and so much more. We hope you find the resource as valuable as we do!



**TIME IS RUNNING OUT...LESS THAN 75 LEFT**  
**BUY A YEARBOOK TODAY!**



# WE ARE MOUNTAINSIDE

**Attention Parents of 7th Graders!**  
**YOU'RE INVITED!**

Do you want to learn about how your child can travel to Washington D.C. and New York with other Mountainside students in June of 2024?

Scan here to learn more:

**Washington D.C. & New York City**

Join us on Zoom for an informational meeting! | **Tuesday, April 25th @ 4:00pm or 6:00pm**

**RSVP to join!**

RSVP for 4:00pm Zoom:

RSVP for 6:00pm Zoom:

## Mental Health Resources

**If you or someone you know is:**

- 1. Experiencing a mental health emergency...**
  - Call 988 or 911 and find the nearest emergency room
- 2. Wanting to talk to someone right away, try these hotlines:**
  - 988 Suicide & Crisis Lifeline: Call 988 or 1-800-273-8255
  - Crisis Text Line: text the word 'Home' to 741-741
  - The Trevor Lifeline for LGBTQ Youth: call 1-866-488-7386
  - The Trans Lifeline: call 1-877-565-8860
- 3. Looking for mental health services, try one of these options:**
  - Call 211 to speak with a live person who can assist with locating local resources or explore treatment options; or, search online at <https://search.wa211.org>
  - OR search for a therapist by zip code on [www.psychologytoday.com](http://www.psychologytoday.com); you can set filters for therapy type, age, your insurance, etc.
  - OR contact the agencies in Spokane County on the next page
- 4. Feeling sad or anxious and not sure where to start to get help...**
  - contact your grade level counselor. We are here to help you!

If you have questions about the resources on this flyer, contact [behavioralhealthsupport@esd101.net](mailto:behavioralhealthsupport@esd101.net)



**Stay Connected With Us**

@MountainsideMS

[mountainsidems.mead354.org](http://mountainsidems.mead354.org)

