YOU BELONG AT MEAD

Naslund's Notes

WE'VE GOT SPIRIT, YES WE DO!

October 18, 2021

Panther Families,

If you've read my notes you know I'm a big fan of Simon Sinek. In his book *The Infinite Game* (2019), he provides what I found to be relevant insight:

> *Infinite-minded leaders understand that 'best' is not a permanent state. Instead, they strive to be 'better.' 'Better' suggests a journey of constant improvement and makes us feel like we are being invited to contribute our talents and energies to make progress in that journey.*

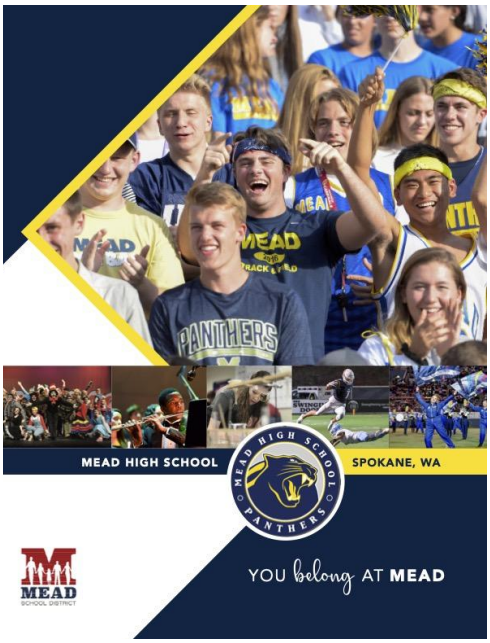
The talents and energies from the field, bleachers, press box, concession stand, parking lot, buses, Fire 9, and everything behind the scenes (athletic director!) put forth on Friday night made us better. Together, we got better. It's an infinite game and the future is bright. #youBELLong 🔔💙💛 [see our Facebook for some great photos]

At a recent volleyball matchup, I received one of the best compliments a principal can ask for from an opposing parent. They said, "Your student section really rocked...and was very respectful, too." Our kids love to show up and show their Panther Pride. In fact, while most were resting up on Saturday, our Mead Marching Band and Color Guard represented in Yakima and harvested hardware of their own (get the details HERE). We will all have plenty of opportunities to show up and show spirit this coming week (full athletics calendar HERE). See you there!

Thank you for doing your part to help find and keep the flow! We get to be MEad!

Jeff

Jeff Naslund
Proud Panther Principal



MORE SUPPORT!

Now what? As we've navigated through COVID protocols, 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. and now, we have some new supports available for quarantined students HERE.

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.

NUTRITION NOTES

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!

Download on the App Store

GET IT ON Google play

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.

The Week in Mead High School

Follow @Mead_Athletics

ATHLETICS

October 18, 2021

THIS WEEK'S ATHLETIC SCHEDULES

FOOTBALL – Mead kept the annual Battle of the Bell Football game close, but still trailed 24-10 after three quarters. In the 4th quarter, **Colby Danielson** threw two touchdown passes, 15 yards to **Colby Thomas** and 15 yards to **Madden Raab** to tie the score with under 4 minutes to play. The Wildcats rallied, scoring twice in the time remaining and won 38-24. Danielson completed 24 of 43 passes for 211 yards and rushed for 57 yards. **Thomas** led the Panther rushing attach with 85 yards on the ground. Mead hosts Central Valley Friday at Union and they finish the regular season October 22 with Lewis & Clark as the Home Team at Union.

BOYS CROSS COUNTRY - Mead entered two teams in last Saturday's Lake Spokane XC Invitational, finishing 2nd in the JV race and 1st in the Varsity race. **Ethan Knigge** (17.34.3) was Mead's top runner in the Varsity race. Tomorrow (Tuesday) at Ridgeline the Boys are racing against Mt. Spokane, University & Ridgeline with a chance to finish atop the GSL Regular Season Standings.

GIRLS CROSS COUNTRY – The Girls also race at Ridgeline tomorrow and if they sweep, they will win the GSL Title!

Saturday, Mead hosts the GSL JV/Frosh Championships. **The Freshman Girls race is 1st @ 10:00 am, followed by 9th Boys – 10:45 am, JV Girls 11:30 am and JV Boys at 12:15 pm.**

Next Saturday, October 30, the **District 8 XC Championships** will be held at Wandermere Golf Course. Tickets are $7 for Adults and $5 for students. GSL Passes and ASB cards will not get you into any post-season events.

3A Girls Race – 1:00 pm / 4A Girls Race – 1:30 pm / 3A Boys Race – 2:00 pm / 4A Boys Race – 2:30 pm

SOFTBALL – The Girls carry an 8-game win streak into their final GSL contest against the Mt. Spokane Wildcats. Mead defeated Gonzaga Prep, 14-1, North Central, 21-3 and Lewis & Clark, 10-2 last week to run their overall record to 15 wins and 1 loss, 10-1 in the GSL.
Monday's (Today's) game is at Merkel – Field #3 at 7:00 pm. A Panther win over 16-1 (11-0) Mt. Spokane would mean a GSL Title! Both JV teams play each other at Merkel at 4:30 pm. Post Season Slow Pitch Softball starts Thursday.

VOLLEYBALL – It was another wild **Cat Fight** at Mt. Spokane last Tuesday. Mead dominated the 1st two sets winning, 25-16 & 25-18. Mt. Spokane clawed back to take sets three & four, 25-15, 26-24. The Panthers snatched the momentum back and won the 5th set and the match, 15-5. **Cassie Moeller** had 16 kills and **Maddie Zorn** has 46 assists. Thursday, Mead defeated University 24-26, 25-9, 25-11, 25-21. The Girls have 4 regular season games left. Post Season Volleyball begins November 4th.

GIRLS SOCCER – Mead defeated Central Valley last Monday, 2-0. Wednesday, they lost in a shootout to Gonzaga Prep and Thursday they dropped a 'friendly' to Deer Park 3-2. The Panthers are currently in 3rd place (2nd – 3A) in the GSL, play twice this week to wrap up their regular season play. The District 8 Soccer Tournament begins next Tuesday, October 26th.

10/18 – 10/24 Schedules

FOOTBALL

Mon. – JV v. Mt. Spokane @ Union 4:00
Thur. – 9th @ Central Valley 4:00
Fri – v. Central Valley @ Union 7:00

VOLLEYBALL

Tues. – @ Cheney
C Blue & C Gold 4:00
9th & JV 5:15
Varsity 7:00
Thur. – v. Gonzaga Prep
9th & C Blue 4:00
JV 5:15
Varsity 7:00

GIRLS SOCCER

Mon. – V @ Ridgeline 6:30
JV v. Ridgeline @ Mead 4:00
C v. Ridgeline @ Mead 4:00
Wed. – V v. Ferris @ Union 6:30
JV v. Ferris @ South Complex 3:30

BOYS & GIRLS XC

Tues. - GSL #4 @ Ridgeline 3:30
Sat. – GSL JV/Frosh Championships @ Mead High School 10:00 am

SLOW PITCH SOFTBALL

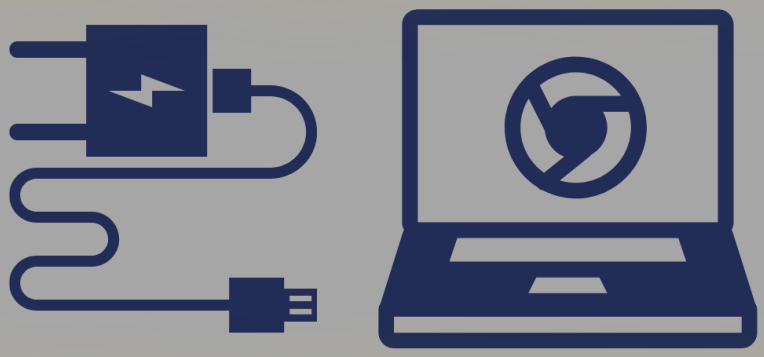
Mon. – V v. Mt. Spokane **@ Merkel #3 7:00**
JV v. Mt. Spokane **@ Merkel #3 4:30**

Thur. & Sat. – District 8 Tournament
Sites, Times & Opponents are TBA

THANK YOU! – A big Thank you to all of you who give your time to help with running our Panther Athletic Events at Mead High School and Union Stadium. I will not name everyone here, but you know who you are and I want you to know that you are appreciated. Without you giving up your afternoons and your evenings, football, volleyball, soccer, cross country and softball events simply would not be able to happen. Special thanks to Jennifer Brett – District Facilities Specialist – who has coordinated tickets, concessions and security at Union Stadium this fall. And Thank you to our Mead Boosters and Panther families who volunteer their time to sell Mead apparel and concessions at home events. **Thank you to our Mead Booster Leadership. President – Rachel Raab, Treasurer – Jonna Damiano, Membership & Promotion – Jamie Damiano, Concessions – Kim Sands and Apparel – Annette Anderson.**

Speaking of Concessions – it was a wild one at Union on Friday night as the Mead Girls Track Program took the lead in the East Endzone. Check out their view of the game for most of three hours!

CHARGE 'EM UP!



PANTHER POWER!

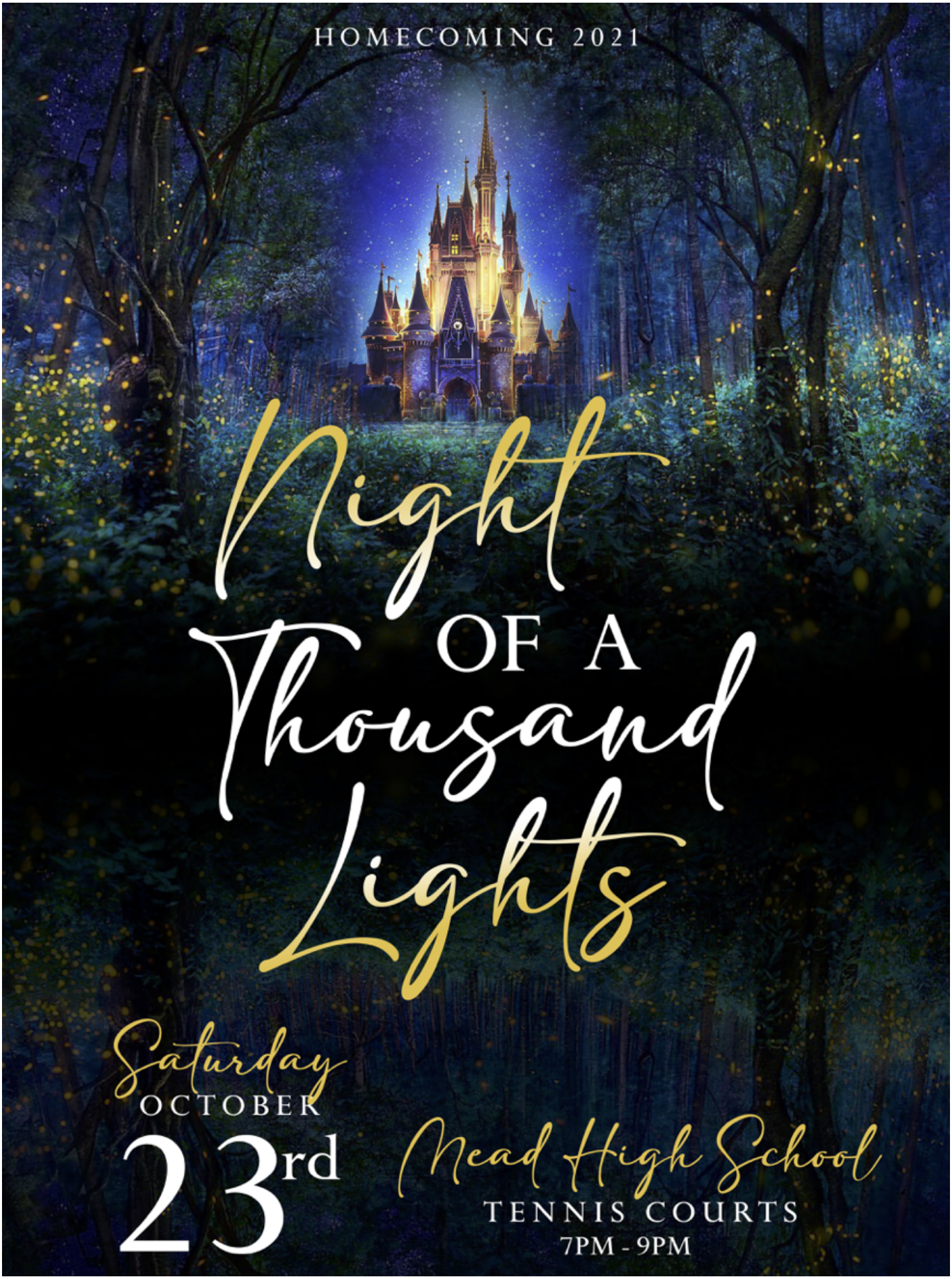
YOUR YEARBOOK!

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!


HOMECOMING 2021
Night
OF A
Thousand
Lights
Saturday
OCTOBER
23rd
Mead High School
TENNIS COURTS
7PM - 9PM

Mead High School

Orchestra presents

Spooktacular

Concert, Carnival, and Costume Contest!

TRICKS and TREATS

October 25-26

6pm

Music Selections Include:

Nightmare Before Christmas

Harry Potter

and other spooky selections!

Mead High School

$10 admission for concert and 5 carnival tickets

$5 Admission (concert only)

Costume Contest Prizes

"Spookiest" "Funniest" "Most Creative" "Cutest"

MEAD HIGH SCHOOL CHEERLEADING

MINI PANTHER CHEER CAMP

Grades K-5

MONDAY 10/18 - THURSDAY 10/21
4:30-6:30PM : MEAD HS "MALL"
FRIDAY 10/22 UNION STADIUM: KICKOFF 7PM

Come learn cheers and a half time routine from the Mead High School cheerleaders! Every day we will play games, have a snack, and make a craft as well! Show off your routine at the Homecoming football game Friday 10/22 at half time!

$50

USE THE FOLLOWING SURVEY TO BEGIN THE SIGN UP PROCESS:
HTTPS://FORMS.GLE/WYHTHFUYK7CTB5NI7

FROM OUR SENIOR ALL-NIGHTER PARENTS!

Check out the next SAN Parent Meeting on Tuesday, November 9th at 6:30pm at Selkirk Pizza (12424 N Division St, Spokane, WA 99218).

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)