

YOU  
BELONG  
AT MEAD



# Naslund's Notes



## KEEP YOUR HEAD ON A SWIVEL, 2022!



I know it's an understatement but we are ready for 2022! Is 2022 ready for us? Hopefully you had a great two weeks away from school and are recharged to finish the semester strong.

Here's a few ways we can take advantage of the momentum we have been building all fall:

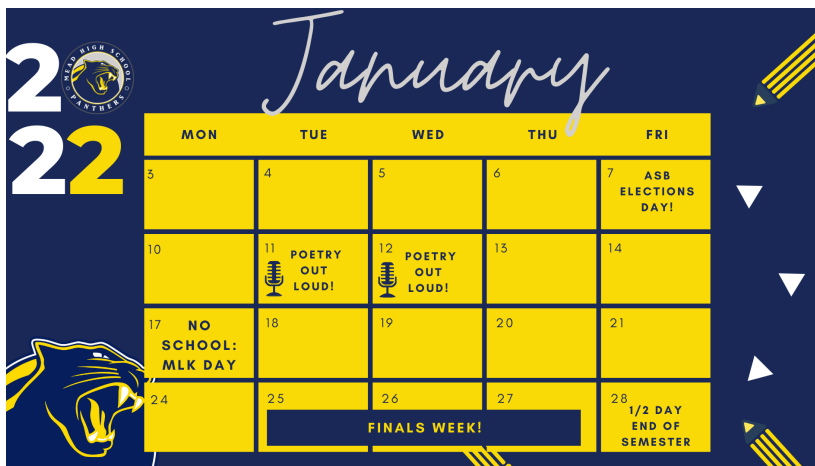
- Thank you for keeping your child home if they are showing any symptoms of illness. There's lots of stuff going around beyond COVID.
- Remain vigilant with our COVID safety protocols. We had quite a few positive cases of COVID-19 reported to us over the break, and we don't want to interrupt the great stuff happening around here.
- Finish this semester strong! Grades are wrapped up by January 30 and we have 15 school days before finals (schedule [HERE](#))!
  - Attend Panther Power Hours
    - Monday & Wednesdays from 3p - 5p
    - Mead High School Library
  - Check PowerSchool (Parent Access Directions [HERE](#))
  - Connect with Teachers & Counselors

As always, thank you for partnering with us!

Jeff

Jeff Naslund

Proud Panther Principal



## CLASS OF 2026!

- WHO? ALL MEAD PANTHER INCOMING FROSH & PARENTS
- WHAT? INCOMING FROSH & PARENT NIGHT
- WHERE? MEAD HIGH SCHOOL MALL +
- WHEN? FEBRUARY 16, 2022, 6PM - 8PM
- WHY? GET TO KNOW YOUR SCHOOL MEET SOME PANTHERS. SEE SOME PROGRAMS.

HAVE FUN. BELONG!

*Be HERE! you belong!*

## SENIOR TRIBUTES DUE 1/7!

### SENIOR TRIBUTES IMPORTANT PLEASE READ!!!

Failure to comply with our rules may result in your ad being rejected and/or returned by the adviser.

#### PHOTO RULES

1. Designate the photo you want as the primary photo of the tribute. It will fill the majority of the ad space.
2. The remaining photos will act as a frame. The name and text will also be added.
3. Photos should be representative of your child's school career, memories of friends and special moments/milestones.
4. Photos of naked babies/youth in compromising poses will not be accepted.
5. All ads will follow the same formatting. We custom design each ad for consistency.

#### SUBMISSION RULES

1. Have your senior's name written on the back of each photo.
2. No emails will be accepted.
3. The business office will accept check, cash, or credit card (if paying over the phone). Submitted checks will be turned into the business office.
4. NO CELL PHONE/IPAD Photos will be accepted. WE CANNOT guarantee the print quality of these images. Early 2000s - 2010 cell phone images are poor quality with low resolution.
5. Send nothing larger than a 8"x10" photo.
6. Photos may be submitted as hard copies or on a labeled CD/USB both with name/phone number.
7. Photos printed at home on photo paper will not be accepted. When rescanned, the image pixels are lost and the lines of the scanner show. The quality is substandard.

AD SUBMISSIONS  
ACCEPTED BETWEEN:  
JANUARY 3-7, 2022

AD SIZE	PHOTOS	WORDS	PRICE
1/8	1	40 words	\$40
1/4	3	50 words	\$70
1/2	6	70 words	\$90
Full	9	130 words	\$180

#### PLEASE FILL OUT FORM ON BACKSIDE

#### RETURN POSTAGE

To have your hard copy photos returned, please enclose a stamped, self addressed envelope that fits the size of your photos. They will be returned once the yearbook staff receives confirmation from the publisher. Photos not claimed will be held until the end of the school year and then disposed.

#### THE FINE PRINT

Song lyrics may be used if over 75 years old. After that time the copyright is no longer valid. If using modern lyrics, you are responsible for securing the legal copyright permission and enclosing it with your submission. Without the documentation neither Herff Jones Publishing nor Yearbook staff will print it. There are no such restrictions for quotes from the Bible.

The adviser reserves the right to refuse photos based on appropriateness, content and quality. We want you to be happy with the way your child is spotlighted so please call if you have concerns. We thank you for your support and look forward to working with you.

#### PAYMENT

Please include payment at the time of your submission. Checks payable to: Mead High School  
Please include: "Baby ad" in memo line  
302 W Hastings Rd, Spokane, WA 99218  
Attention: Makana Busch or Yearbook Office  
Makana Busch, Adviser  
Yearbook office: 465.7130  
Main office: 465.7000

# FUTURE READY

## SCHOOLS

PREPARING STUDENTS FOR SUCCESS

## CALLING ALL ARTISTS!

We are Panther Proud to partner with Northwood Middle School again for their 3rd Annual Diversity Art Contest.

They strive to create a culture where all students feel valued, accepted, and believed in. BOOM! [HERE](#) is a link to a slideshow of winning artwork from the past two years. [HERE](#) is a link to a flier with details about the art contest.

Students create an art piece that can be hung on Northwood's walls that is a celebration or reflection of diversity. Artwork needs to be submitted to Mr. Banger by Wednesday, January 5th at noon. A \$100 prize will be awarded to the winning artist, \$60 to 2nd place, and \$40 to the 3rd place artist. Winners will be selected by Northwood's Equity Advisory, a group of diverse community leaders.

## GET INVOLVED @ MEAD?

Our Mead Athletics Boosters are looking for volunteers. Our current group has been led by energetic and supportive parents of Mead student-athletes who have worked together over the years to raise thousands of dollars for Mead High School Athletic Programs and to support our entire student body. Please email [John Barrington](#), Athletic Director, if you are interested in getting involved.

SPOKESMAN.COM

OUTDOOR WRITING CONTEST  
FIRST PLACE

## A TEENAGER'S GUIDE TO INNER PEACE

(Staff illustration by Molly Quinn)



## OUTDOOR WRITING CONTEST FINALISTS!

Congratulations to Harley Swedyk for winning The Spokesman-Review's 2021 Outdoor Writing Contest for high school students with "A Teenager's Guide to Inner Peace." Ben Shannon took second place with "Gone Fishin'," and Anders Weaver received a runner-up prize for "Hooked on Adrenaline." This was a regional contest and Mead represented

Thanks to all who entered the contest and congrats for carrying on this Mead High School tradition. Shout out to Mrs. Olinda Martin for the writing instruction and encouragement along the way. YOU belong!

Click [HERE](#) to check them out!



Sometimes it's okay to be a follower:

- [Mead Activities Calendar](#)
- [Mead Facebook](#)
- [Mead Twitter](#)



# ATHLETICS

January 3, 2022

THIS WEEK'S ATHLETIC SCHEDULES

HAPPY NEW YEAR!

It was pretty quiet around Mead High School over this Christmas Break other than team practices. However, some of our teams did compete over break and summaries of how they did are below.

As we return to school and a regular sports schedule, we also are facing new requirements from the Department of Health and the WIAA. In order to be prepared to meet those new testing requirements, please read the statement below, and if you have not registered or submitted a consent form, use the links to do so.

Thank you.

*Due to the most recent, updated guidelines from the Department of Health and WIAA we are now required to test **ALL ATHLETES AND COACHES** of high-risk sports 3 times a week **regardless of Covid-19 vaccination status**. This testing will begin the week of January 3rd.*

*If your athlete (vaccinated for Covid-19 or not) has not registered for the Mead School District Covid-19 rapid testing please use the links below. Please complete these registrations as soon as possible.*

[Parental Consent Form](#)  
[REGISTRATION](#)

**BOYS BASKETBALL** – The Boys have won 3 straight including their December 16<sup>th</sup>, 20-point win over Shadle Park (64-44). December 20<sup>th</sup>, they traveled to Wenatchee and beat Eisenhower, 71-41 and the next day at Mead, defeated Chiawana, 63-49.

**GIRLS BASKETBALL** – The Girls played in the Moses Lake Mixer last week and went 3-0. They defeated Moses Lake 73-40, Sunnyside, 55-39 and Eisenhower 61-47.

**WRESTLING** – December 22, Mead defeated Central Valley, 39-27 to move to 3-0 in League Duals. The next day at Central Valley, they placed 2<sup>nd</sup> in the Tri-County Wrestling Tournament. They also were 3<sup>rd</sup> as a Team at the Tri-State Tournament (12/17-12/18) and 3<sup>rd</sup> at Roger's M2-Mallet Tournament (12/28) over the Break.-----

**GYMNASTICS** – The Girls placed 1<sup>st</sup> at December 15<sup>th</sup>'s League opener defeating 2<sup>nd</sup> place Lewis & Clark, 163.900 to 152.925.

## 1/3 – 1/8 Schedules

### WINTER SPORTS TEAM SCHEDULES @ [ARBITER LIVE](#)

#### BASKETBALL

Mon. – Boys C (5:30) & 9-JV (7:00)	
	v. <u>Ridgeline</u>
Tues. – @ Ferris	
Boys 9 <sup>th</sup> & Girls JV	4:00
Girls V & Boys JV	5:30
Boys V & Girls 9 <sup>th</sup>	7:00
Thur. – Boys 9-JV @ WV	5:30
Boys C @ Ferris	7:00
Fri. – @ Lewis & Clark	
Boys 9 <sup>th</sup> & Girls JV	4:00
Girls V & Boys JV	5:30
Boys V & Girls 9 <sup>th</sup>	7:00

#### GYMNASTICS

Thur. – vs. SP, Ridgeline, Rogers & University	
@ Mead Gymnastics Center	6:00

#### WRESTLING

Wed. – vs. Ferris	
JV	5:00
Varsity	7:00
Sat. – @ Cheney High School	
Blackhawk Invite	
– @ University	
Pacific Northwest Classic	

WINTER SPORTS TEAM SCHEDULES CAN BE FOUND @ [ARBITERLIVE.COM](#).

*If you want to be motivated, rely on your habits, your personal systems and routines, NOT on your feelings.*

Brian Cain



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**Please include: 'baby ad'** in memo line  
302 W Hastings Rd, Spokane, WA 99218  
Attention: Makena Busch or Yearbook Office

**Makena Busch, Adviser**  
Yearbook office: 465.7130  
Main office: 465.7000



## SAMPLE SIZES

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*Please feel free to drop off or mail your senior tribute content to Mead High School. The front office will accept baby ads starting January 3rd!*

**Attn: Mead Yearbook  
Mead High School  
302 W Hastings Rd  
Spokane, WA 99218**

**STUDENT'S FULL NAME:** \_\_\_\_\_

Buyer's Name: \_\_\_\_\_

Buyer's Email Address: \_\_\_\_\_

Buyer's Phone Number: \_\_\_\_\_

**AD SIZE PURCHASING** (check one):                **1/8**                **1/4**                **1/2**                **FULL**

## MESSAGE

Write here (print clearly please) or type and attach to this sheet.

If a copy is included on your USB please check, 'Message is on USB/CD.'      Message is on USB/CD \_\_\_\_\_

**\*\*\* Spelling and grammar will be corrected. If your message exceeds word limit, it will be edited to fit.\*\*\***

[illegible]

## SENIOR TRIBUTE CONTRACT

*I have read, and understand the rules for photos, submission rules, word limits, and copyright by completing this form. I have also included return postage for the images I would like returned to me. I understand that failure to include return postage may result in my photos being destroyed.*

**Parent Signature**

# PANTHER POWER HOURS

Need help with your homework?

Join us after school for some extra help on your assignments, homework or projects! Tutors and teachers will be available for one-on-one help!

**When:**

Mondays and Wednesdays  
Starts November 29th!

**Time:** 3pm - 5pm

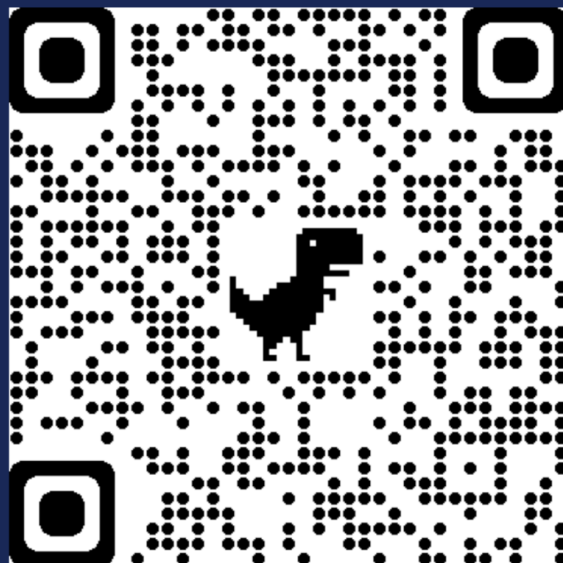
**Where:** Mead Library

Activity buses will be available for students who register! Scan the QR code below to sign up today!



# 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)

# ***SENIOR ALL-NIGHTER!***

## **What is a Senior All Nighter?**

- The Senior All-Nighter is a parent run, parent organized event that takes place after graduation. It is a tradition to provide an opportunity for safe celebration with your classmates before moving on to the next chapter of your life. I haven't had students tell me they regret going but have had students regret not going.

## **Why buy a ticket so early?**

- The SAN planning committee makes adjustments based on how many seniors are participating. Prices go up as the event draws nearer. If you are planning on going and can afford a ticket, you would want to do that sooner rather than later. Our parents have been selling tickets on Mondays and Fridays during lunch.

## **What if I can't afford a ticket?**

- See Mr. Strate / Student Services. Please. The committee has no way of knowing how to help without you letting them know. We don't want you to miss this celebration due to financial constraints.

More SAN Questions? Email [meadseniors@gmail.com](mailto:meadseniors@gmail.com).

[SAN Registration Form](#)

[More Senior All-Nighter Ticket Information](#)

[SAN Ticket Payment Options](#)

# ***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!