



# Naslund's Notes

Panthers strive to develop the mind, heart, and spirit of ALL students in an environment where ALL have an opportunity to belong!

## Thank *YOU* for *being* the school!

I doubt your Panthers are missing my voice ringing in their ears every morning, but in case they need a little more normalcy to their routine, I have recorded an abbreviated version of the announcements [HERE](#). Feel free to blast that through their alarms. Your mileage may vary.

These announcements are intentionally repetitive. We believe in them.

**“Thank you so much for *being* the school!”** [We the people, you know?]

- Need help? Let us know. We are working on mobilizing Mead to connect with our Panthers in a variety of ways. Your teachers and counselors should be checking in with you. Check back in with them. This is a great time to work on and catch up on your learning. Low grades going in can be higher grades coming out. Enrichment opportunities can lead to growth and development. Use this time to get better.

**“Remember, *YOU* belong at Mead High School!”**

- Obviously we don't mean you physically belong at Mead right now. Science is telling us social distancing is the right thing to do. We have never defined belonging as membership or physical presence. We hope this time can be reflective and you can be yourself. That's true belonging. Be *YOU!* Find *YOU!*

**“Keep your heads on a swivel!”** [Panthers Protect Panthers]

- Continue to follow [CDC](#) recommendations to prevent the spread of COVID-19..
- Wash your hands. Keep appropriate space. Don't touch your face. This sounds like a school dance contract. That's doable. And vital. We've got this!
- Keep yourselves informed but not overwhelmed (easier said than done). Check our website [HERE](#) and your email regularly.

**Have a wonderful week, Panthers!**

I wish I had all of the answers. I'm a fixer. I love answering questions. This time of uncertainty can be very awkward...for me at least. Thank you for the grace that we don't have all of the answers but we will work hard to support our families, the Class of 2020, and ALL in Panther Territory. We will be updating you as the State makes decisions that impact our families. Unknowns stress people out. We will work on that.

Until next week, I'll leave you with this. Be [kind to yourselves](#) and others. Brené Brown made it pretty clear with her three suggestions: [1] handwashing, [2] social distancing, and [3] community thinking. We're in this together.

*Jeff*

Jeff Naslund  
Proud Panther Principal

**COVID-19  
coronavirus**

**ALL SCHOOLS CLOSED**

starting Tuesday, March 17  
through at least Friday, April 24



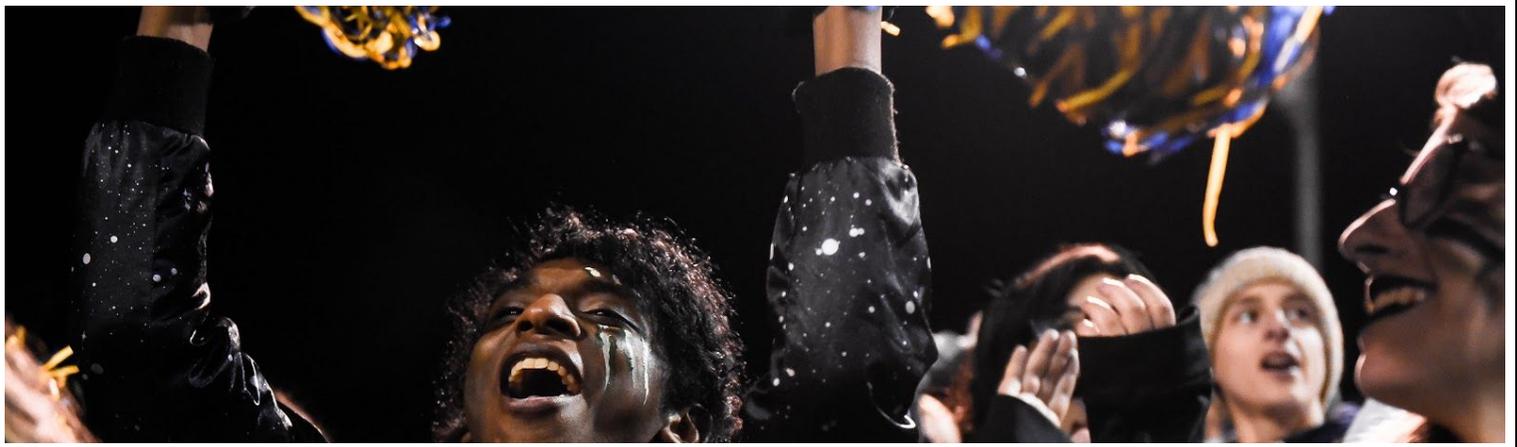
**STAYING  
CONNECTED  
DURING  
COVID-19**



**MEAD  
EATS**

FREE MEALS FOR KIDS  
AGE 18 & UNDER





# What about testing? (You didn't really ask, but...)



**NO 2020 State Testing**

CLICK FOR MORE INFORMATION

**Information for AP<sup>®</sup> Students  
and Educators Affected by  
Coronavirus (COVID-19)**



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