



Mears Middle Schools

# Panther Pride News

Respect, Responsibility, Creativity, and Academic Excellence

Friday, September 16, 2022

## *Building Pride Everyday*



One of the most telling indicators of positive and healthy school culture is campus cleanliness. For this reason, Mears has prioritized keeping a clean and well-maintained building. Leading this charge is Mr. Romeo Langanson, “Romy,” Mears Building Plant Operator, who does an incredible job everyday working with staff and students to keep Mears safe, orderly, and clean. This year especially, Mears students are doing a great job in the hallways and at lunch picking up after themselves and others. The clean campus is a reflection of how we all value and respect our school and its staff. Special thanks goes out to Romy, and the entire operations crew, for all they do to support Mears.

Go Panthers! –Eric

# XC Video Highlights



## [XC Workout Video](#)

## Mears Teams Support Students



Here are Team Blackstone's teachers working together to identify students who may need additional support. All Mears teachers meet daily to plan early intervention strategies.

Mears six collaborative teams are Blackstone, Eklutna, Surprise, Echo, Muir and Raven.

# Upcoming Events

- **MON 9/19: No Girls Basketball Practice**
- **TUE 9/20: Girls Basketball Games: C1 & C2 @ Begich MS. Games begin @ 5 p.m.**
- **TUE 9/20: Girls Basketball Games: JV & V @ Mears MS. Games begin @ 5 p.m.**
- **THU 9/22: XC Meet - Girdwood, hosted by Girdwood K - 8, first race starts @ 5:30 p.m.**
- **THU 9/22: Mears Back-to-School/Open House Event, MPR & Classrooms, 6-8:00 pm**
- **FRI 9/23: Girls Basketball Games: J V & V @ Begich MS. Games begin @ 5 p.m.**
- **FRI 9/23 - FRI 9/30: Moose Loop Run! See MMS website for more info.**

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## Mears Middle School Back To School Open House Event

All Parents and/or Guardians with their Students are invited to attend this special annual event. Event schedule:

- 6:00-6:30 – Community Welcome Presentation, Multipurpose Room (MPR)
- 6:40-8:00pm – Classroom presentations. Families will move through their student's schedule, visiting each of their 7 classes and teachers.

The evening is designed to give families and parents the opportunity to meet their student's incredible teachers and hear short presentations about curriculum, learning goals, and classroom engagement.



# Reminder: Behavioral Expectations



Cell Phones/Electronic Devices - No cell phone use from 8:00 am -2:45 pm in Hallways or at Lunch. Teachers will determine use in classrooms.

Dress Code/Decorum - School appropriate to maintain safe, focused, and respectful learning environment

Backpacks,Purses, Handbags or other assorted personal storage items must be stored and locked in individual lockers. They cannot be carried about during the day, with the EXCEPTION of Mears Tote Bags. These can be purchased in the main office or at the school store.

Video: [Mears Schoolwide Expectations](#)

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## Mears Library



### Battle of the Books!

Battle of the Books meetings will be held on Tuesdays, in the library. All meetings will take place during lunch. More copies of the books have arrived and are available for checkout.

Links to official lists, bookmarks, and more are available on the [Mears Battle of the Books](#) website and in the Mears Battle of the Books Canvas shell.



# Transportation Update

## Average Daily Attendance Rate for this week: 93%

This week, Mears students have maintained an average daily attendance of 93%. Thank you parents and families for all that you are doing to get our students to school on time and every day. Strong daily attendance is one of the key indicators for success in school. Let's keep up the good work!



All drivers are reminded of the importance of the 5 MPH speed limit on all school campuses. Student safety is our #1 priority. Please always drive the speed limit

## Busing Service Begins, Oct. 3

Mears families are reminded that buses will resume their full schedule at Mears beginning on Monday, Oct. 3.

Please note that student drop-off and pick-up zones will not change once busing resumes. Parents may continue with the routines they have already established.

All Mears busses #80-87 will run during Cohort 3. See below for Cohort bussing schedule:

Cohort 1 (Bus #1-38): Aug. 18-Sept. 9

Cohort 2 (Bus #39-77): Sept. 12-Sept. 30

Cohort 3 (Bus #78-116): Oct. 3-Oct. 20

ASD has made available individual bus schedules and information for all students. Please visit [Q ParentConnect](#) to see your student's schedule.

Here's a step-by-step guide for accessing Q Parent Connect:

<https://confluence.asdk12.org/x/QQP6Cg>

# Mears Activities & Sports



*XC Girls warm up to race.*

Welcome to the 2022-23 school year, which will provide our students with many incredible opportunities to learn and grow through academic and extracurricular activities.

Middle school is a great time to try new things and meet new people. Here at Mears we have an amazing array of activities & sports for everyone. Below is a list of the upcoming Interscholastic and Intramural options. Here is a direct link to our Sports & Activities on our [Mears Website](#) for more information on signing up. You can find the sign up forms on our website. Once completed, [scan](#) and email the forms to our AAFP: [spartz-hays\\_robin@asdk12.org](mailto:spartz-hays_robin@asdk12.org) or forms can be dropped off at the main office between periods 1 & 2 \*Fee waivers are granted based on need.





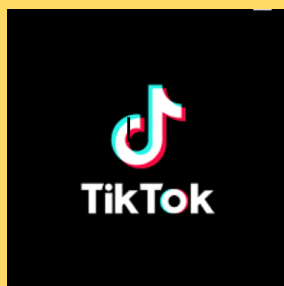
Archery - Three amazing archers!

Many of our archers had never held a bow before Monday and soon they will all be amazing archers. Space is still available in the January session of archery.

## Mears Counseling Corner

***"...there has been an uptick in peer-conflict visits in the counseling office stemming from social media platforms."***

**Social Media Information-What Every Parent Should Know**  
(5 min read)  
[Link Here For Article](#)



**If you see something, say something.**

Teresa Harrison-7th Grade  
[harrison\\_teresa@asdk12.org](mailto:harrison_teresa@asdk12.org)  
Direct: 907-742-6428

Caitlyn Burr-8th Grade  
[burr\\_caitlin@asdk12.org](mailto:burr_caitlin@asdk12.org)  
Direct: 907-742-6424

Questions, comments, concerns? Email or [Contact Request Form](#)

The counseling office is busy with student check in's, lunchtime visits, grade checks and opportunities to build student rapport. Although much of the time spent with students in the counseling office is positive, there has been an uptick in peer-conflict visits in the counseling office stemming from social media platforms. Mears parents are supportive and engaged so counselors want to provide the best resources to help parents navigate the responsibilities that come with [social media \(and Smartphone\) use](#).

**Not sure how to monitor your child's phone, device or screen time?**  
**Check out these Apps: Qustodio, Net Nanny-Family Protect Pass, MamaBear & mSpy**



# Mears Student Health Update



ASD will be holding flu clinics on October 26<sup>th</sup> and 27<sup>th</sup>. Please stay tuned for more information regarding times and locations for the clinics.

## Links to important information:


"When to Keep Your Child Home From School" policy:

<https://www.asdk12.org/Page/6622>.

[Here is a link to ASD's "Return/Stay at School Protocol"](#)

I hope everyone is staying healthy. Please reach out to me with any health-related questions you have. -Nurse Karin Richards

# Community Health Events




**Don't Get the Flu. Drive on Thru!**  
ROLL DOWN YOUR WINDOW, ROLL UP YOUR SLEEVE,  
-THEN ROLL ON DOWN THE ROAD-

**WHO**  
Participants 9 years and older

**WHAT**  
Free flu shots and windshield or headlight washing

**WHEN Sep - Oct 2022**  
**5:30 - 8 p.m.**  
Tuesday, September 20  
More dates to come as vaccine arrives  
*(No appointment necessary)*

**WHERE**  
Alaska Regional Hospital  
Parking lot of Building C  
2801 Debarr Rd.  
Anchorage, AK, 99508

  
alaskaregional.com

**BENEFITS OF FLU VACCINATION**

- Getting a flu shot is more important than ever, but it does not protect against COVID-19
- It's especially important if you have heart disease, diabetes, pulmonary or other chronic diseases, are pregnant, immunocompromised or over 50.
- The vaccine may make your illness milder if you do get sick.
- Flu vaccination may reduce the risk of serious flu outcomes, like hospitalization.

**VACCINE INFORMATION**

- The standard and high doses are quadrivalent: designed to protect against four different viruses.
- They do not contain latex or thimerosal.
- The high dose vaccine (for people 65+) will NOT be available at the drive-thrus.
- There are many flu viruses. The vaccine protects against those believed to be most common and is updated each year.
- You cannot get the flu from the vaccine.

**Everyone in vehicle must be masked!**  
Questions? Call Ruth: 264-1823



## Mindful Mammograms

As October gets closer, the color pink begins to appear in stores, nudging you to be proactive in the fight against breast cancer. One in eight women will develop invasive breast cancer in her lifetime. Don't be one of them.

If you are 40 or older, schedule your mammogram now!

We have planned a special day to get your mammograms in a soothing atmosphere with extra benefits! Relax with a chair massage, practice some yoga postures and participate in a calming practice of mindfulness before or after your appointment.

Enjoy refreshments and relax while doing something positive for your health.

**Saturday, Oct. 1<sup>st</sup> 9 a.m. - 1 p.m.**

Alaska Regional Imaging Alliance  
Medical Office Building E, Suite #180  
Alaska Regional Hospital, 1200 Airport Hts. Dr.  
Anchorage, AK 99508  
Schedule your appointment by calling (855) 226-9105  
(masks required)



*(Insurance will be billed. Self-pay screenings will be discounted)*



**PTSA General Meeting Schedule: All Mears Community Members are Welcome -- Second Wednesday of each month**

Semester 1: Oct. 12, Nov. 9, Dec. 14

Semester 2: Jan 11, Feb. 8, Mar. 8, Apr. 12, May 10

Topic: Mears PTSA General Meeting

Time: Sep 14, 2022 05:30 PM Alaska

[PTSA Zoom Meeting Link](#)

Meeting ID: 981 2989 0912

Passcode: 986530

Parents and Family Members, please consider supporting Mears PTSA by becoming a volunteer, which is a fun and valuable way to support our students and teachers.

**The Student Store is Now OPEN!**



Special thanks to all of our amazing PTSA volunteers!

Join Team PTSA:

Volunteer Interest Form:

<https://forms.gle/P8yYKMPSuwzPR2ZU8>

## Be Sure to Get Your Mears Gear for 2022-23!



PTSA is proud to announce its new online store. Items can be purchased online and delivered directly to your home.

<https://mearsptsa.squarespace.com/>



## We are on Dena'ina Homeland

Mears Middle School acknowledges that we operate and gather on the traditional land of the Dena'ina Peoples and honor, with gratitude, the land itself and the people who have stewarded it throughout the generations.

## Mears Middle School Mission

Through teamwork and cooperation, all students become partners in their own educational progress, fostering self-respect, responsibility and integrity.

[Mears Middle School Website](#)