



Mears Middle School

Panther Pride News

Respect, Responsibility, Creativity, and Academic Excellence

Friday, March 25, 2022

Panthers Practice Mindfulness & Self-care



Mears Middle School Migrant Education Student Success Coach along with Romig's Middle School Migrant Education Student Success Coach put together a yoga literature event for our students in the MPR at Mears. Mears hosts these events 2-4 times throughout the school year. Migrant Education chose yoga this semester to help our teens focus on mindfulness/self-care. This year has been quite stressful for many of us, so this was a perfect opportunity to help students learn a safe and healthy way to destress. Special thanks to yoga instructor Ms. Lisa Wylie for doing such an amazing job instructing the class. **Go Panthers!**

Mears Competes in Native Youth Olympics



Earlier this week, Mears students competed in the annual Native Youth Olympics tryouts. Here are three standout students competing in the scissor kick, a challenging feat of strength and agility.

Test of Strength



Dimond High School's JROTC visited Mears this week to promote their program for incoming 8th graders. Students in JROTC lead the Panthers in a series of fun and challenging activities, including the tug-of-war.

Stay Informed/Get Involved

Today:

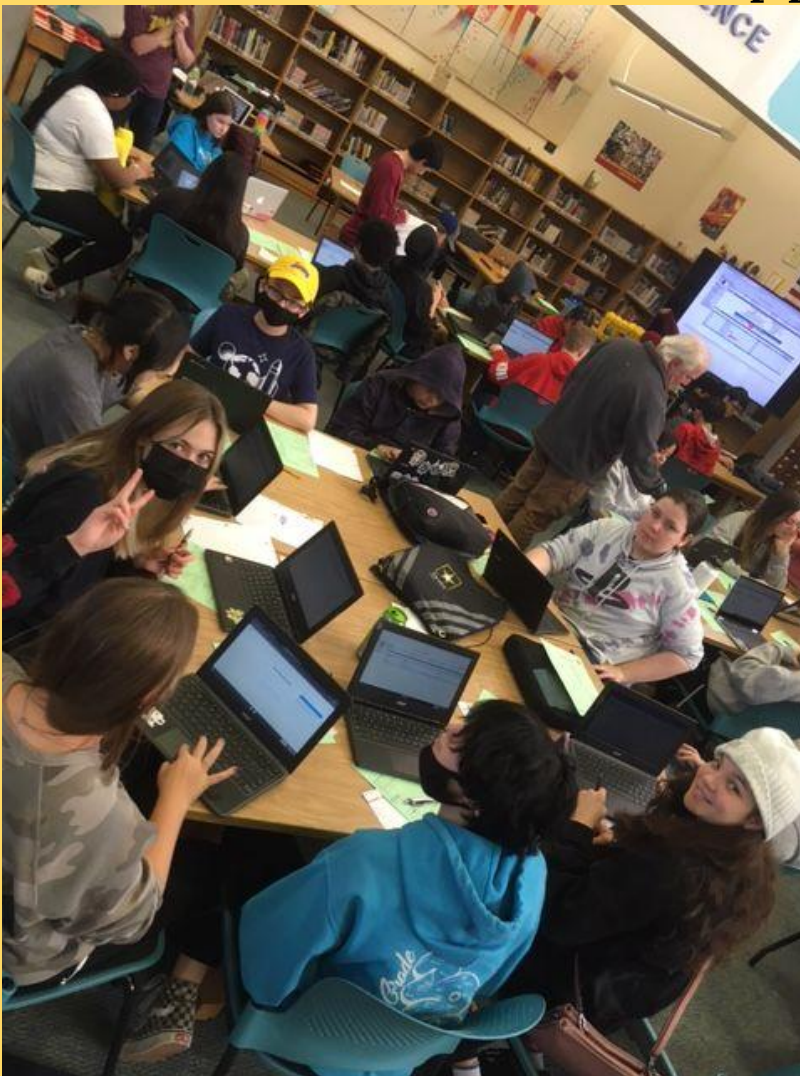
Friday, March 25 – DHS Course Sign Up Deadline for 8th Graders (See info. below)

Wednesday, March 30 – Staff Meeting for STAR Test Planning, 3:00-4:00pm, Library

Planning Ahead:

Tuesday-Friday, April 5-8 – AK STAR Testing

DHS Counselors Offer Support



Special thanks goes out to Dimond High School's counselors who spent an entire day with Mears 8th graders reviewing the high school elective curriculum and how to navigate the course sign up process.

Mears Counseling Corner



2021-2022 8th Grade Transition to DHS

Dimond offers 3 major opportunities to prepare our incoming freshmen

Future Freshman Fair Monday February 28th 6:00 -7:30pm @ DHS

Current 8th grade students, who will be entering Dimond High School in the fall of 2022, and their parents/guardians are encouraged to attend. We'll share information about 9th grade classes, sports, and activities. Department chairs, counselors and teachers will also be onsite to answer questions.

8th Grade DHS Tours by Team March 16th & 17th 90-minute Tours @DHS

Transportation will take Mears students to Dimond during the school day.

March 16th AM Session - Team Muir 9:30-10:50am - About 120 students

March 16th PM Session - Team Raven 12:15-1:35pm - About 120 students

March 17th PM Session - Team Echo 12:15-1:35pm - About 150 students

Mears DHS Elective Course Requests Schedule: March 22nd 11:25-2:45pm

Dimond counselors will come to Mears to instruct students on the process for elective course requests.

4th period 11:25-12:10pm Team Echo Part 1 (A-K)

5th period 12:15-1:00pm Team Raven

6th period 1:05-1:50pm Team Muir

7th period 1:55-2:45pm Team Echo Part 2 (L-Z) and any students who may have missed an earlier session.

Dimond High School has no policy/procedure concerning honors classes for English and social studies. It will be based solely on teacher recommendations, and we will honor parent/guardian requests as well.

Below is the google folder Dimond has shared with us. This will have more information.

<https://drive.google.com/drive/folders/1rreulQf4wvVyWO4IFmpU0l2oovbT5InS?usp=sharing>

Future Freshman of Dimond High School Class of 2026!

Current 8th grade students, who will be entering Dimond High School in the fall of 2022, and their parents/guardians are encouraged to attend. We'll share information about 9th grade classes, sports, and activities. Department chairs, counselors and teachers will also be onsite to answer questions. Please see the flier below for more information.

[DHS Transition to High School Resources](#)

Make sure your student has joined the counseling canvas page. Updates from the counseling office will be made throughout the year on Canvas. If students have not done so already, please have them click the invite link below.

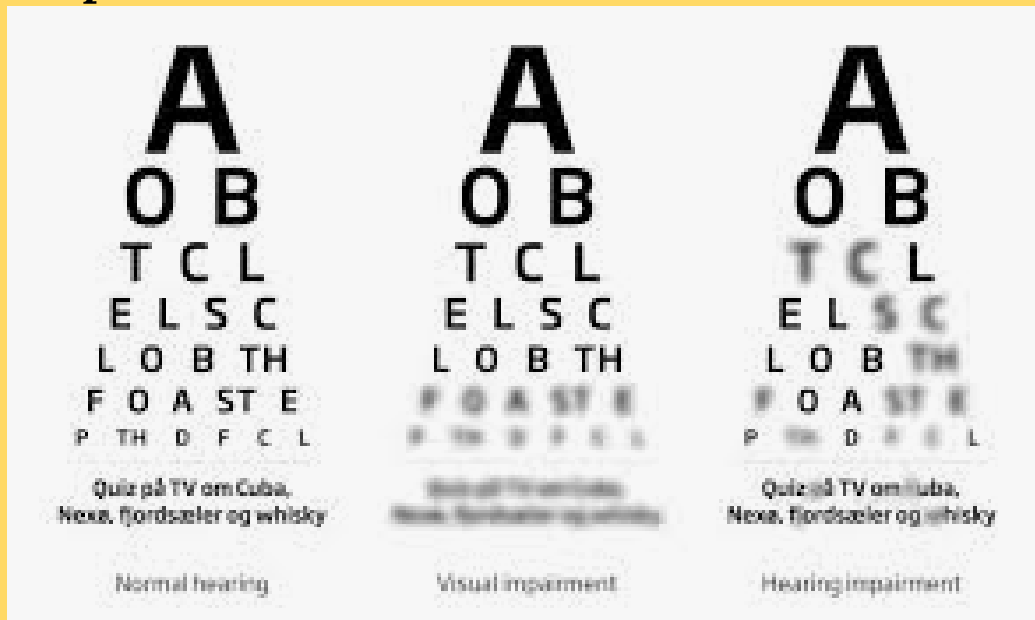
Invite link: [Mears Counseling Canvas Page](#)

Caitlin Burr, 7th Grade
burr_caitlin@asdk12.org
907-742-6424

Crysta Svendsen, 8th Grade
svendsen_crysta@asdk12.org
907-742-6428

Mears Health Update

Important Covid Health Reminders:



7th Grade Health Screening Begins Monday, March 28th

Hello Mears Families,

Periodically throughout students' schooling with the Anchorage School District, health screenings are done. In seventh grade, all students have height, weight, distance vision and hearing screenings. You will be notified if distance vision and hearing screens are failed. I am planning on doing a mass screening of seventh graders on Monday, March 28th. If your student wears contacts, glasses or hearing aids, please make sure they bring them to school this day. I will be pulling social studies classes throughout the day to accomplish these screenings. Please do not hesitate to reach out to me with any questions/concerns. My email is richards_karin@asdk12.org and my office phone is 907-742-6401. Thank you, Nurse Karin Richards

Updated Resources for Families

<https://sites.google.com/asdk12.net/returntoschoolpolicy/return-to-schoolwork>

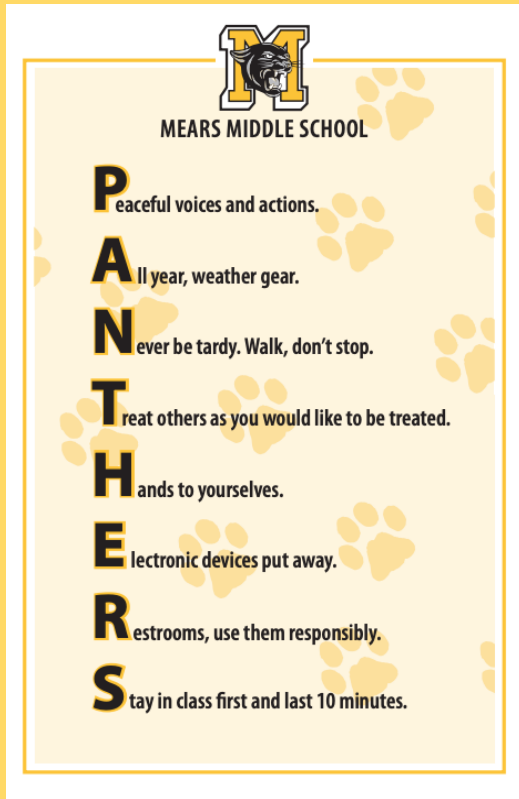
- [COVID 19 Updates Home Screening Guidelines](#) (All languages may not be updated, but communications is working on this)
- [Return-to-School/Work Policy](#)

Other Important Links:

[Anchorage Covid Vaccination Info](#)

[ASD Covid Information Link](#)

New Panther Expectations Poster



Credit to the Mears Foundations team in developing the content of the new poster and Tom Hoffman, local graphic designer, for his donated work on the design and layout. Students can now see these awesome looking posters throughout the building: Thanks, everyone!

Mears Activities Update

Mears Families:

Track and Field season began yesterday, March 17th, and we already have nearly 100 participants. Please know that we welcome additional sign ups through the first week, so the deadline for sign up is 3:00 pm on Thursday, March 24th.

Additionally, we're looking forward to starting **tennis and soccer**; these intramural sports begin on April 18th, which is a week later than initially planned. My hope is that the weather will be just a bit warmer, allowing for more outdoor enjoyment.

If your student is involved in the Track and Field team, the district has published the new schedule. See link:

<https://docs.google.com/spreadsheets/d/e/2PACX-1vSddovJU77zzzfz298lFwll2rUudSkNID1dSDOs5TLyXX0iEU9mRKGKsKm5k-UEEsrsCJP5cOf4uqBK/pubhtml>

Best Wishes,

Mike Scott, Mears AP

Families must fill out the following forms for students to participate in sports:

- Middle School Participation Form
 - https://drive.google.com/file/d/1xnIL0dz4uKW6YsMk_MrWGZd4mjAkPMj5/view
- COVID-19 Supplemental Waiver of Liability
 - <https://www.asdk12.org/cms/lib/AK02207157/Centricity/Domain/4260/COVID-19%20Waiver.pdf>
- COVID-19 Return To Play
 - <https://drive.google.com/file/d/1vsUwRmFJTh5s4ecdD0wJ2PW8ywX2-J5U/view>
- Health Examination Form
 - <https://drive.google.com/file/d/1l15oSifxCsxF-MNlknP6hBp0FPtELfeI/view>

Added to these forms, if a student has tested positive for COVID-19 in the three months prior to the activity, families should fill out the **COVID-19 Return-To-Sports** form.

Forms can be scanned and emailed to our AAFP: spartz-hays_robin@asdk12.org or dropped off at the school by your student near the main office between periods 1 and 2: designated basket supervised by Ms. Spartz-Hays.

Visit Mears website for all activities updates and information:
<https://www.asdk12.org/domain/4260>

COVID-19 Return To Play

In addition to the standard forms and COVID-19 waiver, if a student has recently tested positive for COVID-19 and seeks to begin or return to a sport or activity, families should fill out the **COVID-19 Return-To-Sports** form. The school nurse can provide more information; however, it's essentially a form (linked above and below) that requires 2 steps:

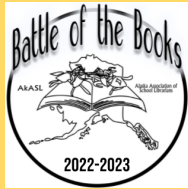
1. If the student has a confirmed positive COVID-19 test, a healthcare professional must sign off that he/she is able to return to the sport or activity prior to participation (not required to return to school).
2. Upon submission of this form, coaches will employ the slow re-entry process to ensure safety. **Please view the document to see the transitional return process. (Apologies: Last week I included the wrong link-please view this one).**
 - a. <https://drive.google.com/file/d/1vsUwRmFJTh5s4ecdD0wJ2PW8ywX2-J5U/view>

Although the form is not new, our employment of the document will be more stringent. All families that agree to participate in sports sign the COVID-19 waiver, which makes the Return to Play documentation part of the process.

Our hope is to enhance safety and help students as they restart strenuous activity. If you have any questions please contact Mike Scott, Mears AP, or Karin Richards, Mears Nurse.

scott_michael@asdk12.org

Mears Library Summer Reading Opportunities



Battle of the Books Tentative List for 22-23 School Year is now available! Use this pdf, [22Tentative](#), for a list of titles or visit the [Library at Mears](#) website.



Audio Sync 13+ free electronic audio books accessible through the SORA app. SYNC gives participants two thematically paired audiobooks each week. Once you download a title, you have it forever.. The first pair will become available on April 28th. For more information and the list of titles look on [AudioFile's SYNC website](#).



Magazines now available in Sora!

Magazines are now available on SORA! Want something to do while waiting in that line? Browse through the magazines available on SORA and read a quick article. Get the free app today.

Mears March Writing Contest

SECRETS: What Happens Next...?

Your teenaged character keeps a personal diary, a private database, or a secret list in which they write what they really think about everyone in their school. Then a classmate finds the diary and...

Create a story around this event. What came before? What will happen next?

[Click here to begin writing your story.](#)

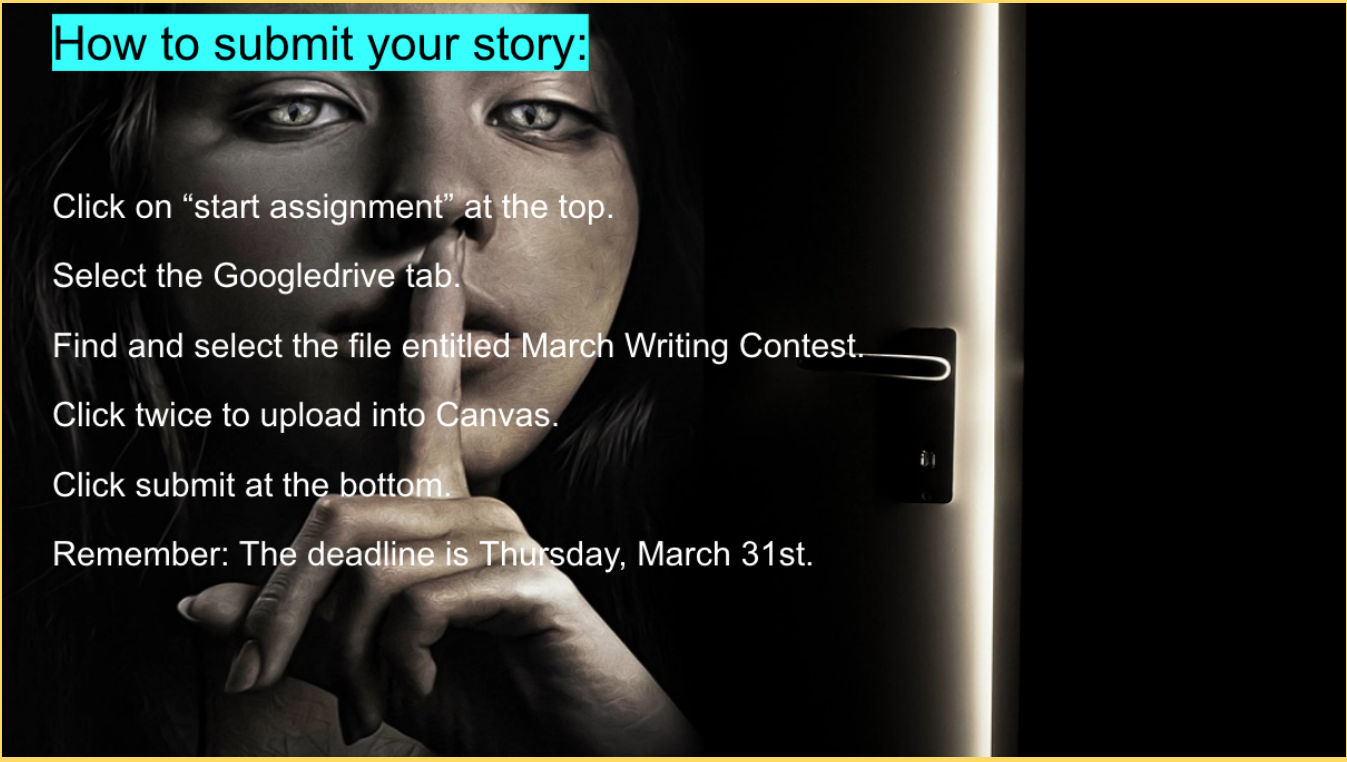
Length limit: 1,000 words

Submission deadline: Thursday, March 31st.



A Shattered Secret...What to consider:

1. Who will be in your story?
2. How are the characters connected?
3. Where will you begin your story? At what point in the story—beginning, middle or end—is the secret information revealed?
4. How is the secret spread?
5. How is the conflict resolved?



How to submit your story:

Click on “start assignment” at the top.

Select the Googledrive tab.

Find and select the file entitled March Writing Contest.

Click twice to upload into Canvas.

Click submit at the bottom.

Remember: The deadline is Thursday, March 31st.



PTSA Meeting Schedule

Parents, family members, and students are all welcome and encouraged to participate in PTSA meetings. Be sure to mark your calendars and come join us to learn all the ways that PTSA supports the Mears school community.

Upcoming PTSA General Meeting -- April 19, 2022 5:30pm

Meeting Dates for Spring Semester: Apr. 19, May 3, 2022

[Mears PTSA Zoom Link](#)

PTA Fundraising Opportunity

We are proud to announce our new Mears PTSA School Store Online! We are able to bring many brand-name items delivered directly to your home!

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

Mears 2021-22 Yearbook Sales

Final Orders Due by April 1st



2021 – 2022 Yearbooks are on sale now!

Purchase your yearbook at

www.ybpay.com use Yearbook ID:

13921122 Mears PTSA

Mears Supports Humanitarian Efforts



NJHS Supports Make a Wish Foundation

Come to the NJHS-sponsored Spring Carnival, Friday April 8. All proceeds go to Make A Wish.



Community Service Supports Ukraine Refugees Relief Effort

Be sure to participate in the Spring Rummage Sale by donating to the cause. All proceeds will go to supporting refugee relief for Ukraine.



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](#)