

Prevention Action Alliance

Know! How to Fight Teen Depression

The holiday season is filled with peace and joy for many, yet sadness and despair for others, creating the perfect storm for the onset or worsening of depression.

As a parent or other caregiver, do you feel confident you would know if your child was experiencing depression? And if your child was, would you know what to do?

If you are questioning your ability to discern typical teen behavior from something more serious, you're not alone. According to the <u>C.S. Mott Children's Hospital National Poll on Children's Health</u> from the University of Michigan, 40% of parents surveyed said they feel they would have a hard time telling normal ups and downs from possible depression in their tweens and teens. In addition, 30% of parents were concerned with recognizing signs and symptoms of teen depression due to youth being good at hiding their feelings.

In this newsletter we focus on how parents and other caregivers can help teens who are, in fact, experiencing depression during the holiday season and beyond (with these tips from <u>HelpGuide: Parent's</u> <u>Guide to Teen Depression</u>):

Encourage Social Connection

- Make face-to-face time with your child a daily priority. When you do, be sure to put down YOUR phone, resist the urge to multitask, and give your complete attention to your child. This daily in-person interaction can go a long way in reducing your child's depression.
- Encourage your child to connect with friends. You can even take the lead by seeking out opportunities for them to connect with other teens through family events and activities.
- Get them re-engaged. It is common for depressed teens to lose interest in activities they used to enjoy. Help them find that spark again that brings them joy.
- Promote volunteerism by helping them find a cause that interests them and gives them a sense of purpose. Helping others is a great way to boost one's mood.

Make Physical Health a Priority

- Get your child moving; exercise is essential to mental health. Ideally, youth should be getting an hour of exercise each day. But it need not involve the gym. It could be a stroll around the block, a bike ride, walking the dog, etc. So long as they're moving, it's beneficial.
- Get them off their screens. Teens tend to gravitate toward the virtual world to escape their problems, but social media has a way of making things go from bad to worse. Plus, when screen time goes up, physical activity and time spent with friends in person goes down, which can worsen symptoms.
- Encourage plenty of sleep. Sleep is as vital as the air they breathe, and most teens aren't getting enough of it. Teens need between eight to ten hours of sleep each night in order to function their best.
- Provide them with nutritious, balanced meals to improve their mood and help them feel energized. The typical teen-preferred junk food is alright in moderation, but it is critical for brain health and mood support to incorporate healthy fats, quality proteins, and fruits and vegetables in their daily diets.

Know When to Seek Professional Help

• Family support and healthy lifestyle changes can make a world of difference for a teen experiencing depression. However, sometimes these measures are simply not enough. If you suspect or know that your child needs something more, do not hesitate in seeking professional assistance. Start with your family physician or pediatrician for direction and guidance.

For further depression support and referrals, contact the National Alliance on Mental Illness (NAMI) Helpline at 1-800-950-6264 or go online at https://www.nami.org/Find-Support/NAMI-HelpLine.

If you suspect that a teenager is suicidal, take immediate action! For 24-hour suicide prevention and support in the U.S., call the <u>National Suicide Prevention Lifeline</u> at **1-800-273-TALK**. To find a suicide helpline outside the U.S., visit <u>IASP</u> or <u>Suicide.org</u>.

Sources

- Melinda Smith, M.A., Lawrence Robinson, and Jeanne Segal, Ph.D. HelpGuide: Parent's Guide to Teen Depression. October 2019.
- National Sleep Foundation: Children, Teens & Sleep

Proud to be a Medina Bee!

Hanson

January Student of the Month

Jacob Kasmarcak is a leader among leaders, consistently communicating well with peers and



teammates. His empathetic nature keeps him aware of the needs of those around him and he is always willing to help. His class schedule consists of Advance Placement and College Credit Plus courses. Jacob is a Captain of the Varsity Lacrosse team and played Wide Receiver for the Varsity Football team. He also plays travel lacrosse and recreational basketball. He is a Link Crew Commissioner and Treasurer for National Honor Society. Jacob volunteers in the Joyce B. Ebner Tutoring Center as a peer tutor and has worked the last three summers for Zaremba Management. After graduation, he will be attending college and plans on studying computer science and business. Jacob is the son of Tim Spatz and Kristin Kasmarcak Georgi.

Class of 2020 - Senior Diploma Verification/Commencement Participation

All MHS and MCCC seniors, with their medinabees login and password, are required to fill out the Diploma Verification/Commencement Information on-line google form. The information being requested is their first, middle, and last names in addition to indicating if the<u>y intend or do not intend</u> to participate in the graduation ceremony in May at the JAR Arena. The form is available on Blackboard in the Class of 2020 organization only. Please note diplomas are printed with the student's legal name as it appears on his/her birth certificate. **This must be completed now.**



Class of 2020 - Transcripts and Parchment

All MHS final transcripts are sent through Parchment. Every college needs your final transcript before you start school in the fall. Send it while it is free! In April/May 2020, seniors will need to order your final transcript - you MUST select HOLD FOR GRADES! HOLD FOR GRADES will signal that your transcript needs to be held until ALL grades are posted and a graduation date added. Final Transcripts are usually sent out to colleges around the second week in June. Seniors - please see Mrs. Vererka in White Guidance with any questions. <u>All students should complete Parchment even if they are not attending college in the fall.</u>

MHS Debate News

1) MHS Debate made its annual pilgrimage to Princeton University over the first weekend in December. There were roughly 150 teams from around the country competing. In addition to the 34 students from MHS Debate, three other schools from Ohio competed this year: Hawkin School (sending 6 students), University School (sending 8 students), and Revere High School (sending 5 students). In the events in which MHS competes, there were roughly 900 student competitors. Medina finished 12th in Varsity Lincoln-Douglas, 18th in JV Lincoln-Douglas, and 8th in Congressional Debate. Well done MHS Debate! Special thanks go to the 8 volunteer judges who gave up a weekend to make this possible!



2) At the state tournament this March, MHS Debate coach, Scott Quade, will be formally inducted into the OSDA (Ohio Speech and Debate Association) Hall of Fame. Eligibility includes a minimum of 17 years coaching, a quota of top finishers at the state tournament, and service on district and/or state OSDA committees. Once nominations are complete, existing Hall of fame members vote to reduce the field down to 5 nominees. Head coaches from around the state then vote based on that ballot of five and elect one or two inductees per year. This was Mr. Quade's 8th consecutive nomination and the 4th time he has made it to the ballot. There are two inductees this year, Mr. Quade and Mr. Paik, one of the coaches at University School. The induction ceremony will be at the opening of the state championship tournament, on the first Friday of March, at Wooster High School. Congratulations Mr. Quade!

MHS Parking Lots

- The speed limit in the parking lot is 10 MPH.
- A speeding violation could result in a parking pass being revoked.
- The painted parked by the stadium are assigned parking. No parking on a painted spot unless you painted it!

S.P.I.C.E. - Students Performing in Creative Entertainment

SPICE, the MHS talent show extravaganza, is Friday, January 24, and Saturday, January 25, at 7 p.m. in the PAC. Come out and cheer on students as they sing, dance and laugh their way across the stage. Tickets will be available in the PAC Box Office, at the HUB, and online at Eventbright.com.. Tickets will also be available at the door each night. All tickets are \$ 8.00.



SPIRIT WEEK - February 3 - February 7



Monday - College Wear Day Tuesday - Hat Day Wednesday - Western Wear Day Thursday - PJ Day (School Appropriate) Friday - Class Color Day

- Freshmen: Yellow
- Sophomores: Black
- Juniors: White
- Seniors: Green

Winter Formal - Dancing with the Stars



Saturday, February 8, 2020, 7:30 to 10:00 pm, MHS Gym, Doors Open at 7:00

Planned Ticket Sale Schedule: Ticket Sales will Begin January 24, 2020 and End February 6, 2020

All Fees Must be Paid by January 16, 2020 to Purchase a Winter Formal Ticket

Ticket Price will be Announced at a Later Date. The 2019 Ticket Price was \$ 17.00.

Online Dance Ticket Instructions:

- Click on the link to purchase tickets.
- Click on Log In to create or use and existing account using an email address and password.
- Enter your student ID number to verify that you are eligible to purchase a ticket. If your ID number does not work, you owe any fees and should see Mrs. Platz in the main office.
- You may only purchase ONE MHS ticket per account.
- If your date is an MHS student and you want to purchase his/her ticket, you will have to create another account with a different email and password. You will need his/her ID number to make sure they are eligible.
- If you are bringing a Guest from outside MHS (student grade 9-12 from another school or MHS grad age 20 and under), you can purchase ONE GUEST ticket on your account.

Dance Dress Code:

- All Students must wear shoes during the dance! Ladies, you are welcome to bring a different pair of shoes (sneakers, Crocs, flats, etc.) if you do not want to wear heels all night.
- Gentlemen: Dress shoes or dress boots, dress pants, dress shirt with collar and TIE; Sport coat/suit is optional. A tie is mandatory.
- Ladies: Dress shoes, pantsuit, dress, or skirt/blouse
 - Dresses that show midriff will not be permitted
 - Mostly sheer or see-through gowns are not allowed
 - If the dress has a front or side slit, it should not go higher than the person's fingertips (when hands are at side)
 - Backs of dress should cover small of back
 - Gowns that show excessive cleavage will not be permitted

If in the collective opinion of the school administrators and advisors a guest dresses in an inappropriate manner, he or she will not be permitted into the dance.

Attention Juniors - Class of 2021

MENINGITIS VACCINE REQUIREMENT FOR THE CLASS OF 2021 In 2017, the Ohio Department of Health issued new Tdap and Meningitis vaccine requirements for students entering 7th and 12th grades. All seniors must provide proof of receiving the required vaccine before the start of the 2020-2021 school year. Immunization forms should be turned in at the main office.



Food for Thought

On December 4th, students participating in Katie Shaffer's social studies elective class Food for Thought, took a trip to the West Side Market in Cleveland. Students were able to experience the cultures and foods they had been learning about this semester. While at the Market, they participated in a food scavenger hunt and spent time learning about the market from the Market's vendors. A special thank you to Mr. Jeff Harrison for this opportunity, and Mr. Mike O'Brien for chaperoning.



Joyce B. Ebner Tutoring Center

The Joyce B. Ebner Tutoring Center sponsored by the Medina City Schools Foundation helps students with all subjects offered at Medina High School. Honor students are matched with students to help them during their study halls. We also have Math teachers in the Math Lab during designated study halls. Applications for tutoring are available in Room 1300 or at the HUB.

Peer Coaches Christmas Party

Each year the peer coaches in our Essentials Health and P.E classes put on a Christmas party for their "peer partner" friends in class to celebrate the fun and friendships that they have established throughout the semester. We watched movies and had pizza and snacks to celebrate! We also made snowflake ornaments to hang on our Christmas trees. The peer coaches guided the students through the semester enjoying fun activities in health and P.E. They are great role models!



2020 Medina Senior Scholarship Application - February 1 - February 24, 2020

The Senior Scholarship Application (formally known as the Universal Scholarship Application) will be available on Blackboard under the MHS Counseling Organization, Scholarship/opportunities beginning February 1, 2020. There are more than 50 scholarships from various Medina Community and Medina High School organizations, from the Medina City Schools Foundation and from the elementary and middle school Parent Teacher Organizations. This year, the Senior Scholarship Applications has been divided up into eight sections. All students must fill out the Basic Information application. Each section has similar/like category application requirements, ie played sports, pursuing a medical career. Students can complete the application sections that apply to them. Each section of the application must be completed in one sitting; it cannot be saved. The application window is February 1 through February 24, 2020. All supplemental information must be received in the White Guidance office by the end of the school day February 25, 2020, unless otherwise stated. There is a preview/criteria sheet on Blackboard available now for students to prepare application responses.

Spring Play Auditions

The Drama Club's Spring Production of Shakespeare in Love will be January 28, 29 and 30th after school in the Middle Auditorium. The play is scheduled for the weekend of April 23.

Improv Club Annual Show & Auditions

The MHS Improv Club is presenting our annual show, "No Goofin," on February 7 in the Middle Auditorium. Come have some laughs and watch stand up comedy, improv games, and skits! Auditions will be held on Monday, January 13 and Thursday, January 16 from 2:30-3:30 pm in Room 1218.

From the Counseling Offices

1) Medina County Career Center Sophomore Visitation Day is Tuesday, January 28. Permission slips were given to the sophomore students during the week of November 11th. Parents must sign the back of the permission slip which contains the TWO programs the student chose to visit. Permission slips are due to the TUB IN THE HUB no later than December 19. Students will not be allowed to attend unless they return their permission slip. Lunch is provided to all who attend the field trip. First Chance Application Nights from sophomore students and parents will be held on Thursday, January 30, 2020, and Wednesday, February 5, 2020.

2) PSAT score results are available through CollegeBoard. Presentations for viewing scores, understanding scores and updating Khan Academy practice took place prior to Winter Break for juniors, and will take place after Winter Break for sophomores and at the end of January for freshmen. Junior and Sophomore students have CollegeBoard accounts that were created during their freshman school year. Freshmen will be creating their CollegeBoard accounts in January of 2020. If freshmen parents chose to create an account prior to school counselors creating the account with the freshmen students, please have the student register with their medinabees.org email. Students will need access to their CollegeBoard account in order to participate in these activities. If the account is created ahead of time, please make sure your student has access to and understands how to log into their account. The preference is for the student to wait until the school counselor presentation to create the account. All junior students will be taking a school-day SAT on Tuesday, April 14, 2020.

Feed the Bees Food Pantry



Our pantry has been busy this past semester. Thanks to donations from community groups, churches, and Girl Scout troops, the pantry has expanded from a couple of cabinets in the back of the White Admin Office to our own room, across from the White Admin Office. The generosity of the Class of 2019 allowed us to get more shelving units and a refrigerator for the pantry! We are happy to share that so far this school year we have been able to help students facing hunger insecurity 98 times with *Weekender Bags* and *Break Boxes* for Thanksgiving and Winter Break. Please contact us at

<u>feedthebees@medinabees.org</u> if you are interested in making a monetary donation or doing a food collection for our pantry. Thank you for your support.



From the Athletic Office

Noah Nunn is signing a National Letter of Intent during the Early Period for Division I Football. He will be attending Lafayette College. Congratulations Noah!

From The Counselor's Office - AP EXAMS

AP Exams will take place May 4-8 and May 11-15, 2020. Taking the Advanced Placement exams is an important part of all AP courses. Medina High School requires all students take AP exams for the AP classes they have taken. Scoring well on an AP exam can often earn students college credit for their high school class, saving a significant amount of tuition.

An exam will be ordered for every student, and the cost of the exam was added to his or her school fees in September. Seniors must pay their fees by graduation, or they will not be permitted to walk. If a student does not take the AP exam, then the AP weight will be removed from their transcript, and they will still be charged for the exam.

This year each AP exam will cost \$94.00. Medina High School desires that every student be able to take their AP exams. Students requiring financial assistance should contact Mrs. Heather King, <u>kingh@medinabees.org</u>, at Medina High School to learn more.

AP Exam Meeting -

Every student taking an AP EXAM must attend a mandatory pre-administration meeting on April 22, 2020 at 8:15 am in the PAC.

Please contact Mrs. Heather King, <u>kingh@medinabees.org</u> by March 15 if you have any questions.

Exam Schedule: <u>http://professionals.collegeboard.com/testing/ap/about/dates</u> Exam Day: <u>https://apstudent.collegeboard.org/takingtheexam/exam-policies/exam-day-policies</u> Exam Scores: <u>www.apscore.org</u>

Polygon Portraits

The Digital Art & Photography assignment was called "Low Poly Portraits." Students shot self-portraits in the photo studio, then brought their photo into Adobe Illustrator to transform a traditional photo into a polygon portrait. Using the Pen Tool the students drew a "jigsaw" of shapes that defined the facial features, areas of value, etc in the portrait. Then they used the Eyedropper Tool and Paint Bucket interchangeably to fill the shapes with pixel colors from the original photograph.



Graduation Cap/Gown/Announcement Ordering Go to <u>www.jostens.com</u> or <u>Click Here</u>

2019 Art 1.11 Auction

The 2019 Art 1.11 live auction is now open. This year, 50 paintings created during the annual Art 1.11 event where student, staff and community artists create their masterpieces in just 111 minutes are now accepting bids.

Money raised through this auction goes to support scholarships for seniors pursuing art. To place your bid on one of these amazing paintings visit



<u>http://www.32auctions.com/2019art111</u>. The next Art 1.11 event is Saturday, January 11, 2021 at Medina High School in the main cafeteria from 3:00 - 5:00 pm.

After Prom

Each year, a talented group of parent volunteers supports Medina High School students and the community by hosting a drug and alcohol-free After Prom event. With help from generous community businesses and parents, these volunteers are able to present a night that is second-to-none in safety, fun, and entertainment. During the event, students enjoy food and refreshments from local restaurants, as well as many games and activities. The grand finale of the night features a gift basket drawing that gets all the students very excited! Meetings dates are Jan 7, Feb 11, March 10, April 14, April 28 and May 5. All meetings are held in the MHS Mecca and start at 6:30 pm. Please email <u>afterpromPresident@medinabees.org</u> to get involved!

Senior Yard Signs



The After Prom Committee is once again selling Senior Yard Signs. The signs are on sale now until January 24. The cost of each sign is \$15. There are two ways you can purchase a yard sign:

1. Complete the order form below and send cash or check made payable to The Chemical People/Medina After Prom to the HUB.

2. Email your order to Christine Kasian at <u>yardsigns2020@gmail.com</u> Include the student's name, parent's name and cell phone number. Payment will be

EXACT CASH ONLY on the pick-up date. Signs will be available for pick up on Monday, January 27th from 1:00-2:30 pm at a table located near the HUB. If you have any questions, please email Christine Kasian. See below for the order form.

MCS Annual Pancake Breakfast

On Saturday, January 25, 2020, the Medina City Schools will host their annual Community Pancake Breakfast and "Spotlight on Students" from 8:00 a.m. until 12:00 p.m. in the main cafeteria at Medina High School. Tickets are \$3 each or 4 for \$10 and are available at all district school buildings and both Medina Buehler's locations through Friday, January 24, 2020. Senior citizens, 60 and over, are FREE. Vouchers are available at any of the district school buildings or at both Medina Buehler's locations. You may also contact the Community Relations Department at 330.636.3012. Tickets will also be available at the door on the day of the event. Breakfast includes pancakes, sausage, syrup, milk, juice, coffee, tea, and hot chocolate.

As part of this annual event, there will be student artwork on display as well as a variety of student performances. Performances begin at 9:00 a.m. and run through noon. The current schedule of events is below and may be subject to change:

9:00-9:15: Ella Canavan Glee Club

Performing Arts Center Main Stage

9:15-9:30: Waite Elementary Glee and Recorder Clubs

Performing Arts Center Main Stage

9:30-9:45: Heritage Elementary Glee Club and Third Grade Singers Performing Arts Center Main Stage

9:45-10:00: Blake Elementary Fourth and Fifth Grade Choir

Performing Arts Center Main Stage

9:45-10:00: Garfield Elementary First Grade Poems Performing Arts Center Lobby Stage

10:00-10:15: Claggett Sixth Grade Choir

Performing Arts Center Main Stage

10:00-10:15: A.I. Root Middle School Choir

Performing Arts Center Lobby Stage

10:15-10:30: Fenn Elementary Cheer Squad

Performing Arts Center Main Stage

10:30-11:00 Northrop Elementary Performing Arts Center Main Stage

10:45-11:15: Claggett Middle School Vocal Performances Performing Arts Center Main Stage

10:45-11:15: MCPAL Performances

Performing Arts Center Lobby Stage

11:30-Noon Medina High School Encore Entertainment Company

Performing Arts Center Main Stage

All proceeds from this event will go to the Medina City Schools Foundation in support of all of the services and programs they provide to Medina City Schools' students and staff which includes support of the Joyce B. Ebner Tutoring Center located at Medina High School.

Student Fees

At the high school, there is a general fee of \$15 which covers thagenda, student ID and graduation costs. Full day Medina County Career students do not receive an MHS ID and therefore the fee is reduced to \$10. Course fees are outlined in the Registration Guide. Pay to Participate fees are assessed once the team rosters are complete.

Fee Bills for current year fees will be mailed after all fees have been added, generally mid-September. At the end of the 2nd, 3rd and 4th grading periods, report cards will be held in the main office until all fees have been paid. Students will receive a fee bill in lieu of their report card.

All fees must be paid in order to purchase dance tickets with the exception of the Homecoming Dance. For the Homecoming Dance, only the PRIOR YEAR fees need to be paid. Fees can be paid to Mrs. Platz in the main office using a check (payable to Medina High School), cash or money order. Fees can be paid online via Payforit.net with your Visa, Mastercard or ACH check.

2019-2020 Yearbooks

Our title this year is "Life Is A Game, Play It Like A Bee". The theme will be centered around various games such as board, card, video, and arcade.

In order to make the yearbook possible there a couple of things to keep in mind:

Senior portrait pictures must be taken by Lifetouch/Prestige on or before January 17, 2020. The yearbook only accepts Lifetouch photos. To set up a free appointment with Lifetouch/Prestige, call 330-225-7666

It is best to order the yearbook earlier in the year than later. It is highly recommended to purchase the shipment of the book home so it is received during the summer of 2020. Any books not shipped home will not be distributed until school starts in the fall.

- Winter Sale: Nov. 2 Jan 31: Cost \$60.00. Icons, shipment, and personalization extra.
- Spring Sale: Feb 1 June 1: Cost \$70.00 Icons, shipment, and personalization extra.

If you have any questions about the yearbook or pictures, please feel free to contact Heather Hascher, Yearbook Adviser at <u>hascherh@medinabees.org</u> or 330-636-3344.

National Honor Society Applications

The 2020 National Honor Society application is available on Blackboard, in the MHS Student organization, under applications. It must be completed, signed, and returned to the HUB by 2:30 pm on Monday, 2/3/2020, in order to be considered. Late applications and applications which do not meet/include all outline criteria will not be considered - no exceptions.



Attention Juniors and Seniors!

There are a number of colleges that will be visiting MHS to discuss their programs and answer any questions. This is a unique opportunity to meet college admissions reps, ask questions, and get a feel for each college. Please take advantage of these visits. To view and sign up for visits with reps, go to the counseling link on Blackboard. Then, click on College and Career on the left. The list of schools and an online signup sheet are under the College Visitation Days link. You may also come to white guidance for a pass!! Need help with your campus visits this fall? Check out <u>this link</u> from the College Board.

FAFSA - Class of 2020 - 7 Things You Need Before You Fill Out The FAFSA FORM

If you need financial aid to help you pay for college, you must complete the Free Application for Federal Student Aid (FAFSA) form. The 2020-2021 FAFSA form was available as of Oct. 1, 2019. You should fill it out as soon as possible on the official government site, fafsa.gov.

It'll be easier to complete the FAFSA form if you gather what you need ahead of time. Below are 7 items you'll need to find before Oct 1:

- 1. Your FSA ID
- 2. Your Social Security number
- 3. Your driver's license number

- 4. Your 2017 tax records
- 5. Records of your untaxed income
- 6. Records of your assets (money)
- 7. List of school(s) you are interested in attending

All Students Must Have a Parking Pass

All students are required to have a parking pass in order to park in the school lots. Students may park in Lots B, C, E and F with a pass. Students *are not* to park in the lots of any of the area buildings including the rec center parking lot. Parking passes can be purchased daily at the Hub. Passes cost \$40 for the full year. Passes are reduced by \$10 per quarter for new student drivers/parking pass applicants. The required paperwork can be found on the high school website. There will be regular sweeps of the parking lots to check for parking passes. Cars found without a pass will get a warning sticker with directions on what to do. If there is no parking pass during the next sweep, the car will be booted. Please note there will be a \$20.00 fee assessed if we boot a car. We ask for parent support by making sure your student who is driving to school is purchasing a parking pass.

Planning a Move?

If you currently reside in the Medina City School District and have recently moved, or plan to move to a new address within the district, you will need to provide proof of residency to the Medina City School District Registration Office. One of the following documents will be accepted as proof of residency: current utility bill, mortgage contract, purchase contract, lease agreement, insurance statement on the dwelling, or a letter from your builder indicating a possession date within 90 days of enrollment in the district. If you are unable to provide any of the approved documents, please complete the Residency Affidavit, have it notarized, and submit to the Registration Office. If you are moving out of the district during the school year, please notify the guidance secretaries so that the withdrawal process can begin. Please be certain to promptly register in your new school district and complete a records request so that we may release educational records to the new school.

Did you know?

Mail being sent home to parents is usually addressed "To the Parent of:" and the student's name. Sometimes that mail is returned to us by the post office because the child's last name is different than the parent's last name, and the post office says that is undeliverable as addressed. This is especially true if you live in an apartment. By the time all of this happens, several weeks can have passed. If this applies to you, please make sure to notify the post office of all last names that mail may be addressed to for delivery. Your help is appreciated.

Morning Announcements

Daily Student Bulletins are posted on the MHS website, <u>https://www.medinabees.org/domain/372</u> Morning announcements can be viewed on YouTube at <u>MHSTV Morning Announcements</u>





LInk For Athletics and Performing Arts Tickets <u>Please Click Here</u>

Attendance Office

Linda Florian (A-K) 330-636-3208 florianl@medinabees.org

Diane Boccio (L-Z) 330-636-3206 bocciod@medinabees.org

Call-Off Line 330-636-3207 - *Voicemail available 24 hours a day* Fax: 330-636-3802 - Attn: Attendance Office

Reporting Student Absences

 \cdot If a student will be missing school, a parent needs to call the Attendance line. The parent will need to spell the student's last name, give his/her school ID#, and the reason that he/she is absent.

 \cdot If a parent does not call, the student will be marked "unexcused absent" and an automated call will be generated at 10:30 a.m. each morning.

 \cdot If a student is late because of an orthodontist, doctor, dentist, court appointments, etc., the absence will be excused if the student brings in a school excuse from the doctor, dentist, etc. to the Attendance Office.

If a Student Becomes III in School

He/she needs to go to the closest neighborhood office or clinic with a pass from his/her teacher. The neighborhood secretary or the nurse will call the parents for permission for the student to leave school. If the parent gives permission for the student to leave, the secretary will give the student a pass that MUST be brought to the Attendance Office. The person picking up the student, MUST come in to sign the student out in the book at the front desk of the main office.

STUDENTS SHOULD NOT BE USING THEIR CELL PHONE TO CALL PARENTS DIRECTLY TO GO HOME ILL - An MHS employee must talk to the parent before a child can be released.

Tardiness to School

Oversleeping, car trouble, power failures, traffic problems, frozen car locks are all unexcused tardies. A note or call from a parent to the Attendance Office regarding the reason is always appreciated and will be noted for your student's records. A Principal or his/her designee shall make the final determination between excused or unexcused tardy if necessary.

As the student accumulates tardies to school, the following consequences may result:

4 tardies ~ One (1) ASD
8 tardies ~ (2) ASDs
12 tardies ~ 2 hour Saturday school and notification

Leaving Early

Parents need to send in a note requesting that the student leave early for court, an orthodontist appointment, doctor's appointment, etc. The note needs the date, reason for the absence, and the time that the student is to leave school. The parent does not have to come in to sign out the student. If a parent calls instead of sending a written note, the parent will need to come into the main office to sign out the student at the front desk. Parents need to realize that it will take time to find the student, especially if the student is in a gym class or at lunch.

Planned Absences

The student needs to tell his/her teachers about the absence and make arrangements to make up the work. The parent needs to call the attendance line in advance and give the dates and reason the student will be missing school, such as vacation, surgery, etc.

Vacations

Ohio law does not specifically allow vacation travel to be considered an excused absence from school. In situations that are essentially unavoidable, schools are permitted to grant excused absences in order to travel. Medina City Schools allows up to 5 excused vacation days per year.

A Request for Vacation Travel is required to be filled out and turned into the Attendance Office well in advance of the intended absence. The form can be found under Forms on the MCS website, on the MHS website, on Blackboard under the Forms tab in the MHS Student Organization and this link. Request for Vacation Travel Form

<u>IMPORTANT NOTICE</u>: If a student will miss more than approximately 65 hours (10 days) due to a vacation, parents/guardians are required to un-enroll their student from the Medina City Schools and re-enroll them upon return from vacation. This is done by contacting the Office of Registration at 330-636-3100. Questions concerning this procedure may be directed to Dr. Kristine Quallich, Asst. Superintendent, at 330-636-3092.

Medications

All medications must be delivered <u>by an ADULT ONLY to the SCHOOL NURSE</u>. The medication must be in a new, unopened container. Students must never possess any type of medication without documentation from a physician allowing him/her to do so. Only school health personnel are permitted to receive and log medications. Clinic hours are 8:00 a.m. - 1:00 p.m. Monday thru Friday when school is in session.

Second Semester 2020 School Year Important Dates

January 17	Teacher In Service Day, No Students
January 20	Martin Luther King, Jr. Day, No School
January 24-25	SPICE - MHS Student Talent Show, 7:00 pm, PAC
January 25	MCS Pancake Breakfast & Spotlight on Students, 8:00 - NOON,
	MHS Main Cafeteria and PAC
February 3-7	Spirit Week
February 6	MHS and MS Jazz Band Concert, 7:00 pm, PAC
February 7	Improv Club Annual Show, 7:00 pm, Middle Auditorium
February 8	Winter Formal, 7:30 - 10:00 pm, MHS Main Gym

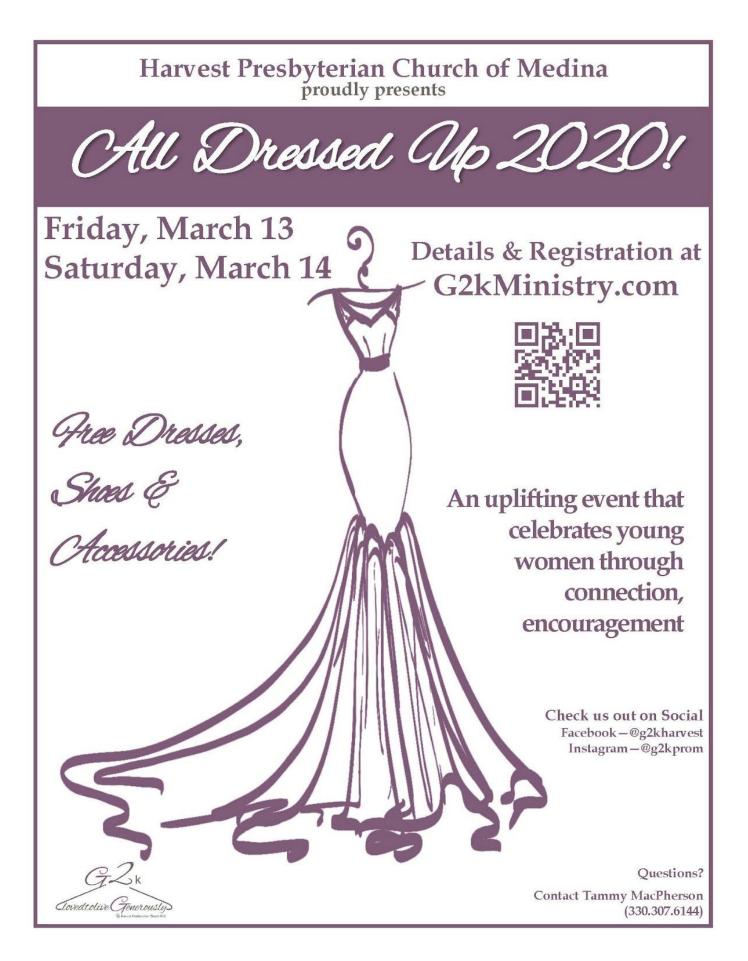
February 13	Early Release
February 14	Teacher In Service Day, No Students
February 17	President's Day, No School
February 25	MHS Band Concert, 7:00 pm, PAC
March 2 - 6	Say Something Week
March 3	MHS Choirs Concert, 7:00 pm, PAC
March 12	Parent Teacher Conferences, 3:00 - 5:00 pm
March 13	Last Day of the 3rd Nine Weeks
March 16	Family First Night
March 17	VOFT Blood Drive
March 23-27	Spring Break
March 30	First Day Back from Spring Break
April 4	Dinner and All that Jazz, 5:00 pm, PAC
April 10	Good Friday, No School
April 13	Conference Comp Day, No School
April 23-26	MHS Drama Club Spring Play - Tentative
April 27	NHS Induction Ceremony, 7:00 pm, PAC
April 28	SAT Testing for Juniors, MHS Orchestra Concert, 7:00 pm, PAC
April 29	Spring Testing
April 30	Spring Testing, MHS Band Concert, 7:00 pm, PAC
May 1	Spring Testing
May 4-8	AP Testing
May 8-9	Showtime
May 11-15	AP Testing
May 22	Strings in the Park, NOON, Medina Square
May 25	Memorial Day, No School
May 26-27	Final Exams
May 28	Final Exams, Early Release, End of the 4th Nine Weeks, End of
	the 2nd Semester, Last Day of the School Year

https://www.medinabees.org, click on Our Schools, click on Medina High School

Important Senior Dates - Class of 2020

January 17	Deadline for senior photos to be taken at Prestige for yearbook
February 1 to Feb 24	Senior Scholarship Application Available on Blackboard
February 8	Winter Formal Dance, MHS Gym, 7:30 to 10:00 pm
March 12	Parent/Teacher Conferences, 3:00 - 5:00 pm
May 8-9	Showtime, PAC, May 8 – 7:30 pm, May 9 – 2:00 pm & 7:30 pm
May 11-14	Senior Exams – Exams will be given during a normal school day.
May 14	Senior Sunset, MHS Football Stadium, 7:00 p.m. to sunset
May 15	Senior Exam Make-up Day
May 16	Prom at Quaker Station in Akron, After Prom activities at MHS
May 19	Senior Awards Assembly, PAC, 7:00 pm
May 20	MCCC Awards Assembly, MHS Gym, 7:30 pm
May 21	Mandatory Graduation practice for All MHS and MHS-MCCC
	Seniors
	 7:45 to 8:15 Sign In and Continental Breakfast
	 8:15 Sharp - Practice Begins
May 21	Baccalaureate, Holy Martyrs, 3100 Weymouth Rd, 7:00 pm
Saturday, May 23, 2020	Commencement for all MHS and MHS-MCCC seniors,







Senior Yard Sign Sale

The After Prom Committee is once again selling Senior Yard Signs. The signs will be on sale from December 9 – January 24. Cost of each sign is \$15.

There are two ways you can purchase a yard sign:

- 1. Complete the order form below and send cash or check made payable to The Chemical People/Medina After Prom to the HUB at the High School.
- Email your order to Christine Kasian at <u>yardsigns2020@gmail.com</u> Include the student's name, parent's name and cell phone number. Payment will be EXACT CASH ONLY on the pick-up date.

Signs will be available for pick up on Monday, January 27^{+} from 1:00-2:30 pm at a table located near the HUB. If you have any questions, please email Christine Kasian.

Senior Yard Sign Sale

Student's Name: _____

Parent's Name: ______Cell phone # _____

\$15 cash or check included: _____

Please return form and payment to the Hub at the High School

Medina City Schools Community Pancake Breakfast & Spotlight on Students





Saturday, January 25, 2020 8:00a.m. - Noon Medina High School Main Cafeteria (Enter through the Performing Arts Center OR the D4 doors at Medina High School)



A FUN-FILLED FAMILY EVENT

Tickets and senior vouchers can be obtained by calling the Communications Office at 330.636.3012 or by visiting the following locations:

- All Medina City School District buildings
- Both Medina Buehler's locations

All proceeds to benefit the Medina City **Schools Foundation**

For questions, call 330.636.3012



www.medinabees.org MEDINA CITY SCHOOLS FOUNDATION

Parent EdCamp 2019-2020

Mark Your Calendars for Parent EdCamp 2019-2020

You are cordially invited to Medina City Schools Parent EdCamp 2019-2020. This year, there are three separate informational camps. In each camp, you will have the opportunity to choose from up to three informational sessions each lasting 25 minutes with five minutes allotted to move around to the next session.

September 25, 2019

Technology Camp

Medina High School

7:00 PM - 8:30 PM

Session 1	Session 2	Session 3	Session 4
1-1 Initiative: What does this mean for my child in grades 2-12?	Social Media: What are the hot topics surrounding the apps kids are on?	Student Privacy: How will Medina City School keep my child safe?	What's new in educational technology?

January 22, 2020 College and Career Camp Medina High School

7:00 PM - 8:30 PM

Session 1	Session 2	Session 3	Session 4
\$\$\$ and Sense: A Look at	Test Prep and College	Career Readiness in the	Volunteer Opportunities
College Financial Aid	Entrance Exams	21st Century	(Grades 6-12)

April 22, 2020 Innovation EdCamp Claggett Middle School 7:00 PM - 8:30 PM

Session 1	Session 2	Session 3
Wonderous Wednesdays: What are our elementary students doing with inquiry-based learning	Project Lead the Way: Learning all about our engineering, computer, and new Bio Medical course at the middle school and high school level	Fun for Everyone: Makerspace: Come learn and play in the Makerspace

When BIG YELLOWSTOPS III



Everyone STOPSIII