



# Mount Edgecumbe High School Statewide Video Conference

December 7, 2023

# Kristen Homer - Nurse Practitioner/Clinic Manager

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- Primary Care Clinic M-F 8:00am to 5:00pm
- RN Coverage 7 days per week until lights out
- Flu Clinic in October–vaccinated about 80% of students. No documented flu yet this year!
- We just received our supply of Covid vaccine so will be offering a COVID vaccine clinic after the winter break
- All immunizations administered at MEHS are entered into VacTrAK and are accessible to your local clinic
- We will be sending students home with their medications over the winter break. Please be sure to send prescription medications back with your student when they return in January.
- Thank you!

# Rachel Sorokin - Mental Health Clinician/Wellness Coordinator

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We are in the dorms from 2:30 to 11:00 pm 7 days a week providing social emotional and mental health support for students.

-Wellness Team offers counseling and mental health support on campus

-Prevention groups for substance abuse through our behavioral health partners

-Tobacco cessation offered by Wellness Team using American Lung Association curriculum INDEPTH

-Substance abuse support with Commitment to Clean program

-We partner with other mental health providers across the state and community to ensure that there is a continuity of services

## **Highlights from the past trimester:**

-Partnered with SEARHC Suicide Preventionist to offer Suicide Awareness presentation to be used each trimester during Health Class

-Exploring creative ways to bring more Positive Body Awareness and education in our dorms that can be incorporated into recreational activities

Focus areas: Dealing with Anxiety, Growth Mindset, Resiliency, Attending to Basic Needs

***Thank you for sharing and trusting us with your children. The Wellness Team is truly honored to partner with families in providing support and care for our students. Please call or email if you have any concerns or questions.***



# Miranda Bacha - Academic Principal

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- Thanksgiving
- MAP testing
- Syllabi on website
- Music Highlight



# Chohla Moll - Cultural Integration Coordinator

Since the last Video Conference!

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## ❑ **Native American Month Festivities**

- ❑ More than 20 performances around Sitka between 5 MEHS cultural dance groups!
  - ❑ Including our local elders at the Pioneer Home + Long Term Care Facility
- ❑ Honoring Our Ancestor Community NAHM Celebration
- ❑ Family Artist in Residence - Crystal Dushkin & Sally Swetzof
  - ❑ Unangan Song, Dance & Story Workshop
- ❑ Sitka Public Library Babies and Books - Sugpiaq Dance Group + ED Rising + Cultural Room collaboration

## ❑ **Cultural Integration in MEHS classrooms**

- ❑ Mr. Delikatny - Geometry and Pacific Formline Art integration
- ❑ Mr. Barwick - Economics - Topics surrounding traditional economics including a trip to the SJ Museum
- ❑ Social Studies & Student Government - Color of Justice
- ❑ Health Mindfulness Stations - cedar cordage, cedar roses and fur pouf earrings

## Coming up!

- ❑ SJ Museum Lunch Speaker Series - Dance Groups (Jan. - Apr.)
- ❑ Alaska Blanket Exercise - Professional Development
- ❑ Culturally Responsive Teaching - Professional Development

# Chohla Moll - Cultural Integration Coordinator

## Sitka Public Library Babies and Books - NAHM event



MEHS Education Rising Student reading to the toddlers!



MEHS Sugpiaq Dance Group dancers, coloring Sugpiaq masks with the kiddos

# Chohla Moll - Cultural Integration Coordinator

MEHS Yup'ik Dance Group performing for the elders at the Sitka Pioneer Home.

All 5 MEHS Cultural Dance Groups performed for the Pioneer Home and Long Term Care Facility this November and into December!



# Chohla Moll - Cultural Integration Coordinator



Unangaꝥ Song and Dance  
Workshop Family Artists in  
Residence Crystal Dushkin and  
Sally Swetzof!



# Claude Presley - Director of Residential Life

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- Honor Room process (requested last month)
- Holiday Cleaning
- End of the year closed Out
- Students Emails (over the break updates)

# Andrew Friske - Residential and Activities Principal

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## Residential Life

- 2nd Trimester Schedule
- Thanksgiving Highlights- Dinner, 3 on 3, Carnival
- Donated Kitchenware & Ice Machine

## ASAA Activities

- Southeast & State Honor Festival High Participation
- Wrestlers are in Juneau for Region V Championships
- DDF competes at Sitka High this Friday & Saturday
- Congratulations to our Lady Braves Volleyball team who are the 2023 Region V Champions!! At State they played hard but came up short placing 5th overall.
- Girls Bball 65, Boys Bball 55 & Cheer 41 started November 29.
- Overall 369 students involved in organized activities.
- ASAA Athlete of the Month - Tessa Anderson -12th grade, Sitka



# What is our residential plan moving forward?

- We are going to keep Quiet Hour through the weekdays.
- We will continue to pull all students with two or more NC's and place them on tutorials.
- On Sundays, we are going to add a mandatory Study Hour that ends at curfew. We are able to move Study Hour later in the evening due to the the earlier availability of the Gym on Sundays.
- On Sundays, we will pull all students with NC's and have them study in supervised locations.
- We will extend Dead (Semi-Final) Week to a full week before finals. During Dead week we will pull back on recreation activities and continue to place students with NC's in supervised locations to study.
- We will find a better name than Dead Week....(Semi-Final Week)
- We will continue to brainstorm ways that we can support our struggling freshmen without impacting the rest of the student body.

# Trish Bessert - Recreation Coordinator



## Upcoming Events:

- Annual Christmas Dinner & Merit Buck Auction



# Suzzuk Huntington - Superintendent

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- ❖ Advisory Board meeting update:
  - Next meeting, February 14-15, in person
- ❖ Federal Programs
  - [Overview](#)
  - Migrant Parents - Vote for Consolidation (email)
  - [Schoolwide Plan](#)

