

## Report student illnesses via this form

# MRH Illness Report

HELP PREVENT THE SPREAD OF COVID-19.

## Stay home if:



You are experiencing any of the following symptoms:

- Cough
- Shortness of breath or difficulty breathing
- Loss of taste or smell
- Fever (>100.0F)
- Chills
- Congestion or runny nose
- Nausea
- Vomiting
- Diarrhea
- Sore throat
- Headache
- Muscle pain

You have a measured temperature greater than or equal to 100 degrees Fahrenheit (37.8 degrees Celsius).

You've had known close contact with a person who has tested positive for COVID-19.

**PLEASE STAY HOME AND REACH OUT TO YOUR HEALTHCARE PROVIDER.**



For more information, please visit our website  
<https://www.mrhschools.net/parents/covid-19-resources>



Maplewood Richmond Heights School District



## Ready to Learn Checklist



Complete your daily health screening. **STAY HOME** if you are sick or not feeling well.



**FACE MASKS ARE REQUIRED.** Masks must cover your nose, mouth, and chin.



Bring your Chromebook with you each day.



Keep 6 feet of **DISTANCE** from others.



Hand sanitize when entering the building.



We are committed to your health and safety.  
For more information, please visit our website  
<https://www.mrhschools.net/parents/covid-19-resources>

## DAILY HEALTH SCREENING IS MY CHILD READY TO LEARN?

My child will **STAY HOME** if they are experiencing any of the following symptoms:

- Cough
- Shortness of breath
- Difficulty breathing
- Loss of taste/smell
- Temperature of 100.0F or higher
- Congestion or runny nose
- Sore throat
- Nausea, vomiting, diarrhea
- Headache
- Chills
- Body aches

My child will **STAY HOME** if:

- they have been diagnosed with COVID-19
- they are considered a probable case
- they are a close contact of a person who has tested positive for COVID-19 in the past 14 days
- a member of their household is awaiting COVID-19 test results

My child is **READY TO LEARN** if they are symptom-free and has the following with them each day:

- Charged Chromebook
- Mask: no single-layer gauzes or masks with exhalation valves/vents
- Water Bottle





# This Week in Guidance

## Counselor Contacts

9th/10th: Ms. Kravitz  
[debbie.kravitz@mrhschools.net](mailto:debbie.kravitz@mrhschools.net)

11th/12th: Mr. Harcharic  
[justin.harcharic@mrhschools.net](mailto:justin.harcharic@mrhschools.net)

College: Ms. Velasco  
[lilian.velasco@mrhschools.net](mailto:lilian.velasco@mrhschools.net)

## College Representative Visits

(all visits are during B4)

This week

Next week

Later this month

Down the road

Register to attend any college rep visit  
with this form: [College Rep Visits](#)

## ACT Info

Next test date: **February 12**

Registration deadline: **January 7**

Registration Link: [ACT Online Registration](#)

### Scholarships & Programs

- [Bank of America Student Leaders Program](#)
- [Drake University Physics Prize](#)
- [US JCI Senate Foundation Scholarship](#)
- [ESA Foundation Scholarships & Grants](#)
- [Kiwanis ECF Scholarship](#)
- [Scholarshipguidance.com](#)
- [MO "Return Strong" Job Initiative](#)
- [MO Registered Apprenticeships](#)
- [Missouri Southern State visit days](#)

### News & Events

- [College Essay Writing Skills](#)

### Useful Links

- [High Demand/Critical Need Occupations list](#)
- [Studentscholarships.org newsletter](#)
- [South Tech info video, program list, course descriptions](#)
- [A+ Schools Program](#)
- [UMSL Bridge Program](#)

FRIDAY

SATURDAY

= NEW LISTING

## College Counseling

Seniors, action items to work on in January:

1. Sign up for a time to check in with Ms. Velasco about your college, tech, or trade school questions: you can use my [calendly link](#) or email me at [lilian.velasco@mrhschools.net](mailto:lilian.velasco@mrhschools.net)
2. Send in copies via email of all your college acceptance letters and scholarship awards! We keep those in your file here at MRH.
3. The FAFSA priority deadline is February 1st! You must submit your FAFSA before then to be considered for maximum financial aid.

Please reach out if you need support with college applications, scholarships, the FAFSA, or anything else related to planning for after high school!



### This Week in MRHHS Arts

TONIGHT!!

## MRH Band Concert

TONIGHT!!

**Jazz Band 2 & MS Jazz**  
**January 10, 7:00 PM**

## MRH Band Concert

**Jazz Band 1**  
**January 24, 7:00 PM**



### This Week in MRHHS Sports

Home games in bold

#### Girls Basketball

- **Tue. 1/11 vs. Hancock 7:00 PM**
- **Wed. 1/12 vs. Normandy 4:30 PM**
- Thu. 1/13 @ Lutheran North 5:30 PM

#### Boys Basketball

- **Tue. 1/11 vs. Hancock JV 4:00 PM, V 5:30 PM**
- Wed. 1/12 JV @ Crossroads 4:30 PM
- Thu. 1/13 @ Lutheran North 7:00 PM

#### Wrestling



### **Selective Service** **Are You A Young Man, 18 years of age?**

All young men who are 18 years of age must register with the Selective Service. Those who fail to register may be denied student loans, scholarships, governments jobs, or a drivers license in most states. If you are a male immigrant seeking to become a citizen, you must also be registered.

Registering with Selective Service is important for your future. It keeps you eligible for many opportunities AND it is the law

Questions? E-mail [jessey.devaney@mrhschools.net](mailto:jessey.devaney@mrhschools.net)

[Register Online](#)

### **College Planning Calendar-January**

#### **Juniors**

- Begin scheduling campus visits to the colleges on your list of prospective institutions.
- Make an appointment to meet with the Mr. Harcharic to discuss college plans and processes.

#### **Seniors**

- Complete and submit your Free Application for Federal Student Aid (FAFSA) as soon as possible after Jan. 1. The FAFSA may be accessed on-line at [www.fafsa.edu.gov](http://www.fafsa.edu.gov). Completing the FAFSA on-line is recommended as it cuts the process down in about half of the normal time.

**Need homework help in math or science?**

**Contact AskRose!**

**Available from 6 PM- 9 PM Sunday- Thursday**  
**Communicate via e-mail, chat, or phone call**

[\*\*AskRose Homework Help\*\*](#)