

## 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

## ACT Info

Next test date: **June 11**

Registration deadline: **May 6**

Registration Link: [ACT Online Registration](#)

### Scholarships & Programs



- [Communities Healing Adolescent Depression and Suicide \(CHADS\) Family Support Counseling Program](#)
- [High School Navigator FREE Summer Young Scholar Program](#)
- [Scholarshipguidance.com](#)
- [MO "Return Strong" Job Initiative](#)
- [MO Registered Apprenticeships](#)
- [Missouri Southern State visit days](#)

### News & Events

- [Sports Business Symposium](#)

### 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](#)



= NEW LISTING

## College Counseling

Class of 2022: All your college acceptances and scholarship awards must be turned in to the guidance office by Friday, May 20th to be included in the graduation program or our final data. You can **email** the documents to me, or bring them in person so I can make a copy!

As always, you can sign up for a time to check in with Ms. Velasco about your college, tech, or trade school questions: you can use the **calendly link** .



## This Week in MRHHS Arts



## This Week in MRHHS Sports

Home games in bold

### Girls Soccer

- **Mon. 5/9 vs. Gateway Science Academy 4:00 PM**
- **Tue. 5/10 vs. Hazelwood Central 4:00 PM**
- **Wed. 5/11 vs. Hillboro 5:00 PM**

### Golf

Mon. 5/9 **\*\*DISTRICTS\*\*** @ West Plains Country Club

### Baseball

- **Tue. 5/10 vs. Crossroads 4:15 PM**
- **Wed. 5/11 @ Bishop DuBourg 3:30 PM**

### Track

- **Sat. 5/14 **\*\*DISTRICTS\*\*** @ Wright City**



## **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- May**

### **Juniors**

- Continue investigating colleges you are interested in and knocking schools off your list you are no longer interested in pursuing
- Do campus visits to schools still on your list
- Take any Advanced Placement (AP) exams you are eligible to take.

### **Seniors**

- AP exams (if applicable)
- Request AP scores sent to college
- Notify college of any private scholarships or grants received
- Notify the colleges where you were accepted but will not be attending
- Finalize summer job plans

**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\*\*](#)