



Welcome to the Wolfpack

Your guide on where to go, what to do, and whom to ask —
setting you up for success at North Central Middle School
Institute of Science and Technology (MIST)



You're one of us.

Welcome to the North Central family.



Carole Baumgartner, PhD
Assistant Principal
IST Program Administrator

Here at North Central, we are proud to be a family, always. We believe that we are stronger together, for *the strength of a wolf is in the pack*. Being a member of the Wolfpack means looking out for each other, working together to solve problems we couldn't tackle alone, and being persistent and committed even when things get difficult. We do lots of challenging things at North Central, and especially in the IST, but what defines us as a school is that we are persistent and committed to solving big problems. We know that together, we can do hard things.

We are eager to welcome you to our Wolfpack. You belong here. While you're here, you will find a great place to learn, connect, and contribute. We know that you will find your place in our family and thrive at our school.

We are all in at the IST. All in on great science. All in on connecting with every student and family. All in on teamwork and collaboration. All in on innovation. We are building the next generation of great scientists in our IST program; you are the ones who will carry this work forward. So I invite you to show up, bring your ideas and energy and creativity, and join us on this exciting journey.

Welcome to the Institute of Science and Technology!

You're the future of science. We're glad you're here.



Dan Shay
IST STEM Curriculum Director

This program's mission is to create the next generation of great scientists. To do that, we believe that participating in real, authentic scientific research doesn't have to wait until college or graduate school, but can start right now! In fact, we believe that young people are often better at science than old people. You're more adventurous, brave, and willing to try new things, even if they seem intimidating. You have more questions about the world and you can come up with creative ways to answer them.

Our goal this year is to give you as many opportunities as we can to explore something that no one has ever seen before. Sixth graders will study the features of our unique spot on the planet and how that has been shaped over millions of years. Seventh graders will explore an invisible world of microbes, both beneficial and pathogenic. Eighth graders will study one of the most complicated machines on the planet: the human body, and the chemistry and physics of how it functions.

All along the way, we will be teaching you the tools and techniques that real scientists use to study these subjects. We'll be giving you the chance to collect data towards questions that no one has ever asked before and create knowledge that no one has known before.

You will not just be learning science. You will be *doing* it.

Our motto is You Are The Ones.

You Are The Ones who will cure cancer, reverse climate change, or invent the next world-changing technology.

You Are The Ones who will solve the world's hardest problems.

It starts right now! Let's get going.

The heart of the matter.

Our Mission

The mission of the IST is to provide an environment that includes the cultural, educational, and physical aspects that support great science, great learning, and highly innovative and effective teaching.

Our Vision

We will be the most effective secondary educational institute in the United States to continually produce the next generation of great scientists, medical professionals, and innovative science educators.



Our Values

We value collaboration and breaking down the natural barriers and silos that exist between various schools of thought and between different disciplines so that we assure the most comprehensive understanding possible.

We do not seek roadmaps, we create them. We work hard to resist the all-too-human temptation to find “safe harbors” for our exploration. Our work almost always assures that we will be ahead of the conventions of the time, so we must create new conventions.

We expect to invent the future of effective science instruction. Everything we do creates the possibility for breakthroughs in how effective science instruction is implemented nationally. Our approach demands that we incorporate best-in-class thinking on the critical role effective instruction plays in the future of the children we teach and cherish

We value the role of the multigenerational laboratory as it fosters collaboration and collisional interaction.

We have a responsibility to share what we learn. We seek opportunities to share everything we learn—not just to advance science across all disciplines, but to encourage and educate the next generation of scientists, educators, technologists, engineers and mathematicians who will create breakthroughs that we cannot even imagine today.

Even more than all that other good stuff, though: We believe in you, our student-scientists.

Our Beliefs

YOU have the capabilities of doing authentic scientific research with real-world practical applications.

YOU can engage in authentic research while simultaneously engaging in community service and career exploration.

YOU can contribute to the scientific community and be seen as peers amongst research scientists.

YOU can communicate research findings in the form of scientific posters, symposiums and peer reviewed papers.

YOU can display the persistence and grit that leads to discoveries and novel findings new to the world of science.



We are: life-long learners, seekers, adaptable, motivated, innovative, resourceful, self-starting, effective, well-read, molecular bioscientists, researchers, hard-working, not afraid of failure, collaborators, respectful, teachers, students, scientists, ambitious, and fun!

Administrators & Staff



Tami McCracken

North Central High School Principal

509-354-6235 • tamimc@spokaneschools.org

Responsibilities: North Central mission, vision, and culture • school improvement plan • family engagement • communication • school safety • instructional expectations



Carole Baumgartner, PhD

Assistant Principal, IST Program Administrator

509-354-6316 • Caroleba@spokaneschools.org

Responsibilities: IST vision • instructional support • family engagement • student services • communication • discipline



Macie Pate

IST Counselor

509-354-6257 • maciep@spokaneschools.org

Responsibilities: IST counselor • student support for social-emotional and academic concerns • social-emotional learning in classrooms



Dan Shay

IST STEM Curriculum Director

509-354-6285 • dansh@spokaneschools.org

Responsibilities: IST science projects • field trips • Expo • science fair • instructional support



Tre Boyd

Safety & Security

509-354-5298 • treb@spokaneschools.org

Responsibilities: care, welfare, and safety of students, teachers, and staff • de-escalation and diffusion conflicts between students • campus supervision and patrol • emergency

Educators

Teachers



Tim Blaydon

Band
Advisory

timothyb@spokaneschools.org
509-354-6254



Teresa Clavon

Microbiology

teresae@spokaneschools.org
509-354-6396



Cheryl Coles

Math
Advisory

cherylc@spokaneschools.org
509-354-6373



Leah Dach

Theater

leahd@spokaneschools.org
509-354-6390



Lynne Frantz

Spanish








lynnef@spokaneschools.org
509-354-6202

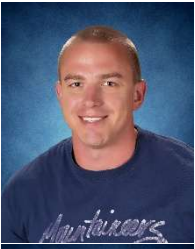


Marina Gruis

English

marinag@spokaneschools.org
509-354-6272

	Cody Harding	Earth Science Advisory	codyh@spokaneschools.org 509-354-6314
	Brandon Hollen	Social Studies	brandonho@spokaneschools.org 509-354-6279
	Bobbi Iszler	French	bobbii@spokaneschools.org
	Megan Knowles	Art Advisory	megank@spokaneschools.org 509-354-6262
	Paula Korus	Social Studies English	paulak@spokaneschools.org 509-354-6371
	Luke Leifer	Advisory Math	lukel@spokaneschools.org 509-354-6380
	Nick McDerrah	Social Studies English	nickm@spokaneschools.org 509-354-6229



Andy Munsey

Math

andym@spokaneschools.org

509-354-6384



Stefan Muntwyler

Computer Science
Advisory

stefanm@spokaneschools.org

509-354-6368



Annalisa Rogers

Spanish

annalisar@spokaneschools.org

509-354-6204



Tim Rypien

Fitness

timry@spokaneschools.org

509-354-6305



Gary Starr

Japanese

garyst@spokaneschools.org

509-354-6203



Mark Vandine

Fitness

markv@spokaneschools.org

509-354-6287

Academics



Course Requirements

You will take six classes each year at MIST: Accelerated English, Accelerated Math, Advanced Science, Accelerated History, P.E./Alternate, and one elective of your choice. Your class schedule, which you'll receive before school starts, will reflect your elective choice. PE is a semester course with the other semester being filled with App Creators (6th Grade), Art (7th Grade) or Drama (8th Grade).

PowerSchool

You can use PowerSchool and the PowerSchool App to track assignments and grades.

Student-scientists: You will receive a letter at the beginning of the school year with your username and password. If you're a returning student and you've used PowerSchool before, your username and password will remain the same. If you've forgotten your log-in information, please go to the North Central Student office to have your password reset.

Parents/Guardians: You will receive a letter (sent home with your student) at the beginning of the school year with instructions on setting up a parent/guardian PowerSchool account. Alternatively, you can visit this link for details now: <https://www.spokaneschools.org/cms/lib/WA50000187/Centricity/Domain/2434/new%20parent%20powerschool%20set%20up.pdf>.

If you already have an account, your username and password will remain the same. If you need to add a student to your existing account, or you have forgotten your username or password, please contact the North Central Student Office at 509-354-6302. You can also visit <https://www.spokaneschools.org/supportcenter> for more information.

GRADING PERIODS: Grades are accessible at all times on PowerSchool, posted at the end of each quarter. Approximate dates for the 2024-25 school year:

End of 1st Quarter: November 5
End of 2nd Quarter: Jan 30
End of 3rd Quarter: April 15
End of 4th Quarter: June 17



AVID Organization System

Keeping yourself organized will be a key to your success at MIST. Spokane Schools has invested in the Achievement Via Individual Determination (AVID) program and this is what we use here at IST. The AVID system works well with regular checks and clean-outs. You will receive a planner during the first week of school to help keep track of assignments and due dates. You'll use your own school supplies (folders, binders, notebooks) to complement this system. See School Supplies in the Logistics section below for more information on what you'll need.

After-School Homework Center

North Central has an after-school Homework Center for any time you need additional academic support. We call this a "club" and it is listed under Activities, though anyone is welcome with no regular commitment necessary. The Homework Center meets in the library, Monday through Thursday, 2:30-4:30pm. You can access computers and get academic support from certificated staff and college students. You will have access to the Food Pantry, and there will also be weekly cooking workshops through WSU's Food Sense program. This is a safe place to study and get a healthy snack. If you are a bus rider and use one of the NC High School stops as your home base, you can access the 4:30 or 5:30pm late take-home bus.

Clever: Online Resource Hub

Spokane Public Schools offers tools for online learning and account management via the Clever portal. Clever is a digital hub of resources that will automatically log you into most programs. Some programs will ask you to log in the first time, and Clever will do it for you after that. Here you can check in on PowerSchool, access learning programs, get tech training, log in to Office 365, make any required payments, manage your Peachjar account (eFliers for upcoming events and activities), and sign up for activities.



Band & Orchestra Instruments

You can borrow school district instruments for both band and strings for \$20 annually. The fee helps us maintain the instruments and buy supplies. Available instruments include flute, clarinet, oboe, bassoon, saxophone, trumpet, French horn, trombone, baritone, tuba, violin, viola, cello, and bass. If we don't have what you want to play, you can rent from local music stores such as Hoffman's or Amend's. The rental process will take place in the first week or so of school. 14

Logistics

Contact Us

Attendance: 509-354-6309
Public Office: 509-354-6300
Student Office: 509-354-6310
Business Office: 509-354-6239
Counselor Office: 509-354-6304
Fax: 509-354-6303

Hours

Office: 7:00am-3:30pm

Bell Schedule

This school year will be the first with late-start Mondays. Every Monday, school will begin at 9am. School starts at 8am Tuesday-Friday. School gets out at 2:30pm every day.

MIST follows the high school bell schedule. We are now on a district-wide bell schedule, so every high school will be synchronized. District administrators will send out the updated schedule for all six class periods and first- and second-lunches when it is finalized.

Buses

Many of you will ride buses to school. There are stops throughout Spokane. Student bus stop assignments are emailed out to families by late August.

To see if you're eligible or to register to ride, please visit <https://www.spokaneschools.org/Page/322> .

Drop-off & Pick-up

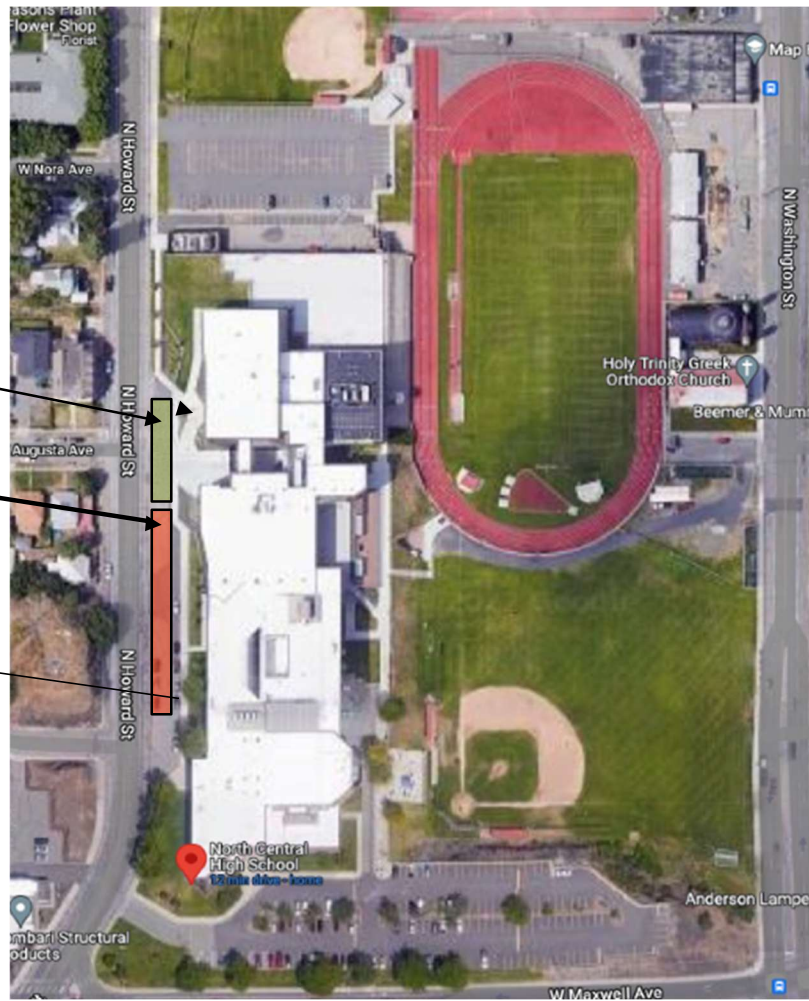
Parents/Guardians: The drop-off is just outside the northern doors (located off North Howard Street on the West side of the school complex). Please do not block or park in the lane designated for buses only. All students enter through the west students doors from 7:30am (8:30 on Monday) to 7:55am (8:55 on Monday). Students must enter through the south public doors if they arrive at school after this time.

Students: At the end of the day, you may leave through the northern doors or the main public doors for pick up at your chosen location.

Designated Drop-off & suggested Pick-up
Your vehicles are welcome.

Buses Only
No parking or stopping.

Student Entrance
Use this in the morning.



Lunch

Middle school students will eat in the Commons with high school students in a designated area near the stairs. The middle school tables will be divided by grade level, but students can choose where to sit within their grade level tables. During the first week of school, students will come down early with their teachers to find their assigned tables and learn about the lunch line process. If students are especially anxious about lunch, we recommend bringing your own lunch the first few days until you get used to the lunchroom system. You are always welcome to bring your own lunch.

If you're eating cafeteria food, you use your student ID to get lunch.

Lunch is 30 minutes. After the first two weeks of school and when the weather is nice, you may choose to go outside for the second half of lunch. The outside field area includes room to run, spaces to sit and visit with friends, and plentiful sunshine. Please know, though, that food is not allowed outside. You can always remain in the Commons if you prefer.

Meals are still free for all students this year. However, filling out the free and reduced-price meal application helps ensure funding for this and other essential programs. Students who qualify can also get added benefits like Pandemic EBT, waived sports and testing fees, and many others. To continue or renew your eligibility, please submit your application for this current school year. For more information and to apply, please visit <https://www.spokaneschools.org/Page/375> .

You can check out the monthly lunch menu here:

<https://www.spokaneschools.org/Page/382> .

Lockers

ACADEMIC LOCKERS: You will have your own locker with a built-in combination lock. The lockers are grouped together by grade on the main floor of the IST building.

The 6th and 7th grade lockers are 35.5 inches tall, 15 inches wide, and 11 inches deep. They have hooks along the top for hanging items.

Eighth grade lockers are tall and narrow, with a small shelf at the top. The shelf is 8 inches high, 10.5 inches deep, and 12 inches wide. The large section under the shelf is 49.5 inches high and includes hooks at the top for hanging coats or backpacks.

You are welcome to bring your own items to decorate your lockers during the Open House. You can also store items in them at Open House that you will need for the first day of school.

P.E. AND INSTRUMENT LOCKERS: Lockers for the P.E. and Fine Arts departments are located near those classrooms and will be checked out at the beginning of the school year. The size of these lockers varies by instrument and assignment, and they are more likely to be shared with another student.



6th and 7th Grade Lockers



8th Grade Lockers

School Supplies

Please come to school the first day and every day after prepared with the supplies you'll need. During the first week of school, teachers may let you know of additional items you will need. If you need assistance purchasing supplies, please contact your counselor, Macie Pate at 509-354-6257 or maciep@spokaneschools.org.

- Backpack
- Composition notebooks
- Highlighters
- Colored pencils
- Enjoyable book for daily reading in English
- Organizational System 3-ring binder (optional) w/ heavy plastic dividers (optional) OR Peechee Folders
- Pencils/pens of your choice
- Glue stick
- Ruler in inches and metric
- 1 Whiteboard marker
- Notebook paper

— Calculators are provided —

Sports (there) & Activities (here)

Sports

You will participate in athletics through your **home middle school**. Please note that the high school and middle school athletic schedules are different. Take a look at the middle school schedule below. In order to participate in middle school athletics, you will need to:

1. Check relevant dates for each sport and to register for the sport of your choice at Final Forms: <https://www.spokaneschools.org/cms/lib/WA50000187/Centricity/Domain/1513/Final%20Forms%20Parent%20Playbook%20-%20Spokane.pdf>
2. Complete a sports physical and turn the form in to your home middle school office (sports physicals are good for 2 years). The link to the form is here: https://www.spokaneschools.org/cms/lib/WA50000187/Centricity/Domain/760/SPS%20Preparticipation%20Physical%20Evaluation%20Form_Current%209_18.pdf
3. Pay the middle school ASB fee at the home middle school.

If you have questions, contact your home middle school athletic director. To find out to whom you need to speak:

1. Go to www.spokanepublicschools.org.
2. Click on “View Our Schools” and click on your home middle school.
3. Click on the “Athletics” tab.
4. Click on “Sports.”

SPORT	SEASON
Cross Country	Fall
Girls Softball	Fall
Flag Football	Fall
Girls Volleyball	Fall
Wrestling	Winter
Boys and Girls Basketball	Winter
Baseball	Spring
Track and Field	Spring

Activities & Clubs

You can participate in many school clubs and activities at North Central. Some meet during lunch, some are after school. Watch for the newsletters to see what's happening. You can also see the list of clubs from the North Central homepage main menu (in the upper right corner on the header). Click on "Activities" and then "Clubs." Each club will indicate whether middle school students can participate.

Get Involved! Anime • Bowling • Cooking Club • Creative Writing Workshop • CSF Achievers Scholars • Cyber Patriots • Dance Team • Debate • Disc Golf • DND • Engineering Club • French Club • GSA Pride • Homework Center • Indoor Recreation Club • Innovation Challenge Club • Open Studio Art Club • Wellness Club



Spirit

School & Program Apparel

Want to show your school pride? There's lots of NC Wolfpack gear available at our online store: <https://www.companycasuals.com/NorthCentralHS/start.jsp> .

NEW FOR THIS SCHOOL YEAR AND COMING SOON:
MIST Apparel! Keep an eye out for information on how to get yours.

Yearbook

Yes, we have a MIST Yearbook! We'll send information later in the year about how to purchase one.

Communication

Newsletters

We are so glad you've decided to be part of the MIST family. Please reach out to any of us with questions or concerns. We will also keep you consistently updated through two school newsletters:

WOLFPACK PRIDE

This newsletter goes to all parents/guardians, students, and staff at NC. It includes updates on the next week's events, upcoming deadlines, flyers for school and community activities, and more. Be sure to watch your email on Friday afternoons for this regular update from the NC team.

WE ARE THE ONES

This newsletter is specifically for you, our MIST student-scientists and families. It includes photos and updates from MIST classes and events, more detailed explanations for the middle school audience, and information about upcoming events that only the middle school families are invited to. We send this out at the beginning of each month. We are always seeking student reporters, so if you have photos, story ideas, or updates to share, please reach out to Ms. Hayes and join the team.



Welcome to the Wolfpack!



Parents/Guardians: This Guidebook was compiled, edited, and designed by volunteer members of the MIST Family Advisory Committee in cooperation with Assistant Principal and IST Program Administrator, Dr. Carole Baumgartner. To join the MIST FAC, please contact Dr. Baumgartner at 509-354-6316 or caroleba@spokaneschools.org. We would love to have you!