When I witness bullying at school, home, work, online, or in my place of worship, I will choose to be an upstander. I will intervene or report the abuse, and I will reach out to the bullied person to offer support. If I learn that someone is feeling very isolated, depressed or potentially suicidal I will reach out and tell this person that their life has value, no matter how they feel at the moment and no matter what others say or think. I will support them to the best of my ability and connect them with resources or people who can offer assistance. I will work to make others feel safe and included by showing respect and compassion. I will not use demeaning language, slurs, gestures or jokes about anyone's sexuality, size, gender, race, ethnicity, any kind of disability, religion, lack of religion, income, politics or other differences...even if they behave that way to me. I will tell someone who is in a position of authority what I saw and heard and make sure there is follow-up.

Georgia Haag

Madalyn Wayward

Clear Wang

Gege Hansen

Jam C.

Oliver Hultgren

Colt

Outmon Vincent Wang

Nick J

Gillian Holden

Zephyr Simes

Marlee A.

Kaden

Advisory Teacher: Mack

When I witness bullying at school, home, work, online, or in my place of worship, I will choose to be an upstander. I will intervene or report the abuse, and I will reach out to the bullied person to offer support. If I learn that someone is feeling very isolated, depressed or potentially suicidal I will reach out and tell this person that their life has value, no matter how they feel at the moment and no matter what others say or think. I will support them to the best of my ability and connect them with resources or people who can offer assistance. I will work to make others feel safe and included by showing respect and compassion. I will not use demeaning language, slurs, gestures or jokes about anyone's sexuality, size, gender, race, ethnicity, any kind of disability, religion, lack of religion, income, politics or other differences...even if they behave that way to me. I will tell someone who is in a position of authority what I saw and heard and make sure there is follow-up.

Joshua Weeks

Landon Everly

Maxx Carlson

Kierston Scholl

River Blair

Sarayah Caldwell

Hayden Mund

Alana Dunlap

Advisory Teacher: Amber Pruchnal

When I witness bullying at school, home, work, online, or in my place of worship, I will choose to be an upstander. I will intervene or report the abuse, and I will reach out to the bullied person to offer support. If I learn that someone is feeling very isolated, depressed or potentially suicidal I will reach out and tell this person that their life has value, no matter how they feel at the moment and no matter what others say or think. I will support them to the best of my ability and connect them with resources or people who can offer assistance. I will work to make others feel safe and included by showing respect and compassion. I will not use demeaning language, slurs, gestures or jokes about anyone's sexuality, size, gender, race, ethnicity, any kind of disability, religion, lack of religion, income, politics or other differences...even if they behave that way to me. I will tell someone who is in a position of authority what I saw and heard and make sure there is follow-up.

GABE Kyuzi Sophie Danika

Ethan Jaelynn JACOB

mylie Shae Harden

Payton Gauge Amelia

OZCAR

Brody

Calista

Emmet Matthew Addy Ilynesa

Dominique Bristol

Jacob Richard

Advisory Teacher: **Mr. Smith**

When I witness bullying at school, home, work, online, or in my place of worship, I will choose to be an upstander. I will intervene or report the abuse, and I will reach out to the bullied person to offer support. If I learn that someone is feeling very isolated, depressed or potentially suicidal I will reach out and tell this person that their life has value, no matter how they feel at the moment and no matter what others say or think. I will support them to the best of my ability and connect them with resources or people who can offer assistance. I will work to make others feel safe and included by showing respect and compassion. I will not use demeaning language, slurs, gestures or jokes about anyone's sexuality, size, gender, race, ethnicity, any kind of disability, religion, lack of religion, income, politics or other differences...even if they behave that way to me. I will tell someone who is in a position of authority what I saw and heard and make sure there is follow-up.

Mrs. Olson Thomas.R

Hayden R.

Lee Katlyn

maddY Keelah

Landon makayla ALeXAndrte

Jayden Clancy Christian

Leah

Leah Mason Jayden Ryan B. Taylor Green

Hunter Dani Lamper Hayleigh Slaughter

Greyson Preash

Caleb

Conrad

Advisory Teacher: M. Olson

Mrs. Smith's Class

When I witness bullying at school, home, work, online, or in my place of worship, I will choose to be an upstander. I will intervene or report the abuse, and I will reach out to the bullied person to offer support. If I learn that someone is feeling very isolated, depressed or potentially suicidal I will reach out and tell this person that their life has value, no matter how they feel at the moment and no matter what others say or think. I will support them to the best of my ability and connect them with resources or people who can offer assistance. I will work to make others feel safe and included by showing respect and compassion. I will not use demeaning language, slurs, gestures or jokes about anyone's sexuality, size, gender, race, ethnicity, any kind of disability, religion, lack of religion, income, politics or other differences...even if they behave that way to me. I will tell someone who is in a position of authority what I saw and heard and make sure there is follow-up.

Austin Berklund

Mrs. Smith

Xavier Goodspeed

Teagan Willard

Mea

Kelsey Methner

Aarilyn Steffen

Sydney Hill

Willa.S

Brayden

Schultz

Cally Zuchowski

AO

Conhon

Page

Dillon

Gray

Advisory Teacher: Mrs. Smith

When I witness bullying at school, home, work, online, or in my place of worship, I will choose to be an upstander. I will intervene or report the abuse, and I will reach out to the bullied person to offer support. If I learn that someone is feeling very isolated, depressed or potentially suicidal I will reach out and tell this person that their life has value, no matter how they feel at the moment and no matter what others say or think. I will support them to the best of my ability and connect them with resources or people who can offer assistance. I will work to make others feel safe and included by showing respect and compassion. I will not use demeaning language, slurs, gestures or jokes about anyone's sexuality, size, gender, race, ethnicity, any kind of disability, religion, lack of religion, income, politics or other differences...even if they behave that way to me. I will tell someone who is in a position of authority what I saw and heard and make sure there is follow-up.

Elizabeths Calvin.E Lander

Lily.A

Parker.J Kierra Peyton.n Ivan

Brennen.S. Emily Hoyt

Jonas.C Justin

Emilee Kayden.B Micah Henry

Vera Miriam.R

Breanna Alton.C

Julio

Jayden

Sophia Elijah Oroven

Advisory Teacher: Mrs. Huber

When I witness bullying at school, home, work, online, or in my place of worship, I will choose to be an upstander. I will intervene or report the abuse, and I will reach out to the bullied person to offer support. If I learn that someone is feeling very isolated, depressed or potentially suicidal I will reach out and tell this person that their life has value, no matter how they feel at the moment and no matter what others say or think. I will support them to the best of my ability and connect them with resources or people who can offer assistance. I will work to make others feel safe and included by showing respect and compassion. I will not use demeaning language, slurs, gestures or jokes about anyone's sexuality, size, gender, race, ethnicity, any kind of disability, religion, lack of religion, income, politics or other differences...even if they behave that way to me. I will tell someone who is in a position of authority what I saw and heard and make sure there is follow-up.

Isabella Sagala
Mya Ziehm Dominick
Chase Kaiser
Gabriella Beaver
Emelia Root
Ali Bjorkquist
Skylers Pencer
[illegible]
Kate Samuel
Josie Mannes

Rudy Shearer
Avery Cook
Tyler Whitman
[illegible]
Emily Kaibs
Anton Rösch
Kaylee Loper
LaMarius Robinson

B.M.G.

Advisory Teacher: [illegible]

When I witness bullying at school, home, work, online, or in my place of worship, I will choose to be an upstander. I will intervene or report the abuse, and I will reach out to the bullied person to offer support. If I learn that someone is feeling very isolated, depressed or potentially suicidal I will reach out and tell this person that their life has value, no matter how they feel at the moment and no matter what others say or think. I will support them to the best of my ability and connect them with resources or people who can offer assistance. I will work to make others feel safe and included by showing respect and compassion. I will not use demeaning language, slurs, gestures or jokes about anyone's sexuality, size, gender, race, ethnicity, any kind of disability, religion, lack of religion, income, politics or other differences...even if they behave that way to me. I will tell someone who is in a position of authority what I saw and heard and make sure there is follow-up.

Damon Leyla Madison

Wyatt Harlie

Paelynne

Christian

Gorvin

Kate

Charles

Campbell

Eliana

Callie

Kat

Arih

Advisory Teacher: Mrs. R. Edmondson

D. BURNS

When I witness bullying at school, home, work, online, or in my place of worship, I will choose to be an upstander. I will intervene or report the abuse, and I will reach out to the bullied person to offer support. If I learn that someone is feeling very isolated, depressed or potentially suicidal I will reach out and tell this person that their life has value, no matter how they feel at the moment and no matter what others say or think. I will support them to the best of my ability and connect them with resources or people who can offer assistance. I will work to make others feel safe and included by showing respect and compassion. I will not use demeaning language, slurs, gestures or jokes about anyone's sexuality, size, gender, race, ethnicity, any kind of disability, religion, lack of religion, income, politics or other differences...even if they behave that way to me. I will tell someone who is in a position of authority what I saw and heard and make sure there is follow-up.

Emma Garcia

Blaine Wilson

Adrian Rivers

Shawn Barton

Tramel Caviness

Devin Davis

Kaden Kott

Libby Mingia

Mason Robinson

Piper Eskridge

Jarcose Moten

Marc Nottingham

Ian O'Conner the best

Maddysin Muscat

Breana Baker

Malayna Wilson

Morgan Flesmer

Reese Shively

When I witness bullying at school, home, work, online, or in my place of worship, I will choose to be an upstander. I will intervene or report the abuse, and I will reach out to the bullied person to offer support. If I learn that someone is feeling very isolated, depressed or potentially suicidal I will reach out and tell this person that their life has value, no matter how they feel at the moment and no matter what others say or think. I will support them to the best of my ability and connect them with resources or people who can offer assistance. I will work to make others feel safe and included by showing respect and compassion. I will not use demeaning language, slurs, gestures or jokes about anyone's sexuality, size, gender, race, ethnicity, any kind of disability, religion, lack of religion, income, politics or other differences...even if they behave that way to me. I will tell someone who is in a position of authority what I saw and heard and make sure there is follow-up.

Isabelle Stansell

Cameron Mitchell

Juan Gonzalez

Blake Wondrych

Michael Robinson

Chase Cleland

Quenton Dunham

aleah Crawford

Emma Richards

Advisory Teacher: Johnson

When I witness bullying at school, home, work, online, or in my place of worship, I will choose to be an <u>upstander</u>. I will intervene or report the abuse, and I will reach out to the bullied person to offer support. If I learn that someone is feeling very isolated, depressed or potentially suicidal I will reach out and tell this person that their life has value, no matter how they feel at the moment and no matter what others say or think. I will support them to the best of my ability and connect them with resources or people who can offer assistance. I will work to make others feel safe and included by showing respect and compassion. I will not use demeaning language, slurs, gestures or jokes about anyone's sexuality, size, gender, race, ethnicity, any kind of disability, religion, lack of religion, income, politics or other differences...even if they behave that way to me. I will tell someone who is in a position of authority what I saw and heard and make sure there is follow-up.

Braden
Craz
Jesse Pensinger
Matthew Nickleson
Noah Vasquez
Piery
Jazlynn Bradley
haley cabot
Sophia Sarsiet
Chaos Davis
B. Koller
Blake Slaughter
GABE COLE
Mackenna Patricia Mahead
Teacher: Koller

When I witness bullying at school, home, work, online, or in my place of worship, I will choose to be an upstander. I will intervene or report the abuse, and I will reach out to the bullied person to offer support. If I learn that someone is feeling very isolated, depressed or potentially suicidal I will reach out and tell this person that their life has value, no matter how they feel at the moment and no matter what others say or think. I will support them to the best of my ability and connect them with resources or people who can offer assistance. I will work to make others feel safe and included by showing respect and compassion. I will not use demeaning language, slurs, gestures or jokes about anyone's sexuality, size, gender, race, ethnicity, any kind of disability, religion, lack of religion, income, politics or other differences...even if they behave that way to me. I will tell someone who is in a position of authority what I saw and heard and make sure there is follow-up.

KWaligorski

Brooke Jankowitz

Kristen Bevans

Jenna Edmondson

Nolan Kolk

Gavin Rhoden

Mollie Brown

Helena Beaudine

Bailey Glyzewski

Allah Battice

Dillon Anderson

Evan Holden

Allan Mueller

Advisory Teacher: Ing Neyko

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Finn Casper

Alexis Krause

Jade Anderson

Kylee Elgie

Josh Haynes

Madeline Dawson

Achilles Peterson

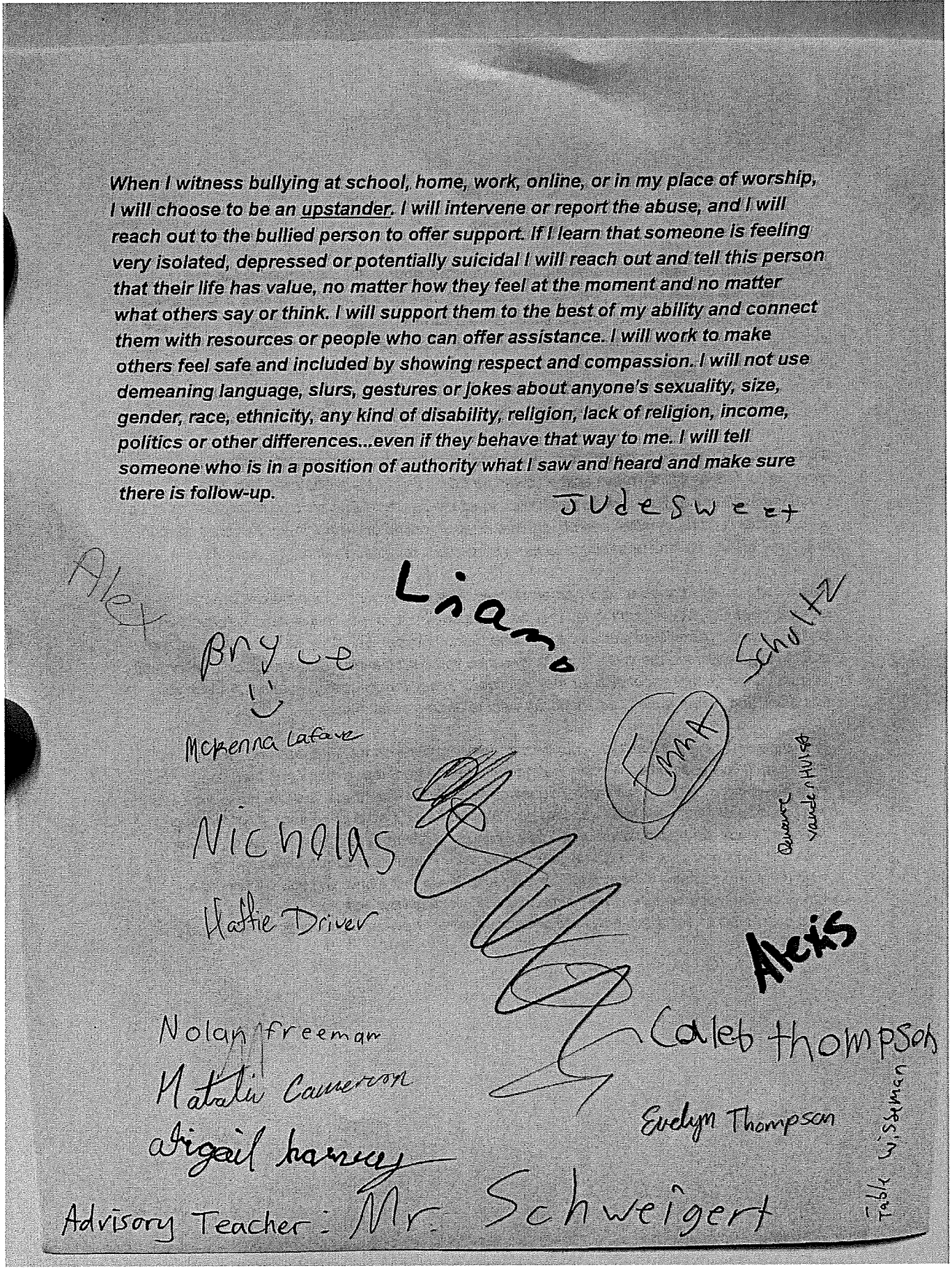
Leahm Verville

Darren Brantley

Max Scharp

Owen Polcyn

Advisory Teacher: Starmann



[Quoted text hidden]

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Karson Helminski

Brock A

Ava A

Olivia K

Carron K

Brady R.

Brandy

Ava SG

Robyn W.

Ophelia Neri

Adam Olson

Piper Earhart

David

Hudson Cole

Brendan Bachmayer

Natalie M

Deacon L

Advisory Teacher: Polly Schlaff

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Adieb

Gracie Kramer

Bridget Warnke

Keegan

Shannon

Jacob Lee

Adetokunbo Zill

Chase Schmidt

Luke Olson

James Jabos

Hailey Rybicki

Jacob Miller

Brady Snag

Z Howell

Ashlynn

Bracie Pruyne

Kai Hawkins

Graeleigh Jensen

James Warnburn

Aubree Speicher

Advisory Teacher: Warnke

MR BENNETT RM 124

When I witness bullying at school, home, work, online, or in my place of worship, I will choose to be an upstander. I will intervene or report the abuse, and I will reach out to the bullied person to offer support. If I learn that someone is feeling very isolated, depressed or potentially suicidal I will reach out and tell this person that their life has value, no matter how they feel at the moment and no matter what others say or think. I will support them to the best of my ability and connect them with resources or people who can offer assistance. I will work to make others feel safe and included by showing respect and compassion. I will not use demeaning language, slurs, gestures or jokes about anyone's sexuality, size, gender, race, ethnicity, any kind of disability, religion, lack of religion, income, politics or other differences...even if they behave that way to me. I will tell someone who is in a position of authority what I saw and heard and make sure there is follow-up.

Noah Moore

Marcus Chick

Derric

Eli Workman

Ellsa Alexandru

Kane Black

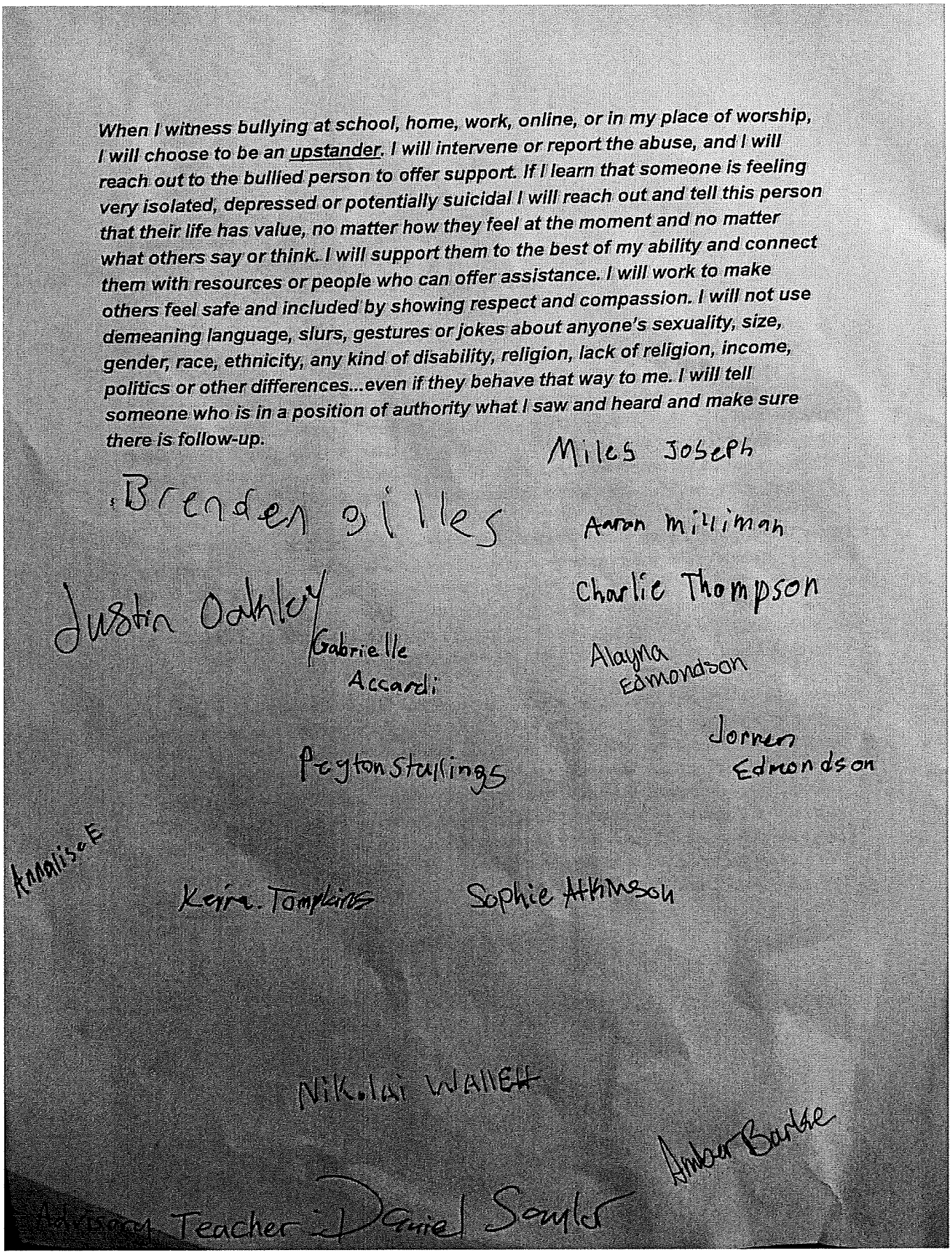
Ryan

Isabell

Milly Jankwietz

Malachi

Ben Eilers



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Sent from my iPad.

When I witness bullying at school, home, work, online, or in my place of worship, I will choose to be an upstander. I will intervene or report the abuse, and I will reach out to the bullied person to offer support. If I learn that someone is feeling very isolated, depressed or potentially suicidal I will reach out and tell this person that their life has value, no matter how they feel at the moment and no matter what others say or think. I will support them to the best of my ability and connect them with resources or people who can offer assistance. I will work to make others feel safe and included by showing respect and compassion. I will not use demeaning language, slurs, gestures or jokes about anyone's sexuality, size, gender, race, ethnicity, any kind of disability, religion, lack of religion, income, politics or other differences...even if they behave that way to me. I will tell someone who is in a position of authority what I saw and heard and make sure there is follow-up.

Brayden Samantha Howe

Brogen Byson Christopher

Morgan

Brady Marcus Joselyn Pontiac

Ava Voorheis Kaylynce Eddie

~~Samantha~~ Aston ~~Joseph~~ Joseph Sam

Mariah Elkins

Advisory Teacher: O'Connor

When I witness bullying at school, home, work, online, or in my place of worship, I will choose to be an upstander. I will intervene or report the abuse, and I will reach out to the bullied person to offer support. If I learn that someone is feeling very isolated, depressed or potentially suicidal I will reach out and tell this person that their life has value, no matter how they feel at the moment and no matter what others say or think. I will support them to the best of my ability and connect them with resources or people who can offer assistance. I will work to make others feel safe and included by showing respect and compassion. I will not use demeaning language, slurs, gestures or jokes about anyone's sexuality, size, gender, race, ethnicity, any kind of disability, religion, lack of religion, income, politics or other differences...even if they behave that way to me. I will tell someone who is in a position of authority what I saw and heard and make sure there is follow-up.

Advisory Teacher: S. Joseph

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Mrs. Watkins' Advisory

Landin Sowa Drake Fordham
Evelyn Koller Joseph Sian
Avamae Fett
Brayden Schweitzer Bradley
Jasmine Stronach
Ava Heuer
Noah Blair
Steven Driver
Aakon Shah
Aubrey Nickleson
Ava Kroncek
[illegible]
Norach Greenstaff
Danielle
Celeha Sandberg

Charles

Chaos

Hendges
1st Hr

Declaration

At MMHS we are committed to creating an environment that is not only about academic excellence, but also about relationships and creating community, one that is safe and respectful of ALL its members. I want to make a statement about how you and I are expected to behave here and how you and I are expected not to behave. We all have had times when we have said or done hurtful things to others out of thoughtlessness, lack of awareness, or because it seems like just a joke. We all may be tempted at times to treat other people poorly out of frustration or retaliation or because others are doing it or because someone acts in a way that we don't like.

We ask that you demonstrate awareness, respect, restraint, and self-control. With every comment online or offline, these actions could be damaging to someone's feelings and emotional well-being. This is not acceptable. So let me be clear; Any act of bullying, harassment or humiliation against another person, student or adult, online or offline, is against our values. Any cruel words, actions or attempts to harm someone's reputation will not be accepted.

Specifically, cruelty based on race, ethnicity, sex, body shape or size, or physical, mental or learning disability, how much money they have or don't have, or political beliefs, is taken very seriously here. There is no place for those who pick on anyone because you think they act too much like a boy or too much like a girl, or because you don't like how they dress, or look, or their customs, their sexual orientation, or their religion or if they have no religion at all. We ask you this: think about your actions and how you want to be treated by others.

In this place we expect you to do your best to demonstrate respect, kindness and empathy to everyone. If you see someone doing harm to another person, report it or if you feel safe, try to stop it. Joining in or doing nothing is not being respectful or kind. If you feel like going the extra step, approach the person who was targeted later with a kind word or gesture. It isn't tattling or snitching if you are helping someone. You might just be saving someone's life. We all make mistakes, so if someone disrespects you, simply say, "That is disrespectful. Please stop." Get help if the person doesn't listen. And if someone tells you that something you said or did is hurtful or disrespectful, listen, make amends, and examine your actions.
And now I want to ask: does everyone understand what I have said and what we expect of you here?

Ean Callie Campbell Dalton Madison

Lilith Nia [illegible] Maddy

Grady April Gracie

Makayla Caitlin Layla Morgan

Hendges

When I witness bullying at school, home, work, online, or in my place of worship, I will choose to be an <u>upstander</u>. I will intervene or report the abuse, and I will reach out to the bullied person to offer support. If I learn that someone is feeling very isolated, depressed or potentially suicidal I will reach out and tell this person that their life has value, no matter how they feel at the moment and no matter what others say or think. I will support them to the best of my ability and connect them with resources or people who can offer assistance. I will work to make others feel safe and included by showing respect and compassion. I will not use demeaning language, slurs, gestures or jokes about anyone's sexuality, size, gender, race, ethnicity, any kind of disability, religion, lack of religion, income, politics or other differences...even if they behave that way to me. I will tell someone who is in a position of authority what I saw and heard and make sure there is follow-up.

Duncan Alexander

Zay Davis

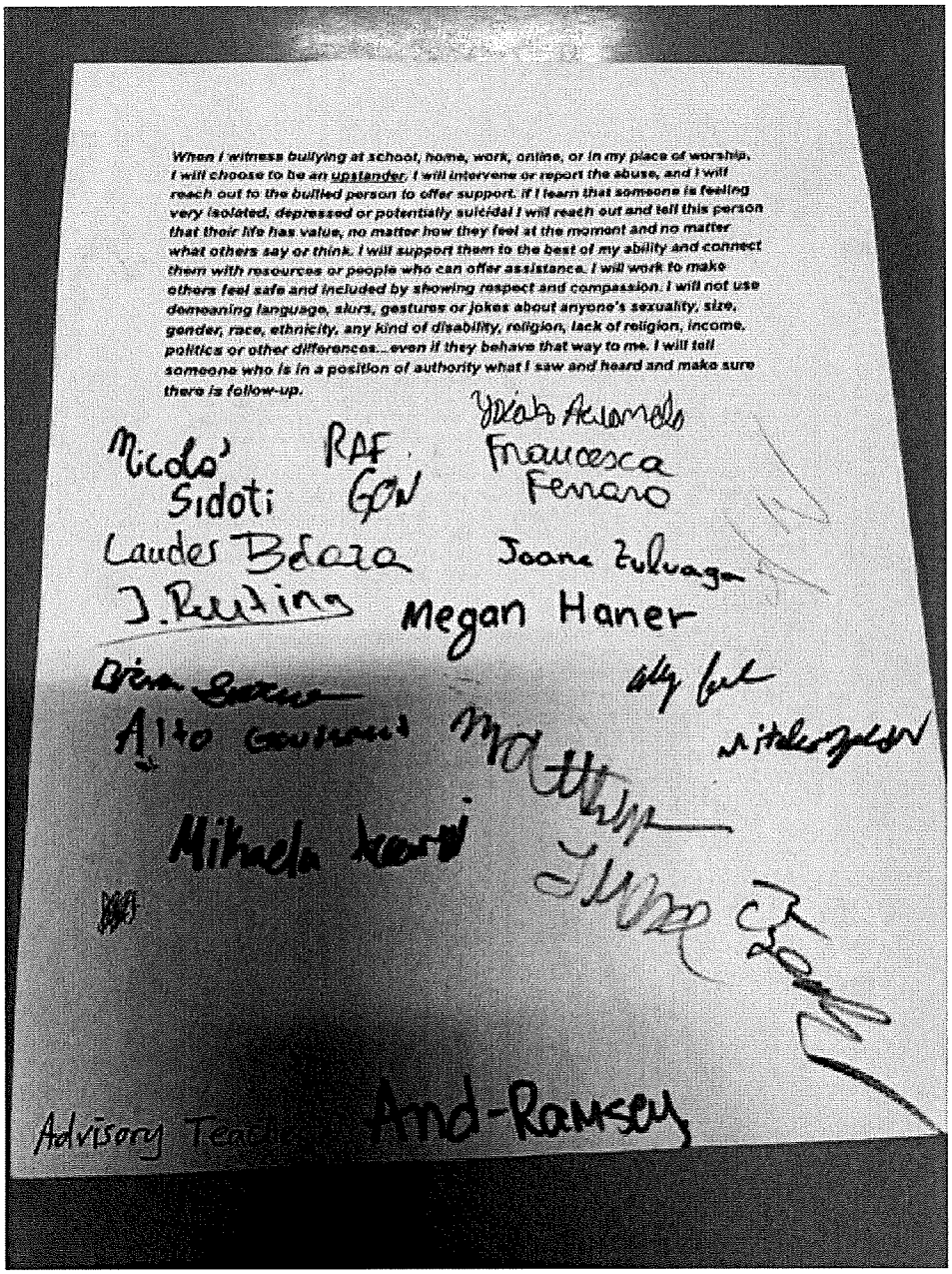
Sadie Voelker

Gracie Shively

Peyton Bond

Edwin R

O'Donnell



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Yokoto Akamoto

Nicolo' Sidoti

RAF GON

Francesca Ferraro

Lauder Belaza

Joane Zuluaga

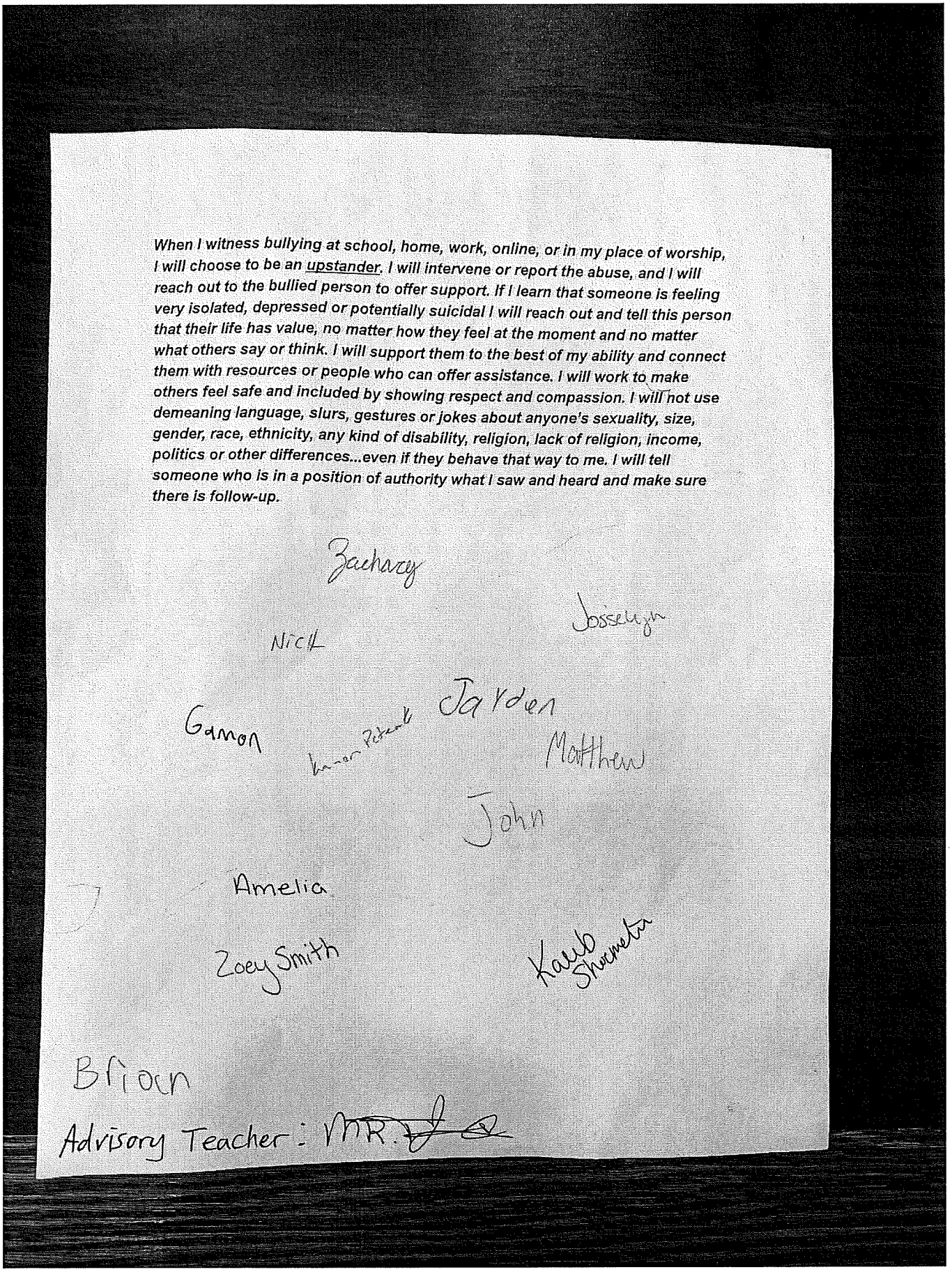
J. Reiting

Megan Haner

Alto Gourmet

Mikaela Acerni

Advisory Teacher And-Ramsey



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Zachary

Josselyn

Nicl

Gamon

Jayden

Matthew

John

Amelia

Zoey Smith

Kaeb Shemeta

Brian

Advisory Teacher: MR.

--
Michael D. Tilmann II
7-12 Physical Education Instructor
Manistee Middle School
525 12th St.
Manistee, MI 49660
(231)723-2547

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Austen Halcome

Laura Eck

Faith Cameron

Austin colgs

MAXWELL

DYLAN Deleeuw

Bartley Abby

Conner G.

Kaleb A.

Heyden Howes

Charlotte Mueller

Advisory Teacher: Amanda Clemons

Erdman

Declaration

At MMHS we are committed to creating an environment that is not only about academic excellence, but also about relationships and creating community, one that is safe and respectful of ALL its members. I want to make a statement about how you and I are expected to behave here and how you and I are expected not to behave. We all have had times when we have said or done hurtful things to others out of thoughtlessness, lack of awareness, or because it seems like just a joke. We all may be tempted at times to treat other people poorly out of frustration or retaliation or because others are doing it or because someone acts in a way that we don't like.

We ask that you demonstrate awareness, respect, restraint, and self-control. With every comment online or offline, these actions could be damaging to someone's feelings and emotional well-being. This is not acceptable. So let me be clear; Any act of bullying, harassment or humiliation against another person, student or adult, online or offline, is against our values. Any cruel words, actions or attempts to harm someone's reputation will not be accepted.

Specifically, cruelty based on race, ethnicity, sex, body shape or size, or physical, mental or learning disability, how much money they have or don't have, or political beliefs, is taken very seriously here. There is no place for those who pick on anyone because you think they act too much like a boy or too much like a girl, or because you don't like how they dress, or look, or their customs, their sexual orientation, or their religion or if they have no religion at all. We ask you this: think about your actions and how you want to be treated by others.

In this place we expect you to do your best to demonstrate respect, kindness and empathy to everyone. If you see someone doing harm to another person, report it or if you feel safe, try to stop it. Joining in or doing nothing is not being respectful or kind. If you feel like going the extra step, approach the person who was targeted later with a kind word or gesture. It isn't tattling or snitching if you are helping someone. You might just be saving someone's life. We all make mistakes, so if someone disrespects you, simply say, "That is disrespectful. Please stop." Get help if the person doesn't listen. And if someone tells you that something you said or did is hurtful or disrespectful, listen, make amends, and examine your actions.
And now I want to ask: does everyone understand what I have said and what we expect of you here?

Ms. Erdman

Achilles Peterson

Brenden

Danielle Rivers

When I witness bullying at school, home, work, online, or in my place of worship, I will choose to be an upstander. I will intervene or report the abuse, and I will reach out to the bullied person to offer support. If I learn that someone is feeling very isolated, depressed or potentially suicidal I will reach out and tell this person that their life has value, no matter how they feel at the moment and no matter what others say or think. I will support them to the best of my ability and connect them with resources or people who can offer assistance. I will work to make others feel safe and included by showing respect and compassion. I will not use demeaning language, slurs, gestures or jokes about anyone's sexuality, size, gender, race, ethnicity, any kind of disability, religion, lack of religion, income, politics or other differences...even if they behave that way to me. I will tell someone who is in a position of authority what I saw and heard and make sure there is follow-up.

Ms. Miller

Megan Eilers

Adelyn Brown

Jackson Stamp

Lara Woodruff

Emily Marquardt

Chase Dahlke

Nicolas Clark

Chloë Sandabagh

Zooey Kaminski

EVIEB

Maya Goodspeed

James Allen

Melanie Salmon

Leg

Marah Miller

El Ivan C. Spradley

Advisory Teacher: Ms. Miller - 7th Grade

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Advisory Teacher: Troy Bytwork

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Mrs. Burn

Will Osborn

Allison Kelley

Martin Kuhl

Armyn Jarris

Meridith Dalke

Gabriel Cutkins

Jordan Bladyk

Dudas Lorene

Maria Dominguez

Nancy Neumann

Advisory Teacher: Addison Martin

Golden Line

AIR | SPACE | CYBERSPACE

There is no place for those who pick on anyone because you think they act too much like a boy or too much like a girl

AIR | SPACE | CYBERSPACE

"You might just be saving someone's life."

AIR | SPACE | CYBERSPACE

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Allison Kelley

Martin Kuhl

Kenyon Jones

Meredith Dalke

Gabriel Cutkins

Gordon Blackfeet

Dudas Lorena

Maria Dominguez

Nancy Neumann

Advisory Teacher: Addison Martin

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In this place we expect you to do your best to

"IT'S NOT KIND TO BE NOT KIND TO PEOPLE BEING NOT KIND" – Alayna Falls
8th grade 2022-23

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Leah McClellan
Nia Clark
Alayna Falls
Avalyn J.
Caleb Elvers
Audrey Wagner
abigail Belt
Makena Miller
Quinn Cross
Emma Monroe
Erica
Oliver Cudney
Maddy Van
Kira Manke
Vance Sowelelle
Jayda Johnson
Grady Decker
Juneaux Edwards
Taylor Schafer
Kenesae?
Makayla Kenny

Advisory Teacher: WHITNEY SIMIC FINCH

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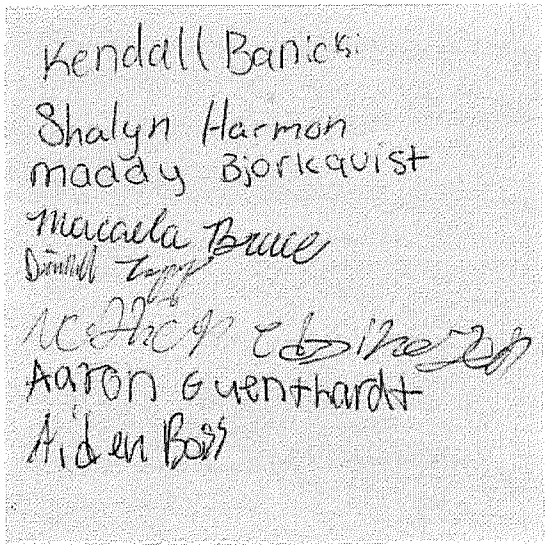

Kendall Banicki
Shalyn Harmon
Maddy Bjorkquist
Macaela Bruce
[illegible]
[illegible]
Aaron Guenthardt
Aiden Boss

Ms. Poortvliet

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Advisory Teacher: Mrs. LaPrad