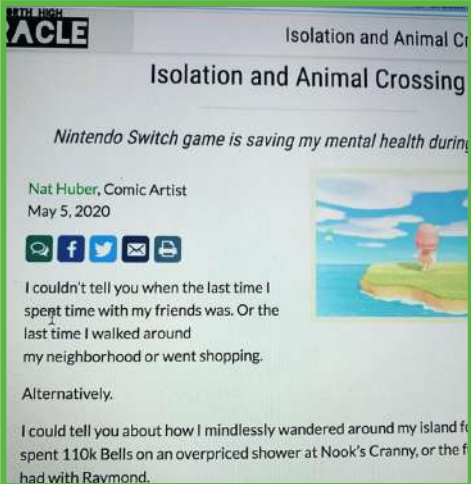




The North staff created a “North High Misses the Kids: Sing-Along Edition” YouTube video to blast out to students during the COVID-19 pandemic. Each teacher or staff member got to choose around 30 seconds of a Disney song and record them lipsyncing it to brighten the anxious mood of being away from North so long. Many props were used, including many of the teachers’ cats. Here, Mr. Jeff Rost, English Flex teacher, throws books around as he sings lyrics from Tangled, “When Will My Life Begin.”

View it here:



The North High Oracle posted online stories pertaining to the COVID-19 pandemic with helpful information and ideas to keep students busy at home. Here, Nat Huber writes about her quarantine coping mechanism, Animal Crossing: New Horizons, a Nintendo Switch game. Read it at dmnorthmedia.com.



@polar.bear.time

Making a Difference

Q&A with @Polar.Bear.Time creator and social studies teacher, Jocelynn Klos

- Q: Describe the @polar.bear.time account.**
A: The PBT account is an Instagram account shared by North High Staff created to better connect staff and students outside of the classroom. The account can be used for school announcements, fun cooking tips or experiments, or just to send a hello.
- Q: What inspired you to start this account?**
A: When COVID-19 disrupted regular school, I noticed many teachers and students mentioning feeling a big disconnect between each other. The disconnect was related to all things school, but most importantly the personal relationships students and staff build with each other. I hoped an Instagram account would help bridge those feelings and bring our students and staff together in a fun way.
- Q: Are there any favorite posts or stories of yours?**
A: Ms. Garcia does really fun recipe ideas! I've made a few myself after seeing her posts, and the kids seem to really enjoy seeing her work her kitchen magic. I also really enjoy the Throw Back Thursday pictures of staff. But one of my favorite moment was when Ms. Dryden did a live video of the Ape Congnition and Conservation Initiative facility with the bonobos. I didn't even know Des Moines had that!
- Q: Do you have plans to continue it through summer and next year? How?**
A: This first summer posts have slowed down. Myself and others love posting, but after the hectic spring semester, it's important for staff and students to disconnect. I personally feel that we should try to have as normal of a summer as possible to prepare for what's looking to be a hectic fall semester. I do plan to keep the account going, and hope to gather more content ideas. Students and staff are always welcome to share their ideas.
- Q: What were the most fun experiences that came from this?**
A: During our live events, I enjoy watching students interact and just “forget.” We are living through a stressful situation. Giving our students a moment to just let things go gives me joy.
- Q: What was the student interaction like? What do you think students got out of this?**
A: Student interaction was all over the place. We got simple “likes” as well as DMs with questions and concerns. I think students are using the account as a more casual way to connect with their teachers, which may be comforting for those who are feeling especially overwhelmed.



"We stood across the street from school today as our students drove up and got computers at North... it's not where I want to be with them, I would so much rather be in our classrooms and hallways giving hugs and English lessons."
- Ms. Van Woerkom



In short: write, document, and collect artifacts, that explain how this pandemic is affecting your life. Our stories are important and historians in the future need us to keep track of what's happening so they can share our stories accurately to future generations.



Wowza! These Polar Bear staff handed out over 800 meals to hungry cubs at Harding Middle School today. Come by between 11:30-1:00 every day this week to grab your meal.



Ms. Garcia, foods teacher, went live to bake these chocolate chip cake mix cookies. Her live show was focused on simple meals and treats students could easily make using things found around the kitchen.

WE ARE @polar.bear.time



You can't control everything...It is okay to let it go.
#polarbearfamilynhs



North High Strong serving just under 900 meals. Our largest day yet. We miss you, Polar Bears! PS: Thank you for the nice signs, water, and TP

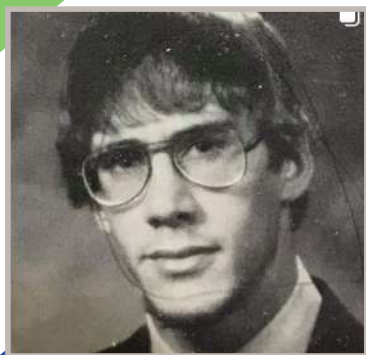


Save money and stay in class by bringing our own snacks to school. All you need is popcorn kernels, cooking oil, butter, and spices of your choice.

- Ms. Klos



Ms. Dryden goes live at the Ape Cognition and Conservation Initiative in Des Moines with some fun-loving bonobos for a water enrichment at 1 pm!



COVID-19 Pandemic 109