

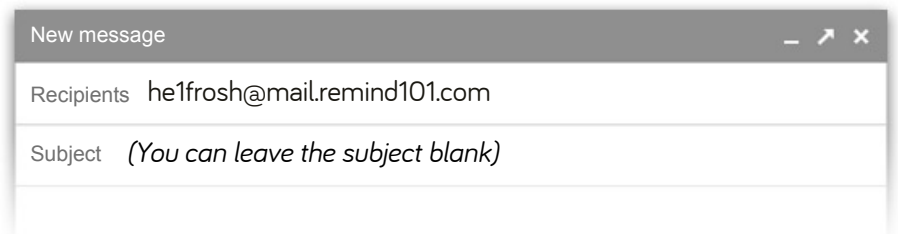
# How to sign up for Mrs. Gilliland's Honors English 1 messages:

To receive messages via text, text **@he1frosh** to **(509) 492-3705**. You can opt-out of messages at anytime by replying, 'unsubscribe @he1frosh'.



\*Standard text message rates apply.

Or to receive messages via email, send an email to **he1frosh@mail.remind101.com**. To unsubscribe, reply with 'unsubscribe' in the subject line.



## WHAT IS REMIND101 AND WHY IS IT SAFE?

Remind101 is a one-way text messaging and email system. With Remind101, all personal information remains completely confidential. Teachers will never see your phone number, nor will you ever see theirs.

Visit [www.remind101.com](http://www.remind101.com) to learn more.