



HILLCLIMBER HEADLINES

URBANA JUNIOR HIGH SCHOOL

December 13, 2019

SAT. DEC 14

Wrestling @ North Union - 10:00 am

SUN. DEC 15

Band and Choir Concerts 2:00 pm

MON. DEC 16

Girls Bball vs. North Union - 5:30 pm
Boys Bball @ North Union - 5:30 pm

THURS. DEC 19

Girls Bball vs. Tecumseh - 5:30 pm
Boys Bball @ Tecumseh - 5:30 pm

SAT. DEC 21

Wrestling @ Sidney Invitational - 9:00 am

MON. DEC 23 - FRI. JAN 3

No School - Holiday Break

SAT. JAN 4

Wrestling @ Marysville Bunsold Wrestling Tournament - 7:30 am

MON. JAN 6

School resumes
Girls Bball @ Northridge MS - 5:30 pm
Boys Bball vs. Northridge MS - 5:30 pm

WEDS. JAN 8

NHD Schoolwide Exhibition Night 6:00-7:30 pm

THURS. JAN 9

Girls Bball @ Graham - 5:30 pm
Boys Bball vs., Graham - 5:30 pm

FRI. JAN 10

2nd Quarter ends

SAT. JAN 11

Girls Bball vs. Ridgemont - 10:00 am
Boys Bball @ Ridgemont - 10:00 am
Wrestling @ Ben Logan Invitational - 10:00 am

MON. JAN 13

3rd Quarter begins
Girls Bball vs. Ben Logan - 5:30 pm
Boys Bball @ Ben Logan - 5:30 pm

THURS. JAN 16

Girls Bball vs. Indian Lake - 5:30 pm
Boys Bball @ Indian Lake - 5:30 pm



FRI. JAN 17

Report Cards mailed

SAT. JAN 18

Girls Bball @ Riverside - 10:00 am
Boys Bball vs. Riverside - 10:00 am
Wrestling @ Lima Shawnee Invitational- 10:00 am

MON. JAN 20

No School - Martin Luther King, Jr. Day

WEDS. JAN 22

Girls Bball @ Bellefontaine MS - 5:30 pm
Boys Bball vs. Bellefontaine MS - 5:30 pm

SAT. JAN 25

Wrestling vs. Pete Rozmus Invitational - 10:00 am

MON. JAN 27

Girls Bball @ North Union - 5:30 pm
Boys Bball vs. North Union - 5:30 pm

THURS. JAN 30

Wrestling @ Indian Lake - 6:00 pm

MON. FEB 3

No School - Teacher Inservice
Make up day if needed

TUES. FEB 4

Boys Bball vs. London - 5:30 pm

THURS. FEB 6

Wrestling @ Bellefontaine - 6:00 pm

SAT. FEB 8

Wrestling CBC Tournament - 9:00 am

CHROMEBOOK PAYMENTS

All Chromebook payments are due **October 18, 2019**. This includes any of the Chromebook payment options (\$50, \$35, \$30 per year option, and the \$150, \$175 option). If scheduled payment is not made, payment amount will be placed on school fees.

ATTENDANCE

Please call the school by 9:00 am if your child will not be attending 653-1439 option 1. We have voice mail, so you may leave a message 24 hours a day. If you do leave a message, **PLEASE STATE THE REASON** for the absence. A call with no reason given does not necessarily make the absence excused. If you do not have a phone, be sure to send a note with the student the next day explaining the reason for the absence.

December Students of the Month

Mohawk - Layla West

Gutridge - Celia Landis

Toll Run - Devonte Williams

Five Points - Malayna Melvin

Congratulations!!

Attention: 7th Grade Parents!

Washington Information - 8th Grade Trip

Washington DC trip: October 19-23, 2020.

Cost: \$620.00*

First payment of \$155.00 due January 24th 2020,
Second payment of \$155.00 due March 29th 2020,
Third payment of \$155.00 due May 8th, 2020, Final
payment of \$155.00 is due on September 4th, 2020.
Cut-off date for a refund is September 6th, 2020.
Trip eligibility and other additional information are
available in the student handbook and detailed
information will be sent home with students during the
school year. All school fees must be paid prior to
making payments for the Washington Trip. Deadlines
must be met for all payments and also for any
paperwork associated with this trip. Students who fail
to meet these deadlines will be moved to the end of the
waiting list. *This is an estimate until trip details are
finalized.

Communication

Schools are successful when there is strong parental
and community involvement. Communication is
essential to foster a positive learning environment.

Students: Talk to Teachers, Counselor and/or
Administrator, and PA (Student Access)

Parents: PA (Parent Access), email, telephone,
conferences, face to face

Remind App: Enter 81010, Text@urbanj

Download PBIS Rewards App

Twitter: @urbana_jhs

Kirkmont Info

Dates: May 18th thru May 22nd Cost: \$125.00*

1st payment of \$30.00 due September 20th, 2nd payment
of \$30.00 due October 25th, 3rd payment of 30.00 due
November 15th, and the final payment of \$35.00 due on
February 21st. If you want to just pay in full, the total
amount is due on February 21st. Refund cut off date is
April 10th. **All 6th grade students may attend
Kirkmont.** Information is in the student handbook and
detailed information will be sent home with students
during the school year.

*This is an estimate until trip details are finalized.

FREE AND REDUCED LUNCH APPLICATIONS AND INSTRUCTIONAL FEES

Please make sure you have completed and returned the Free
and Reduced Price School Meals Application for your
student. During the 2018-2019 school year, Ohio Revised
Code 3313.642 prohibits districts from charging
instructional fees for those eligible for free lunch through
this program. This fee wavier applies to those receiving free
(not reduced) lunch prices. To receive the instructional fee
wavier, the Sharing Information with Other Programs Form
must be completed and returned.

As reported by Coaches:

Boys Basketball

7th Grade

Urbana 38 Graham 25
Sam Wilhelm with 10 pts.

Indian Lake 17 Urbana 34
Urbana is now 4-0

8th Grade

Urbana 66 Graham 15
Will Donahoe with 17 pts., All 9 players scored
Urbana is 1-0

Indian Lake 43 Urbana 45 Will Donahoe 23 pts.
Michael Holland 12 pts. (4 threes)
Urbana is now 3-1.

Girls Basketball

7th grade beat Ben Logan 31-26.
Lyza Forson had 19 Pts
8th girls lost to Ben Logan 36-4

7th grade girls defeated Shawnee 32-26 behind Lyza
Forson's 21 points.
8th girls defeated Shawnee 16-10

7th grade won 41-11. Lyza a Forson had 21 and
Jazmyn Scott had 11
8th grade lost to Indian Lake 24-14

Wrestling

The Jr High Wrestling season opened the Milton Union
Jr High Bulldog Invitational Tournament. Preston
Crabtree and Keegan Clay both placed 4th in their
respective weight classes! Also earning wins were
Layne Settle, Matthew Schrupp, Cady Stewart and
Max Tucker! Great job Climbers!!

Make sure to come out to all of the
Hillclimber Athletic events!
Support your classmates and school!
Let's go Climbers!!



PARENTS & STUDENTS GRADES 6-11

College Credit Plus Information Night

Thursday January 23, 2020

6:30 PM

Urbana High School Cafeteria

Local colleges and universities will be in attendance

Topics covered will include:

- ✓ Opportunities to earn free college credit
- ✓ Risks and benefits of participating
- ✓ Application requirements and procedures

It is required that you attend this meeting if you plan to take any form of CCP courses next school year, including CCP courses in our building.

If you have any questions, please see your school counselor



Know! The Red Flags of Teen Depression!

Teachers: We encourage you to share the following Know! Parent Tip with parents you know via email, a parent newsletter, during parent-teacher conferences, or however you communicate with them. The holidays can often be a stressful and difficult time for some teens. The more parents and teachers know what to look for and how to help, the more likely those teens will have the skills and strategies they need to thrive.

It's December; 'tis the season to be jolly. That's easier said than done for many people, adults and teens alike. All the hustle and bustle can worsen the symptoms of those who already suffer from anxiety and depression into. And for others, the holidays can create the perfect storm for the onset of symptoms.

Holiday parties, family gatherings, the overabundance of social media pics and posts, the loss of a loved one, divorce or other family separation, financial concerns, less sleep, indulging in unhealthy foods and drinks, are all contributing factors to people of all ages feeling overwhelmed, anxious and many times, depressed this time of the year.

For some teens, feeling depressed can cause them to withdraw and avoid social interactions, which oftentimes leads to further sadness and loneliness – a downward spiral that can easily spin out of control. These feelings, which may be more easily managed during other times of the year, may be intensified in the midst of the holiday season.

As parents and other caregivers of young people, it is vital to be aware of the many signs and symptoms of teen depression (according to HelpGuide: Parent's Guide to Teen Depression):

- Irritability, anger, or hostility
- Sadness or hopelessness
- Tearfulness or frequent crying
- Withdrawal from friends and family
- Loss of interest in activities
- Poor school performance
- Changes in eating and sleeping habits
- Restlessness and agitation
- Feelings of worthlessness and guilt
- Lack of enthusiasm and motivation
- Fatigue or lack of energy
- Difficulty concentrating
- Unexplained aches and pains
- Thoughts of death or suicide

When considering the red flags for depression, it is important to know that they may look very different in young people versus adults.

Irritability, anger, or hostility: The predominant mood in a depressed teen is oftentimes irritability, as opposed to sadness. It is common for a depressed youth to be grumpy, hostile, easily frustrated, or prone to angry outbursts.

Unexplained aches and pains: When a physical exam turns up zero answers to your child's chronic headaches, stomachaches and such, the cause may be due to depression.

Extreme sensitivity to criticism: It is common for young people who are depressed to experience feelings of worthlessness, which makes them even more vulnerable to criticism, rejection, and failure than their teenage peers.

Withdrawing from some, but not all people: Depressed teens typically maintain at least some friendships, while depressed adults tend to isolate themselves. Depressed youth, however, are known to socialize less, pull away from their parents, and start hanging out with a new crowd.

You are now aware of the many potential triggers of teen depression this time of the year. You are also aware of the signs and symptoms to look out for when it comes to youth who are depressed. Now it's time to start up a conversation with your child, as communication is key.

How you communicate is as important as **what** you communicate. When talking with your child, focus on listening, not lecturing. Be gentle but persistent, knowing that it can be extremely difficult for a teen to express having feelings of sadness and depression. Acknowledge their feelings, even if it seems silly or irrational to you. In the end, trust your gut. If your child won't open up to you, but you know there is something more going on, consider reaching out to a school counselor, teacher, or mental health professional. The essential piece is to get them talking.

Whether you question if there is a potential issue of depression or not, talking regularly with your son or daughter on topics such as this will help to build and foster a strong relationship between the two of you.

In the tip to follow, we will share information on how to help depressed teens navigate through the holiday season and beyond.

Sources

- [Melinda Smith, M.A., Lawrence Robinson, and Jeanne Segal, Ph.D. HelpGuide: Parent's Guide to Teen Depression. October 2019.](#)
- [Jennifer Salerno, NP, Teen Depression and the Holidays. The Struggle is Real. October 2017.](#)

About Know! Teachable Moments

Everyone has a role in prevention. By reading this Know! Teachable Moment today, you're doing your part to prevent substance misuse and create a healthier world for all.

We created these free tips to empower teachers and educators like you to protect your students from alcohol, tobacco, and other drugs. However, we rely on donations from people like you to provide these tips. If you found this tip interesting or helpful, [please consider donating at preventionactionalliance.org/donate](https://www.preventionactionalliance.org/donate).

Know! Teachable Moments are provided by Prevention Action Alliance with support from the Ohio Department of Mental Health & Addiction Services, the Ohio Department of Education, and Start Talking!.

[Know! Parent Tips are also available in Spanish at the Know! archives.](#)



Prevention
Action Alliance