

# WEEKLY WARRIOR

Official Newsletter of Philomath High School



Quentin Blowers, Jared Gerding and Logan Matthews bake perfect biscuits in Today's Foods.

## Parent-Teacher Conferences

Conferences will be in person this year at PHS and will be held on Thursday, Oct. 13 from 3:30 pm to 7:30 pm and then again on Friday, Oct. 14 from 7:30 am to 11:00 am. Sign-up information will be sent to parents in advance. If none of these conference times work for you, we would encourage you to make contact with your student's teachers via email or phone to discuss your student's progress.

According to US News and World Report, three good reasons for high school parents to attend conferences are:

1. Shows your child that you care.
2. Improves communication between parents and teaches.
3. Learn something new about your child.

*Graduate EVERY student  
and transition each of  
them into a job, training,  
or college.*



Follow us on  
Twitter @Philomath HS  
and Instagram  
@phswarriornation

# Getting Involved

Studies show that students involved in extra-curricular activities do better in school than students not involved in extra-curricular activities. James W. O'Dea found in his study, *The Effect of Extracurricular Activities on Academic Achievement*, that students involved in activities had a mean GPA of 3.20 compared with a mean GPA of 2.55 of students not involved.



## *A Messgae from PHS Green Team:*

Green Team is Philomath High School's environmental club. The club is a collaborative group where students improve the school's approach to staying green. Our values lie in limiting our impact on the environment and educating peers on how they may implement these values within their own lives. We aim to do many projects this year such as river clean-ups, reducing waste, selling beeswax wraps and (possibly) plants, and holding educational events about sustainability. Overall, Green Team is a wonderful place to go for those seeking to join the journey to protecting our local environment. Everyone is welcome to join. Meetings are held every Tuesday in Ms. Eldridge's room, we hope to see you there.



*The Green Team with their advisor, Ms. Eldridge.*

## Shout Outs

- Track & Cross Country Coach Joe Fulton was recognized by USA Track & Field as the Girls Track & Field Oregon Coach of the Year.

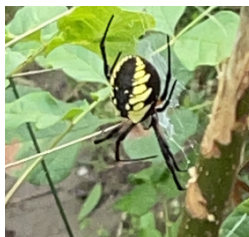


- Thank you to new science teacher Jessica Mattson for stepping in and leading the Racial Equity Club as the club's new advisor.

## Environmental Science Class Visits Starker Park Wetlands

The focus of this field trip was:

- Experiencing wetlands
- Identifying wetland plants
- Practicing field observations
- Learning about Calapooia indigenous people native to the area



The Environmental Science class enjoyed their trip and identified plants and animals. Tyler McGuyer spotted this yellow garden spider. The abdomen was the size of a dime.





# Dates to Remember

## October

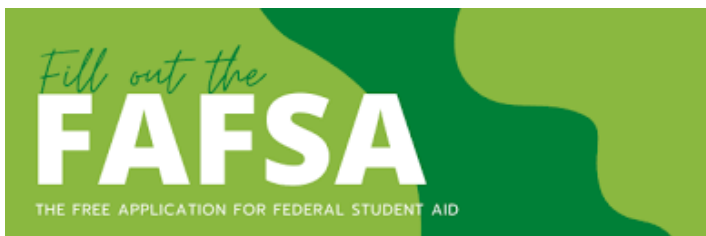
1	FAFSA Opens
8	Cross Country Senior Night
10	Indigenous People's Day
12	PSAT
14	Conferences
17-21	Homecoming Week
20	Coffee with the Principal
20	Boys Soccer Senior Night
21	Football & Cheer Senior Night
25	Girls Soccer Senior Night

## November

11	No School
----	-----------

## SENIOR NEWS

The FAFSA (Free Application for Federal Student Aid) is a form submitted to the federal government that helps determine how much financial assistance your student may need to attend community college, four year college or university, or training programs after high school. It is a very important step. Some families may be concerned their income is too high to receive assistance, but they are strongly encouraged to fill out the form. Last year, Oregon had a surplus of funds for the Oregon Promise Grant (which helps cover tuition at community colleges in Oregon for eligible students) and everyone who applied received the money regardless of household income.



## Senior Class Guest Speakers

October 4	U of O
October 6	OSU
October 20	Pacific University
October 21	LBCC
October 25	Linfield University
November 14	LBCC Financial Aid
November 17	SOU

**Events are held during the school day. Check the school calendar or the announcements for times and locations.**

# ATHLETICS & ACTIVITIES

## Warrior XC Continues to Dominate

The Warrior cross country teams swept all four titles at the Bramble Scramble hosted by Cottage Grove HS. The JV girls scored a perfect 15 points and the JV boys had five of the top eight placers. The varsity girls had six runners in the top 10 finishers. The girls were led by sophomore Adele Beckstead. She finished 39 seconds ahead of last year's third place finisher at state. The varsity boys also had six runners finish in the top 10, with Mateo Candanoza finishing second.



## Friday Night Lights

The Warrior football team fell to 15th-ranked Junction City on Friday. The Warriors were led by junior Kaden Muir's three touchdown passes in the loss.

## Warrior Soccer

The Warrior soccer teams continue win streaks. Both girls and boys soccer teams are atop the Oregon West Conference standings. The girls have won three of their last four, outscoring opponents 21-1. The boys have won all five of their matches this season, outscoring opponents 14-1 on the season.



## Warrior Volleyball Moves to 7-1

The Warrior volleyball team has won three in a row since their loss to second-ranked Cascade, sweeping Newport, Cottage Grove and St. Helens.

## This Week

### Monday, October 3

Open Mats - 3:30pm - 5:30pm  
JV Girls Soccer @ Corvallis (Corvallis Sports Park) - 5pm

### Tuesday, October 4

Girls Basketball Open Gym - 6:15am  
Volleyball vs Stayton  
V Girls Soccer vs. Sweet Home  
V Boys Soccer @ Sweet Home

### Wednesday, October 5

Open Mats - 3:30pm - 5:30pm  
JV Girls Soccer @ Gervais  
Softball Open Cages - 7:00pm - 8:30pm

### Thursday, October 6

Girls Basketball Open Gym - 6:15am  
Volleyball vs Cascade  
Varsity Girls Soccer @ Stayton  
Boys Soccer vs Stayton

### Friday, October 7

OSAA Cup Assembly - 11:39am  
Football @ Cascade, 7pm  
Cheerleading @ Cascade, 7pm

### Saturday, October 8

V Volleyball @ Clearwater Classic, Bend  
Cross Country Hosts Paul Mariman Invite, 12pm

### Sunday, October 9

Softball Open Cages - 7:00pm - 8:30pm

## Booster Club

Contact the Booster Club to volunteer in concessions. To sign-up visit:

<https://www.signupgenius.com/go/70a0e48a4ac29a02-phsfall1>

Booster Club Meeting: Oct. 10 - 6:30pm

\*Meetings are held at PHS in the Community Conference Room