

# WEEKLY WARRIOR

Official Newsletter of Philomath High School



## Class helps with planting day

Students in one of PHS's Career and Technical Education courses, forest management, are learning about reforestation by preparing a unit for an upcoming Starker Tree Planting Day. There are fourteen, 100 x100 feet plots that will contain 100 seedlings planted at a 10x10 feet spacing. The students are in the process of marking out the plots.

Senior Ty May leads the project with help from juniors Case Hoch, Kelsey Olsen, Jacob Peters, and Keihin Stokes.

May said he is enjoying the work and that his team was well-prepared and is ahead of schedule. He plans to study land surveying at Oregon State University or Oregon Institute of Technology.



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



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# Dates to Remember

## December

19 Winter Break Begins

## January

3 Return from Winter Break

16 No School - MLK Day

19 Coffee with the Principal 9-10 am

27 No School - Grading Day



Students make glitter jars as part of a recent Wellness Wednesday.

## Senior News

### Scholarship opportunities

As we head into Winter Break, we recommend that seniors who plan on continuing their education after high school put time into submitting scholarship applications. The counseling center has put together a list of [local scholarship opportunities](#). The Philomath Community Foundation Scholarships open on Jan. 1.

### Transcript requests

Students who need official transcripts must submit a request. Our registrar fulfills the request in three to five business days and can email, fax, or mail official transcripts to the designated recipient. Please complete the [form for official transcript requests](#) found on the website. Unofficial transcripts can always be accessed in Wazzle.

### Cap and gown orders

If you have not done so, please be sure to order your cap and gown for graduation by the end of January. Late fees will begin to incur after this time. If any students need assistance covering this cost, please see Ms. Drennen. We will ensure that all seniors have the necessary items for the graduation ceremony on June 10.

### Submit photos for bulletin board highlighting seniors' plans

Ms. Drennen is requesting a printed 4x6 photograph of each senior. Senior pictures are a great option to consider when selecting a photo. After Winter Break, she will begin constructing a board showing the plans of every PHS senior in the Class of 2023. There are many different paths our seniors are taking, and we look forward to highlighting each student's individual plan for after graduation.

## Shout Outs

- Thank you to our facilities department for all their work on our sewer system, allowing us to get back into the building quickly and resume learning. Also, a big thanks to our families for being so flexible.

# Digital Awareness for Parents

At PHS, we have noticed an increase in cyberbullying activity recently and wanted to provide parents with more information on the topic. In this issue, we will continue featuring information on cyberbullying from the US Department of Health and Human Services. For more information, visit the [stopbullying.gov](https://stopbullying.gov) website.



The digital world is constantly evolving with new social media platforms, apps, and devices, and children and teens are often the first to use them. Some negative things that may occur include cyberbullying, sexting, posting hateful messages or content, and participating in negative group conversations. If your child posts [harmful or negative content](#) online, it may not only harm other children; it can affect their online reputation, which can have negative implications for their employment or college admission.

While you may not be able to monitor all of your child's activities, there are things you can do to [prevent cyberbullying](#) and protect your child from harmful digital behavior:

- Monitor a teen's [social media sites](#), apps, and browsing history, if you have concerns that cyberbullying may be occurring.
- Review or re-set your child's phone location and privacy settings.
- Follow or friend your teen on social media sites or have another trusted adult do so.
- Stay up-to-date on the latest apps, social media platforms, and digital slang used by children and teens.
- Know your child's user names and passwords for email and social media.
- [Establish rules](#) about appropriate digital behavior, content, and apps.

## Digital Monitoring Apps and Software for Parents

Parents who want to protect their children from cyberbullying, harmful digital behavior, and exposure to adult content can use parental control and monitoring software to help them set up systems that are less invasive to their children.

There are free software options and apps available to help parents restrict content, block domains, or view their children's online activities, including social media, without looking at their child's device every day. Most of the free software options provide some features for free, but charge for more robust insight.

A parent should consider a child's age, device use, and digital behavior when selecting software – what is suitable to restrict for a ten-year old may not be useful for a teenager.

# ATHLETICS & ACTIVITIES

## Warrior Results

### **Girls Basketball** (League: Oregon West Conference)

- Record 1-3, Ranked #16
- Lost to Gladstone 50-56
- Lost to Marist 17-40

### **Boys Basketball** (League: Oregon West Conference)

- Record 4-0, Ranked #1
- Defeated Gladstone 71-35
- Defeated Henley 71-41

### **Swimming** (League: Special District 4)

- Girls defeated Marist 107-44
- Boys lost to Marist 70-87

### **Wrestling** (League: Special District 2)

- Won the Warrior Classic

## Warrior Classic wrestling meet

PHS hosted the Warrior Classic Friday, Dec. 9. Schools competing were North Eugene, Taft, Molalla, Junction City, Springfield and Crescent Valley. The Warriors took first place at the meet.



Wrestler Ellie Morton, junior, competes against Taft.



Freshman Porter Compton wrestles at the Warrior Classic.

## This Week

### **Monday, December 19**

- JV GBX at Corban U vs Silverton, 11 am
- JV2 GBX at Corban U vs Oregon City, 1 pm

### **Tuesday, December 20**

- No Events

### **Wednesday, December 21**

- Wrestling hosts Benton County Championships
- JV2 BBX at Willamette U vs Wilsonville, 11:30 am
- JV BBX at Willamette U vs Central, 11:30 am
- JV GBX at Willamette U vs Putnam, 1 pm
- JV2 GBX at Willamette U vs Wilsonville, 1 pm

### **Thursday, December 22**

- No Events

### **Friday, December 23**

- No Events

### **Saturday, December 24**

- No Events

### **Sunday, December 25**

- No Events

## Booster Club

The next Booster Club Meeting is Jan. 9 at 6 pm in the PHS Community Conference Room.