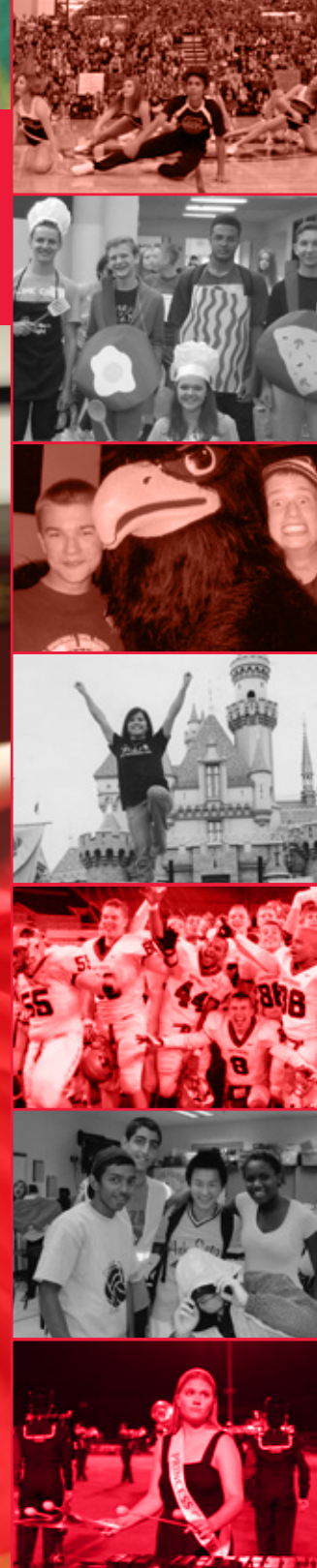


SOUTHRIDGE HIGH SCHOOL

2024-2025 STUDENT & FAMILY GUIDE



CELEBRATING TWENTY-FIVE YEARS



INSIDE

NEW DAILY SCHEDULE
NEW CELL PHONE POLICY
FREE LUNCH FOR ALL
TIPS FOR STUDENT SUCCESS
HOW TO JOIN A SPORT OR CLUB



Principal's Message:

Southridge High School is a lovely community filled with academia and friendship. The building is stunning with its polished stone green floors, rising columns, skylights, and a balcony that looks onto the rotunda (affectionately known as the "fishbowl"). Mirroring the beauty of our surroundings, the heart and soul of the community lies in the people within. The staff and students make up a strong, dedicated and united force that rises to challenge, invites rigorous learning, and values diversity. I know this because I walk the halls, sit in classrooms to enjoy the learning and see our strength & beauty in action every day.

We offer programs that prepare our students for their next steps beyond these halls. IB, AVID, Dual Language, Newcomer, and CTE programs are tailored to lead our students toward their excellent futures. Our strong athletics programs bring excitement and high achievement. Our fine and performing arts departments thrill us with music, drama and song. Southridge High School is alive with activity, high energy, and the pursuit of excellence. Our staff is a highly trained and dedicated team of professionals who know their craft well. I'm excited to partner with our families for another marvelous year of striving for, reaching, and realizing high achievement.

Sincerely,
Maria Copelan, Principal
Southridge High School

Welcome! We're so excited to have you at school this year. This magazine is a quick tour of much of what Southridge has to offer your family. If you need more details, please review our Student Handbook in the 'About Us' section of the Southridge website.

CONTACT US:

SOUTHRIDGE HIGH SCHOOL
9625 SW 125th Ave., Beaverton, OR 97008

Office Hours: Monday - Friday: 7:45 a.m. - 4:15 p.m.

Main Office Line: 503-356-2890

Attendance Line: 503-356-2891

Website: southridge.beaverton.k12.or.us

PRINCIPAL:

MARIA COPELAN

ASSISTANT PRINCIPALS:

MARINA HEITZ (A-G)*

JAMES NEVILLE (H-N)

KAITLYN STONE (O-Z)

*Each assistant principal supports students within their last name range.

ATHLETIC DIRECTOR: TRISHA SHOEMAKER

ACTIVITIES DIRECTOR: JESSYCA CHAMBERLAIN

BOOKKEEPER: MICHELE FIDELER

SOCIAL MEDIA

INSTAGRAM: @hawk.talk

FACEBOOK: facebook.com/SRHSSkyhawks

TWITTER: @southridgehigh

HOW DO I CONTACT

A STAFF MEMBER?

PARENTVUE: Find e-mail links to teachers and counselors.

CANVAS: Use the INBOX feature.

TELEPHONE: Leave a message through the main office phone line.



Inbox



Messages

Magazine Layout & Editing: Eric Ballas

NEW FOR 2024-25

NEW DAILY SCHEDULE

Beaverton School District high schools now start one hour later.

ODD DAYS

1ST PER.

8:45-10:15

3RD PER.

10:20-11:50

5TH PER. / 1ST LUNCH

Lunch: 11:50-12:20

Class: 12:25-1:55

5TH PER. / 2ND LUNCH

Class: 11:55-1:25

Lunch: 1:25-1:55

7TH PER.

2:00-3:30

EVEN DAYS

2ND PER.

8:45-10:15

4TH PER.

10:20-11:50

6TH PER. / 1ST LUNCH

Lunch: 11:50-12:20

Class: 12:25-1:55

6TH PER. / 2ND LUNCH

Class: 11:55-1:25

Lunch: 1:25-1:55

SEMINAR & ADVISORY

2:00-3:30

ODD OR EVEN DAY?

Use the Southridge calendar on our website for details.

NEW FREE MEALS

Starting this school year, all BSD students will be eligible to receive one free breakfast and one free lunch at school daily.

Families do not have to apply, and there are no income requirements. This change is due, in part, to more generous eligibility requirements at the federal level and more funding through the state's Student Success Act. Research indicates that universal free meals improve student health and attendance in addition to reducing bullying and behavioral issues.

Student meals include an entree, sides and a milk. Students must take the entire meal to be eligible for the no-cost option; students who only opt for milk do not qualify for free milk. This is a federal requirement meant to encourage students to eat a well-balanced, school-made meal.

The district will continue to charge for à la carte items such as milk, second entrees and snack items.

SCHOOL CALENDAR

FIRST DAY OF SCHOOL: FRESHMEN ONLY	AUG. 26
FIRST DAY OF SCHOOL: ALL STUDENTS	AUG. 27
LABOR DAY (NO SCHOOL)	SEPT. 2
CLUB FAIR	SEPT. 18
BACK-TO-SCHOOL NIGHT	SEPT. 18
HOMECOMING GAME & DANCE	OCT. 4 & 5
STAFF DEVEL. (NO SCHOOL)	OCT. 11
GRADING DAY (NO SCHOOL)	OCT. 25
VETERANS DAY (NO SCHOOL)	NOV. 11
THANKSGIVING BREAK	NOV. 25 - 29
STAFF DEVEL. (NO SCHOOL)	DEC. 9
WINTER BREAK	DEC. 23-JAN. 3
STAFF DEVEL. (NO SCHOOL)	JAN. 17
MARTIN L. KING JR. HOLIDAY	JAN. 20
LAST DAY OF SEMESTER 1	JAN. 24
GRADING DAY (NO SCHOOL)	JAN. 27
CRAM THE CAGE	JAN. 31
PRESIDENTS' DAY (NO SCHOOL)	FEB. 17
STAFF DEVELOPMENT (NO SCHOOL)	FEB. 18
WINTER FORMAL	MAR. 8
SPRING BREAK	MAR. 24-28
STAFF DEVEL. (NO SCHOOL)	APR. 7
GRADING DAY (NO SCHOOL)	APR. 14
PROM	TBD*
MEMORIAL DAY (NO SCHOOL)	MAY 26
SENIORS' LAST DAY	JUNE 3
GRADUATION	JUNE 4*
LAST DAY OF SCHOOL	JUNE 10

POTENTIAL SNOW MAKE-UP DAYS

JUNE 11-17

* CHECK NEWSLETTERS FOR POSSIBLE DATE CHANGES

NEW CELL PHONE POLICY



This school year, Southridge is joining schools across the district, state, and country that are banning cell phone use during classroom instruction. From the time the bell rings to

start a class, to the end of the period, no phone use is allowed.

Smartphone use among adolescents has been associated with a range of negative impacts on teenage development. Here is a summary of the findings from various studies, including a report from the U.S. Surgeon General:

MENTAL HEALTH ISSUES

Depression and Anxiety: Excessive smartphone use is linked to higher levels of depression and anxiety among adolescents. (Pereira et al., 2020), (Flora, 2018).

Sleep Disturbances: Smartphone use, especially at night, is a significant risk factor for

sleep problems, which in turn can exacerbate depressive symptoms (Dewi et al., 2018), (Lemola et al., 2014).

Addiction and Psychological Morbidities: Adolescents with high levels of smartphone addiction often show signs of impulsivity, sensation seeking, and low self-esteem, which can contribute to mental health issues like anxiety and depression (Rathod et al., 2022), (Garrote et al., 2021).

BEHAVIORAL CHANGES

Reduced Social Interaction: Overuse of smartphones can lead to reduced face-to-face interactions and social skills, making adolescents more isolated and antisocial (Sinurat et al., 2023), (George & Odgers, 2015).

Academic Impact: Problematic smartphone use can negatively affect academic performance due to distraction and reduced engagement in learning activities (Yoon & Yun, 2021).

Increased Risky Behaviors: Adolescents who use smartphones extensively are more prone to risky behaviors, such as exposure to inappropriate content and online sexual risks (Allison et al., 2023).

PHYSICAL HEALTH RISKS

Physical Inactivity: High smartphone use is often associated with physical inactivity, which can lead to health problems such as obesity and poor physical health (Anwar et al., 2021).

Musculoskeletal Issues: Prolonged smartphone use can cause musculoskeletal problems, including neck pain and posture issues (Nunes et al., 2021).

WHAT IF THERE'S AN EMERGENCY AND I NEED TO REACH MY STUDENT IMMEDIATELY?

If you need to reach your child during the school day, it works the same in high school as elementary or middle school. Call our main office at 503-356-2890. We will send a message to the student or call their classroom as needed.

Thank you for supporting our efforts to give our kids a distraction-free learning environment. You can help by setting boundaries on phone use at home, to show teenagers how to prepare to succeed in college, on the job, and in their own family lives.



GETTING STARTED

Students in certain electives may need other materials assigned by the teacher. Free school supplies are available through your counselor or the social worker.

CHROMEBOOKS & COMPUTERS

All students are provided with a Chromebook laptop and charger for completing school work and accessing Canvas. Students should bring these charged to class every day. Chromebooks are checked out to students from the library, and there are charges for lost or damaged laptops. Chromebook device coverage can be purchased online by paying the fee charged to your student's account or in the Business Office with cash/check. This amount will be determined by the Online Verification information you enter. Check in with our library if you have questions or if your Chromebook is damaged.

LOCKERS

Students may be assigned a locker by asking the Counseling & Registrar's Assistant in the upper middle hall.

WHAT IS THERE TO EAT?

Students have a 30 minute lunch break at either 11:50 or 1:25. All students receive one free breakfast and lunch daily from the cafeteria. Additional lunch items may be purchased in the cafeteria. Snacks are available in the Skymart student store and through vending machines. Meal deliveries are not permitted, and students may not leave campus for lunch.

FEES & PAYMENTS

Families can purchase parking passes, yearbooks, ASB stickers and many other items using the Online Payment System. Class supply fees listed in the Program Planning Guide will be charged to your student's account within the first two weeks of each semester.

These are mainly art class fees but may include other class supplies listed in the guide. Please pay online through the Online Payment System (see QR code for a link) or with cash/check in the Southridge business office.

[Waiver/Discount on Student Fees for the 2024-2025 School Year.](#)



Because all students in the Beaverton School District will receive one free breakfast and lunch daily, the process for student fee waivers/discounts is changing. To apply for a student fee waiver/discount for the 2024-2025 school year, please complete the application for free/discounted student fees as part of the Online Verification process beginning in August. The form should take less than a minute to complete. Look for the message regarding Online Verification on ParentSquare in August. If you have questions, please contact the office.

HOW DO I GET TO SCHOOL?

Find your bus route at beaverton.k12.or.us/departments/transportation. Annual parking passes can be purchased through the business office for \$15. Bike racks are available.

HOW DO I FIND MY SCHEDULE?

Student schedules are posted onto StudentVue approximately one week before school starts.

HOW DO I CHANGE MY SCHEDULE?

Schedule changes are strictly for cases where a student is placed in the wrong course level or when both a teacher and student decide the course is a poor fit. Schedule changes are completed through the counseling office, and require a parent/guardian signature. Classes can be dropped without penalty the first five periods.

WHAT SUPPLIES WILL I NEED?

In general, students will need the following supplies.

- PENS & PENCILS & ERASERS
- NOTEBOOKS
- A BACKPACK OR BAG
- A CALCULATOR (CHECK WITH MATH TEACHER)
- GYM CLOTHES & CLOSED-TOED SHOES (WHEN TAKING P.E. CLASSES)

KNOW YOUR APPS WHICH APPS ARE FOR WHAT?

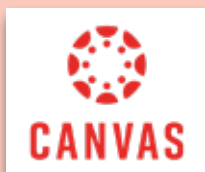


PARENTVUE

ParentVue (and the related StudentVue) is a web portal that allows parents and guardians to access school information including grades and unofficial transcripts. Once an assignment has been graded, you can see it here.

CANVAS

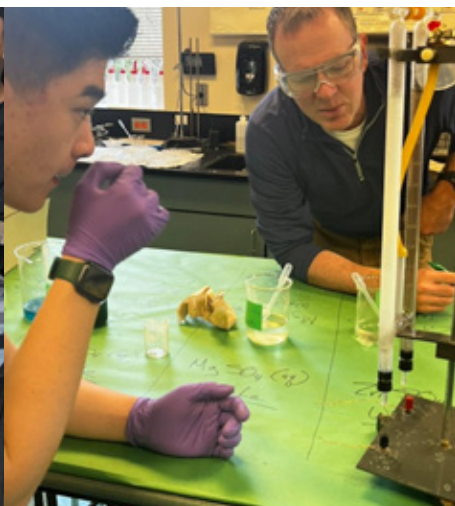
Canvas is where students' courses live. Teachers post assignments, due dates, and other important class information here. Students turn in assignments here and receive teacher feedback.



PARENT SQUARE

Parent Square is where the school sends important announcements and teachers can send families direct messages. Messages can be translated into many languages. Our twice-monthly newsletter, The Quill, is sent out using Parent Square.

PROGRAMS WE OFFER



AVID

WHAT IS IT?

AVID helps students who need extra support to be ready for college. Students will learn strong study skills and be a part of a team of students trying to make their future better.

WHO'S IT FOR?

AVID students want to do well in school, but need some extra support to feel college-ready. They are often the first in their family to attend college.

AVID PROGRAM LEAD: CHRIS MARTIN

DUAL LANGUAGE

WHAT IS IT?

Students in the Southridge Dual Language program earn their high school degree while taking core classes in both English and Spanish. They gain a multicultural education and improve their English and Spanish fluency.

WHO'S IT FOR?

Students who can read and write in both English and Spanish at the high school level, especially if you have been in a dual language or immersion program before.

DUAL LANGUAGE PROGRAM LEAD: LUCINDA PHILIPP

IB DIPLOMA

WHAT IS IT?

The International Baccalaureate (IB) Diploma Program (DP) is Southridge's most rigorous path towards graduation. Students take six IB classes over the course of two years.

Students gain critical thinking skills, are able to earn college credit (DP candidates going to Oregon schools go in as sophomores), and are extremely well prepared for college.

WHO'S IT FOR?

Anyone! But mainly students who are interested in going to a college or university after graduation and who like a challenge.

IB PROGRAM LEAD: NATALIE BALLARD STRAUHAL

IB CAREER PROGRAM

WHAT IS IT?

The IB Career Program (CP) is a way to get all the benefits of IB classes -- critical thinking and communication skills, global perspectives, potential college credit — while also studying a specific career of interest to you.

WHO'S IT FOR?

Students who are interested in one of our CTE (Career Technical Education) pathways, enjoy learning world languages, and want to get a head start on college/career success.

IB CAREER PROGRAM LEAD: WAYNE GRIMM

IB COURSES

WHAT ARE THEY?

Southridge has more than 30 IB courses in a variety of subjects. IB courses stress critical thinking, global perspectives, and investigative practices. Students taking IB courses earn weighted grades.

WHO ARE THEY FOR?

Everyone! If you have a particular interest or passion, the IB course in that subject is for you!

REGISTER FOR IB COURSES DURING COURSE SELECTION

CTE PATHWAYS

WHAT ARE THEY?

Career and Technical Education (CTE) offers hands-on career training from teachers with

real-world experience. Southridge offers pathways in Business & Marketing, Sports Medicine, Emergency Medicine, Engineering, Computer Technology, and Digital Media. Beaverton School District offers off-site pathways for Health Careers and Auto Tech.

WHO ARE THEY FOR?

All students are eligible to take CTE classes. Auto Tech and Health Careers pathways require an application.

SEE 'CTE PROGRAMS' ON OUR WEBSITE FOR MORE INFORMATION

CAREER PATHWAYS

WHAT IS IT?

SRHS Career Pathways offer students a chance to focus their studies in one of five career areas: Human Services & Public Policy (social studies), Performing Arts, Terra Nova (science), and Visual Arts.

WHO'S IT FOR?

Any student who signs up to take the required classes in their pathway of choice. A certificate is awarded at graduation upon completion.

SEE YOUR COUNSELOR FOR MORE DETAILS



SKYHAWKS IN THE CLASSROOM

HOW DO I CHECK MY GRADES?

Students can use StudentVue to see their overall grade in a course and see grades for individual assignments. (ParentVue works for this as well.)

Teachers may keep course grades hidden for several weeks after a course starts, if they feel there have not been enough assignments given to give a full picture of how students are performing.

Progress reports are sent out after the first ten weeks of the semester. Report cards are published at the end of each semester. Students can print unofficial transcripts using StudentVue, as well.

Canvas is where teachers may post feedback on individual assignments.

GRADING SYSTEM

Beaverton School District uses a standards-based learning system. All classroom instruction and assessments are aligned to BSD Learning Targets. Multiple opportunities are provided for students to demonstrate growth and learning. The highest value is placed on teacher judgment and expertise. Assignments are graded on a scale of 1-4.

- 1= Developing
- 2= Nearly Proficient
- 3=Proficient
- 4= Highly Proficient

Proficiency grades for each course standard are calculated, then summarized into a final letter grade (A-D, N) by the teacher.

ACADEMIC INTEGRITY

The Southridge community expects of its students the highest standards of honesty and integrity.

Please note that plagiarism (representing someone else's work as your own, including

artificial intelligence [A.I., Chat GPT, etc.]) can result in loss of credit for the assignment and could also result in disciplinary action.

ACADEMIC ACHIEVEMENT

Students who want to push themselves academically have many paths at Southridge.

HONORS

At the beginning of each freshman and sophomore level course teachers will share how Honors designation can be earned. Honors designation can be earned in Language Arts, Social Studies and Science classes. Students who receive an Honors designation will receive an "H" on their transcript, in addition to the letter grade earned. Honors designation does not impact the Grade Point Average.

AP/IB COURSES

Southridge offers more than 30 International Baccalaureate (IB) Courses (see page 5 for more details) and two Advanced Placement (AP) classes.

SOUTHRIDGE SCHOLAR & NHS

Students who have pushed themselves academically can apply to be a Southridge Scholar their senior year. Honored students earn a gold stole to wear at graduation, and special recognition from Southridge High School. Students can also earn the following scholarly awards:

AWARD	Unweighted GPA	Weighted GPA
Summa Cum Laude	4.0	4.0 (or higher)
Magna Cum Laude	3.6	4.0

Southridge also participates in the National Honor Society. The National Honor Society application window will be in the fall, with an induction ceremony happening before Winter Break.

NHS ADVISER: SHARON LARPEUR

SERVICE LEARNING

Southridge has a long history of service learning. Every year students contribute more than 25,000 hours to our community.

WHAT IF I'M FAILING A CLASS?

Grades do matter more in high school because they affect your ability to graduate and go to college.

Start by making a list of any missing assignments you have in canvas. Which ones can you tackle by yourself? Which ones will you need help with? Turning in assignments is really important.

Once you've looked over your assignments, reach out to your teacher for tips. Maybe you can get help during seminar, or after school. Asking them face-to-face is best, but sending an e-mail can work too.

Finally, are you taking notes in class? Being an active participant by taking notes and completing assignments on time is the best way to keep your grades up. If that's not working, talk with your teacher or counselor for help.



UNDERSTANDING YOUR TRANSCRIPT

Students and parents may access unofficial transcripts using StudentVue/ParentVue. Official transcripts can be requested through our website, under the "Academics" heading. Use the QR code below to for more details.

	Credits Required To Graduate	Credits Completed	Work (Credits) In Progress	Credits Needed After this Semester
GRADUATION REQUIREMENTS				
SUBJECT AREA	REQ'D	COMP	WIP	NEEDED
B/FA/WL/AA/AT	3.000	3.000		
Career Education	0.500	0.000		0.500
Fitness - Required	0.500	0.500		
Fitness- Choice	0.500	0.500	0.500	
Health	1.000	0.500	0.500	
Language Arts	4.000	2.000	0.500	1.500
Mathematics	3.000	1.500	0.500	1.000
Science	3.000	2.500	0.500	
Social Science	3.000	2.500	0.500	
Electives	2.500	2.500	1.000	2.000
TOTALS	24.00	15.50	3.50	

Classes In One Of These Categories:
Business, Fine Arts, World Languages, Applied Arts, Applied Technology

Career Education is completed following the spring semester of senior year.

STUDENT HEALTH AND WELLNESS



TAKE CONTROL

Five keys to a healthier, happier, successful you!

KEY #1: BE RESTED!

You need 8-9 hours of sleep every day to be your best.

KEY #2: BE HERE!

Success starts with coming to class everyday. If you're not sick, be in your seat, ready to learn when the bell rings.

KEY #3: BE FOCUSED!

Using social media all day makes it nearly impossible to concentrate on school work. Take regular breaks from your phone outside of school to improve your concentration and focus.

KEY #4: BE INVOLVED!

Whether it's clubs, sports, arts, or outside interests, find some way to get involved. If you find a community, you will find more people to support you throughout school.

KEY #5: BE YOUR BEST ADVOCATE

When things are not going well, speak up and speak out. Let teachers, counselors, parents, and friends know something's wrong and ask for help.

WHAT WE DO

Counselors are available to support students and families with personal, social and academic needs, as well as post-high school planning. You may request a meeting with your counselor or our social worker anytime.

** indicates serves students based on their last name.*

COUNSELING TEAM

AMPARO GARCIA DE REYES - ENG. LANG LEARNERS

BIJOLI BISWAS - FRESHMEN COUNSELOR

THOMAS POLZIN - 10 -12TH COUNSELOR (A-G)*

ERIN EVANS - 10 -12TH COUNSELOR (H-N)*

TRESCI SORK - 10 -12TH COUNSELOR (O-Z)*

CHRIS MARTIN - IB, DP & CP COUNSELOR, AVID PROG. COORDINATOR

CAROLINA SALCEDO MACIAS - COUNSELING & REGISTRAR'S ASSIST.

- Student enrollments and records
- Demographic change requests
- Locker requests

ALY DISTOR - REGISTRAR

- Transcripts, diplomas, & documents
- Enrollment and transfers

POST-HIGH SCHOOL PLANNING

AMY MESTAS - COLLEGE AND CAREER SPECIALIST

LANGUAGE SUPPORT

LYDA ROBERTS - COMMUNITY LIAISON (A-L)*

MIRIAM RAMIREZ - COMMUNITY LIAISON (M-Z)*

- Family outreach and foreign language translation

WELLNESS SUPPORT

RICHARD RAMIREZ - SOCIAL WORKER

- Food & food pantry help
- Clothing & school supplies
- Counseling & Healthcare resources
- Program connections to housing and other supports.

DENA SCHREINER - SUBSTANCE ABUSE SPECIALIST

- Drug & alcohol counseling

BRYAN CUMMISKEY - SCHOOL PSYCHOLOGIST

- Services to students in special education
- Co-teaches Wellness Skills class
- Crisis support

DANIELLE GONZALEZ - SCHOOL NURSE

- Support of student's general health concerns
- Return-to-school/planning & provision of appropriate supports
- Support of students on 504 & IEP plans
- Emergency management & medication management
- Student safety and wellness

DEEP DIVE: HEALTH AND WELLNESS

SLEEP

Teenagers should get between 8-10 hours of sleep per night.* Here are three tips to keep in mind as you start new routines this year.**

STICK TO A SCHEDULE: Going to bed and waking up at roughly the same time every day will help you feel more rested. Staying up until 4:00am on Saturday can blow up your whole week of sleep.

STAY SCREEN FREE: The experts are clear: keep TV, phone, and laptop screens out of the bedroom. Try to stop screen time one hour before bed, if possible.

AVOID CAFFEINE AND NICOTINE: Between coffees, energy drinks, and soda, caffeine is everywhere. Avoid caffeine less than eight hours before bed and limit caffeine intake to 100mg or less per day.

*Per US CDC. **Per DBT Skills Manual for Adolescents.

ADVOCATE

When you need help, speaking up for yourself can be hard. Here are some helpful things you can do to get support from your school community.

DO:

Ask a teacher, counselor, or friend to have a talk one-on-one.

- Name problems as clearly as you can:
 - "I'm struggling in your class."
 - "I'm feeling depressed a lot."
 - "I'm having a problem with a friend."
- Find the best time for the adult you're talking with. Ask: "Is this a good time to talk?"
- Use the Wellness Room if you need a place to be calm and someone to talk to.

INSTEAD OF...

...pulling friends out into the halls during class to talk about something bothering you;

TRY...

...checking into the wellness room to collect your thoughts and asking for support, if needed.

INSTEAD OF...

...complaining about the teachers of classes that you're struggling in;

TRY...

...talking with another teacher or counselor to come up with a game plan for asking for help.



PHONES & SOCIAL MEDIA

Many teens are struggling to balance school and social relationships with a desire to be online. Both the American Psychological Association and the U.S. Surgeon General released guidelines and warnings about the harmful effects of social media this year. Here are some key takeaways:

IT'S COMPLICATED:

Social media isn't all bad or all good. Both reports shared some positives of social media, including its role in helping teens feel connected to online communities where they feel accepted as they are, building social relationships, and expressing creativity.

NEW RESEARCH:

New studies show a connection between excessive social media use and painful

feelings, such as depression, anxiety, poor body images and exposure to hateful content.

ROLE FOR PARENTS:

The APA recommends that parents and guardians monitor teens for signs of "problematic social media use." Some warning signs for teens could include:

- Regularly using social media even when it is interfering with their daily lives (such as completing school work);
- Teens trying to maintain constant access to social media, especially through lying or rule breaking;
- Strong cravings to be on social media, especially at the expense of personal relationships.

HEALTHY DIET

Just like adults, many teens find it hard to eat healthy. Time crunches, lack of access to healthy food, and a preference for junk food, soda, and sugary drinks often lead to diets high in sugars, simple carbohydrates, and caffeine.

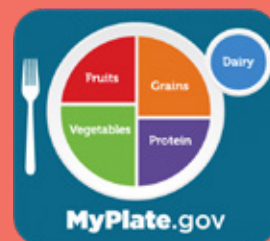
During the day, students frequently complain of headaches, upset stomachs, and exhaustion that could be diet related.

Students and families can use the USDA MyPlate symbol as a guide to demonstrate how much of a diet should be fruits, vegetables, proteins, grains and

dairy - or dairy substitutes. Good nutrition promotes healthy bodies and brains as teens grow and develop during these formative years.

Additionally, teens are recommended to eat breakfast: it helps with metabolism, brain function, and sleepiness.

For help with food resources, see page 4 or reach out to our social worker.



FOCUS ON: MENTAL HEALTH

CRISIS SURVIVAL

Crisis Survival strategies help people get through a crisis. A crisis is when you're really upset or things are really stressful, it's a short-term situation, and you want it resolved now but can't.

Maybe the only solutions you can think of will make it worse. These skills help you cope with overwhelming emotions or intolerable situations. They are not supposed to solve your problems, but they will help you survive painful emotions and not act on your urges.

If you are struggling with managing a crisis, try using the "IMPROVE The Moment" approach. You don't need any devices or items to help you — this approach can be done anywhere.

Some of these strategies involve changing the way you think about yourself or the situation, others involve changing the way your body has responded to events.

- COURTESY DBT SKILLS MANUAL



Southridge High School and Beaverton School district are committed to raising awareness about the dangers of deadly fentanyl overdoses. All students and parents need to hear this message: *One Pill Can Kill*.

Read more about our efforts and hear the stories from parents who've lost their children to deadly overdoses by using the following QR code.

Southridge offers drug and alcohol counseling for students. Talk to your students' counselor for details.



IMPROVE THE MOMENT

IMAGERY	Imagine very relaxing scenes of a calming, safe place. Imagine things going well; imagine coping well. Imagine painful emotions draining out of you like water out of a pipe.
MEANING	Find or create some purpose, meaning, or value in the pain. Make lemonade out of lemons.
PRAYER	Open your heart to a supreme being, greater wisdom, or your own Wise Mind. Ask for strength to bear the pain in this moment.
RELAXATION	Try to relax your muscles by tensing and relaxing each large muscle group, starting with your forehead and working down. Download a relaxation audio, video, stretch, take a bath or get a message.
ONE THING IN THE MOMENT	Focus your entire attention on what you are doing right now. Keep your mind in the present moment. Be aware of body movements or sensations while you're walking, cleaning, eating.
VACATION	Give yourself a brief vacation. Get outside, take a short walk, go get your favorite coffee drink or smoothie, read a magazine or newspaper; surf the web; take a 1-hour breather from hard work that must be done. Unplug from all electronic devices.
ENCOURAGEMENT	Cheerlead yourself. Repeat over and over: "I can stand it," "It won't last forever," "I will make it out of this," "I'm doing the best I can."

HELP & CRISIS LINES

SUICIDE & CRISIS LIFELINE:

Dial 988

- Connect to a counselor to discuss suicidal thoughts.

WASHINGTON CO. CRISIS LINE:

503-291-9111

- Will connect county residents to licensed therapists 24/7.

SAFE OREGON:

SafeOregon.com

Call or Text 844-472-3367

- Anonymous tip-line for students who are worried about a threat to themselves or other students.

MANAGING HEALTH CONDITIONS AT SCHOOL

The school nurse is available to help navigate new or existing health conditions that impact students at school. If students need an emergency response plan or accommodations for a health condition, have activity restrictions, need medication management at school, or are concerned about vision or hearing, please reach out to danielle_gonzalez@beaverton.k12.or.us.

Additionally please use the QR code to visit the BSD School Nursing webpage to find out more about our medication policy, too sick for school policies, and access schoolbased health centers.



TAKE THE STAGE

SKYHAWK THEATRE

The Southridge theater program performs three major productions per year, in addition to one major advanced acting class performance, hosting smaller showcases and participating in state competitions.

Students can be actors, make-up artists, wig/hair designers, set designers, stage technicians, painters, construction artists, writers, and more.

Get involved by forecasting for any of nine Theater Arts courses, attending theatre boot camp, attending drama club meetings, or auditioning for any production. Find more at www.skyhawktheatre.com.

SKYHAWK BAND & COLOR GUARD

The Southridge band program includes performing bands, ensembles, marching band, color guard, and winter percussion. Eight music courses are offered, including Wind Ensemble, Concert Band, Symphonic Band, and Jazz Band. Musicians compete in state and regional competitions.

Marching band begins in August with a two week camp, and multiple practices per week. More information about all band programs is available at www.simde.org.

CONCERT SCHEDULE

Choir Concert: Oct. 29

Band Concert: Oct. 30

Choir at The Grotto: Dec. 12

Band/Choir Combined
Concerts: Dec. 18 & 19

Band & Choir Solo &
Ensemble Night: Feb. 27

Choir Concert: April 1

Band Concert: April 2

Choir Concert: May 28

Band Concert: May 29

SKYHAWK CHOIRS

The Southridge choir program includes six courses and three performing groups: Concert Choir, HawkSingers (Mixed Choir), and Avancé.

Students perform several concerts a year and participate in state and regional competitions.

SPREAD YOUR WINGS

CLUBS & ORGANIZATIONS

Southridge offers more than 40 clubs for students to join, and adds new clubs every year.

Any student may sign up to start a club. You will need a club name and to find one teacher who will advise your club. A club fair is hosted every fall, where students can browse the different clubs available. Clubs meet after school, and voluntarily during the school day in Seminar.

STUDENT GOVERNMENT & LEADERSHIP

Southridge's leadership program is where students learn to support their school and community. It includes leadership classes and a student government.

Students are eligible to run for positions in each of the four grades (9-12), or school-wide ASB elected positions. See Activities Director Jessyca Chamberlain for more details.



SOUTHRIDGE SPORTS

Southridge athletes compete in fourteen different OSAA sports and six club sports over three seasons.

We are home to 17 state championships and six Oregon Gatorade Player of the Year winners.



HOW DO I SIGN UP FOR A SPORT?

To sign up for a sport, visit the Athletic Office or website. Students will need a participation form, a physical, and to pay a fee. (We can help you find a low- to no cost-physical.) Student athletes also need to keep up with their school work, defined as being on track to graduate and passing at least five courses the previous semester.

HOW MUCH DOES IT COST?

Freshmen can participate in all three seasons for just \$100 for the year. Sophomores, juniors, and seniors can participate for \$100 per sport each season. Ask in the Business Office if you need a reduced fee or waiver.

GOING TO GAMES

Game schedules are posted on the 'Calendar' section of our school website. Varsity football, volleyball, wrestling, and boys and girls basketball games charge a cash entry fee of \$4/students and \$6/adults. Seniors and children under 5 are free. Students with an ASB sticker get in for free, except during OSAA Playoffs.

More athletics information is available at our website. Use the QR code to learn more and register for a team.



FALL SPORTS

Football - Varsity and JV or Frosh/Soph
Volleyball - Varsity, JV, JVII
Boys and Girls Soccer - Varsity, JV and JVII
Boys and Girls Cross Country

WINTER SPORTS

Boys Basketball - Varsity, JV, Freshman and JVII
Girls Basketball - Varsity, JV and JVII
Girls and Boys Wrestling
Girls and Boys Swimming

SPRING SPORTS

Boys and Girls Track and Field
Softball
Baseball
Girls and Boys Tennis
Girls and Boys Golf

YEAR-ROUND

Cheer
Hawkettes (Dance Team)

CLUB SPORTS

These sports compete as Southridge but are not school sponsored. Contact these teams directly for more information.

Water Polo
Racquetball
Ski
Snowboard
Lacrosse
Equestrian



SUPPORT OUR NEST EGG

Your donations can support the students of Southridge High School in the classroom and beyond.

Consider donating to our Nest Egg fund. Your donation will go toward much-needed equipment and student support.

One hundred percent of your donation directly supports our students, and all donations are tax deductible.

Please use the QR code to donate.



PLANNING YOUR FUTURE

COLLEGE & CAREER CENTER

Our goal is for all students to graduate from Southridge prepared for, confident and excited about the future they choose. The College & Career Center, along with counselors, offers many opportunities for exploring the options and planning for success.

- College Visits
- Career Exploration
- Financial Aid & Scholarships
- Free ACT & Pre-ACT Testing
- Job Training & Apprenticeships
- Military Options

Many resources for college and career planning are available on the College & Career Center section of our website, through the weekly Newsletter, and on Instagram. Get connected and stay informed!

FLIGHT PLAN

College and Career Newsletter



SCHOLARSHIPS

See financial aid options



JOIN PTO

SOUTHRIDGE PARENT TEACHER ORGANIZATION

Join the PTO so you can help students & staff throughout the year! For more information email:

president.southridgepto@gmail.com.

VOLUNTEER ACTIVITIES

Add Southridge to your BSD volunteer profile so you can help in the following areas: Skymart (student store), IB/AP Tests, Staff Appreciation Events, Grad Night planning committee, AVID mentor, conduct mock interviews, chaperone school dances & more!

YEARBOOKS

Yearbooks are available for purchase through the On-Line Payments System.

Orders are due in Mid-January, and families are highly encouraged to pre-order. After the deadline, the price will increase, and there is a chance copies will sell out.

Talk to your counselor if you would like a reduced-price book, or the Business Office if you would like to set up a payment plan.

Seniors may submit senior portraits instead of school pictures. The deadline is usually in mid-November. Parents may purchase Baby Ads through the yearbook vendor in Mid-October. Follow The Quill newsletter for exact deadlines.

ATTENDANCE

If a student will not attend school for illness or other events, their parents/guardians should call the attendance line at 503-356-2891.

Students who need to leave class early for an appointment require a parent note or phone call and must check out with the attendance secretary ahead of time.

Find more information on attendance in the Student Handbook.

NEW SCHEDULE

School now starts and ends one hour later:

8:30 a.m. - 3:30 p.m.

The Southridge Main Office has new office hours:

7:45 a.m. - 4:15 p.m.

More details on page 3.

