



Inside Scoop

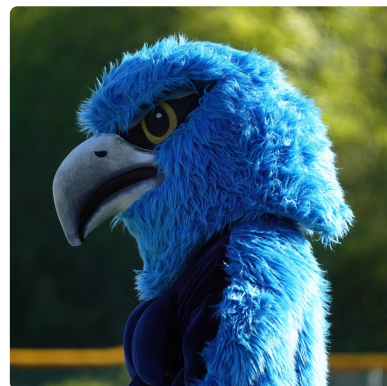
Hockinson High School - 2024-2025

August 30, 2024

Hello, Hawks:

Three days into the school year and I couldn't ask for a better start! From our annual red carpet welcome to our very first assembly, it has been a great first week. Thank you staff, students, and families for helping us start strong.

Just a reminder of a few things to keep our school safe and running smoothly:



1. Please do not have food delivery services drop off food at school. This creates distractions for students if they're ordering during class or waiting for orders. We are a closed campus, and this includes delivery services coming to our school.
2. During drop-off and pick-up, please continue all the way through campus and exit at Parkinen instead of turning around and exiting through the 159th Street entrance.

In the Scoop this week, you'll find information on...

- For Your Learning - Study and Learning Protocols from Dr. Huberman
- Service Academy Information
- Cell Phone Policy
- Stay-in-Class Procedures
- Class of 2025 Committee Information
- AAA Booster Update
- Band Update

If you have any questions or concerns, please do not hesitate to reach out to me at tim.fox@hocksd.org.

Go Hawks! #Elevate

For Your Learning - Learning and Studying Tips

Here are some tips on learning and studying from Dr. Andrew Huberman, a neuroscientist and professor in the Department of Neurobiology at Stanford University. [You can get more information here](#). The episode is a great listen, but here is a summary that I created with the help of ChatGPT.

1. Your Brain Can Change: Your brain is always changing and making new connections—this is called **neuroplasticity**. It's how you learn new things! The more you focus and practice, the stronger these connections get.

2. Focus is Key: To really learn something, you need to focus hard. When you concentrate, your brain releases chemicals that help you remember what you're learning. So, try to eliminate distractions when studying.

3. Study Smarter, Not Harder:

- **Space Out Your Study Sessions:** Instead of cramming, review what you've learned over several days. This helps your brain remember things longer.
- **Mix It Up:** Don't just study one subject at a time. Try mixing different topics in one study session. This keeps your brain on its toes and helps you learn better.
- **Test Yourself:** Instead of just reading your notes, quiz yourself. This is called active recall, and it's a super effective way to make sure you really know the material.
-

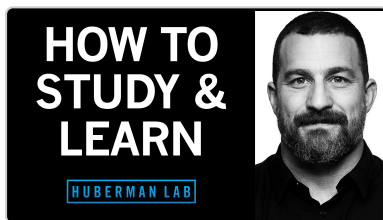
4. Get Enough Sleep: Sleep isn't just for resting—it's when your brain processes everything you learned during the day. Make sure you get enough sleep, especially after a day of studying.

5. Make It Personal: You'll remember things better if they matter to you. Try to connect what you're learning to your own life or interests. If you can make it emotional or important to you, it'll stick in your brain more easily.

6. Exercise Your Body, Boost Your Brain: Regular exercise isn't just good for your body; it's great for your brain too! It helps your brain grow and learn better.

7. Eat Right for Your Brain: What you eat affects how well your brain works. Foods with omega-3s (like fish) and other healthy nutrients can help your brain stay sharp.

8. Believe in Yourself: Have a **growth mindset**—believe that you can get better at anything with effort. When you see challenges as chances to learn and grow, you'll be more successful in school and beyond.



Optimal Protocols for Studying & Learning

In this Huberman Lab episode, I discuss science-supported protocols to optimize your depth and rate of learning of material and skills.

hubermanlab.com

Service Academy Open House

Members of Congress may nominate candidates for appointment to four of the five U.S. service academies: U.S. Military Academy (USMA), West Point, NY; the U.S. Naval Academy (USNA), Annapolis, MD; the U.S. Air Force Academy (USAFA), Colorado Springs, CO; and the U.S. Merchant Marine Academy (USMMA), Kings Point, NY

If you are interested in getting more information about military service academies, there is an open house on September 16 from 4pm - 5:30pm at the Vancouver Library. You can also get more information at the website of Washington 3rd District representative, Marie Gluesenkamp Perez' [website here](https://mariegluesenkamp.com).

**Are you thinking about
serving our country?**

STOP BY AT MY:
**SERVICE ACADEMY
OPEN HOUSE**

Learn about obtaining a Congressional nomination for the
U.S. Military, Naval, Air Force, & Merchant Marine Academies

Monday, September 16
4:00-5:30 PM

Vancouver Community Library
901 C Street
Vancouver, WA 98660



Scan to
learn more:



**MARIE
GLUESENKAMP
PEREZ**
WASHINGTON 3
THIRD DISTRICT

gluesenkamppez.house.gov

Cell Phone Policy

There is a significant amount of energy around cell phone bans in schools all around the country. The Lake Oswego School District is the latest in our area to implement a full bell-to-bell ban on

student cell phone usage.

We are not there.

With that said, we do have a cell phone policy. You can see it below. Teachers follow this at their discretion. They may also have their own policy that students need to follow.

Will Hockinson Schools follow the likes of Lake Oswego School District and the entire state of Florida (and Louisiana and South Carolina)? I don't know. What I do know is that students' focus needs to be on learning. Our role as a school is to help students learn - in this case, I want you to learn how to manage appropriate cell phone usage. Prove that you can.

Cell Phone Policy



Cell phones have become a regular part of our lives. However, we must acknowledge that they can also serve as barriers to attention and learning. As a school community, we must work together to ensure that cell phones do not become unnecessary distractions in the classroom when they are used inappropriately or at inappropriate times. Our focus as a school is on learning. This goes beyond what you're being taught in curriculum (reading, writing, math, history, etc) and extends into learning to be respectful, kind, and productive people.

The following policy features are in place:

1. The cell phone policy is a schoolwide policy
2. It is at the teacher's discretion to implement and uphold the policy as they see fit
3. Teacher's need to inform students their intentions to follow the policy
4. Students need to know their teacher's policy
5. Placards (Red/Green) will be used to indicate the teacher's approved levels of cell phone use in class. They will be visible to students.
6. Any modifications to the cell phone policy needs to be shared with administration, as well as to students and their families through the teacher's syllabus.

Procedures:

Red Card

- Cell phones are put away and out of sight

Green Card

- Cell phones can be out and used

Consequences:

If the **Red Card** is put up by teacher indicating that cell phones should be away and out of sight.

1. Student places phone in cell phone jail. Student can have phone back at the end of class.
2. Referral - Student meets with security advocate and receives a lunch detention.
3. Referral - Student conference with administration and receives a lunch detention.
4. Referral - Conference with parents.

Stay-in-Class Procedures

I feel like this is self explanatory - stay in class!

But let me break it down. First ten minutes and last ten minutes of class - you should be there. If you need to use the restroom, go during passing period or between the first and last ten minutes of class.

Stay-In-Class Policy



Why:

- Keep students in class as much as possible to focus on learning
- Responding effectively and quickly to students out of class without permission and/or students not going to class
- Providing a consistent method for Staff and Administrators to address students in the halls and out of class
- Increase the percentage of students attending class
- Decrease the percentage of students skipping class
- Reinforce to students the importance of being in class

School-Wide Agreements

- One student out of class at a time
- No leaving class in the first ten minutes of class
- No leaving class in the last ten minutes of class
- Students do not leave until excused by teacher (on or after the bell)



Bloodworks - Donor Portal

Donation opportunities associated with your sponsor or group's drive code are listed below. **If you are looking for our Incorrect sponsor information showing or having issues?

donate.bloodworksnw.org

Class of 2025 Information

2025 GRAD PARENT MEETING

Monday 9/9 5:30-6:30PM

@ Hockinson Fire Station Meeting Room

Our purpose is to provide information about grad activities for the year and give those interested an opportunity to volunteer if there is a particular activity they would like to help with.

2025 GRAD PARENT MEETING

Monday 9/9 5:30-6:30PM

@ Hockinson Fire Station Meeting Room

Our purpose is to provide information about grad activities for the year and give those interested an opportunity to volunteer if there is a particular activity they would like to help with.

AAA Booster Update



AAA BOOSTER NEWS

The purpose of this organization is to support athletic, academic, and activities programs of Hockinson High School, and promote excellence, pride and good sportsmanship amongst the student body and community. The booster parent, guardian and community involvement and strive to ensure that athletic, academic, and activity opportunities continue to be available to students attending Hockinson High School.

Thank you to everyone that visited our Back to School Apparel Shop and our Boosters Open House this week. We enjoyed connecting with new freshman parents and seeing some familiar faces!

Current Fundraising Opportunities

Fall Concessions

Fall sports are getting starting and we have fundraising opportunities available

Scoop News HHS AAA Booster News

AAA Booster News We are having a AAA BOOSTER OPEN HOUSE on Wednesday, August 28th from 6:30-7:30 at the High School Library. Come and meet the new 2024-2025 Officers and Coordinators and learn more about how to get involved. We will talk about the upcoming online auction scheduled for October 2...

docs.google.com



Band Update

What a great way to kick off the school year with the Red Carpet Welcome!

Please join us at Red Robin in Battle Ground on 9/12. Mention HHS Band and 20% of your purchase will benefit the Hockinson Music Boosters Club.



Red Robin® will give

**20% OF FOOD SALES*
BACK TO**

HOCKINSON HIGH SCHOOL MUSIC BOOSTERS

Show this flyer or simply mention the fundraiser to
your server to have your sales counted.

FUNDRAISER DETAILS

1112 SW Scotton Way, Battle Ground, WA 98604

September 12, 2024*

If ordering online, please follow these instructions:

- 1 Start your order at order.redrobin.com and select the restaurant above.
- 2 In the menu, go to the category labeled "Fundraisers (To-Go Only)" and click on that item.
- 3 Click the "add" button, and then "add to bag."
- 4 Add your meal items and check out.
- 5 Arrive at Red Robin, come in, say hi, grab your food and be on your way! If your location has curbside pick-up, we can bring it to your car too!

*Fundraiser during restaurant operating hours. Visit redrobin.com and find this location to view hours.
Donation based on all eligible net dine-in and to-go food sales only. Excludes sales from catering (at select locations), 3rd party ordering and delivery sites, alcohol, gift cards, retail, tax and gratuity. Offer void if flyer is distributed in or near the restaurant during fundraiser day & hours.

Red Robin



HOCKINSON HIGH SCHOOL

Email: tim.fox@hocksd.org

Website: <https://hhs.hocksd.org/>

Location: [16819 Northeast 159th Street, Brush Prairie, WA, USA](#)

Phone: [360-448-6450](tel:360-448-6450)

Facebook: <https://www.facebook.com/HockinsonHS/>



Tim Fox

Tim is using Smore to create beautiful newsletters