

**PLEASANT HILL MIDDLE/HIGH SCHOOL ANNOUNCEMENTS
FEBRUARY 3, 2025**

As a reminder, students need to remain in their respective hallways during the school day. Between 1st and 7th periods, high school students should not be in the middle school hallway and middle school students should not be in the high school hallway.

The Student Center will be open at 7:30 every morning for students to gather before school, if they wish.

Today is the first day of National School Counseling Week. The theme of this year's week is "School Counseling: Helping Students Thrive." Thriving means growing, succeeding and feeling fulfilled in all areas of your life. There are several areas where school counselors can help you thrive, including your academic growth, your emotional well-being and your career exploration.

- For example, thriving academically means setting goals, staying motivated and finding joy in learning. Counselors can help you develop strategies to be successful academically.

- Thriving emotionally means feeling balanced, resilient and supported. If you're feeling stressed or anxious, counselors are here to listen and help you navigate your feelings.

- Thriving in your future means understanding your strengths and passions. Counselors can help you explore different careers and plan for a future that excites you. Let's work together to THRIVE the rest of this school year. Have a wonderful day!

NEW FIBER ARTS CLUB

Fiber arts club is starting today after school from 3:15-4:45 in room 17 (Watne's room). Come join us every Monday and bring your fiber arts projects! Crochet, knit, embroider, and just have fun hanging out with other crafters. We hope to see you there! BYOP- bring your own project.

FFA OFFICIAL MEETING

There will be an FFA Official Meeting tonight, from 6:30-8pm, in the HS Student Center. All members are required in Official Dress. Please bring your mandatory market animal forms. Parents and guardians are encouraged to attend.

HS STUDENTS - CANDY HEART GUESSING GAME

Can you correctly guess how many candy hearts are in a container? Stop by Mr. Gray's room and enter your guess for a chance to win a box of chocolates - and the candy hearts too! The winner will be announced on Friday.

HS TRACK PACKETS DUE TUESDAY

HS track athletes, please turn in your fundraising packets to Mr. Smead by the end of the school day on Tuesday.

SPRING SPORTS REGISTRATION OPEN

Spring sports registrations are now open for both high school and middle school. All participants must be fully registered through [Final Forms](#) with an updated sports physical prior to the first official day of practice. All sports fees must be paid prior to the first contest. MS spring sports are \$100 and HS sports are \$150. For questions, please reach out to Athletic Director, Kyle McClain at kmccclain@pleasanthill.k12.or.us or 541-736-0706. We offer the

following spring sports: MS Track & Field, MS Girls Soccer, MS Boys Soccer, HS Baseball, HS Softball, and HS Track & Field.

Additionally, PHHS is offering three new club sports for our high school students, including Boys & Girls Golf, Boys Volleyball, and Girls Flag Football. Students interested in these club sports may get registered through [Final Forms](#). Students participating in club sports will be responsible for providing their own equipment and transportation for contests and practices. For your convenience, you may pay your \$150 club registration fees online here: [Payment Portal](#)

BILLIES ATHLETICS

MS Boys Basketball teams play at Oaklea today at 4pm.

HS Basketball teams play at home against Harrisburg on Tuesday at 4:30, 6:00, and 7:30.

MS Boys Basketball teams play at home against Creswell on Wednesday at 4:30.

HS Basketball teams play at La Pine on Thursday at 4:30, 6:00, and 7:30.

HS Wrestling competes in the Cottage Grove Invitational on Friday at Saturday.

HS Cheer competes in the OE Classic on Saturday at the Oregon State Fair Pavilion.

BAGS OF LOVE DONATIONS NEEDED

Donations are being accepted for Bags of Love through Feb. 14th. Bags of Love is a local organization that provides personal necessities and comfort items for children in crisis. New or gently used items, such as winter coats, clothing, shoes, hygiene items, books, school supplies, stuffed animals, or toys may be dropped off in the front office or room 3.