



Beaver News

October 2023

Volume 3, Issue 1

Beaver Robotics

Robotics this season is playing a game called "Center Stage." The robot has many tasks including moving hexagonal pixels, using a flap door, and parking at the end by hanging from a bar. The team is 17 members strong and continuing to grow! We have our first Competition November 4. This season we will have 2 robots, Competition and Practice. This will allow us more time for drivers to practice and a place to put R&D parts while we work out the tweaks without compromising the competition robot. This will help make our robot reliable and consistent.

Academic Success

Credit recovery classes are now incorporating some life skills like organization, prioritization, and time management. We're tracking how quickly (or slowly) students are moving through their online classes and helping them get started again when their progress slows. We're working on using email regularly to communicate professionally. We're helping students understand what to do when they get stuck, how to ask for help, what resources they have at their disposal, how to talk to teachers, and how to problem solve. The goal is that students leave our credit recovery classes with more skills than they came to us with and won't need another credit recovery class in the future.

Video Club

Video Club just wrapped up a celebratory episode of the Beaver Broadcast in honor of Hispanic Heritage month. We've added new members as well as a Video Production class and have started creating projects for teachers across the school. Our club and class are very diverse and serve a large population of impacted students. We are preparing for competitions in the spring and hope to host a student film festival at the end of the year. Please subscribe to our Beaver Broadcast channel on YouTube to watch!

PSAT Testing

In the morning of October 25, all Sophomores will take the PSAT here on the Woodland High School campus. Students do not need to register or do anything special to participate. Teachers will plan accordingly, so there will be no need for sophomores to connect with their teachers ahead of time about being out of class that morning.

Teenagers and Social Media

If you've been to a 9th grade parent night in the last few years, you probably know that I'm not a fan of social media, especially in the hands of teenagers. Although there are benefits to social media, I have observed a lot more negative impacts than I care to.

A lot of research has been done around the impact of social media on teenagers. In the following paragraphs, I'll summarize the findings described in two articles posted (ironically) online. If you'd like to read those articles for yourself click [on this link](#) and [on this link](#).

Although estimates on the exact percentage vary, it's clear that a large portion of human communication is nonverbal. That means that much of the meaning that we humans derive from our communications with others come from things like facial expressions, tone of voice, and body posture. Social media eliminates those nonverbal components and places the communicators into a "non verbal context."

The risks to teenagers communicating within this nonverbal disconnected world can be stark. According to two studies published in 2019, teens who use social media multiple times or for multiple hours each day are at increased risk for poor mental health. Another study examining social media use among college students found that the longer the study participants used Facebook, the more they became convinced that others were happier than they were.

The indirect nature of social media communication also creates a sort of anonymity between users. Through social media, it's much easier for the initiator of the communication to disconnect from the impacts of what's being communicated. In short, it's far easier to be cruel online. Donna Wick, Ed.D., notes that this seems to be especially true for girls, who typically don't like to disagree with one another in person.

Fortunately, experts note that there are things parents can do. Setting reasonable limits on social media use can be helpful, along with monitoring students' accounts and having open conversations about the dangers (and advantages) of social media use. Genuine face to face contact with friends is also extremely helpful, one of the many reasons why many studies over the years that participation in extracurricular activities predicts better school and life outcomes for students.



2023 Homecoming Court

Brooke Hauge

Elideth Borja-Delgado

Avery Andrews

Ella Lindsay

Coco MacDonald

HOMECOMING 2023

Monday, 9/19 - Tuesday, 9/26	Timber Crew Selection
Monday, 9/25 - Thursday, 9/28	Princess Voting via Google Forms
Friday, 9/29	Pre Homecoming Assembly - Princess Notification
Tuesday, 10/3 - Friday, 10/6	GRIT 101 Door Decoration
Monday, 10/9 - Thursday, 10/12	Queen Voting via Google Forms
Monday, 10/9 - Friday, 10/13	Find the "W" Spirit Dress Up Days - Monday: Throwback to Last Night - Pajama Day Tuesday: Turf War Tuesday - Bikers vs Surfers Wednesday: Wild West Wednesday Thursday: Through the Generations - 9th - Babies, 10th - College Students, 11th- Middle Aged Parents, 12th - Senior Citizens, Staff - Dress like you did when you were a high school student Friday: Flashback Friday - Flashback to 80s Neon
Friday, 10/13	3:05 - 3:50 Homecoming Assembly w/ Lip Sync Competition (students/staff only) 5:30 - 6:30 WHS Tours/Open House for the community 5:30 - 7:00 Princess Meet & Greet - Aux Gym Homecoming Coronation, Timber Crew presentation at halftime Homecoming Dance - after the game until 11:00 pm - \$5 at the door.



Each year, each class competes to win the Golden Beaver Trophy. The trophy is given to the class who earns the most points. Golden Beaver points are won through dress up days, games at assemblies, the lip sync competition for Homecoming participating in school events, and finding the W!

PRESENTING: THE 2023 TIMBER CREW:

What is Timber Crew?

Timber Crew is made up of WHS affiliated clubs, activities, organizations, & fall sports. Each group nominated an outstanding student that exemplified the goals of the group and the spirit of the WHS community.

These students were selected by their peers in their group and their advisor/coach for their dedication to the organization & to the school.



Joselyn Gatica
Cody Krieger
Couly McReynolds
Tessa Traffie
Phillip Donald
Goizane Vecina
Trinity Crumlich
Savannah Doughty
Seth Popp
Samantha Brown
Chase Dunn
Panda Terry
Angela Molina
Cody Armstrong
April Lee

Helpful Information Links

ATHLETICS: <https://www.woodlandschools.org/page/95>, <https://www.woodlandschools.org/page/48>

- For updated information and sport schedules: <https://www.arbiterlive.com/Teams?entityId=26210>, <https://whsbeavers.com/>
- Check updates on Twitter (WHS Athletics) or Facebook (Woodland High School Athletics).

COMMUNITY RESOURCES: <https://www.woodlandschools.org/page/59>, <https://www.woodlandschools.org/page/203>

- Latino & Spanish speaking families: <https://www.woodlandschools.org/page/341>

COUNSELING: <https://www.woodlandschools.org/page/99>

- Career Pathways <https://sites.google.com/woodlandschools.org/whs-curriculum-handbook/pathways?authuser=0>
- Financial Aid: <https://studentaid.gov/h/apply-for-aid/fafsa>, <https://www.woodlandschools.org/page/108>

DIGITAL RESOURCES: <https://www.woodlandschools.org/page/116>

FOOD SERVICES: <https://www.woodlandschools.org/page/45>

HEALTH DESK: <https://www.woodlandschools.org/page/21>

- Parents - If your child has a life-threatening health condition that requires rescue medication, medication orders and an updated care plan should be in place. If you have any questions you can reach our district nurse, Kerri Six at sixk@woodlandschools.org or 360-841-2837.

INSTAGRAM:

- ASB - follow us for the daily bulletin and all current school events @woodlandhsasb
- Principal Pearson - follow for shout outs "we are beavers in action" @woodlandhswa

SENIORS:

- Here is a link to the Senior Page on our District Website <https://www.woodlandschools.org/page/124>

TECH SUPPORT: <https://www.woodlandschools.org/page/195>, <https://www.woodlandschools.org/home-tech-support>

- Chromebooks issues, see Powerwashing a Chromebook <https://sites.google.com/woodlandschools.org/student-parent-tech-resources/powerwashing-a-chromebook?authuser=0>



College in the High School Registration Deadline is October 5th. Please see your counselor if you have any questions!

WELCOME TO OUR FOREIGN EXCHANGE STUDENTS AT WHS



Katerina Koubkova - Czech Republic ~ Tristan Pruehs - Germany

Goizane Inda Vecina - Spain ~ Angela Lepone Vitaterna - Italy

Lola Widart - Belgium

ASB OFFICERS

President - Caleb Osorio

Vice President - Sahara McPoland ~ School Board Rep - Cody Krieger

Secretary - Alivia Roland ~ Media Correspondent - Tegean Pringle

Treasurer - Keilana Erickson ~ Running Start Rep - Ella Lindsay



SENIOR CLASS SENATORS: Brooke Hauge, Sahara McPoland, Connor Reid, Alivia Roland

JUNIOR CLASS SENATORS: Samantha Brown, Savannah Doughty, Addi Stading

SOPHOMORE CLASS SENATORS: Faith Hay, Kaylynn McSmith, Mackenzie Neibler, Madison Walker

FRESHMEN CLASS SENATORS: Kylie Barragan, Gavin Doughty, Selah Hay, Wedly Stuart

ATTENTION: Time Change

NOW: 1:00 - 4:30

BELL STUDIOS PICTURE RETAKE DAY

Woodland High School

Tuesday, October 17th

9-12 Aux Gym

The pictures from 9/12 will be in the HS Office soon, we will let you know when they arrive. For those who still need to order pictures from 9/12, you will receive a paper with your PROOF & CODE for online ordering.

Important Information Regarding Retakes:

If your student would like a picture retake, please ensure they return their initial order to our photographer on make-up day. Bell Imaging will copy the original order free of charge upon return of 1st take portraits.

Questions?

503-556-5232

bellstudios@bellimaging.com



PICTURE RETAKES

For ALL students
who missed 9/12

- TUESDAY, OCT 17
- AUX GYM
- 9-12
- 8:30 FOR STAFF & RUNNING START

MAKE-UP DAY IS AROUND THE CORNER!

If you missed picture day, or if you are not satisfied with your original portrait, please come and see us on Make-Up Day!

****If getting a "retake", please provide our photographer with your original picture packet with all of the contents.****

If you would like to **pre-order** your Make-Up Day portrait, please scan the QR code



OR

Follow these steps:

- 1.) Visit ***bellimaging.com***
- 2.) Click on ***"Order Images"***
- 3.) Use Code ***"MAKEUP"***
- 4.) Select your school & place your order



WHS National Honor Society



National Honor Society is a service organization that promotes academic achievement.

Our new year has started with monthly meetings being held on the last Tuesday of each month, at lunch in the Library. New members are welcome for all Sophomores, Juniors and Seniors with a GPA of 3.5 or higher.

Being a member builds scholarship, character, leadership abilities and service to the community or school.

Are you interested in the National Honor Society?

- ❖ You must be a Sophomore, Junior or Senior
- ❖ Have a Grade Point Average of 3.5 or higher
- ❖ Complete Service Hours each semester
- ❖ Attend monthly meetings (last Tuesday of each month) in the Library at lunch.
- ❖ Applications are available at the front office and in Mrs. Novak's Room, 1207.
- ❖ Deadline for applications is October 23, 2023.

CLUB MEETINGS

- CHOIR CLUB: Tuesday's during Lunch
- INSTRUMENTAL MUSIC CLUB: Monday's 4:00 - 5:00
- ART CLUB: Thursday's 4:00 - 5:00
- ROBOTICS: Monday's & Wednesday's 4:00 - 5:00
- NATIONAL HONOR SOCIETY: Tuesday's during lunch

2023-2024 YEARBOOK COST



- Now through January 2024 - \$50
- February through April 2024 - \$55
- May (wait list) - \$60
 - Your name will be put on a wait list, you do not pay in advance. Once yearbooks come in and we have a book for you, then you will pay before receiving the book.
- NO Engraving Available

Check, cash, or card in the WHS office.

~ WHS CLOSED CAMPUS POLICY ~

- Once you are on campus - stay on campus
- You may NOT leave before school
- You may NOT leave during lunch
- Being late to 1st period will result in lunch detentions - just like any other class period

Leaving campus without being excused by a parent - through the office, will result in a discipline referral.

WOODLAND HIGH SCHOOL



**IT'S GOOD
TO BE
HOME!**

BEAVER ALUMNI BAND

GAME DAY: FRIDAY, OCTOBER 13TH

REHEARSAL: THURSDAY, OCTOBER 12TH

Contact Bryana Steck @
steckb@woodlandschools.org for music and
details!

FALL FESTIVAL 2023



Featuring:

WMS Trojan Band

WHS Beaver Band

Woodland Public Schools Jazz Ensemble



Thursday, October 26th

7:00 pm

WHS Commons/ Stage



**SENIORS - CLASS OF 2024****IMPORTANT INFO FOR OCTOBER 2023**

- October 11, Wednesday: During GRIT 101, 1:25 - 1:55 pm - JOSTENS CAP & GOWN information meeting - go straight to the WHS Main Gym after the 4th period bell.
- October 17, Tuesday: PICTURE RETAKE DAY, for Seniors ONLY if you missed picture day in September, this is not for a second Senior Silly Picture, this is retakes for all staff and all students who missed the September 12th picture day. If you truly need retakes and are unsatisfied with your pictures from 9/12, you must turn in your old pictures that you purchased and your ID/ASB card from 9/12 at the time of retakes.
- October 18-19 - Wednesday/Thursday (two day event): WHS Student Services - JOSTENS CAP & GOWN during student lunch 11:53-12:23, Q&A, purchasing, product help.

**REMINDERS ~ SENIORS ~ REMINDERS**

- Check your school emails often.
- Tell your running start friends to check their Woodland High School emails.
- Check the website often.

IMPORTANT INFO FOR NOVEMBER 2023 - Coming Soon

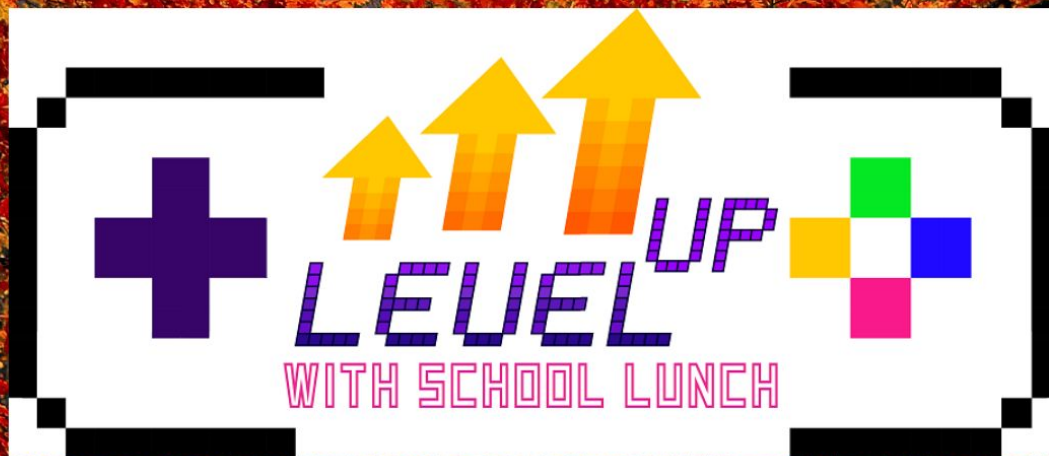
<https://www.woodlandschools.org/page/124>



Woodland School District
Nutrition Services
News & Nibbles
October 2023

Food Service Director- Amber Easter 360-841-2956 ext. 2956 Eastera@Woodlandschools.org

National School Lunch Week October 9th-13th



What is National School Lunch Week?



Declared in 1962 by President John. F. Kennedy, this annual observance promotes the importance of a healthy school lunch in a child's life. The

National School Lunch Program was created in 1946 to provide nutritious meals to low-income families. NSLP ensures the health and well-being of all public school students, boosts academic performance

by giving students the fuel they need to succeed, and closes the opportunity gap for children across the country. Today, the National School Lunch Program serves nearly 30 million children every school day. Not only does it reduce childhood hunger, but it also supports

American agriculture.



Big City Bites

Be on the lookout for a fun new promo coming to your cafeterias! Each month we will feature a menu item regionally inspired. In the month of October we will be visiting Seattle and featuring a Teriyaki Chicken Rice Bowl with Ginger Carrots.

Fresh Pick of the Month

Fun Grape Facts!

1. Grapes originally came from Spain. Spanish explorers first brought the fruit to America 300 years ago.
2. Grapes are a type of berry
3. There are more than 8,000 grape varieties from about 60 species
4. Raisins are dried, sweet grapes. The drying happens naturally when the grapes are left in sunlight.
5. Grapes come in many colors, including green, red, black, yellow, pink, and purple. "White" grapes are actually green.
6. One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are chock-full of antioxidants.



SEATTLE
*** WASHINGTON ***
EMERALD CITY

WHAT'S * FOR * LUNCH?

CHICKEN TERIYAKI RICE BOWL

This chicken teriyaki rice bowl features juicy chicken strips coated in a flavorful, sweet, savory teriyaki glaze, served on a bed of steamed brown rice. To add some greens and crunch to the bowl, it's also topped with roasted broccoli and garnished with sliced green onions, adding a zesty flavor that will brighten even the rainiest Seattle day.

BIG-CITY BITES



GRAPE
HAVE A
BUNCH
OF FLAVOR!



Grapes are nicknamed "Nature's Candy," because of their sweetness. They come in many colors, including green, red, black, yellow, pink and purple. White grapes are actually green.



freshpick
for better health

School Board Meetings - October 12 at 6:30 pm and October 26 at 6:30 pm
ALL TEACHERS CAN BE REACHED BY email using the following format: first seven letters of their last name & first initial of first name
@woodlandschools.org (Ex: pearsonp@woodlandschools.org)
Woodland High School 1500 Dike Access Road Woodland, WA 98674-9498,
Main Line 360-841-2800 Fax: 360-841-2801
Dr. Phillip Pearson, Principal - Michael Lindsay, Assistant Principal

Woodland Public School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression, gender identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: Vicky Barnes, Title IX Officer, Civil Rights Coordinator, and Affirmative Action Officer, 800 Second St. Woodland, WA 98674, barnesv@woodlandschools.org, (360) 841-2702 Jake Hall, 504 Coordinator, 800 Second St. Woodland, WA 98674, hallj@woodlandschools.org, (360) 841-2720. You can report discrimination and discriminatory harassment to any school staff member or to the district's Civil Rights Coordinator, listed above. You also have the right to file a complaint. For a copy of your district's nondiscrimination policy and procedure, contact your school or district office or view it online at www.woodlandschools.org.

District Vision Statement: Woodland Public Schools, in partnership with its community, will create a PreK-12 system that serves and supports ALL children and ensures EACH child has FULL access to, is engaged in, and obtains an excellent education that prepares them for responsible citizenship and a future of adaptability and success in life and their chosen endeavors.

District Calendar: <https://www.woodlandschools.org/storage/file/44/2023-24%20Calendar%20Final.pdf>
Woodland High School Calendar of Events: <https://www.woodlandschools.org/page/92>



Woodland Beaver Boosters

woodlandboosters@gmail.com

Like us on FB @ Woodland Beaver Boosters,

Instagram @ WHS Beaver Booster Club

Twitter - Woodland HS Beaver Booster Club

@beaver_hs

The District does not sponsor this event and the District assumes no responsibility for it. In consideration of the privilege to distribute materials, the Woodland School District shall be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including costs, attorney's fees and judgments or awards.

NO SCHOOL

October 30 & 31