

DECEMBER 2022 | ISSUE 13

WEEKLY WARRIOR

Official Newsletter of Philomath High School



ASB teams up with Vina Moses Giving Tree

ASB is sponsoring a Giving Tree in conjunction with Vina Moses.

Come pick a tag from the tree in the PHS foyer and purchase gifts for a child in our community. Bring gifts back to the PHS office before Winter Break and ASB will deliver them.

Last year, more than 1,300 children in Benton County received gifts, food and more because of kindness and care from the community.

For more information about the [Vina Moses Giving Tree](#), visit their website.

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



Follow us on
Twitter @PhilomathHS
and Instagram
@phswarriornation



Deck the Halls

All students are invited to participate. Classes decorate their halls with a holiday theme. Students should check with their class officers for more information.

Holiday Spirit Week

Join ASB and dress up for spirit points the week before winter break, Dec. 12 to Dec. 16.

Monday:

Winter Wonderland
(White and Light-Blue Out)

Tuesday:

Family Picture Day
(Match with your friends in Christmas sweaters)

Wednesday:

New Year's Eve Party

Thursday:

Ski Trip

Friday:

Night Before Christmas
(Pajamas)

Shout Outs

- 50 positive behavior referrals for the month of November.
- Nice job directors Shannon Webb and Jolene Latz and the cast and crew of High School Musical. They did an amazing job with all six performances for the community and schools.

Reading challenge

The Philomath Community Library is presenting Winter Reading Bingo for all ages. Bingo boards will be available at the PHS library and at the public library, located at 1050 Applegate St. The bingo board has all sorts of activities to keep the entire family busy over break. The challenge starts on Dec. 15. Return your bingo card to the Philomath Community Library by Jan. 13 for a chance to win some great prizes! For more information, call PCL at 541-929-3016.



Dates to Remember

December

2	No School - Grading Day
7	Senior All Night Party meeting 6pm at the District Office
5	Trimester 2 Begins
15	Coffee with the Principal 9-10 am
15	Winter Concerts 7 pm at PHS
19	Winter Break Begins

January

3	Return from Winter Break
16	No School - MLK Day

Schedule changes for second trimester

Trimester 2 schedule changes may be made through Friday, Dec. 9 at 12:36 pm. Students have the first five days of a trimester to make a schedule change.

Please use the [Add/Drop Form](#) that is found on the counseling department web page.

Or, students may sign up on the pad outside of their counselor's office.

Maria Drennen: seniors and sophomores

Kim St.Clair: freshmen and juniors

Senior News

Scholarship opportunities

The [Benton Community Foundation Scholarship](#) portal opened on Dec. 1. Seniors who have applied to college should be shifting their focus to applying for scholarships. This takes time and intentional effort, but is an important step in helping to pay for college. Remember to put your best effort into each application you complete. Students who are selected as scholarship recipients will be recognized at Honors Convocation on June 7 at 6 pm.

FAFSA

Fifty-two percent of PHS Seniors have completed the FAFSA. Thank you for supporting your senior with this process! This is an important step in getting financial aid to pay for the cost of college or trade school. If you need any assistance with this process, please don't hesitate to contact Ms. Drennen for support. [FAFSA® Application Federal Student Aid](#)



Preventing cyberbullying

At PHS, we have noticed an increase in cyberbullying activity recently and wanted to provide parents with more information on the topic. For the next several weeks, we will be featuring information on cyberbullying from the US Department of Health and Human Services. For more information, visit the stopbullying.gov website.

Be Aware of What Your Kids are Doing Online

A child may be involved in cyberbullying in several ways. A child can be bullied, bully others, or witness bullying. Parents, teachers, and other adults may not be aware of all the digital media and apps that a child is using. The more digital platforms that a child uses, the more opportunities there are for being exposed to potential cyberbullying.



Warning Signs a Child is Being Cyberbullied or is Cyberbullying Others

Many of the warning signs that cyberbullying is occurring happen around a child's use of their device. Some of the warning signs that a child may be involved in cyberbullying are:

- Noticeable increases or decreases in device use, including texting.
- A child exhibits emotional responses (laughter, anger, upset) to what is happening on their device.
- A child hides their screen or device when others are near, and avoids discussion about what they are doing on their device.
- Social media accounts are shut down or new ones appear.
- A child starts to avoid social situations, even those that were enjoyed in the past.
- A child becomes withdrawn or depressed, or loses interest in people and activities.

What to Do When Cyberbullying Happens

If you notice warning signs that a child may be involved in cyberbullying, take steps to investigate that child's digital behavior. Cyberbullying is a form of bullying, and adults should take the same approach to address it: support the child being bullied, address the bullying behavior of a participant, and show children that cyberbullying is taken seriously. Because cyberbullying happens online, responding to it requires different approaches. If you think that a child is involved in cyberbullying, there are several things you can do:

- **Notice** – Recognize if there has been a change in mood or behavior and explore what the cause might be. Try to determine if these changes happen around a child's use of their digital devices.
- **Talk** – Ask questions to learn what is happening, how it started, and who is involved.
- **Document** – Keep a record of what is happening and where. Take screenshots of harmful posts or content if possible. Most laws and policies note that bullying is a repeated behavior, so records help to document it.
- **Report** – Most social media platforms and schools have clear policies and reporting processes. If a classmate is cyberbullying, report it the school. You can also contact app or social media platforms to report offensive content and have it removed. If a child has received physical threats, or if a potential crime or illegal behavior is occurring, report it to the police.
- **Support** – Peers, mentors, and trusted adults can sometimes intervene publicly to positively influence a situation where negative or hurtful content posts about a child. Public Intervention can include posting positive comments about the person targeted with bullying to try to shift the conversation in a positive direction. It can also help to reach out to the child who is bullying and the target of the bullying to express your concern. If possible, try to determine if more professional support is needed for those involved, such as speaking with a guidance counselor or mental health professional.

ATHLETICS & ACTIVITIES

Girls basketball jamboree



From left, sophomores Anneka Steen and Mica Boynton, and seniors Ingrid Hellesto and Abigail Brown play basketball Wednesday night against Springfield. PHS girls basketball hosted a jamboree with Lebanon, McNary and Springfield high schools.



From left, Junior Ahnika Tyron, senior Mia Bennet and sophomore Anneka Steen take on McNary.

This Week

Friday, December 2

- Swimming at North Eugene

Saturday, December 3

- Basketball hosts Junction City
- Dance Team at Gladstone

Tuesday, December 6

- Basketball at South Albany

Wednesday, December 7

- No Events

Thursday, December 8

- Swimming hosts Marist & Cascade
- JV/JV2 Basketball at West Albany

Friday, December 9

- V/JV Basketball at Marist Tournament
- Wrestling Home Tournament

Saturday, December 10

- V/JV Basketball at Marist Tournament
- JV2 Girls BBX at Salem Academy
- Youth Wrestling Tournament

Sunday, December 11

- Swim Team's Silent Auction - 6pm

Booster Club

The next Booster Club Meeting is December 12 at 6 pm in the PHS Community Conference Room.