

WEEKLY WARRIOR

Official Newsletter of Philomath High School

Thanks ASB for a fabulous Homecoming 2023



The Homecoming Court was presented at halftime of the Homecoming football game Friday night. They were, from left, seniors Ellie Morton, Madison Juhl, Cas Gurski and Nadia Durski, juniors Kaylie Kohler, Warwick Bushnell, sophomores Ben McGovern and Abby Harwood and freshmen Nathaniel McKeever and Nora Stanley. Ellie Morton and Ben McGovern were crowned.



Photo Credit Pepper Borton PM Photography

The upperclassmen won the Powder Puff game Wednesday night.

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



Follow us on
Twitter
@PhilomathHS and
Instagram
@phswarriornation

Dates to Remember

October

18 Chat with the Principal in Community Conference Room, 5 pm

November

2 1/2 Day for HS Grading
3 No School - HS Grading Day
10 No School - Observing Veterans Day
15 Chat with the Principal in Community Conference Room, 5 pm
22 - 24 No School - Thanksgiving Break
30 End of Trimester 1

Vaping concern

PHS is experiencing an uptick in vaping incidents among students. For every student that we know is vaping there are three to five more that go undetected. We are asking for parents' help in combating this dangerous and addictive habit. We are asking that you take some time and have a conversation with your child about the dangers of vaping. Click [here](#) for information on how to talk to your teens about this matter.

2,051+
lung injury



cases in the United States associated with vaping as of November 2019.



Nicotine
can permanently

change the developing teenage brain, creating a nicotine addiction for life.

10 million
youth in the United States



used, or were open to using, e-cigarettes in 2018.



39 deaths

associated with vaping as of November 2019.



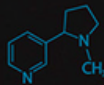
Eighth graders who vape
are 10 times more likely to eventually smoke cigarettes than their non-vaping peers.

135% increase
in high school students



using e-cigarettes, reported between 2017 to 2019.

60%
of young people



think e-cigarettes are mostly flavor; the truth is that more than 98% of products tested contain nicotine.





From ASB

By Lorelei Schell



Last week ASB put on nine different events and also had spirit days everyday of the week. We started off the week by putting on a pancake breakfast on Tuesday morning for the student body.

The Powder Puff football game was held on Wednesday along with the bonfire that followed the game. The upperclassmen won the game with a score of 28-0.

On Thursday during lunch ASB hosted a lunch trivia game. Many students showed up and had a great time with each other.

Friday was a day full of events. The student body started the morning off with the Homecoming parade to all the schools. At the end of the school day students participated in a mess assembly with games that were designed to get people messy, with items including eggs, BoBa, shaving cream, and different condiments. We ended the night with a mac and cheese tailgater before the homecoming football game, where we announced our homecoming king and queen at halftime. Congratulations to Ben McGovern and Ellie Morton.

ASB hosted the homecoming dance on Saturday night, 350 students attended and everyone had a great time.



PHS students attend Manufacturing Day at LBCC



Mr. Traini took nine students to the Manufacturing Day organized by LBCC. This was a great opportunity for our students to learn about the many programs that LBCC offers in high-tech manufacturing. They toured the Albany campus and participated in fun hands-on learning activities.

Ms. Mattson's marine biology class dissects clams

Even with all the fun of Homecoming, students still had some great opportunities in the classroom last week. In marine biology class, students worked together to dissect clams.



ATHLETICS & ACTIVITIES

Football team honors fallen soldier Cody Patterson

For full coverage, see the [Philomath News](#) article.



Patterson Family



Photo Credit
Pepper
Borton PM
Photography

Information

Below you will find links to corresponding sites that will provide you with current information for athletics and activities.

OSAA

- Game schedules; dismissal, departure, and return times; rosters; coaches contact information, etc.

PHS Athletics Page

- Calendar, sports registration, athletic forms, athletic handbook and policies, athletic fundraisers, etc.

Athletic.net

- XC and Track and Field Meet information

Philomath News

- Local coverage about Warrior sports.

Please note that game times are subject to change, so please check schedules prior to scheduled events.

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XC dominates at 38th annual Paul Mariman Invitational

See the [Philomath News](#) for more coverage of the meet.



PHS cheer places first in Gameday Championships



Photo credit Brad Fuqua

Girls soccer #2 in league ranked #8 in state with win over Cascade



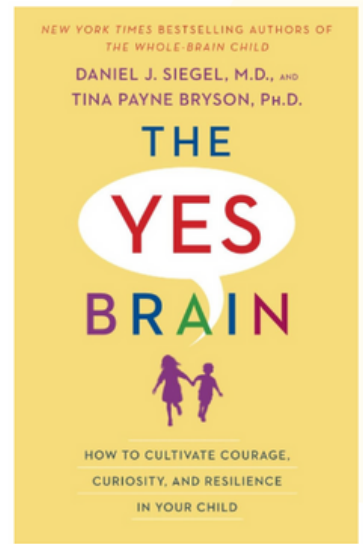
Volleyball hosts Battle for the Bow

PHS volleyball won the first annual Battle for the Bow vs Newport. The game promoted breast cancer awareness and honored breast cancer survivor and retired Philomath Middle School teacher Dianne Crocker.



Parenting Book Club

PK McCoy, MS Early Childhood Educator & Parent Coach



Read 'The Yes Brain' by Daniel Siegel & Tina Payne Bryson with PK and other parents like yourself who want to learn some positive parenting strategies in a casual, relaxed atmosphere.

You'll learn:

- How to strengthen the the four fundamentals of the Yes Brain - balance, resilience, insight and empathy
- The key to knowing when kids need a gentle push out of a comfort zone vs. needing the "cushion" of safety and familiarity
- Strategies for navigating away from negative behavioral and emotional states (aggression and withdrawal) and expanding your child's capacity for positivity

Books will be provided to participants before the first meeting. We will meet in a casual gathering over the course of the class to talk about the ideas presented in this book and how they can be applied to your real-life situation.

5 weeks; Wednesdays,
Oct 4 - Nov 1
9:30am - 11:00am
@ Imagine Coffee,
5460 Philomath Blvd,
Corvallis, OR

For more info
or to register email:
jennifer.srf@ruralfamilies.org
or call the SRF office
(541) 929-2535

Individual coaching is available to anyone interested.



BROUGHT TO YOU BY:
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