

OCTOBER 2023 | ISSUE 46

# WEEKLY WARRIOR

Official Newsletter of Philomath High School

## September Students of the Month



Congratulations to our September Students of the Month. Students are nominated and voted on by staff.

Bottom, left to right, are freshman Maggy Real, senior Leaf Lewis, and junior Sean Jackson. Top, left to right, are sophomore Evan Hernandez, and senior Lukas Champion.

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



Follow us on  
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@phswarriornation

# Dates to Remember

## October

28 Haunted Halls

## 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

## From ASB

ASB has been working hard getting ready for Haunted Halls that is coming up on Saturday, Oct. 28. The event will start at 7 pm and go until 9 pm. Admission is \$5. We hope to see many kids there!

ASB will also be putting on a student tailgater for the last home football game on Friday, Oct. 27.

Our Veterans Day assembly is coming up on Nov. 9 at 10:30 am. Veterans and community members are welcome to attend. RSVP at [asb.signage@philomath.k12.or.us](mailto:asb.signage@philomath.k12.or.us).

The November blood drive is coming up on Nov. 14. The drive will take place in the auxiliary gym from 8:30 am to 1:30 pm. Sign ups will be available in the main hall during lunch beginning on Oct. 25. Sign up and save a life!

## Senior All Night Party committee begins planning, needs info

The Senior All Night Party Committee is in the beginning phases of planning for this year's event. Please fill out the linked Google Form Survey ([PHS Class of 2024 Senior All Night Party Info](#)) so that we can create a database for future communications about organizing, helping, updates and signing up your student.

Please fill out the survey by Sunday, Oct. 22.

Our next meeting will be Monday, Oct. 23 at 6 pm in the PHS Community Conference Room.

Please consider attending this event!



# Holding social media accountable for its role in the youth mental health crisis



*Common Sense*

In 2021, Facebook whistleblower Frances Haugen revealed to the public and to an audience of Congress members that Instagram was well aware of the impact it was having on the body image and mental health of some of its most impressionable users. And yet the company took no action to limit that harm.

New research from Dove reveals that 8 in 10 youth mental health specialists say that social media is fueling a mental health crisis in young people. And our own research at Common Sense shows that teen girls spend over two hours a day on YouTube and TikTok, and 90 minutes a day on other platforms.

The good news is that today, the momentum has never been stronger when it comes to making social media a safer, healthier place for kids. At Common Sense, we've been working for years at both the state and federal levels to hold platforms accountable for the harms they can cause to kids' mental health. Our Healthy Young Minds campaign launched last month to tackle the youth mental health crisis head-on. And now we are partnering with the Dove Self-Esteem Project's Campaign for Kids' Online Safety to advance the Kids Online Safety Act (KOSA), a bipartisan piece of legislation that

will be introduced to Congress in the coming weeks. The bill is designed to impose responsibility on online platforms and equip children and parents with tools to stay safe.

Other campaign partners include [Parents Together](#), and we all came together last week in Los Angeles to kick off the initiative. The event, [A Call for Kids' Online Safety: A Dove Forum for Change](#), also featured a number of young people and their parents who shared their deeply personal stories about body image, eating disorders, and mental health.

[Read More](#)



# Earthquake drill held at PHS



On Thursday, Oct. 19 we participated in the Great Oregon Shake Out Earthquake Drill. Over the intercom everyone heard, "We will now be practicing an earthquake drill. Drop! Cover! Hold on!" After about 30 seconds, the fire alarm sounded and we evacuated to the field between the middle school and the stadium. Students lined up alphabetically (last name) based on grade level. Attendance was taken and all students were accounted for.

## Advanced Placement courses are for everyone

Did you know that students who score a one or two on an AP® Exam are more likely to attend college and graduate on time than academically similar students who don't take AP? And they're more likely to say they're doing well or very well in college courses that cover similar content. Research has proven what educators have known for some time. No matter what their score is, students who complete an AP course and exam benefit from their AP experience.



Students stand out to colleges and scholarship organizations by completing an AP course and exam. It demonstrates that they have persisted through challenging coursework and are ready for collegiate-level material.

For more information about PHS's Advanced Placement classes and other ways to earn college credit while in high school, visit the [Expanded Options](#) information on the counseling center page on the PHS website.

## College visits, opportunities listed on PHS website

There's a [new page](#) on the PHS Website to see upcoming college visits and other opportunities. Select "Announcements" from the "Counseling" tab drop down.



## Vintage Warrior jacket

Freshman Hailey Williams wore her grandfather, Kelly Campbell's, letterman jacket from 1973 during Homecoming Week. Her great-grandmother sewed on the patch which is thought to be the first of its kind.

# ATHLETICS & ACTIVITIES

## Winter sports registration is now open

You can now register your student for a winter sport. Athletic participation at PHS is \$50 per sport. The registration and payment deadlines are Nov. 13. Click the [link to register](#).

## Girls soccer wins important match



*Girls soccer beat #3 North Marion on Tuesday and moved up to #4 in state.*

*Photo credit Brad Fuqua*

## XC continues winning ways



*Philomath News: The PHS girls won the CG Bramble Scramble Saturday with five of the top 10 runners, including the 1-2 finishers, and all seven in the top 20. See the [Philomath News](#) coverage of the meet. Photo provided by Craig McDaniel*

## 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.**

### **Mike Hood**

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# Boys soccer vs. Newport

Senior Night will be next Tuesday, Oct. 24 when the boys play Stayton High School.



Photo credit Brad Fuqua

# Football vs. Marist

Warriors will travel to Klamath Union on Friday, Oct. 20

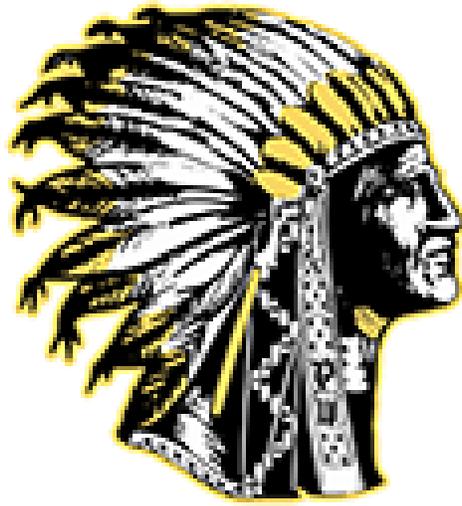


Photo Credit Pepper Borton PM Photography

# Volleyball ready for state ranked #10, second in league



Photo credit Brad Fuqua



**Booster Club Info**  
**Next Meeting:**  
**Monday, November 13th**  
**6 pm, PHS Community Conference Room**

## **A message from PHS Booster Club**

### *Sign up to volunteer in concession stands*

Booster Club is looking for volunteers for concession stand shifts. Thank you for volunteering and helping the Booster Club support our Philomath athletics and activities!

Concession Sign Up. Volunteers and immediate family members get into the event they are volunteering at for free (limited to spouse and up to three children).

Volunteer shifts will count toward a Philomath Booster Club donation to your designated Philomath High School team or club. When you sign up, be sure to identify which team or club will receive the donation for your volunteer services.

Children are not allowed in the concession stand (unless they are high school age and working). Please no middle school or elementary kids in concessions.

Thank You! Go Warriors!