

# WEEKLY WARRIOR

Official Newsletter of Philomath High School

## Mid-Valley STEM-CTE Hub brings Barbie Bungee Drop to PHS

Dolls did a bungee drop from the railing of the stairwell in the latest activity Mid-Valley STEM-CTE Hub introduced to PHS. The program coordinator of the group, Chris Singer, said, "We had so much fun doing the Barbie Bungee Drop! This was our fourth session and we are really starting to see so much growth in so many of the students."



## Students explore career options in Personalized Learning requirement

Students have been working on completing an interest/aptitude inventory using a program called YouScience. This program connects students' interests and aptitudes to find a variety of careers that fit them.

We have several students that still need to complete the assessment and are not leaving for extended lunch until it is complete. Students who do not have extended lunch will be meeting with admin and counselors starting next week to help facilitate the process of finishing the assignment. Students not done by Jan. 19 will be required to attend a Friday School on Feb. 2 to ensure that everyone is done with the assessment for an upcoming event. Families will receive an email the week of Jan. 22 informing them if their student has to attend the Feb. 2 Friday School.

Your child should know where they are at and can show you. There is a lot of great information which will be helpful in the coming months and the interest/aptitude inventory meets a graduation requirement. We hope you are able to talk to your child about what they learned about themselves and possible careers they never considered. Thank you for your support.

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



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# Dates to Remember

## January

- 15 No School - Holiday
- 16 Chat with the Principal - 5 pm
- 26 No School

## February

- 3 Court of Hearts Dance - 7:30 pm
- 16 Possible Inclement Weather Make-Up Day
- 19 Possible Inclement Weather Make-Up Day
- 28 PSD Band Concert - 5:30 pm

## From ASB

*By ASB Co-president Lorelei Schell*

ASB hopes that everyone had a great Winter Break. We are happy to see everyone back in school!



Be on the lookout for more information about Polar Plunge and our Court of Hearts Dance. Both events are happening in February.

## Chat with the principal

*By Principal Mark Henderson*

Each month I offer time to meet with parents and community members to discuss life at PHS and to get the perspective of parents on how things are going at our school.

Typically it is the third Wednesday of each month. This month I will need to move the meeting to Tuesday, Jan. 16 at 5 pm.

If you would like to know more about what is happening at PHS, have questions/concerns or would like to provide input on ways we can improve, I invite you to attend.

We meet in the Community Conference Room at PHS

## Verbal crisis intervention training for parents and guardians offered

Are you in the middle of a power struggle tornado with your youth?

Do you want to gain skills in verbal de-escalation, learn how to identify and prevent disruptive behaviors, and understand the crisis process?

In this six-week online class series, you will learn how to recognize and respond to everyday crisis situations, be connected to peer support, and connect with others.

The weekly class series starts Jan. 16 and meets Tuesdays from 6 to 8 pm online. Attendees receive a \$25 gift card for each class (\$150 for the series). Please see the flyer on page 4 for more details and registration information.



# Seniors and families can get help with FAFSA Jan. 9

Seniors and their families are invited to come work on their FAFSA Applications on Tuesday, Jan. 9 from 3:30 to 5:30 pm in the PHS Community Conference Room and Room 111.

Staff from LBCC and PHS counseling will be on hand to help students with their applications.

Things to bring:

- Chromebook or personal laptop
- FSA ID login information
- Birthdate
- Social Security number
- Federal 2022 tax returns (this should transfer from the IRS, so you may not need it)
- Record of untaxed income, for example: child support, pensions, etc.

FAFSA (Free Application for Federal Student Aid) is a free government application that uses students' and families' financial information to determine what federal aid they qualify for to help pay for college.

All seniors should fill out the FAFSA, even if they think they won't qualify for federal aid. FAFSA is also used for programs like work-study, state aid, and aid from colleges. Some private scholarships and schools also use FAFSA to determine eligibility for need-based scholarships.

There have been major changes to the FAFSA this year and the new application had a "soft launch" on Dec. 31. For more information or to begin your application, go to the [Federal Student Aid website](#). [US News and World Reports](#) has a [useful article](#) with the latest news on FAFSA.

## Important dates for seniors

### January 9:

FAFSA Drop In Workshop at PHS from 3:30 to 5:30 pm

Assistance provided to seniors and their parents to fill out the new FAFSA - Free Application for Federal Student Aid.

### February 15:

OSAC Scholarships Early Bird deadline

### March 1:

OSAC Scholarships deadline

### March 20:

Benton Community Foundation Scholarships due

## Register now for 2024 Senior All Night Party

Senior parents, please go to the following [link](#) to fill out the Google Form to register your student for this year's Senior All Night Party. The cost is \$75 through the end of 2023 and the price goes up after that.

Please remember to bring your check to the PHS office, mail it in, or pay via Venmo, in addition to filling out the registration form. If you have any questions, contact [philomathseniorparty@gmail.com](mailto:philomathseniorparty@gmail.com)

# Nonviolent Verbal Crisis Intervention



## **PARENTS IN LINN, BENTON & LINCOLN COUNTIES**

*Are you in the middle of a power struggle tornado with your youth? Learn how to recognize and respond to everyday crisis situations. You will gain skills in verbal de-escalation, learn how to identify and prevent disruptive behaviors, and understand the crisis process.*

**To register, call (541) 974-5639  
or email [kelaslynn@gmail.com](mailto:kelaslynn@gmail.com)**

- Online & interactive classes
- \$25 gift card per class with participation (up to \$150 for the whole series)
- 6-week class series
- Join up through week two



**JANUARY 16, 23, 30**

**FEBRUARY 6, 13, 20**



**TUESDAYS  
6-8 PM**

A magnifying glass is positioned over a dictionary page. The text visible through the lens includes the words "cripple", "I make", "damage", "crisis noun (p)", "an important", "situation.", and "crisp adject".

cripple  
I make  
damage  
**crisis noun (p)**  
an important  
situation.  
crisp adject

### About the Instructor

Kela Lynn is a CPI certified trainer with 25 years of personal and professional experience in crisis intervention. Kela's hope is you walk away with a skill set, humor and a deep breath out.



InterCommunity  
Health Network CCO

Parenting  
Success  
NETWORK®



**Kela Lynn, LCSW, MSW**  
TRANSFORMING RELATIONSHIPS





# CTE SIGNING DAY

LBCC Career and Technical Education (CTE) Signing Day is a celebration of high school seniors and incoming LBCC students signing letters of intent to guarantee a spot and join next fall's highly competitive college CTE programs.

## CTE PROGRAMS

- ⚙️ Accounting Technology
- ⚙️ Animal Technology
- ⚙️ Automotive Technology
- ⚙️ Computer Aided Drafting & Design
- ⚙️ Culinary Arts, Nutrition & Food Systems
- ⚙️ Early Childhood Education
- ⚙️ Heavy Equipment/Diesel Technology
- ⚙️ Industrial Pipe Trades, Fitting & Welding
- ⚙️ Machine Tool Technology
- ⚙️ Mechatronics
- ⚙️ Non-Destructive Test & Evaluation
- ⚙️ Phlebotomy
- ⚙️ Visual Communications
- ⚙️ Welding & Fabrication Technology

## SCHOLARSHIPS

The LBCC Foundation awarded approximately \$500,000 in scholarships the 2022-23 academic year to LBCC students. Visit Scholarships for more information. Once students are admitted to LBCC, they are eligible to apply for scholarships during that cycle.

Sign up by  
March 8th



[LINNBENTON.EDU/CTE](https://linnbenton.edu/cte)



# ATHLETICS & ACTIVITIES

## Wrestling



Wrestling had strong performances at the Benton County Championships and other meets over the break. The next home wrestling meet is Jan. 18.

## Swimming

The atmosphere has been electric at recent home swim meets and there have been several top team and individual finishes. Come check out the next home swim meet on Tuesday, Jan. 9 at 4 pm.



## Girls basketball



Girls basketball finished 3-0 in their home tournament over the break improving to 7-2 and ranked No. 3 in OSAA's Class 4A rankings.

## Boys basketball

Boys basketball finished 2-1 in their home tournament over the break improving to 7-3 overall and a No. 5 ranking in OSAA Class 4A.



*Photo credits Philomath News*

## Athletic 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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