

WEEKLY WARRIOR

OFFICIAL NEWSLETTER OF PHILOMATH HIGH SCHOOL

Health Occupations Students Explore Medical Training at Western University

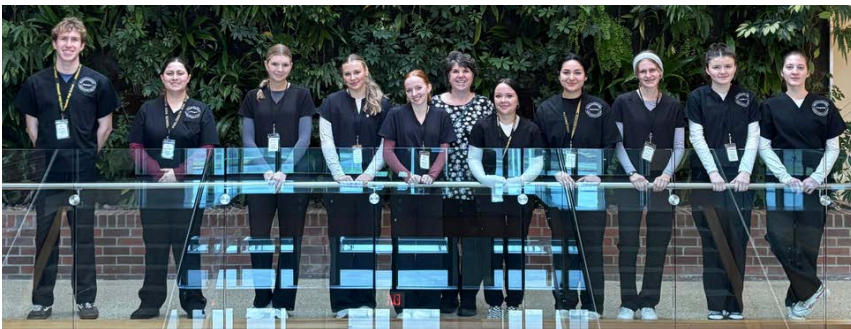
Students in our Health Occupations class recently had the opportunity to visit Western University of Health Sciences right here in Lebanon, Oregon, gaining hands-on insight into what it takes to become a Doctor of Osteopathic Medicine (DO).

The two-hour visit gave students a behind-the-scenes look at medical education. We began with an hour in the anatomy lab, where we observed actual human cadavers used in training future physicians. This rare opportunity allowed students to see firsthand the detailed anatomical knowledge required in medical practice.

Next, we learned about what makes osteopathic medicine unique. While DOs receive all the same training as MDs, they also study Osteopathic Manipulative Medicine (OMM), a hands-on approach that uses touch to diagnose and treat patients. A physician demonstrated these techniques, showing how DOs incorporate this additional skill set into patient care.

Our tour concluded in the Simulation Lab, where we saw the cutting-edge technology used to prepare medical students for real-world scenarios. The high-fidelity mannequins were remarkably lifelike, complete with pulses and the ability to breathe, talk, bleed, urinate, and even simulate childbirth. These sophisticated training tools allow students to practice critical skills in a safe, controlled environment before working with actual patients.

The visit provided valuable exposure to the medical field and inspired students considering healthcare careers. We're grateful to Western University of Health Sciences for welcoming us and sharing their impressive facilities and programs.



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



Follow us on
Instagram
@phswarriornation

Dates to Remember

1/26 No School

Family vs. Student Challenge:

Would You Rather?

Our question last week was: **Would you rather be a backup singer in a band, or play the cowbell in a band?** Here's what participants had to say!

Most people agreed that playing cowbell seemed more fun.

Our question this week is: **Would you rather be a dog or a cat?**

Use the QR code to participate!





It's time for
the Polar Plunge!

The polar plunge is almost here! Money raised through this event goes toward the Oregon Special Olympics. Donations are always appreciated, and participation is, too!

DONATE OR SIGN
UP HERE



YOUSCIENCE IS A COLLEGE AND CAREER READINESS PLATFORM WE USES TO HELP STUDENTS DISCOVER THEIR STRENGTHS, EXPLORE CAREER PATHWAYS, AND PLAN FOR THEIR FUTURE. BY USING THIS [LINK](#), YOU WILL BE OPTING INTO THE YOUSCIENCE PARENT PORTAL PILOT ALLOWING FAMILIES TO VIEW THEIR STUDENT'S INTERESTS, APTITUDES, AND CAREER EXPLORATION PROGRESS. THIS VIEW-ONLY ACCESS HELPS PARENTS STAY INFORMED AND SUPPORTS MEANINGFUL CONVERSATIONS AT HOME ABOUT COURSES, PATHWAYS, AND POST-SECONDARY OPTIONS.

Building Healthy Attendance Habits: YOUR CHILD'S FUTURE SUCCESS STARTS NOW!



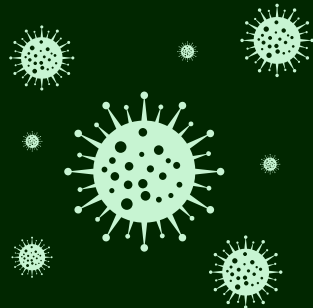
When we talk about the importance of attendance, we're not just concerned about missing lessons—we're helping your child build habits that will serve them throughout their entire life, especially in the workplace.

The habits your child develops now about when to push through minor discomfort and when to genuinely stay home will directly translate to their future work ethic. Employers consistently value reliable attendance as one of the most important traits in employees across all industries. Learning to show up consistently, even when it's not always easy, is a life skill that will benefit them in every job they'll ever hold.

When Should Your Child Stay Home?

Please keep your child home if they have:

- A fever (100°F or higher)
- Vomiting or diarrhea
- Symptoms that prevent them from participating in regular activities



For minor complaints like a headache, slight cold symptoms, or general tiredness, children should attend school. These same situations won't excuse adults from work responsibilities, and learning to manage through minor discomfort builds resilience and responsibility.

By supporting consistent attendance now, you're giving your child an invaluable advantage for their future. The reliability they demonstrate as students will become the foundation of their success as employees and in all areas of adult life.



Active Parenting of Teens

FREE Virtual Class

Learn & laugh with other parents as you turn the challenges of raising a teenager into opportunities for growth.

Discover positive ways to relate to your teen, and gain a better understanding of their behavior at this tricky developmental stage.

Discussions will include methods of respectful discipline, honest communication, concrete ways to prevent risky behavior, and how to be an encouraging parent.

Wed. 5:30–7:20 p.m.
Jan. 7th – Feb. 25th
(8 sessions)

will need access to an internet device with a camera and microphone

Scan here to register
or for more info.:



Questions? Reach out to
parentinged@linnbenton.edu or
call us at 541-917-4844

In Partnership with:



For accommodation requests, contact Accessibility Resources (CFAR) at 541-917-4789 or accessibility@linnbenton.edu at least three business days in advance. LBCC does not discriminate based on any protected status in its programs or activities. For more information, visit linnbenton.edu/nondiscrimination.

Women in Auto/Diesel INFO EVENT



- Speak with current students and local women in the industry
- Information on degree and certificate programs at LBCC
- Career exploration in Automotive and Heavy Equipment/Diesel
- Facility tours and Q&A with current faculty and local businesses
- Details on early registration and exclusive scholarships



FEB 11 • 6-8 p.m.
ADVANCED TRANSPORTATION
TECHNOLOGY CENTER

2000 W Oak St, Lebanon

Scan the
code to
register:



Questions?
541-917-4506
leblanm@linnbenton.edu

For accommodations requests, contact Accessibility Resources at 541-917-4789 or accessibility@linnbenton.edu at least three business days in advance. LBCC does not discriminate based on any protected status in its programs or activities. For more information, visit linnbenton.edu/nondiscrimination.

ATHLETICS & ACTIVITIES

Girls Basketball



Photo Credit Philomath News

The girls team opened Oregon West Conference play with a dominant 55-20 win over Sweet Home, jumping to a big early lead behind balanced scoring and strong ball movement after a tough preseason. Reagan Heiken led with 12 points as the Warriors had three players in double figures.

Boys Basketball



Photo Credit Philomath News

The boys team opened Oregon West Conference play with a dramatic 52-49 home win over Sweet Home, rallying from an eight-point fourth-quarter deficit behind a decisive 10-0 run. Junior Esias Sapp led the comeback with 18 points.

Wrestling



Photo Credit Philomath News

Philomath swept all four matchups at the Cottage Grove Senior Night Duals, with the boys beating Newport 41-22 and Cottage Grove 45-36 while the girls won all six of their individual matches. The Warriors were powered by multiple pins and technical falls on both sides.

Swimming



Photo Credit Philomath News

Philomath's swim teams delivered strong showings at a tri-meet, with the boys winning nine of 11 events to cruise to first place and the girls tying Sisters for first overall. The boys were led by multiple individual and relay victories, while the girls scored consistently across events to secure the tie.

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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