

WEEKLY WARRIOR

OFFICIAL NEWSLETTER OF PHILOMATH HIGH SCHOOL

Honoring Wrestling Seniors



Porter Compton



Riley Barrett



Liam Bennett



Brayden Williams



Lukas Hernandez



Derick Kohn



Lake Mulberry

The Philomath High wrestling team celebrated Senior Night against Sweet Home, honoring a large and talented class of seniors while witnessing several standout performances from both the boys' and girls' teams. Seniors Porter Compton and Derick Kohn earned pin victories, standing out in a group of veterans that includes several state medalists, while the girls' team secured three wins despite forfeits that affected the final score, showing that the Warriors continue to gain momentum heading into postseason competition.

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



Follow us on
Instagram
[@phswarriornation](https://www.instagram.com/phswarriornation)

Dates to Remember

2/16 No SCHOOL

2/17 OSAC SCHOLARSHIP EARLY BIRD DEADLINE

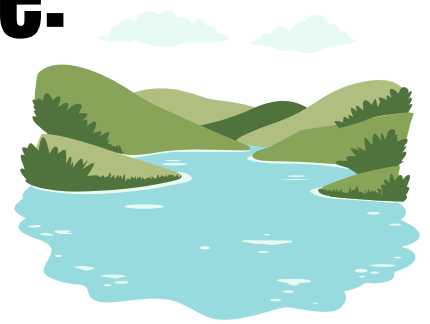
Family VS. Student Challenge: Would You Rather?

We asked the question: **Would you rather be a dog or a cat?** Here's what participants had to say!

Most people leaned toward the feline life. Cats took the win!

Our question this week is: **Would you rather be a whitewater raft guide on the Deschutes River for the summer or be a wildland firefighter for the summer?**

Participate using the QR code!



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!

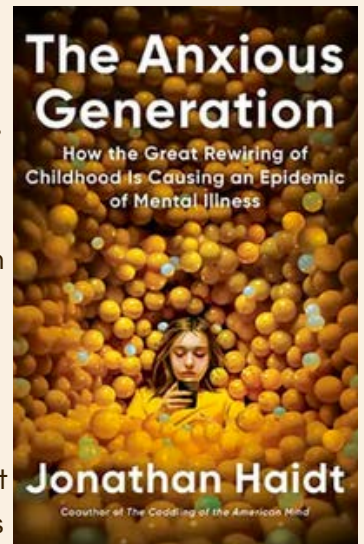
DONATE OR SIGN
UP HERE



Join Us in Reading The Anxious Generation

This year, our staff engaged in a powerful book study together, reading Jonathan Haidt's *The Anxious Generation*. The discussions that followed gave us much to consider as educators and parents navigating the challenges of raising children in today's digital world.

One theme that resonated deeply with our staff was the idea that we have become a culture that over-protects children in the physical world while under-protecting them in the virtual world. Many of us with older children reflected on our own experiences, acknowledging that we didn't do enough to protect or prepare our kids for the complexities and dangers of online life. We also discussed the invaluable lessons we learned from free play during our own childhoods, those unsupervised moments with friends where we had to navigate conflicts, negotiate, and problem-solve without adult intervention. These experiences shaped us in ways that structured, supervised activities simply cannot replicate.



The Anxious Generation offers a framework for addressing these challenges through four foundational norms to help roll back the phone-based childhood:

- **No smartphones before high school (delay access to social media and unlimited internet)**
- **No social media before age 16 (protect developing minds from comparison and validation-seeking)**
- **Phone-free schools (create space for face-to-face connection and learning)**
- **More independence, free play, and responsibility in the real world (give children opportunities to build resilience and confidence)**

These norms provide a starting point for meaningful conversations about how we can better support our children's mental health and development.

We recognize that these are not easy topics, and there's no one-size-fits-all solution. That's why we'd like to invite our school families to join us in reading this book and exploring these ideas together. We're considering organizing a parent book club this spring where we can discuss *The Anxious Generation*, share our experiences, and learn from one another.

If you're interested in participating in a book club focused on this important topic, please scan the QR code to let us know. We're still gathering information and haven't set specific dates yet, we simply want to see if there's interest in bringing our community together around this conversation.

Even if you're unable to join a book club, we encourage all families to read *The Anxious Generation*. It offers valuable insights and practical strategies that can help all of us create healthier environments for our children, both online and off.

We look forward to continuing this important conversation together.



WE CAN DO THIS!!! FOOD WITH INTEGRITY.
COMMUNITY STARTS HERE. 25% TASTES MADE FRESH EVERY DAY.
FOIL-WRAP GOODNESS. BETTER. FRESH. EVERY DAY.
GOODNESS. CAN CHANGE THE WORLD. SOMETHING GOOD WILL HAPPEN.
GENEROUS. HELPING. FOOD. BETTER. FRESH. EVERY DAY.
TERRITORIES. FAMILIES. COMMUNITIES. BETTER. FRESH. EVERY DAY.
WISDOM. BETTER. FRESH. EVERY DAY.

DO GOOD WITH CHIPOTLE



CHIPOTLE FUNDRAISER FOR
PHILOMATH HIGH SCHOOL

25% OF EVENT SALES GET DONATED TO THE CAUSE

WEDNESDAY, FEBRUARY 11TH | 4-8PM
2501 NW MONROE AVE, CORVALLIS, OR, 97330

ORDER ONLINE FOR PICKUP USING CODE **R7RCRJ2**
OR SHOW THIS FLYER IN RESTAURANT



For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.

Class of 2026--this is your year! Check out important dates on the Senior Calendar:



February:

Feb. 17 OSAC Scholarships Early Bird deadline



March:

March 2 OSAC Scholarships Final deadline

March 2 Ford Family Foundation Application deadline at 5pm

March 23-27 Spring Break

April:

April 15 Philomath Community Foundation Scholarships Deadline

May:

May 4-15 AP Testing Window

May 4 Mandatory: Senior Meeting

May 9 PROM

May 12 Graduation Response -Google Form Due

May 12 Auditions for graduation speeches/music

May 26-29 Homegoing/S week

May 29 Field Day

May 31 Sunday @ 6:00 Baccalaureate

June:

June 2 Tuesday @ 6:00 Honors Convocation

June 4 No later than 8:00 am Fees due to Office Manager

June 5 Official Transcript Request Form Due

June 5 Senior Breakfast hosted by PHS Staff & Senior Last Day

June 5 Senior Checkout & Parade of Grads & Grad Practice Day:

June 6 @ 11:00 Graduation

PAPA'S PIZZA PARLOR

A Slice of Family Fun!

www.papaspizza.net

1030 SW 3rd
Corvallis, OR 97333
541-757-2727



We are hosting a PIZZA DAY at
CORVALLIS PAPA'S PIZZA for:

PHILOMATH BOYS VOLLEYBALL

Bring this flyer into Papa's Pizza on **February 11th** and the organization will receive **50%** of the value of the food you purchase! You also have the choice of purchasing **Fundraiser Bucks** that are good for all future purchases. These Bucks will earn 25% of their value for the organization.

Please come into Papa's and help us out!
With your support on **February 11, 2026**
we can have a really successful fundraiser!

Beverages and delivery orders are excluded.
These flyers cannot be distributed at Papa's Pizza.

This fundraiser flyer is valid **ALL DAY**
only on specified date.

Join us on Facebook!



www.facebook.com/PapasCorvallis

Total Food Order \$ _____

All Gift Certificates Purchased 25%\$ _____

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.

**CITY OF
PHILOMATH**

DIGITAL MEDIA

IF I WERE MAYOR...

CONTEST



DEADLINE

16 MARCH

2026



**GRADES
9-12**

All entries must include an entry form.
For more information please visit the link below

[philomathoregon.gov/city-council/page/
if-i-were-mayor-contest](https://philomathoregon.gov/city-council/page/if-i-were-mayor-contest)



COMMUNITY CONNECT

Oregon Family Support Network (OFSN) is a statewide organization providing education and advocacy from the family experience through to state government. Our work is community and family-driven to provide the best access and support to the families being served.

Support for families

Family Connections

[REGISTER](#)

Rainbow Family Support Group

[REGISTER](#)

Learning to Walk with Our
Children

[REGISTER](#)

Families United

[REGISTER](#)

Reach Out Oregon Family

Discussion

[REGISTER](#)

Parent's Night Out Respite -
Eugene

[RSVP](#)

Training for families, caregivers and healthcare workers

Documentation for
the Workforce

[REGISTER](#)

Family-Led Crisis Planning
for Families

[REGISTER](#)

Wraparound TAG

Coaching

[REGISTER](#)

Wraparound FSS

Modules 1 & 2

[REGISTER](#)

Family Support Specialist
(FSS) Foundations

[REGISTER](#)

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

After rebounding from back-to-back conference losses, the Philomath High girls basketball team rolled past Newport 73-29 behind a strong team effort and balanced scoring. Coach Ben Silva said the win reflected improvements the Warriors have been emphasizing as they prepare for rematches against league powers Cascade and Stayton later this month.

Swimming



Photo Credit Philomath News

The Philomath High swim teams turned in strong performances at a four-school meet at Sweet Home, highlighted by multiple individual and relay wins as they gear up for districts. Junior Lucas Brandt won two events for the boys while senior Cameron McLennan and junior Kate Burriel also claimed individual victories, with both boys and girls 200 freestyle relays finishing first.

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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