

WEEKLY WARRIOR

Official Newsletter of Philomath High School

Sports teams keep busy over winter break



Boys varsity basketball took first place in the Les Schwab South Coast Tournament at Marshfield High School.



Warrior wrestling placed first in the Benton County Championships.

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



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Wrestling traveled to the Grants Pass Winter Kickoff Tournament.



Girls basketball placed second in the Clark Cochrane Christmas Classic in Alaska.



Swim team celebrates the holidays with a Secret Santa party.



Boys varsity basketball placed second in the Clark Cochrane Christmas Classic in Ketchikan, Alaska.

Senior News

FAFSA Update: 60% of our PHS seniors have completed the FAFSA. Great job students and families. Please be sure to complete this step if your student plans to continue their education after high school by attending college or a trade school. [FAFSA® Application](#) | [Federal Student Aid](#) This year, all Oregon seniors who applied received the Oregon Promise regardless of household income, as long as they filled out the FAFSA. The Oregon Promise pays for up to 90 credits at any community college in Oregon. All PHS seniors are advised to fill out the short (10 minutes) application for the Oregon Promise, even if they are planning on attending a four-year college, as it leaves this door open in the event of unforeseen circumstances. For students who know they are attending LBCC or any other community college in Oregon, filling out the Oregon Promise is a must. [Oregon Promise Grant](#) | [Oregon Student Aid](#)

Scholarship Updates: The [Benton Community Foundation Scholarship portal](#) closes Jan. 31 at 5 pm. The [Philomath Community Foundation Scholarship portal](#) opened on Jan. 1. Seniors have until March 1 at 5 pm to turn in their applications for the [OSAC scholarships](#). These are scholarships for seniors across the state of Oregon.

The counseling office maintains a [list of other local and statewide scholarship opportunities](#).

If you attended Blodgett Elementary School for at least one year, there are two scholarships (\$1,000 each) available from the Blodgett-Summit Community Club.

If you need help with the scholarship process, please make an appointment with Ms. Drennen.

Senior Personalized Learning (formerly known in Philomath as the Senior Project): Seniors must complete the requirements below in addition to earning their credits in order to graduate. Senior Personalized Learning meets requirements from the Oregon Department of Education and .5 credits are awarded upon completion and listed as Senior Project on the PHS transcript.

- Complete a career assessment or interest inventory
- Attend the career fair or complete the ASVAB (see below)
- Complete a mock interview with PHS staff members
- Submit an updated resume
- Document 10 hours of career or college exploration (onsite or virtual)
- Complete a scholar reflection paper

ASVAB: PHS will be hosting an ASVAB test (Armed Services Vocational Aptitude Battery Test) on Jan. 19 for sophomores, juniors and seniors. The purpose will be to help students identify potential career strengths across 10 subject areas and learn more about themselves. Students can sign up via this [Google Form](#) by next Friday, Jan. 13.

Dates to Remember

January

- 16 No School - MLK Day
- 18 SANP Meeting at the District Office at 6 pm
- 19 Coffee with the Principal 9-10 am
- 27 No School - Grading Day

February - Black History Month

- 20 No School - President's Day
- 27 First Day for Spring Sport Practice

Shout Outs

- Shout out to Assistant Principal Tony Matta for organizing our first annual staff holiday Warrior Games!
- Thanks to the PHS girls and boys basketball coaches for all they did to make the winter break trip to Alaska possible and for the teams!



Girls varsity basketball team



Boys varsity basketball team

Digital Awareness for Parents

At PHS, we have noticed an increase in cyberbullying activity recently and wanted to provide parents with more information on the topic. In this issue, we will continue featuring information on cyberbullying from the US Department of Health and Human Services. For more information, visit the [stopbullying.gov](https://www.stopbullying.gov) website.



Talk to your child about being a bystander in cyberbullying

If you think your child is witnessing cyberbullying, you can encourage him to do certain things and not others. For example:

Do not participate. Encourage your child not to like, share or comment on information that has been posted about someone else, and not to send harmful messages to others. By not participating, they can limit the possible harm of the messages to others and to themselves.

Do not counterattack or respond negatively. If the child feels that she should respond, encourage her to do so in a calm, clear, and constructive way. Angry and aggressive reactions can make situations worse. Encourage children to stay away from the device so they don't resort to guilt, shame, or revenge. This will give them time to calm down and think of a response that makes it clear that other people's digital behaviors are hurtful and unacceptable.

Reply privately to the person who generated the hurtful message. If they feel safe, it may be helpful to contact the person who created or shared the hurtful message privately, whether online, in a phone call, or in person. Doing it that way can make it clear that negative actions are not condoned. It also provides an opportunity to share real concerns about behavior and subliminal messaging.

Accompany the harassed person. By empathizing, the child can send a strong message that you care about the person and don't accept negative behaviors. If necessary, this link can also provide an opportunity to help the person seek help in resolving their cyberbullying situation.

ATHLETICS & ACTIVITIES

Warrior Results

Girls Basketball *(League: Oregon West Conference)*

- Record 5-5, Ranked #11
- Defeated Metlakatla, AK 35-31
- Defeated Barrow, AK 67-39
- Lost to Ketchikan, AK 40-42

Boys Basketball *(League: Oregon West Conference)*

- Record 9-1, Ranked #1
- Defeated Barrow, AK 73-38
- Defeated Ketchikan, AK 68-51
- Lost to Dimond, AK 52-56

Swimming *(League: Special District 4)*

- Girls defeated N. Marion and Kennedy 101-56-32
- Girls 4th place at Stayton Invite
- Boys defeated Kennedy 102-21
- Boys 3rd place at Stayton Invite

Wrestling *(League: Special District 2)*

- Finished 7th at the Grants Pass Winter Kick-off
- Won the Benton County Championships

PHS backstroke record broken



Congratulations to Warrior senior Carrson Hirte who is the new school record-holder in the 100 backstroke. Carrson swam the event in 57.00 seconds at the home meet Dec. 15. The previous record was 58.55 set by Patrick Williamson in 2014.



The boys and girls varsity basketball teams both traveled to Ketchikan, Alaska for a tournament after Christmas.

This Week

Saturday, January 7

- Wrestling at Pleasant Hill

Sunday, January 8

- No Events

Monday, January 9

- Booster Club Meeting, 6pm

Tuesday, January 10

- Boys and Girls BBall at Estacada
- Swimming vs Stayton & Blanchet

Wednesday, January 11

- No Events

Thursday, January 12

- No Events

Friday, January 13

- Boys and Girls BBall vs Madras
- Wrestling at Oregon Classic

Saturday, January 14

- Wrestling at Oregon Classic
- Swimming Sprint Meet, Albany pool

Sunday, January 15

- No Events

Monday, January 16

- No Events

Booster Club

The next Booster Club Meeting is Jan. 9 at 6 pm in the PHS Community Conference Room.