

JANUARY 2023 | ISSUE 18

WEEKLY WARRIOR

Official Newsletter of Philomath High School

Students learn multiple aspects of forest industry in CTE class



Forestry 2: Technical Forestry students junior Garrett King and sophomores Dewey Sexton and Colton Faust use the saw mill at PHS. In this class, students are exposed to forestry/natural resources milling, timber cruising, logging operations, use and maintenance of power saws, fire control, insect control, log scaling, nurseries, and reforestation. They also learn about career opportunities in forestry/natural resources as well as forestry computer applications and leadership skills.



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



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BCF SCHOLARSHIPS FOR PHILOMATH HIGH SCHOOL STUDENTS

**ONE APPLICATION.
MANY OPPORTUNITIES.**

Over \$87,000
in College
scholarships
available for 2023

*based on 2022 amounts

C & J Whiteman Scholarship

- Graduates of Philomath High School
- 3.0 or greater GPA
- Pursuing a degree or certificate in one of the following:
Auto Mechanics, Carpenter, Commercial Driver, Heavy Equipment Operator, Farrier, Electrician Apprenticeship Technologies, Plumbing Apprenticeship, HVAC Technician, Welding, Electronic Service Technician, Small Engine Technician, Motorcycle Technician, Machinist

Harry and Lorraine Lagestee Scholarship

- Graduates of Philomath High School
- attending OSU or LBCC
- 2.5-3.5 GPA
- Participated in two sports during high school.

Louie Locke Athletic Scholarship Fund

- Awarded to a PHS graduate who attended more than three years, earned a varsity letter in Volleyball, Basketball, or Football with a 7th semester accumulated GPA of 3.33 or better. Contact the PHS counselor for an application.

Scott Minter Memorial Cross-Country Scholarship

- Awarded to a PHS graduate who was involved in cross-country. Contact the PHS counselor for an application.

Visit bcfgives.org to learn about more scholarship opportunities for Benton County High School students.



Scholarships Open

December 1st - February 28th



Apply online at
www.bcfgives.org/scholarships

Questions? Contact Celina at celina@bcfgives.org

High School Seniors!



**SCHOLARSHIPS
AVAILABLE RANGING
FROM \$1,000 TO \$16,000**

One application, many opportunities!

Apply Online December 1, 2022-February 28, 2023

Visit bcfgives.org/scholarships to apply.



Contact Benton Community Foundation to learn more
Call (541) 753 1603 or email info@bcfgives.org



BCF Mission
To enhance our community
through philanthropy.

Senior News

Cap and gown deadline extended (see flyer below):

- Orders can be placed online or click on the flyer below to be redirected to this website.
- Order online by the extended deadline of Friday, Jan. 27 to avoid late fees and receive your Class of 2023 Gear (sweatshirts, bling tassels) at school a couple weeks after.
- Graduation announcements and other printed materials will be distributed in April.
- Cap and gown units will be distributed at Graduation Practice in June.

Scholarship season is in full swing, so put the time and energy into pursuing scholarships that can help cover the cost of education after high school. Don't forget to look for scholarships that the college you plan to attend offers as well. Some of these scholarships require that students apply, and others students are considered for automatically. Become familiar with the college's scholarship portal. Financial Aid award letters are going out, and these will help seniors identify how big the gap is between what it costs to attend versus the financial aid they are going to receive. Scholarships can help cover this gap.

LBCC's CTE Signing Day will be on April 20. Students who plan to attend LBCC in one of the CTE programs will want to take part of this fun celebration. See Ms. Drennen to sign up.

MINERS GRADUATE SERVICES

**CLASS OF 2023
Cap, Gown & Tassel
& Graduation Products**

How to Order your Graduation Products with Miners Graduate Services

1. ONLINE - www.minersgrad.com
2. Pick up your pre-delivered graduation items at school on the designated date.



**FREE - Cap,
Gown & Tassel**
When you order your
2023 Class Ring

It is time to order your graduation products. Click on this flyer to be directed to minersgrad.com to place your order online.

Miners Graduate Services
1885 River Road
Eugene, Oregon
Phone (541) 689-4588 • Email info@minersgrad.com

Dates to Remember

January

- 23 Erin's Law - Lesson 1 Taught in Homeroom
27 No School - Grading Day

February - Black History Month

- 16 Coffee with the Principal 9-10 am
18 Polar Plunge
20 No School - President's Day
25 Unified Basketball Tournament
27 First Day for Spring Sport Practice

March

- 1 8th Grade Forecasting for Freshman Year Begins

Attention juniors: Time to think about ACT and SAT

Taking a college entrance exam, sometimes called admissions test, is a great way to see how prepared students are for college and career. This is an opportunity to confirm high school grades and show strengths beyond what grades may show. Many students have taken the PSAT and we will be offering a Pre-ACT in March (more details coming soon).

The two most familiar college entrance exams are the SAT and the ACT and are available for a fee. If students plan on testing, it is recommended that they test in the spring of their junior year which allows them to test again in the fall before college application deadlines, if they would like. [This link](#) may be helpful for general information about college entrance exams and college prep for juniors. Below are links with more specific information:

[Comparing the SAT vs. ACT](#)

[Registration for the SAT](#)

[Registration for the ACT](#)

[ACT Fee Waivers](#)

[SAT Fee Waivers](#)



College entrance exams are optional at many schools. Students will want to check directly with the schools they are considering about whether admissions tests/college entrance exams are optional or required. Please sign up to see Ms. St. Clair if you have questions.

The school code for Philomath High School is 380820. This is needed for registration.

Shout Outs

- ASB did a great job hosting the Winter Formal last Saturday night. Thanks for all their hard work and to staff, parents and community members who volunteered to chaperone!

Counseling Corner:

As students journey through high school, it is sometimes helpful for them to stop and think about their progress and priorities. Some things to look out for include:

9th GRADE-Explore

As a new high school student, now is a ripe time for you to explore how you'd like to get involved outside of school. Instead of choosing activities only because they impress other people (like college admissions officers), it's important to choose something that you actually like and that you can see yourself doing with others. That way, you'll enjoy what you do and who you do it with. (As a bonus, other people will probably be impressed anyway by your enthusiasm and your focus.)



10th GRADE-Check-In

As a second-year student, it can be useful to check in with yourself: how is everything going so far, with classes and your after-school activities? Are you satisfied with what you're doing, or do you see yourself pivoting to something different? Though some parts of your high school experience are beyond your control (like required classes for graduation), you can choose your perspective and your commitments.

11th GRADE-Acknowledge

You're three years in as a high school student, and this is the time to pause and to acknowledge what you've devoted your energy to so far. Not only are you completing high-level, sophisticated work for your classes, you've also been building life skills and clarifying your interests as an individual: this is important to recognize. At this point, what can you do to stay rejuvenated and focused? Do you need a fresh perspective on what you're doing? A conversation with someone outside of school and family? An event that reminds you of why you're doing what you're doing?

12th GRADE-Reflect

Now that you're almost at the finish line, it's time to reflect back on how you've used your time in high school, what you've gained, and how you've grown. Why did you make the choices you did, and what did you get out of them? If you record your thoughts in a journal or in a Notes/Voice Memos app on a mobile phone, you can refer back to these reflections for ideas when writing your college essays! Even though we've mainly focused on extracurricular activities so far, hobbies are equally important. They provide mental and emotional balance while we rest our minds from formal concerns and organizations, like school. Hobbies are meant to be fun, so they can help us to stay energized in our daily lives. Extracurricular activities are valuable and give us a lot; hobbies remind us that it's OK to do something just for us.

ATHLETICS & ACTIVITIES

Warrior Results

Girls Basketball (League: Oregon West Conference)

- Record 7-5, Ranked #9
- Defeated Madras 53-42

Boys Basketball (League: Oregon West Conference)

- Record 11-1, Ranked #1
- Defeated Madras, 72-27

Swimming (League: Special District 4)

- Girls 3-way scores at Newport
 - Philomath 196, Newport 168, Marist 29
- Girls Sprint Meet Scores (Top 5 teams)
 - Philomath 299, Stayton 247.5, S. Home 244, JC 216, Salem Academy 142
- Boys 3-way scores at Newport
 - Newport 195, Marist 133, Philomath 112
- Boys Sprint Meet Scores (Top 5 teams)
 - Philomath 290, S. Home 242, JC 225, Marist 205, Cascade 182

Wrestling (League: Special District 2)

- Results from Oregon Classic
 - Philomath over Marshfield 49-27
 - La Grande over Philomath 63-10
 - Estacada over Philomath 53-30
 - Philomath over N. Marion 66-16
 - Philomath over Henley 60-24
- River Sandstrom, Porter Compton and Riley Barrett all went 4-1



Senior Chad Russell shoots in last's week's win against Madras.



Sophomore Anneka Steen shoots while teammates junior Annika Tryon and senior Ingrid Hellesto get ready for the rebound. The Warriors beat Madras at home.

This Week

Saturday, January 21

- Wrestling at Santiam Christian
- Dance at DDCA Championships - Gresham HS
- Cheer at David Douglas

Sunday, January 22

- No Events

Monday, January 23

- No Events

Tuesday, January 24

- Boys & Girls Bball vs N. Marion

Wednesday, January 25

- No Events

Thursday, January 26

- Wrestling host Conferene Duals

Friday, January 27

- Boys and Girls BBall vs S. Home

Saturday, January 28

- Wrestling at W. Albany
- Swimming at Salem Kroc Center

Sunday, January 29

- No Events

Monday, January 30

- No Events

Booster Club

The next Booster Club Meeting is Feb. 13 at 6 pm in the PHS Community Conference Room.

Promoting Good Attendance

All Winter Long



Every winter, bad weather — snow, slush, freezing temperatures or even heavy rains — can present challenges to getting children to school. So do the colds, fevers and earaches that often come with the winter months. Students might also have to stay home or quarantine due to Covid-19.

WHAT CAN PARENTS DO?



1. Develop back up plans for getting your children to school in bad weather.

- Check to see who can give your children a ride to school if you aren't able to take them or the bus doesn't arrive.
- Form a "walking school bus" with other families to get students to school safely. Learn how to form a walking school bus here <http://www.walkingschoolbus.org/>.
- Join other families to clear snow from the sidewalks closest to the school.
- Tell school administrators about transportation challenges and ask if they have plans for transporting students.

2. Keep your children healthy.

- Maintain a regular bedtime and morning routine.
- Ensure students eat a good breakfast every morning or check to see if your school serves breakfast.
- Ensure your children have their vaccinations and visit their primary care physician each year.
- Stress hand washing, particularly in the winter months. Send your children to school with a small bottle of hand sanitizer.
- If your children seem anxious about going to school, ask teachers, school counselors and parents for advice on how to make your children feel comfortable and excited about learning.
- If you are concerned your children may have Covid-19, call your school for advice.

3. Keep your children engaged in learning if they cannot attend school in person.

- Ask your teacher or school for resources that you can use at home to keep your children learning, including computer or internet access and online learning platforms.
- Identify who can support your children's learning at home, especially if you must go to work.
- Encourage your children to call classmates and stay connected to the teacher to find out about what they missed.

To learn more about attendance and strategies that make a difference visit www.attendanceworks.org