



PARENT NEWSLETTER



DOUGLAS HIGH SCHOOL

1670 Highway 88, Minden, Nevada 89423

(775)782-5136 (775)782-7039 fax <http://DHS.dcsd.net/>

Infinite Campus Login: <https://Douglasnv.infinitecampus.org/campus/portal/Douglas.jsp>

Douglas High School Mission Statement

Douglas High School students will have opportunities to achieve their potential and to graduate as competent, life-long learners who will continue to grow as productive citizens.

December 2016-January 2017

Some First Semester Highlights

The first part of the school year has gone fast, so we want to take a moment to highlight some of the accomplishments of our students and staff so far this year.

- The girls' tennis team qualified for regionals and competed in the first round.
- The girls' and boys' cross country teams had a great season with the boys finishing third at regionals and fifth at state. John Munyan was second overall at state.
- The volleyball team played well together and was runner-up at regionals and competed in the first round of state.
- The football team had some big wins this season, including victories over McQueen and Carson. They competed in regionals, making it to the semi-final round. Coach Monfiletto was recognized and the Sierra League coach-of-the-year.

- The Army JROTC Tiger Battalion has participated in many events this fall, including color guard, drill team, and parades. They earned a first place recognition among all of the JROTC programs that took part in the Nevada Day Parade.
- Our drama program has had some hits with Improv Night and one-act play performances.
- The Tiger Marching Band and Color Guard had a solid season and finished second in their division at the University of Nevada, Reno competition in November. They will travel to perform at the Holiday Bowl in late December.
- Our school spirit was phenomenal thanks to the hard work and dedication of our cheer squad and the unbelievable attendance and support, both at home and away events, of our Ambush student section.

These are just some of the great activities and achievements that

happen at DHS. Thanks to everyone who supports our students to participate and succeed!



"I'm Here, and I'm Ready"

Part of our mission for our students is to look to their future after graduation: "(They) will continue to grow as productive citizens." Part of getting to that goal is preparing students for expectations of the work place. With this in mind, we emphasize the importance of being at school as much as possible and being on-time to classes.

Concerning absences, students may be excused by a parent or guardian from nine block period classes and the equivalent of 18 zero/seventh period classes. If absences go beyond those limits, then students and parents or guardians will need to submit an attendance appeal. Absences accepted on appeal need to be verified as illness/medical or a family emergency. Our attendance secre-

Douglas County School District Mission Statement

The Douglas County School District, in partnership with parents and community, will ensure that all students achieve excellence in education, character, and citizenship.

tary will notify students and parents by mail and will contact students who do not submit prior to the deadline before the end of each semester. Students take their appeals to the teachers of the classes needing an appeal for their approval. The last step is that the principal reviews and approves or denies the appeals, and students and parents or guardians are notified by mail of the outcome. Students and their families may only appeal ten days during a school year related to illness, medical, or family emergency. If you have questions about this process, please contact our attendance secretary in the main office.

Tardies are another issue that directly relates to workplace readiness. Students need to be on time to their classes. It is understandable that on occasion a student may arrive to school late and a parent or guardian can excuse that late arrival; however, this is the exception. If students arrive to classes late and are marked unexcused tardy, once they accumulate six unexcused tardies in all of their classes, they will receive two hours of lunch detention. Additional unexcused tardies will result in in-school and, eventually, out-of-school suspension. It is important for our students to be in classes when they start so that they don't miss out on learning activities, so that there are no interruptions for other students, and so that teachers can take accurate attendance. Lastly, if students check into the office late, typically in the morning, with a hot or cold drink from a local business, we will have the students leave those in the office

and pick them up at the break between classes. It is not acceptable for students to arrive late to school because they stopped on the way to get a hot or cold drink.

Thank you for working with us to support having your student at school as much as possible and on time to the start of classes.

Student ID Cards

Students are issued a student ID card at the beginning of every school year or upon enrolling in Douglas High School. The purpose of this card is to identify students for testing purposes, to admit students to dances and sporting events (with the purchase of the ASB sticker), to verify juniors and seniors who have the privilege of leaving campus for lunch, and to identify students who should be on campus. If a student should lose his or her ID, we are able to replace these cards for a fee. The first replacement is \$5 and the second is \$10. Should a student lose the third ID card issued to them, they will not be issued a replacement and will not be able to leave campus (if applicable) or enter dances and sporting events. Students should treat these cards much like a driver's license by keeping the card with them at all times and in a secure place. We do not issue temporary ID cards.



CTE Advisory Technical Skills Committee Meeting

You are cordially invited to attend the winter meeting of the Career and Technical Education Advisory Technical Skills Committee. The committee is comprised of CTE educators, district administrators, community business leaders, students and parents. This is an opportunity for you to come and learn more about the about Career and Technical Education programs in the Douglas County School District and the opportunities it can provide your students.

This open meeting will be held on Thursday, December 15, 2016 at Douglas High School in STEM Room 706 from 4:30pm to 5:30pm (signs will be posted). If you have questions, please contact Jim Meyers, CTE Coordinator at jmeyers@dcsd.k12.nv.us or call 782-5136 x1770. Hope to see you there!

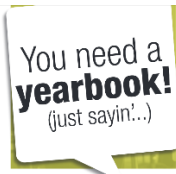
Yearbook

Have you purchased your yearbook yet? This is the last month to purchase your book at the discount price \$85, as the price increases to \$95 after winter break.

-Senior Baby Ads

We also still have a small amount of space left for senior ads. Please contact Kristina Erb at kerb@dcsd.k12.nv.us soon for ordering details as space is

limited. Purchases for the yearbook and senior ads can be made at the DHS front office; yearbooks only can be purchased online with credit or debit at <http://www.yearbook-forever.com>.



Counseling Department

-Important Dates for Seniors

- December 14- Financial Aid Night in the DHS Media Center 6:00 p.m.
- January 26- WNC Bridge to Success; Sign Up in the Counseling Office
- February 1- UNR Application Deadline for Scholarships
- February 10- WNC Tour, Sign Up in the Counseling Office

-There will be a Financial Aid Workshop on Dec 14th at 6:00 PM in the Media Center for all senior parents. FAFSA and other financial aid will be discussed.



Athletics

-Register *my athlete* online athletic registration comes to Douglas High School. **Effective immediately**, NIAA is requiring all Nevada schools to register all athletes online at www.registeryathlete.com. Anyone who was cleared for Fall sports/activities does not have to go online to

register. Anyone who did not participate in Fall activities will need to complete the necessary paperwork from the Tiger Cage and register online. This is a change in our procedure as the NIAA transitions to the new program. Should you have any questions concerning this process, please contact the Tiger Cage at extension 1868. Instructions and online support is available. The student and parent need complete the online process using the link found on the athletics web page, the clearance page, as well as every winter/spring sport page. Parents may sign up several of their high school children using one parent account. When registering, you can sign them up for both a winter and a spring sport and they will be good for the 2016-17 school year. Instructions are available on each athletic website and on the form rack outside the Tiger Cage. If you have problems with the registration process, you can call the *register my athlete* support line at 435-213-1601 Monday-Friday 8:00 a.m.-5:00 p.m.

-Only current student ID cards with the 2016-17 ASB sticker are accepted to get into any of the DHS home games.

-Winter sports programs are coming! Now that the teams have been selected, the winter sports program complete with rosters and photos will be available.

-Any Douglas High student can save money when attending Douglas Tiger regular season home games! Any Douglas High student can purchase an ASB sticker from the Tiger Cage. Cost is \$25 and admits the

student to all the regular home games throughout the 2016-17 school year. Cash or checks only made out to DHS are accepted.

-All sports schedules are on the website. Want to catch the next DHS basketball game or wrestling match? Just go to the athletics main page on the Douglas website and look for "click here for DHS athletic schedules". That will give you the next 7 days of Tiger sports or select a date from the calendar on the right of the page. Use view schedules to select dates for the entire season of a specific sport such as girls' varsity basketball. All of these are printable too.

-Fall end of season – all color - 2016 fall sports programs – This color program will recap all the DHS fall sports with new photos, stats and scores. If you are interested in purchasing these, please call or stop by the tiger cage to place your order. We are only printing preordered copies. End of the season color programs are \$10 each, cash or check. Please contact the tiger Cage if you have any questions.

Leadership News

-Douglas High School Leadership is sponsoring its Annual Holiday Food Drive the week of December 5 - December 9. Students are encouraged to bring non-perishable food items and ready to eat canned goods (soups, tuna, ravioli etc.) to stuff the car full of goods to be donated to the Carson Valley Community Food Closet. Questions? Contact Karen Lamb @ klamb@dcsd.k12.nv.us.

-Winter Homecoming 2017 will be January 17-21, 2017. The week will be full of dress up days and celebration. The homecoming ceremony will be during the basketball games on Friday, January 20, 2017 when the Douglas Tigers face the Galena Grizzlies. The Winter Homecoming Semi-Formal dance will be Saturday, January 21, 2017 in the DHS Commons. Remember all students will need to have a current signed dance contract on file to attend the dance and remember to adhere to the dress code policy for the dance. Stay tuned for information on Winter Homecoming fun to come! For information please contact Activities Director Karen Lamb @ klamb@dcsd.k12.nv.us or 775-782-5136 ext. 1720.

The Douglas High School Family wishes you and your family a blessed Holiday.



The Tiger's Den: **Physical Education**

As 2017 approaches, we would like to invite you to check out some of the following healthy website links to remind you of the steps necessary to a physically active and healthy life! Also, check out of PE site for more resources!

<https://sites.google.com/a/dcsd.k12.nv.us/tigerden/>

<http://www.fitness.gov/be-active/>
<http://nevadawellness.org/>
https://www.cdc.gov/healthy-weight/healthy_eating/

Physical Activity + Nutrition = A Little Effort that Goes a Long Way

Committing to physical activity and building upon the healthy eating goals each week helps you make gradual changes that, when combined with regular physical activity, can improve your overall health and well-being.

"12 Days of Fitness"

During the Winter Break, many fun and exciting things will be happening around your homes. In order to keep Physical Education and healthy physical activity on your minds, this rendition of the "12 Days of Fitness" was developed for YOU and your families, along with our environment in mind! It is our DHS PE (TIGERS DEN) holiday "gift" to you and your family. Have Fun, Stay Active, Play Together, Be Safe, and Enjoy your Winter Break with Family and Friends!!!

On the FIRST DAY OF FITNESS, the Tiger's Den gave to me...A (one) heart-healthy family! Take a family walk around your neighborhood and enjoy all the beautiful holiday lights and displays. Remember...our national physical activity guidelines call for all Americans to accumulate at least 60 minutes (and up to several hours) of moderate to vigorous physical activity daily.

On the SECOND DAY OF FITNESS, the Tiger's Den gave to me...TWO-SQUARE FUN and A Heart-Healthy Family! Play some 2-SQUARE in the driveway, on the sidewalk, or at the park. Remember the rules: TWO Hands, ONE Hit, Fingers DOWN, Lines are OUT!

On the THIRD DAY OF FITNESS, the Tiger's Den gave to me...three dribbling feats, 2-Square Fun and A Heart-Healthy Family! You must learn to dribble a ball, puck, etc. to play lots of different active sports games. Choose three ways to practice your dribbling today (soccer, basketball, hockey, hacky sack, lacrosse, etc.) Remember to use your dominant and non-dominant hand and/or foot when you practice. Have Fun!!!

On the FOURTH DAY OF FITNESS, the Tiger's Den gave to me...four count push-ups, 3 dribbling feats, 2-square fun, and a Heart-Healthy Family! These are a little harder than the regular push-ups that we do in P.E. class. Get in Push-Up position; hold the down position for two counts, then the up position for two counts. Use your knees, toes, knees and back. Try 3 sets of 5-10 repetitions to complete your arm workout. Rest for 30 seconds to one minute in between each set. Work Hard to Get FIT!

On the FIFTH DAY OF FITNESS, the Tiger's Den gave to me...five golden rings, 4 Count Push-Ups, 3 Dribbling Feats, 2-Square Fun, and A Heart-Healthy Family!

If you have a Hula Hoop at home this is a fun one. Try to Hula Hoop on five different body parts- waist, neck, arm, hand, knees, or ankle. Have Fun...Who is the best Hula Hooper in your family??? If you don't pretend!

On the SIXTH DAY OF FITNESS, the Tiger's Den gave to me...six servings from the vegetable group, 5 golden rings, 4 count push-ups, 3 dribbling feats, 2-square fun, and a heart-healthy family!!! The U.S. department of agriculture recommends that we make almost one half (½) our plate vegetables.

Remember to eat the rainbow way (white, red, green, yellow, orange, purple, blue) when choosing your fruits and veggies today...yummy!!!

Try eating vegetables with every meal and vary the color for a variety of vitamins and minerals.

On the SEVENTH DAY OF FITNESS, the Tiger's Den gave to me...seven super stretches, 6 Servings of Vegetables, 5 golden rings, 4 count Push-Ups, 3 ways to dribble, 2-square fun, and A Heart-Healthy Family!!! Stretch your hamstrings, quadriceps, and calf muscles in the legs, then your side, lower back and shoulder muscles, plus ADD your own favorite stretch (3+3+1=7). Remember to hold each stretch for 20-30 seconds. Muscles that are strong and long will keep you active and healthy!

On the EIGHTH DAY OF FITNESS, the Tiger's Den gave to me...8 awesome abdominal strengthening exercises, 7 Super Stretches, 6 Servings of Vegetables, 5 Golden Rings, 4 Count Push-Ups, 3 Dribbling Feats, 2-Square Fun, and A Heart-Healthy Family!!! We perform a wide variety of abdominal exercises during various activities in P.E. class. Choose your favorite one (sit-ups, curl-ups, the plank, the bicycles, etc.) and perform 3 sets of 8 exercises today. How many total is that? (3X8=?)

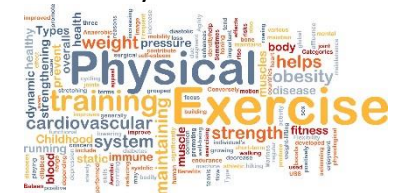
On the NINTH DAY OF FITNESS, the Tiger's Den gave to me...nine reps of squatting, 8 AB Exercises, 7 Super Stretches, 6 Servings of Vegetables, 5 Golden Rings, 4 Count Push-Ups, 3 Dribbling Feats, 2-Square Fun, and A Heart-Healthy Family!!! Every day! Feet slightly wider than shoulders, heels down, squat as low as your body will allow and stand up! Repeat 9 times for 3 sets!

On the TENTH DAY OF FITNESS, the Tiger's Den gave to me...ten minutes of my favorite aerobic activity, 9 reps of squatting, 8 Awesome AB Exercises, 7 Super Stretches, 6 Servings of Grains, 5 Golden Rings, 4 Count Push-Ups, 3 Dribbling Feats, 2-Square Fun, and A Heart-Healthy Family!!! Choose your favorite aerobic activity- Jog, hike, bike, swim, or play a fast-paced sport like soccer, basketball, hockey, lacrosse, , or even a fun tag game will do, and get at least 10

minutes of vigorous exercise today. Elevate your Heart Rate!

On the ELEVENTH DAY OF FITNESS, the Tiger's Den gave to me...eleven ways to be active, 10 Minutes of Aerobic Activity, 9 reps of squatting, 8 Awesome AB Exercises, 7 Super Stretches, 6 Servings of Vegetables, 5 Golden Rings, 4 Count Push-Ups, 3 Dribbling Feats, 2-Square Fun, and A Heart-Healthy Family!!! Ski, snowboard, ice skate, jump in your living area, ping pong, housework, shovel snow, snowshoe, walk, shoot hoops, do a fitness video.

On the TWELFTH DAY OF FITNESS, the Tiger's Den gave to me...twelve new days of living, 11 ways to be active, 10 Minutes of Aerobic Activity, 9 reps of squatting, 8 Awesome AB Exercises, 7 Super Stretches, 6 Servings of Vegetables, 5 Golden Rings, 4 Count Push-Ups, 3 Dribbling Feats, 2-Square Fun, and A Heart-Healthy Family!!! Life expectancy increases if you are a physically active person and eat healthy.



*WE WISH YOU A
HEALTHY, HAPPY, AND
SAFE WINTER BREAK!*

December - January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Home games are in red.</p> <p>Graduation information in purple.</p>	All game times are accurate at time of printing. Please check with the coaches for any updates.			1 B-day	2 A-day Wrestling @ Fallon 3:00	3 Wrestling @ Fallon 8:30
4	5 B-day All Sports Boosters 6:00 in the commons	6 A-day Boys JV, Vars. B-ball vs. North Valleys 3:30, 7:00 Boys Frosh B-ball @ North Valleys 6:15 Girls JV, Frosh B-ball @ North Valleys 3:30, 5:00 Girls Vars. B-ball vs. North Valleys 5:15	7 B-day JV, Vars. Wrestling @ Manogue 6:00, 6:30	8 A-day	9 B-day	10
11	12 A-day	13 B-day	14 A-day Staff PLC Day 90 minute delayed start (9:00) Financial Aid Night 6:00 in the Media Center Skiing @ TBD	15 B-day Girls JV, Frosh B-ball vs. Spanish Springs 3:30, 5:00 Girls Vars. B-ball @ Spanish Springs 5:15 Boys JV, Vars. B-ball @ Spanish Springs 3:30, 7:00 Boys Frosh B-ball vs. Spanish Springs 6:15	16 A-day Girls JV, Frosh B-ball vs. Reed 3:30, 5:00 Girls Vars. B-ball @ Reed 5:15 Boys JV, Vars. B-ball @ Reed 3:30, 7:00 Boys Frosh B-ball vs. Reed 6:15	17 Vars. Wrestling @ TBA 9:00
18	19 B-day	20 A-day	21 Finals 1/3 Minimum Day 11:22 dismissal	22 Finals 2/4 Minimum Day 11:22 dismissal	23 Finals 5/6 Minimum Day 11:22 dismissal	24
25	26 Semester Break Girls Vars. B-ball Tourn. TBA	27 Semester Break Girls Vars. B-ball Tourn. TBA	28 Semester Break Girls Vars. B-ball Tourn. TBA Vars. Wrestling Tourn. TBA	29 Semester Break Girls Vars. B-ball Tourn. TBA Vars. Wrestling Tourn. TBA	30 Semester Break	31

1	2 Semester Break	3 Semester Break Boys JV, Vars. B-ball vs. Hug 3:30, 7:00 Boys Frosh B-ball @ Hug 6:15 Girls JV, Frosh B-ball @ Hug 3:30, 6:15 Girls Vars. B-ball vs. Hug 5:15	4 Semester Break JV, Vars. Wrestling @ Damonte 6:00, 6:30	5 Semester Break	6 Semester Break Vars. Wrestling Tourn. TBA Boys JV, Vars. B-ball vs. Reno 3:30, 7:00 Boys Frosh B-ball @ Reno 6:15 Girls JV, Frosh B-ball @ Reno 3:30, 6:15 Girls Vars. B-ball vs. Reno 5:15	7 Vars. Wrestling Tourn. TBA
8	9 Teacher Work Day ~ No classes	10 B-day All Sports Boosters 6:00 in the commons Girls JV, Frosh B-ball vs. Manogue 3:30, 5:00 Girls Vars. B-ball @ Manogue 5:15 Boys JV, Vars. B-ball @ Manogue 3:30, 7:00 Boys Frosh B-ball vs. Manogue 6:15	11 A-day Vars. Skiing @ TBA JV, Vars. Wrestling vs. Wooster 6:00, 6:30	12 B-day PTSO Meeting 6:00 in room 107	13 A-day Girls JV, Frosh B-ball vs. Damonte 3:30, 5:00 Girls Vars. B-ball @ Damonte 5:15 Boys JV, Vars. B-ball @ Damonte 3:30, 7:00 Boys Frosh B-ball vs. Damonte 6:15	14 Vars. Wrestling Tourn. TBA
15	16 Martin Luther King, Jr. Holiday	17 B-day	18 A-day Staff PLC Day 90 minute delayed start (9:00)	19 B-day	20 A-day	21
22	23 B-day	24 A-day Girls JV, Frosh B-ball vs. Carson 3:30, 5:00 Girls Vars. B-ball @ Carson 5:15 Boys JV, Vars. B-ball @ Carson 3:30, 7:00 Boys Frosh B-ball vs. Carson 6:15	25 B-day JV, Vars. Wrestling vs. Carson 6:00, 6:30	26 A-day	27 B-day Boys JV, Vars. B-ball vs. Manogue 3:30, 7:00 Boys Frosh B-ball @ Manogue 6:15 Girls JV, Frosh B-ball @ Manogue 3:30, 5:00 Girls Vars. B-ball vs. Manogue 5:15	28 Vars. Wrestling Tourn. TBA 9:00
29	30 A-day	31 B-day Boys JV, Vars. B-ball vs. Damonte 3:30, 7:00				All game times are accurate at time of printing. Please check with the coaches for any updates.

		Boys Frosh B-ball @ Damonte 6:15 Girls JV, Frosh B-ball @ Damonte 3:30, 5:00 Girls Vars. B-ball vs. Damonte 5:15				
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Douglas High School



"If you can figure out the words in a text message, you can figure out the words in Chaucer."



Upcoming Dates to Remember

PLC Late Start Day ----- December 14
 Finals (11:22 Dismissal) ----- December 21-23
 Winter Break ----- December 26-January 6
 Collaboration Day NO CLASSES ----- January 9
 Martin Luther King, Jr. Holiday ----- January 16
 PLC Late Start Day ----- January 18
 Graduation ----- June 7

For the Douglas County School District calendar, visit:
www.dcsd.k12.nv.us and click on the school calendar link.

Douglas High School
 1670 Hwy 88
 Minden, Nevada 89423



Telephone Directory



Main Office ----- (775)-782-5136
 Front Desk ----- extension 0
 Attendance ----- extension 2
 Counseling Office ----- extension 4
 Athletics ----- extension 5
 Registrar ----- extension 6
 Nurse ----- extension 7
 Fax ----- (775)782-7039

Counselors:

Kira Brown (A-Fa) ----- extension 1716
Vanessa Ozolins (Rod-Z) ----- extension 1717
Kris Robison (Leg-Rob) ----- extension 1719
Alison Young (Fe-Lee) ----- extension 1718
Jim Meyers (exit level 1 students) ----- extension 1770

Administration:

Marty Swisher, Principal ----- extension 1711
Joe Girdner, Asst. Principal ----- extension 1759
Tom Morgan, Asst. Principal ----- extension 1763
Sarah Russell, Asst. Principal ----- extension 1761

NON PROFIT ORGANIZATION

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GARDNERVILLE, NV

Non-Discrimination Policy

The Douglas County School District Board of Trustees supports equal educational opportunity for students free from discrimination based upon race, color, religion, sex, sexual orientation, disability, or national origin (Board Policy No. 103). This concept of equal opportunity serves as a guide for staff in making decisions relating to school facilities; and selection of educational materials, equipment, curriculum, and regulations affecting students. In support of this policy and in compliance with the requirements of federal law, no student will be required to attend mandatory meetings solely based on the student's race, color, religion, sex, sexual orientation, disability, or national origin.