



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.

October 2016

Parent Student Teacher Conferences

Parent/Student/Teacher conferences are scheduled for Monday, October 17, 2016. You will have the opportunity to meet with up to three of your student's teachers. Available appointment times are from 11:30 a.m. to 6:45 p.m. Please call Trina Ward at 782-5136, extension 1734 to schedule appointments. If you reach Trina's voicemail, please include your name, your student's name, the teachers or classes you would like to schedule a conference with, and a time frame that would work for you and your student. We do expect your student to join you at this important opportunity. Due to the volume of calls, please allow 24 hours for a returned phone call. You may also contact Trina at tward@dcsd.k12.nv.us. Thank you for working together with us to support your student.

Media Center News

While you are here for Parent/Student/Teacher Conferences on October 17, do not forget to come by the media center and check out all the resources

that are available for your students. There are many new books to choose from as well. From print to on-line resources, the media center is the place for you to come and find what you need. It is also a great place for students to meet their friends and relax.

Counseling Department

-Important Dates for Seniors 2016-2017

- October 12 - Scholarship Night @ DHS Commons, 6:00 p.m.
- October 14 - Nevada Bound at UNR, All Day FREE Sign Up in Counseling by October 7
- October 16 - Fall Preview at UNR in the Joe Crowley Student Union 2:00-4:00 RSVP @www.unr.edu
- October 19 - ASVAB @ Media Center 2:30 - 5:30 p.m. Sign-up in Counseling by October 14
- November 6 - Western Associates Collegiate Admissions (WACA)@UNR 12:00 - 4:00 p.m. RSVP www.wacac.org
- November 15 - Early Decision due for UNR/Other Colleges
- November 16 - ASVAB Interpretations 2:30-3:30 p.m.
- November 17 - Life After High School Fair @ Main Gym All Day

- November 30- College Application Workshop Media Center during Lunch
 - December 14- Financial Aid Night @ Media Center 6 p.m.
 - January 26- WNC Bridge to Success, Sign Up in Counseling
 - February 1- UNR Application Deadline for Scholarships
 - February 10- WNC Tour, Sign Up in Counseling
- The Armed Services Vocational Aptitude Battery Test (ASVAB) will be held on October 19 in Media Center from 2:30 to 5:30. This is a free test for those who might want pursue the military or learn more about their aptitude, strengths and weakness. Sign-up in the counseling office by October 14. Interpretation will be held on November 16 in the Media Center at 2:30 p.m.
- Nevada Bound is happening Oct 14. This is an opportunity for our seniors to learn about academics, take a campus tour, attend a residence hall tour, financial aid, study abroad and more about UNR. Sign up now in the counseling office by October 7th. Parents are welcome to attend, but must provide their own transportation there. If you would like more information, contact Kris Robison at ext. 1719.

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.

Yearbook

Yearbook sales are underway at the front office or online at <https://yearbookforever.com>.

Purchase now to ensure a copy is reserved for your student, and you'll be getting the best price possible: semester 1 \$85, semester 2 \$95.

If you are interested in submitting a photo to the yearbook, please email kerb@dcsd.k12.nv.us with the photo and details.

-Senior Yearbook Ads

Reserve your space for a quarter, half, or full page ad to commemorate your senior's journey. Click here for order form <http://bit.ly/2ctz7iN> and then drop off with payment to the front office. Space is limited and we will SELL OUT.

Physical Education

DHS PHYSICAL EDUCATION DEPARTMENT would like to introduce you to our website—Tiger's Den. You can find the website at <https://sites.google.com/a/dcsd.k12.nv.us/tigerden/> or from the DHS website-> Departments ->Physical Education ->select your student's teacher ->scroll down to PE GOOGLE SITE. Please note you will find workouts for the family, National Physical Education Standards, makeup work, class assignments, DHS important dates, google classroom links, recreation opportunities in the community, and much more. Ask your student what they learned in physical education class today!

"STRENGTH doesn't come from what you CAN do. It comes from OVERCOMING the things you once thought YOU COULDN'T." -

Rikki Rogers

DHS Media Center is now on Facebook

September 25 through October 1 was National Banned Book Week. In an effort to provide a forum for discussion about this and other topics of interest, the DHS Media Center is now on Facebook. If you're a book lover (and who isn't?) – be sure to like us on our page and follow us. You'll find posts from local library resources including the Douglas County and Washoe County Public Libraries, WNC, TMCC and UNR libraries, as well as links from EBSCO, NPR, The American Library Association, The New York Public Library, and many more. We've joined forces with other book lovers to provide a mix of informative links, interesting stories and quizzes and a dose of book humor and inspiration.

Fall Blood Drive

This year DHS Student Leadership will be hosting a Fall Blood Drive on November 30, 2016 from 8:00 a.m. – 2:00 p.m. in the DHS Small Gym. Signups will be available at DHS by going to room 107 at break or the commons at lunch, starting November 10, 2016. You can also email Karen Lamb at klamb@dcsd.k12.nv.us to set up an appointment.

We welcome signups from the community as well. Please sign in at the front office upon arrival. Remember these restrictions:

You must be 16 years of age (with a permission slip), meet weight & height requirements, and be in good health at the time of your appointment. For more information go to www.unitedbloodservices.com. Permission slips are available in the DHS Front Office.

Find the hero in you. Donate Blood. Save a life.



Athletics

Any Douglas High student can save money when attending Douglas tiger home games! 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 fall sports schedules are on the website. 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. Use view schedules to select dates for the entire season of a specific sport such as girls varsity soccer. All of these are printable too. -2016 fall sports programs will be available again this year. These programs will feature lots of photos from all our Douglas High fall sports. They should be available for sale at the tiger cage or at the home game ticket gates approximately half way through the season. Please contact the tiger cage if you have any questions.

Attention all Prospective Wrestlers!

Pre-Season Conditioning will start October 24 on the DHS Track at 3:00 p.m. Please bring a completed 2016-17 Off Season Conditioning Permit, running shoes, water, and a sweatshirt. The full

information packet is now available via the DHS Wrestling website. Mandatory practice starts 10:00 a.m. November 12 in the small gym. Any questions, go to the DHS wrestling website and email the coach by clicking on his name. Keep watching the wrestling website for the date/time/location of the upcoming Parent/Student Wrestling Info Meeting.

Do you have Spirit?!

Want to be a JV basketball cheerleader? We will be holding JV tryouts for Basketball Cheerleading! To be able to try out, a completed Athletic packets must be turned into the Tiger Cage by 10:00 a.m. on Tuesday, October 4 to be able to try out. JV Tryouts will be Tuesday, October 11. See Mrs. Shipley in room 404 for details!

School Make-Up Pictures

Lifetouch will be returning to campus Thursday, October 6 for picture make-up and retakes during lunch. For retakes, please bring your picture packet to have your picture retaken. If students don't get their picture taken, they won't be in the class section of the yearbook.

Laws That Young Drivers Should Know*

Cell Phones and driving: It is illegal to talk, text, or email while driving in Nevada. This includes while stopped at a stoplight or stop sign. Unless you use a hands-free device you cannot talk on a phone in a car. This is a primary offense, which means that police can stop you for talking or texting. They do not have to have any

other reason for the stop. N.R.S. 484B.165

Reckless Driving: Nevada law prohibits driving a vehicle with willful or wanton disregard for the safety of others or property. This includes but is not limited to speed contests. N.R.S. 484B.653. If the reckless driving results in death or substantial bodily harm of another, the driver is guilty of a category B felony and shall be punished by imprisonment in the state prison for a minimum term of not less than 1 year and a maximum term of not more than 6 years, and a fine of not less than \$2,000 but not more than \$5,000. N.R.S. 484B.653(6). Nevada also has a statute penalizing aggressive driving. N.R.S. 484B.650.

Driving without a license: In Nevada, it is a misdemeanor to drive without a valid driver's license. N.R.S. 483.550. The law requires drivers to have their licenses with them while driving. Driving with a suspended or revoked license is a misdemeanor that could result in up to six months in jail and/or a fine of not less than \$500 nor more than \$1,000. N.R.S. 483.560.

Seatbelts: It is illegal to operate a motor vehicle unless the driver and all passengers are properly restrained with safety belts. N.R.S. 484D.495.

*Source: Washoe County Bar Association

Nurse News

Why is it so important to stay hydrated? Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work correctly. For example, your body uses water to maintain its temperature, remove waste, and lubricate joints. Water is needed for good health.

How does my body lose water? Water makes up more than half of your body weight. You lose water each day when you go to the bathroom, sweat, and even when you breathe. You lose water even faster when the weather is really hot, when you are physically active, or if you have a fever. Vomiting and diarrhea can also lead to rapid water loss. If you don't replace the water you lose, you can become dehydrated.

How do I know if I'm dehydrated? Symptoms of dehydration include the following:
Little or no urine, or urine that is darker than usual
Dry mouth
Sleepiness or fatigue
Extreme thirst
Headache
Confusion
Dizziness or lightheaded feeling
Don't wait until you notice symptoms of dehydration to take action. Actively prevent dehydration by drinking plenty of water.

How much water should I drink each day? You may have heard different recommendations for daily water intake. Most people have been told they should drink 6 to 8 8-ounce glasses of water each day, which is a reasonable goal. However, different people need different amounts of water to stay hydrated. For some people, fewer than 8 glasses may be enough. Other people may need more than 8 glasses each day.

Here's to your health!!

Jen Hinnant RN BSN CSN



October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Boys JV, Vars. Soccer vs. Wooster 9:00, 10:45 Girls Vars., JV Soccer vs. Wooster 12:30, 2:15
2	3 B-Day All Sports Boosters 6:00 in the commons Girls Golf @ Sierra Sage 10:00	4 A-Day Girls Vars., JV Soccer vs. Galena 3:30, 5:00 Frosh, JV, Vars. V-ball vs. Wooster 3:45, 5:00, 6:00	5 B-Day Boys Vars., JV Soccer vs. Galena 3:30, 5:00	6 A-Day Frosh, JV Football vs. Damonte 3:30, 5:00 Frosh, JV, Vars. V-ball vs. Galena 3:45, 5:00, 6:00	7 B-Day Vars. Football vs. Damonte 7:00	8 Boys JV, Vars. Soccer @ Carson 9:00, 10:45 Girls Vars., JV Soccer @ Carson 12:30, 2:15 Cross Country @ Clovis 12:15
9	10 A-Day	11 B-Day Girls Golf @ Genoa 10:45 Girls Vars., JV Soccer vs. Manogue 3:30, 5:00 Frosh, JV, Vars. V-ball @ Carson 3:45, 5:00, 6:00	12 A-Day Staff PLC Day 90 minute delayed start (9:00) Girls Golf @ Washoe 9:30 Boys Vars., JV Soccer vs. Manogue 3:30, 5:00	13 B-Day PTSO Meeting 6:00 in room 107 Frosh, JV, Vars. V-ball vs. Manogue 3:45, 5:00, 6:00	14 A-Day V-ball @ San Diego 1:00	15 V-ball @ San Diego 8:00 Boys JV, Vars. Soccer vs. Damonte 9:00, 10:45 Girls Vars., JV Soccer vs. Damonte 12:30, 2:15
16	17 Parent/Student/Teacher Conferences Girls Golf @ Eagle Valley TBD	18 B-Day Girls Golf @ Eagle Valley TBD Cross Country @ Spanish Springs 3:00 Girls Vars., JV Soccer @ Wooster 3:45, 5:00 Frosh, JV, Vars. V-ball 3:45, 5:00, 6:00	19 A-Day PSAT Testing Boys Vars., JV Soccer @ Wooster 3:30, 5:00	20 B-Day Frosh, JV Football @ Galena 3:30, 5:45 Frosh, JV, Vars. V-ball @ Wooster 3:45, 5:00, 6:00	21 A-Day Cross Country @ TBA 3:00 Vars. Football @ Galena 7:00	22 Boys JV, Vars. Soccer @ Galena 9:00, 10:45 Girls Vars., JV Soccer @ Galena 12:30, 2:15
23	24 Fall Break	25 Fall Break Girls Vars., JV Soccer vs. Carson 3:30, 5:00 Frosh, JV, Vars. V-ball @ Galena 3:45, 5:00, 6:00	26 Fall Break Frosh, JV Football @ Carson 3:30, 5:45 Boys Vars., JV Soccer vs. Carson 3:30, 5:00	27 Fall Break Frosh, JV, Vars. V-ball vs. Carson 3:45, 5:00, 6:00 Vars. Football @ Carson 7:00	28 Fall Break	29

30

31 B-Day
Nevada Day



Douglas High School



"I don't care if he's a basketball! We're in love!"

Upcoming Dates to Remember

Picture Make-up Day -----October 6
 PLC Late Start Day -----October 12
 Parent/Teacher Conferences NO CLASSES----- October 17
 Fall Break-----October 24-28
 Veteran’s Day NO CLASSES----- November 11
 Winter Break----- December 26-January 6
 Collaboration Day NO CLASSES ----- January 9
 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
Alison Young (Fe-Lee) ----- extension 1718
Vanessa Ozolins (Rod-Z)----- extension 1717
Kris Robison (Leg-Rob)----- extension 1719
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

U.S. POSTAGE

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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.