



# 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 2017 – January 2018**

### From the Attendance Office

Here are a few reminders from the attendance office:

- Only authorized parents/guardians are able to excuse a tardy or an absence.
- In order for anyone to be able to pick up a student, they must be listed in Infinite Campus (a parent/guardian must still call to excuse the absence).
- TARDIES-may only be excused on the day that they occur. You may call and leave a message after for us after the office has closed. We will pick up the time stamped message in the morning.
- ABSENCES-must be excused within three days of the absence. After three days, the absence will roll to a truancy and only the District Truancy Officer may make a determination to change these cases.
- Should your student have a pre-arranged appointment (doctor, dentist, etc.) please send a note with your student to the front office in the morning on the day of the appointment. We will generate a dismissal slip and give it to your student. This will ensure that your student is

waiting for you when you arrive, decrease the chance of lateness, and minimize the interruptions to instructional time. As always, we will be happy to call your student out of class upon your arrival to check them out.

### A Message from the Administrators

In response to an increase in the prevalence of vape pens and other electronic nicotine delivery devices among students, our school policy has been updated. Any use on campus of these devices will result in an out-of-school suspension. A first incident of possession of these devices will result in in-school suspension, and a second will result in out of school suspension. Please speak with your students about this and review the policy in our student handbook. Thank you.

### The Tiger's Den: Physical Education

As the 2018 approaches, we would like to invite you to check out some of the following healthy website links to re-

mind you of the steps necessary to a physically active and healthy life! Also, check out our PE website 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/](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.

**Get Physical:** 60 minutes/day for kids, 30 minutes/day for adults 5 days a week for 6 out of 8 weeks.

**Eat healthy:** Add a weekly healthy eating goal build upon those goals throughout the same six-week period.

### 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.

## **Angel Account**

The Angel Account is a breakfast/lunch account for students who do not have breakfast/lunch money or are waiting for their nutrition program application to be approved. If you are willing to donate to the Angel Account, please see Pattie Dack in counseling.

## **Drama News**

Come join us for some winter fun!

What: DHS Drama Presents the short comedy *Deck the Stage* followed by Comedy Improv

When: Fri. & Sat, Dec. 8-9, 7:00 pm, DHS Drama Room  
Cost: \$5.00 presale tickets, \$10.00 at the door

We promise a super entertaining evening with a short play inspired by Christmas carols such as *Deck the Halls*, *The Twelve Days of Christmas*, and *We Three Kings*. After an intermission, our Improv Team will leave you in stitches performing games and scenes made up on-the-spot from audience suggestions.

## **Poetry Out Loud**

Poetry Out Loud is a national competition that highlights public speaking and literature. Students compete by reciting two poems they have memorized. They are scored on criteria like accuracy, presence, understanding, voice, drama, and presence. Local winners will compete at the state level (DHS student Lea

Gifford won 3<sup>rd</sup> place in the state of Nevada in Spring, 2017) and can go on to compete for the national prize of \$50,000!

Any DHS student who wishes to participate is invited to attend the two preparatory meetings, both held in Mrs. Dedmon's classroom (#403). The first meeting will be an overview of the competition and will be on Wednesday, November 29 at lunch. The second meeting will focus on preparation and practice and will be held on Wednesday, December 13 at lunch.

The Douglas High School competition will be held at 3:00pm on Thursday, January 18 in Mrs. Dedmon's classroom (#403). The regional competition date and location is TBD, but will be held sometime during the week of February 5-9.

## **Counseling News**

-American Legion Nevada Girls' and Boys' State. Both the Nevada Girls and Boys State are held in mid-June. The program is one week and takes place at UNR. This program is designed to provide training in leadership and citizenship to America's youth. Students with outstanding qualifications in leadership, honesty, community service, and reliability will be considered. Eligibility is limited to students in their junior year of high school. Interested students should contact Mrs. Young in the Counseling Office.  
-The PSAT interpretation night will be held on Wednesday,

January 28 beginning at 6:00 p.m. in the DHS commons. Student test results should be available and we will discuss results. Junior parent night will follow at 6:30.

-Junior Parent night will be held on Wednesday, January 28 at 6:30 p.m. in the DHS Commons following the PSAT interpretation night. Join us to begin preparing for your student's senior year.

-2018-2019 Class Registration will begin in March. To help students plan for high school and select the right classes, we will be holding Student-led Registration meetings. Parents and students will need to attend these nights to complete the registration process and review their Academic Plan. The dates are as follows:

Current 9<sup>th</sup> graders – March 15  
Current 10<sup>th</sup> graders – March 8  
Current 11<sup>th</sup> graders – March 29

We will be sending more information about this evening at the beginning of second semester.

-DHS Course Showcase will be held on March 14 beginning at 6:30 in the gym. Parents and students will have the opportunity to tour several classes including CTE, Fine Arts, Music, Drama, Honors and AP classes  
-All Sophomores completed their Academic Plan in Infinite Campus in November. Please review this with your student and call their counselor with any questions.

## **Yearbook**

Black Friday might be over, but you can still save \$\$ off your yearbook and senior ad by purchasing by 12/31/17. Prices go up when the year ends, so purchase with cash/check at the DHS front office or with credit card/debit online [www.yearbookforever.com](http://www.yearbookforever.com). We are also offering extra autograph pages for \$4 when purchasing online.

## **Sun Safety During the Winter Months**

Do you know the 5 S's of sun safety? They are:

-SLOP on some sunscreen.....be sure to put it on your face, arms, and legs before you go out into the sun.

-SLAP on a wide-brimmed hat to protect your face, ears, and neck from sunburns.

-SLIP into long-sleeved shirts and long pants to protect from sunburns.

-SLIDE on some sunglasses to protect your eyes from sun burning.

-SEEK shade underneath trees or by the sides of buildings to stay out of direct sun.

Did you know that Douglas County has the 3<sup>rd</sup> highest rate of skin cancer in all of Nevada? Did you also know that skin damage and most forms of skin cancer begin with too much sun exposure during childhood years? Douglas High School has dispensers by the big gym. Simply place your hand into the sensing space for 2-3 sec-

onds to get a squirt of sunscreen and be sure to apply the sunscreen on your face, arms, and legs before you go outdoors.

Did you know that skin cancer is one of the most deadly cancers in Nevada? Melanoma cases are rising every year as our ozone steadily depletes and we want to help you learn how to save yourself from this deadly cancer! Please use sunscreen before you go outside, remember the 5 S's of sun safety, and visit with the School Nurse to find out what else you can do to be Sun Safe.

Did you know that a sun tan is sun damage to your skin? If you practice the 5 S's of sun safety, you can significantly reduce your risk of sun damage and skin cancer when you get older.

Let's be sun safe during the winter! Ultraviolet rays are almost as strong in the winter as they are in the summer so don't forget to wear sunscreen during the winter, and especially on your face. You should also wear a hat and sunglasses, especially if you go skiing.

## **Media Center Information**

If you like to read and discuss what you have read, come sign up for the [Douglas Media Center Book Club](#). There will be an organizational meeting in January. If interested leave your name and school email address on the signup sheet located at the front desk of the media center.

The media center has many new Young Adult books. Come in and peruse the new book section as well as the fiction shelves. There is a book for you.

Have you looked at all the new **e-books** available in the media center? Go into Destiny at [destiny.dcsd.k12.nv.us](http://destiny.dcsd.k12.nv.us) and find the one for you.

## **Douglas High School Offers CTE Programs to 8<sup>th</sup> Grade Students**

The Career and Technical Education Department at Douglas High School will be hosting the 8<sup>th</sup> Grade CTE after School Program starting in January 2018. This program is free and open to all 8<sup>th</sup> grade students at Carson Valley Middle School and Pau-Wa-Lu Middle School. This will provide students an opportunity to "try out" a CTE course they may be interested in when they are freshman. DHS currently offers eleven different CTE programs of study in Agriculture, Automotive Technology, Business Management, Biomedical Science, Computer Science, Culinary Arts, Engineering, Graphic Design, Photography, Web Design and Development, and Welding Technology.

The 8<sup>th</sup> Grade CTE after School Program will run for four weeks and offer up to three different CTE courses each week. Students can register to take classes each week, but only one class per week. Placement will be awarded on

a first-come, first-served basis. Courses will be held Tuesday through Thursday each week from 2:30pm to 4:00pm. District buses will provide transportation to the high school but parents or guardians are required to pick up their student at the end of the class. If a student completes all three days in their selected course, they will earn a Certificate of Completion and receive priority registration for that CTE class next fall! Interested students can pick up an application packet from the counselor at their school. Registration deadline is December 22, 2017.

For more information, please contact Jim Meyers, CTE Coordinator, at 782-5136 x1770, or email at [jmeyers@dcsd.k12.nv.us](mailto:jmeyers@dcsd.k12.nv.us).

### **Leadership News**

Winter Homecoming 2018 will be January 29- February 2, 2018. The week will be full of dress up days and celebration. The homecoming ceremony will be during the basketball games on Friday, February 2, 2018 when the Douglas Tigers face the Wooster Colts. The Winter Homecoming Semi-Formal dance will be Saturday, February 3, 2018 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](mailto:klamb@dcsd.k12.nv.us) or 775-782-5136 ext. 1720.

Other important dates for the year;

Mr. DHS 2018: April 6, 2018

Junior/Senior Prom 2018: Saturday, April 28, 2018

Please follow DHS Activities on Instagram @dhstigers and Twitter @douglastigers for updates and information!

### **Athletics**

Have a student interested in signing up for a spring sport?

Registrations are open on RMA (RegisterMyAthlete) at 9:00 a.m. Monday, December 4, 2017 and will close at 3:00 p.m. on February 14, 2018. To register an athlete for a spring sport, parents need to establish an account for the student at

RegisterMyAthlete.com (RMA) using the link found on the DHS website/athletics page. Spring sports include: track & field, boys baseball, girls softball, swim/dive, and boys golf. Sign up will be available 9:00 a.m. Monday, December 4, 2017 and will close at 3:00 p.m. on February 14, 2018. To ensure that you are cleared to join a spring sport, please complete your on-line registration by early January.

Please make sure you complete and scan the required documents. They must have the parent and the student electronic signatures. Parents are responsible to individually scan and upload the physical form D and the medical history

form B. Photos of the form(s) will be rejected. Students must complete a medical history form B each year (in ink) and physicals are good for 2 years from the date of the physical. Both forms are available on the DHS athletics web page and in the form rack outside the tiger cage. The \$25 ASB payment can be made online as well.

Parents should check the account on line to ensure that all items are marked as complete (in green) in order for the student to be eligible for try-outs/sports.

Spring 2018 sports eligibility will be determined by the athlete's first semester grades from the 2017-2018 school year. Thank you.

-Here's your chance to purchase a tiger wrestling shirt! Youth and adult sizes to 2xl, shirts are pre-shrunk cotton and very soft. Price is \$20 cash or check given to a wrestling coach. Shirt is on display in the tiger cage and a photo is available for viewing on the DHS wrestling website. Great gift idea!



# December 2017 January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> A-day Boys B-ball Tourn. @ Manogue TBA	<b>2</b> Boys B-ball Tourn. @ Manogue TBA
<b>3</b>	<b>4</b> B-day All Sports Boosters meeting 6:00	<b>5</b> A-day Girls JV, Vars. B-ball @ North Valleys 3:30, 5:15, Girls Frosh B-ball vs. North Valleys 6:15 Boys JV, Frosh B-ball vs. North Valleys 3:30, 5:00 Boys Vars. B-ball @ North Valleys 7:00	<b>6</b> B-day JV, Vars. Wrestling @ Manogue 6:00, 6:30	<b>7</b> A-day	<b>8</b> B-day	<b>9</b>
<b>10</b>	<b>11</b> A-day	<b>12</b> B-day All Sports Boosters meeting 6:00 Girls JV, Vars. B-ball vs. Spanish Springs 3:30, 5:15 Girls Frosh B-ball @ Spanish Springs 6:15 Boys JV, Frosh B-ball @ Spanish Springs 3:30, 5:00 Boys Vars. B-ball vs. Spanish Springs 7:00	<b>13</b> A-day Staff PLC Day 90 minute delayed start (9:05) JV, Vars. Wrestling vs. Damonte Ranch 6:00, 6:30	<b>14</b> B-day PTSO Meeting 6:00 (Gift bag assembly)	<b>15</b> A-day Girls JV, Vars. B-ball vs. Reed 3:30, 5:15 Girls Frosh B-ball @ Reed 6:15 Boys JV, Frosh B-ball @ Reed 3:30, 5:00 Boys Vars. B-ball vs. Reed 7:00	<b>16</b>
<b>17</b>	<b>18</b> B-day	<b>19</b> A-day	<b>20</b> Finals 1, 3 Early Dismissal 11:22 (Lunch until 11:52)	<b>21</b> Finals 2, 4 Early Dismissal 11:22 (Lunch until 11:52)	<b>22</b> Finals 5, 6 Early Dismissal 11:22 (Lunch until 11:52) Girls JV, Vars. B-ball @ Reno 3:30, 5:15 Girls Frosh B-ball vs. Reno 6:15 Boys JV, Frosh B-ball vs. Reno 3:30, 5:00 Boys Vars. B-ball @ Reno 7:00	<b>23</b> Girls JV, Vars. B-ball @ Hug 10:00, 11:45 Girls Frosh vs. Hug 1:30 Boys JV, Frosh vs. Hug 10:00, 11:45 Boys Vars. B-ball @ Hug 1:30

<b>24</b>	<b>25</b> Winter Break	<b>26</b> Winter Break Boys Vars. B-ball @ San Diego TBD	<b>27</b> Winter Break Girls Frosh, JV B-ball @ Damonte Ranch TBD Boys Frosh, JV B-ball @ Damonte Ranch TBD Boys & Girls Vars. B-ball @ San Diego TBD	<b>28</b> Winter Break Girls Frosh, JV B-ball @ Damonte Ranch TBD Boys Frosh, JV B-ball @ Damonte Ranch TBD Boys & Girls Vars. B-ball @ San Diego TBD	<b>29</b> Winter Break Girls Frosh, JV B-ball @ Damonte Ranch TBD Boys Frosh, JV B-ball @ Damonte Ranch TBD Boys & Girls Vars. B-ball @ San Diego TBD	<b>30</b> Girls Frosh, JV B-ball @ Damonte Ranch TBD Boys Frosh, JV B-ball @ Damonte Ranch TBD Boys & Girls Vars. B-ball @ San Diego TBD
<b>31</b>	<b>1</b> Winter Break	<b>2</b> Winter Break	<b>3</b> Winter Break	<b>4</b> Winter Break	<b>5</b> Winter Break	<b>6</b>
<b>7</b>	<b>8</b> Teacher Work Day ~ No Classes	<b>9</b> B-day Girls JV, Vars. B-ball vs. Manogue 3:30, 5:15 Girls Frosh B-ball @ Manogue 6:15 Boys JV, Frosh B-ball @ Manogue 3:30, 5:00 Boys Vars. B-ball vs. Manogue 7:00	<b>10</b> A-day JV, Vars. Wrestling @ Wooster 6:00, 6:30	<b>11</b> B-day PTSO Meeting 6:00 (Internet Safety with Dave Hearn from the FBI)	<b>12</b> A-day Girls JV, Vars. B-ball vs. Damonte 3:30, 5:15 Girls Frosh B-ball @ Damonte 6:15 Boys JV, Frosh B-ball @ Damonte 3:30, 5:00 Boys Vars. B-ball vs. Damonte 7:00	<b>13</b>
<b>14</b>	<b>15</b> Martin Luther King, Jr. Holiday ~ No Classes	<b>16</b> B-day Girls JV, Vars. B-ball @ Wooster 3:30, 5:15 Girls Frosh B-ball vs. Wooster 6:15 Boys JV, Frosh B-ball vs. Wooster 3:30, 5:00 Boys Vars. B-ball @ Wooster 7:00	<b>17</b> A-day Staff PLC Day 90 minute delayed start (9:05) JV, Vars. Wrestling @ Galena 6:00, 6:30	<b>18</b> B-day	<b>19</b> A-day Girls JV, Vars. B-ball @ Galena 3:30, 5:15 Girls Frosh B-ball vs. Galena 6:15 Boys JV, Frosh B-ball vs. Galena 3:30, 5:00 Boys Vars. B-ball @ Galena 7:00	<b>20</b>
<b>21</b>	<b>22</b> B-day All Sports Boosters meeting 6:00	<b>23</b> A-day Girls JV, Vars. B-ball vs. Carson 3:30, 5:15 Girls Frosh B-ball @ Carson 6:15 Boys JV, Frosh B-ball @ Carson 3:30, 5:00	<b>24</b> B-day JV, Vars. Wrestling 6:00, 6:30	<b>25</b> A-day Girls JV, Vars. B-ball @ Manogue 3:30, 5:15 Girls Frosh B-ball vs. Manogue 6:15 Boys JV, Frosh vs. Manogue 3:30, 5:00	<b>26</b> B-day	<b>27</b>

		Boys Vars. B-ball vs. Carson 7:00		Boys Vars. B-ball @ Manogue 7:00		
<b>28</b>	<b>29</b> A-day	<b>30</b> B-day Girls JV, Vars. B-ball @ Damonte 3:30, 5:15 Girls Frosh B-ball vs. Damonte 6:15 Boys JV, Frosh B-ball vs. Damonte 3:30, 5:00 Boys Vars. B-ball @ Damonte 7:00	<b>31</b> A-day		Home games are in red.	All game times are accurate at time of printing. Please check with the coaches for any updates.

## December 2017 January 2018



*May You Have A Victorious And  
Prosperous New Year!  
Happy New Year 2018!!*



## Upcoming Dates to Remember

Late Start Day (9:05) ----- December 13  
 Finals ----- December 20-22  
 Holiday Break ----- Dec 25-January 5  
 Collaboration Day NO CLASSES ----- January 8  
 Martin Luther King, Jr. Holiday ----- January 15  
 Late Start Day (9:05) ----- January 17  
 Winter Break ----- February 19-23  
 Spring Break ----- April 16-20  
 Graduation ----- June 7

*For the Douglas County School District calendar, visit:  
[www.dcsd.k12.nv.us](http://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-E) ----- extension 1716*  
*Alison Young (F-Lee) ----- extension 1718*  
*Vanessa Ozolins (Rod-Z) ----- extension 1717*  
*Kris Robison (Leg-Rob) ----- extension 1719*  
*Jim Meyers (exit level 1 students) ----- extension 1770*

### Administration:

*Joe Girdner, Principal ----- extension 1711*  
*Tom Morgan, Asst. Principal ----- extension 1763*  
*Mike Rechs, Asst. Principal ----- extension 1759*  
*Sarah Russell, Asst. Principal ----- extension 1761*

NON PROFIT ORGANIZATION

U.S. POSTAGE

**PAID**

PERMIT No. 36

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.