



PARENT NEWSLETTER

DOUGLAS HIGH SCHOOL

1670 Highway 88, Minden, Nevada 89423
(775)782-5136 (775)782-7039 fax www.dcsd.k12.nv.us/dhs
Power School Parent Portal-<http://powerschool.dcsd.k12.nv.us/public>

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.

March 2018

SafeVoice to be Implemented

2018 has begun and we are ready for it! As we commence a second semester of learning, I am happy to share with you that students and parents at this school now have access to SafeVoice. SafeVoice offers a hot-line, mobile app, and website to **anonymously** report threats to the safety or well-being of students. SafeVoice was established by the Nevada Department of Education and is operated in partnership with the Nevada Department of Public Safety.

Of course, our hope is that your child will talk directly to you as well as with us here at school about their concerns. However, if students wish to report anonymously, they can use SafeVoice as a way to speak up for their friends, the safety of their school, or themselves. We encourage students to take responsibility for helping to create a positive school climate and we think SafeVoice can help them do it.

Reports are completely confidential. The reports submitted are received live 24/7/365 by

trained call takers who will gather information, engage emergency responders if necessary, and pass the report on to a team of us here at school so that we may respond, letting students know a friend cared enough about them to share a concern. We will notify you according to our school policies and if the report raises a serious concern about your student's well-being.

Examples of concerns that can be reported using SafeVoice include, but are not limited to: bullying/cyberbullying, violence or weapons, depression, sexting, self-harm, suicidal thoughts, neglect, and substance abuse.

The SaveVoice app is available for free in the Apple or Android stores. The reporting system can also be accessed by visiting www.safevoicenv.or or by calling 833/216-SAFE. This information is also available on our website.



From the Front Office

Are you missing important information regarding your student's grades, attendance and other DHS events? Please take a

moment to review your Infinite Campus Parent Portal and update your contact information. You may also want to check with the front office to see if we are holding mail which has been returned by the post office as undeliverable.

AP Exam Fees Due

AP Exam fees are due March 9, 2018. The cost of EACH EXAM is \$94 and must be turned in to Pattie Dack in the counseling office by March 9, 2018. Also, keep encouraging your student as they continue to study in college level courses!

Dress Code

Dressing for school is very similar to dressing for a job. It is important that students' dress does not distract from the purpose of coming to school, which is to obtain an education. Below, we have included some of the DHS dress code to help guide your clothing choices.

1. The dress and personal appearance of each student is required to be of such character as not to disrupt or distract from the educational environment or to diminish instructional effectiveness or

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.

disciplinary control of the teacher.

2. Shoes or sandals must be worn at all times. Slippers are not to be worn unless expressly permitted for special events.

3. Clothing should be modest; skirts and shorts must be at least mid-thigh length. No bare midriff tops, spaghetti straps, low-cut tops, fishnet shirts, halter or tube tops, see-through, or revealing shirts or blouses will be allowed.

4. Baggy pants or pants worn low at the waist are also not allowed. Pants should be worn at the waist.

5. Clothing and accessories that display suggestive, double meaning, hate language (symbols of racism or violence), or drug/alcohol-related words and/or symbols are inappropriate. Also prohibited is apparel, jewelry, accessories, notebooks, or any manner of grooming which because of its color, the way it is worn, its trademark, or any other characteristic, carries known gang connotations or can be used as a weapon. This includes, but is not limited to, chains, spikes, pins, safety pins or needles.

6. All clothing shall be clean and worn properly.

7. Sunglasses, hats, or other inappropriate attire shall not be worn in the buildings unless there is a valid medical, safety, or religious reason.

Students who disregard the dress code will be required to fix their dress, change, or call their parents to have appropriate clothing brought and put on before they attend their classes. In the case of inappropriate jewelry, chains, safety pins, etc., administration will request that students give such items to them, and the students' parents or guardians will need to call to

make arrangements for pick up. If similar behavior continues, the student will receive consequences outlined in the school's progressive discipline.

Upcoming Dates for the Class of 2018

Review these carefully to make sure you don't miss anything and check the website for any updates.

April 6: Mr. DHS at the CVIC hall, downtown Minden at 6:00 pm.

Seats are limited and tickets will go on sale soon!

April 28: Prom 8:00-12:00

April 30: Walking partner cards will be passed out in all government classes

June 6: Grad Nite at 7:00 p.m.

June 7: Graduation day at DHS: Ceremony begins at 5:30 pm

Counseling Department

Attention Seniors! Here are some important dates for the Bridge to Success (BTS) through WNC you don't want to miss out on:

-March 16-College Day at WNC (all day field trip) sign-up by March 2

-March 21 and 22-Accuplacer test (placement test for next year's classes) at DHS

-April 23-Orientation Registration at DHS

-April 24-Registration at DHS

All sign-ups for these opportunities will be in the counseling office. If you have any questions, please feel free to contact Kris Robison at ext. 1719 or krobi-son@dcsd.k12.nv. If a senior didn't sign-up for the BTS, please see Mrs. Robison prior to these dates.

Dates for UNR:

-March 21 at lunch in media center with admissions person here to help with any questions with applications or registration.

-May 25 at lunch in media center with admissions person here to pass out t-shirts and provide lunch for those going to UNR.

-Class Registration for the 2018-2019 school year will begin in March. Counselors will be presenting information in classrooms one grade level at a time. In order to FINALIZE your student's course selections, we are asking that parents and students attend a Student-led Registration Night. During this night, parents and students will be reviewing their academic plans, selecting classes and meeting briefly with their individual counselor. Below are the dates:

Current 9th graders - March 15

Current 10th graders - March 8

Current 11th graders - March 29

Meetings will occur between 2:00-8:00 p.m. and will last about an hour. Please visit the counseling page on the DHS website to sign up for a time.

**Parents will need to have their parent portal set up to be able to electronically sign their student's academic plan. If you need help setting up this account, please contact the front office.

-DHS Course Showcase will be March 14 from 6:15-8:00. This evening will begin in the big gym for brief announcements and then parents and students will have the chance to visit a variety of classrooms. Classes represented will include: Career and Technical Education (CTE), World Language, Honors and AP options, Electives, and PE. A schedule of the night will be available on the website one week prior to the evening.

-Freshman Parent night for current 8th graders will be held March 14 from 5:30-6:00 p.m. in the commons just prior to the course showcase.

DHS Auto Shop

Looking for something different? Do you like to get your hands dirty? Would you like to make \$60,000 a year or maybe even more? Sign up for Auto Shop! This is a great opportunity to learn a skilled trade and make yourself desired by employers all over the country. This is a growing field for both young ladies and young men. Just think of the fun you will have learning about cars! Be sure to ask your counselor about Auto Shop to get signed up for a new pathway to success.



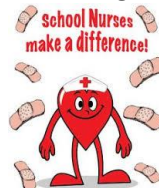
From the Nurse's Office

March is National Nutrition Month! As the nurse at the high school, I can't tell you how many kids I see that skip breakfast. (I personally cannot wrap my mind around this as I am a true foodie!! I wake up thinking about food!) We know that breakfast can give you energy to start the day and keep you on task at the high school. A healthy breakfast is important for everyone. Here are some quick breakfast ideas to help your student start their day:

- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- Layer low-fat plain yogurt with your favorite crunchy cereal and blueberries.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.

- Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.

- Top a toaster waffle with low-fat yogurt and peach slices.
 - Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
 - Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
 - Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.
 - Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.
 - Peanut butter and banana sandwich on whole-grain bread
 - Leftover veggie pizza
 - Deli turkey, a slice of low-fat cheese and lettuce wrapped in a tortilla
 - Leftover rice mixed with low-fat yogurt, dried fruit and nuts. Sprinkle with cinnamon.
- Power up with a healthy breakfast and you're off to a great start!



Drama News

What happens when you mix comedy with Shakespeare's *King Lear*, the most-watched TV show on the planet, *Game of Thrones*, and Disney princesses? The *Game of Tiaras*, of course! Join a cast of fairy-tale princesses and their companions in an epic battle for control of the throne of England. Watch them deceive, murder, and joke their way through this full length comedy spoof. Are you ready to play the Game of Tiaras? Fun for the whole family (except the wee ones).

When: The weekends of March 23-31; March 23 & 30 at 7:00 p.m., March 24 & 31 at 2:00 and 7:00 p.m.

Where: Douglas High School Drama Room, 101

Tickets: \$10.00 General Admission; \$5.00 presale ticket purchased from any student involved in the play or from the front office.

Parental Discretion: Rated PG. This is NOT your daughter's Disney tale. (10+)



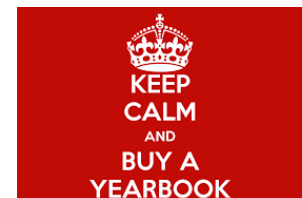
Media Center News

Interested in watching a classic movie with your friends? Come by the media center and leave your school e-mail address for more details. There will be popcorn and something refreshing to drink.

Checkout the new book section. There are plenty of new books to peruse. The fiction section also has many of your favorite authors and titles available for your entertainment.

Yearbook

We have less than 100 yearbooks left for pre-purchase. We will sell out, so purchase today to ensure a copy is reserved for you. Cash/check at the DHS front office, or credit/debit online www.yearbookforever.com.



March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Home games are in red .	All game times are accurate at time of printing. Please check with the coaches for any updates.			1 B-day	2 A-day	3
4	5 Professional Development Day ~ No Classes Football Parent Meeting 6:00	6 B-day All Sports Boosters meeting 6:00	7 A-day	8 B-day PTSO Meeting 6:00	9 A-day	10
11	12 B-day Boys Golf @ Lak-eridge 12:00	13 A-day JV B-ball vs. McQueen 3:45 Vars. B-ball @ McQueen 3:45	14 B-day Staff PLC Day 90 minute delayed start (9:05)	15 A-day JV B-ball @ McQueen 3:45 Vars. B-ball vs. McQueen 3:45 JV Softball vs. McQueen 3:45 Vars. Softball @ McQueen 3:45	16 B-day	17 Swim Meet @ Carson 9:00 Track @ McQueen 9:00 Vars. B-ball @ North Valleys 11:00 JV Softball @ North Valleys 11:00 Vars. Softball vs. North Valleys 11:00
18	19 A-day Boys Golf @ Wolf Run 12:00	20 B-day JV B-ball @ North Valleys 3:45 Vars. B-ball vs. North Valleys 3:45	21 A-day	22 B-day Vars. Softball vs. Spanish Springs 3:45 JV Softball @ Spanish Springs 3:45 JV B-ball vs. Spanish Springs 3:45 Vars. B-ball @ Spanish Springs 3:45	23 A-day Track @ Carson TBD	24 Track @ Churchill TBD JV B-ball @ Spanish Springs 11:00 Vars. B-ball vs. Spanish Springs 11:00 JV Softball @ Reed 11:00 Vars. Softball vs. Reed 11:00
25	26 B-day	27 A-day	28 B-day	29 A-day	30 B-day Vars. B-ball @ TBA JV Softball @ Stodick Park TBD Vars. Softball @ Napa TBD Track @ Reed TBD	31 JV Softball @ Stodick Park TBD Vars. Softball @ Napa TBD Track @ Reed TBD Swim @ South Lake Tahoe 12:30



Upcoming Dates to Remember

Collaboration Day NO CLASSES ----- March 5
 Late Start Day (9:05) ----- March 14
 Spring Break ----- April 16-20
 Prom ----- April 28
 AP Testing ----- May 7-18
 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
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:

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

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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.