



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.

May-June 2018

Update Your Information

In Infinite Campus

We encourage all parents/guardian to access the Parent Portal in Infinite Campus and verify the demographic data that is in the system. This information is used to contact you in the event of an emergency as well as mailing out grade cards and progress reports. Should you have any questions, please contact us and we will be happy to help you access this.

Food Drive to Support

Backpack Buddy Program

DHS is committed to supporting students in need of food and is partnering with the Backpack Buddies Program to conduct a food drive during the month of May. Please support those less fortunate by donating cans of chili, refried beans, pork n beans, soup, tuna, green beans, corn and fruit. There will be a collection barrel placed in the front lobby near the main office. Thank you for your support of our students!

Food Drive



AP Testing

AP (Advanced Placement) Testing will take place May 7-17, 2018. All AP students, please check with your AP teacher or visit <https://apstudent.collegeboard.org> for exact times and dates.

Plan to arrive 30 minutes prior to the exam. Plan on staying 15 minutes after the testing window. No phones will be allowed in the AP testing rooms.

Upcoming Senior Dates for the Class of 2018

Review these carefully to make sure you don't miss anything.

April 30: Walking partner cards will be passed out in all government classes. Due back by May 11.

May 23: Senior Awards Night at LifePoint Church 6:00 p.m.

May 25: All outside coursework due to the registrar.

June 5: Senior Fines due and textbooks turned in.

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

June 7: Graduation Rehearsal 10:00-1:00.

June 7: Graduation day at DHS: Ceremony begins at 5:30 p.m.

Do you have a graduation cap and gown collecting dust in your closet?

We would gladly accept your donation to help some of our seniors in need. If you have any questions, please contact Karan Seelbinder at extension 1711.

Thank you in advance for your generosity.



Counseling Department

-Graduation is just around the corner...As a reminder, if your senior is taking online courses, Douglas High must receive a grade from the granting institution by Friday, May 11.

-DHS Senior Awards Night May 23, 2018, 6:00 P.M. Life Point Church located at 1095 Stephanie, Minden.

- May 7 is the day that seniors may begin signing up to have their final official transcript sent to the college they will be attending. The final official transcript will have the second semester grades posted and also the graduation

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.

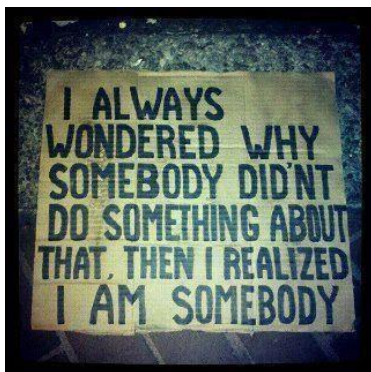
date and diploma type. Please come to Mrs. Ovard's office and sign up. Students going to a Nevada college will sign up on the clipboard, while those students going out of state will fill out the blue half-sheet form. The transcripts will be sent out by June 19.

Many colleges and universities will place a hold on your second semester registration if they have not received the final official transcript.

You may request that a transcript be sent anytime a need arises – enrolling in a different school, grad school, or employment. After February 1, 2019, there will be a \$5 charge for an official transcript. The registrar's office accepts cash or a money order only. If you have questions or concerns, contact Mrs. Ovard at (775) 782-5136 ext. 1731 or email at aovard@dcsd.k12.nv.us

-May is National Foster Parent Month. We need families to support Douglas County in keeping students in their same school setting, community activities and with their peers.

If you are interested in becoming a foster parent please call School Social Services 782-5136 ext. 1856.



DHS Art Show

Thursday, May 10th
6:00-8:00 p.m. in the DHS media center
Great art, free admission, refreshments!



Leadership

We would like to congratulate the following students who have been elected to Student Government offices for the 2018-2019 school year.

Student Body President: Megan Perry

Student Body Vice-President: Rebekah Swearingen

Student Body Communications: Kamryn Harper

Student Body Commissioners: Natalie Alexander, Aoife Brooks, Jesse Cabrera, Josh Herup, and Chloe Stein.

Senior Class President: Andrea Perry

Senior Class Vice-President: Kevyn Reid

Junior Class President: Chris Rowe

Junior Class Vice-President: Jessica Ochoa

Sophomore Class President: Hannah Shaw

Sophomore Class Vice-President: Kennedy Cole

Ambush Commissioners: Kyle Courtney, Lucas Guerrazzi, Kole Karwoski, & Bodie Stein

From the Nurse

As we approach the season of warmer weather and summer break, please keep in mind to always use sunscreen!

Sun Exposure:

Travelers/students spending time outdoors are exposed to the sun's harmful ultraviolet (UV) rays, even on cloudy days. Travelers/students are at increased risk when traveling near the equator, during summer months, and at high altitudes. Reflection from the snow, sand, and water increases exposure, so consider sun safety during outdoor activities, including snow skiing, spending time at the beach, swimming, and sailing.

Protect Yourself from the Sun:

- Stay in the shade, especially during midday hours (10 am to 4 pm).
- Wear clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Drink plenty of fluids.
- Wear sunglasses that block both [UVA and UVB](#) rays.
- Use sunscreen with an SPF 15 or higher.
- Look for "blocks UVA and UVB" or "broad spectrum" on the label.
- Apply liberally (minimum of 1 oz. or about the size of a shot glass) at least 20 minutes before sun exposure.
- Apply to all exposed skin. Remember to apply to ears, scalp, lips, neck, tops of feet, and backs of hands.
- Reapply at least every 2 hours and each time you get out of the water or sweat heavily.
- If you are also using bug spray, apply sunscreen first and bug spray second. Sunscreen may need to be reapplied more often.
- Throw away sunscreens after 1-2 years.
- Avoid indoor tanning. Getting a "base tan" before your vacation

does damage to your skin and doesn't protect you from sun exposure on your trip.

Treating a Sunburn:

-Take aspirin, acetaminophen, or ibuprofen to relieve pain, headache, and fever. Drink plenty of water, and soothe burns with cool baths or by gently applying cool, wet cloths.

Use a topical moisturizing cream or aloe to provide additional relief. Don't go back into the sun until the burn has healed.

-If skin blisters, lightly bandage or cover the area with gauze to prevent infection. Don't break blisters (this slows healing and increases risk of infection). Apply antiseptic ointment if blisters break.

Seek medical attention if any of the following occurs:

-Severe sunburn, especially if it covers more than 15% of the body.

-Dehydration

-High fever (above 101°F).

-Extreme pain that lasts more than 48 hours.

-Have a fun summer! Jen Hinnant
RN BSN CSN -your DHS nurse



Yearbook

The 2018 Garminada will be distributed May 22-25 in the media center at lunch and after school with ID for pre-purchased books. If you did not purchase a book, put your name on the office waitlist to purchase for \$100 on May 25 **if** Walsworth sends extra books. We will also have gel pens for \$1 and autograph pages for \$5.

Juniors, get involved in your senior yearbook 2019 and earn a

discounted or free book. See Mrs. Erb in 302 for details.

Senior Portraits 2019 - We are happy to announce Kid Pix will be providing the senior portraits for the 2019 DHS yearbook. This is free to seniors, but you must schedule an appointment. Call 783-0880 to schedule starting July 2. You are under no obligation to purchase pictures from KidPix, but your picture will not be in the 2019 yearbook if you do not have your photo taken by them.

Kris Erb, DHS Technology Teacher and Yearbook Adviser

Drama

Drama has a full month of entertainment for our community. All events start at 7:00 in the Drama Room

-May 5: Open Mic Night. Just show up for this laid back night featuring DHS students sharing all a variety of talents and off-beat entertainment. Nacho bar to be provided.

-May 18-19: Comedy Improv. Seniors such as Natalie Maddox, Thomas Rao, Sarah Grove and Willard Franklin will leave you in stitches. Presale Tickets: \$5.00. \$10.00 at the door.

-First Annual Short Film Festival: May 26. 7:00 in the Commons. If you are interested in submitting a film contact Madison Vickers through the Drama Program. \$5.00 students; General Admission \$10.00.



Athletics

Interested in joining the DHS boys JV soccer team? Parents and students are invited to attend the introductory meeting at 6pm on

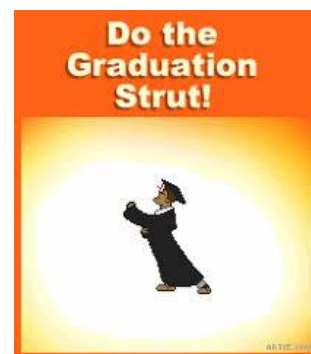
Monday, May 7th on the grass soccer field.

Free sports physical night – May 8, 2018. Interested in doing a sport next school year? Dr. Kyle Swanson and his staff from Tahoe Orthopedics & Sports Medicine will offer free sports physicals for incoming 8th grade students through 2018 -19 seniors on Tuesday, May 8, in the Commons from 5:30-6:30pm. Students must have their parent or legal guardian with them in order to get a physical. If you are interested, please complete a Medical History form found outside the Tiger Cage or on the DHS Athletic Web Page and bring it to Free Sports Physical Night. See you there!

RMA (RegisterMyAthlete) is now open for fall sports sign-ups Paper sports packets are a thing of the past! All High School Sports registration is now online, links to RMA are on all the DHS website athletic pages.

Medical History forms are to be completed each school year and physicals are required every 2 years. \$25 ASB payments should be paid online at RMA.

Make sure each student completes a 2018-19 Off Season Conditioning Permit and give to the coach before they attend any pre-season activities. These and all forms are available on the DHS Athletic Web Page.



May-June 2018

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 A-day Boys Golf @ Carson TBD JV Softball vs. Galena 3:45 Vars. Softball @ Galena 3:45	2 B-day Boys Golf 11:00 JV, Vars. B-ball @ Carson 3:45, 7:00	3 A-day JV, Vars. B-ball vs. Carson 3:45 JV Softball @ Galena 3:45 Vars. Softball vs. Galena 3:45	4 B-day	5 Track @ Reed 9:00 JV Softball vs. Carson 11:00 Vars. Softball @ Carson Swim @ Truckee 4:00
6	7 A-day	8 B-day Vars. B-ball @ Regionals TBD Swim @ Northwest 12:00	9 A-day Staff PLC Day 90 minute delayed start (9:05) Vars. B-ball @ Regionals TBD Diving @ Lombardi TBD	10 B-day Vars. B-ball @ Regionals TBD	11 A-day Vars. B-ball @ Regionals TBD Swim Regionals @ Carson TBD Track Regionals @ Carson 3:00	12 Vars. B-ball @ Regionals TBD Swim Regionals @ Carson TBD
13	14 B-day	15 A-day	16 B-day	17 A-day Vars. B-ball @ State TBD	18 B-day Vars. B-ball @ State TBD Track State @ Carson 3:00	19 Vars. B-ball @ State TBD Swim State @ UNLV TBD Track State @ Carson 9:00
20	21 A-day	22 B-day	23 A-day	24 B-day	25 A-day	26
27	28 Memorial Day Holiday~No Classes	29 B-day	30 A-day	31 B-day	1 A-day	2
3	4 B-day Finals for Seniors (2, 4, 6 not 7) Classes 2, 4, 6, 7 for underclassmen	5 A-day Final for Seniors (5) Classes 1, 3, 5, 7 for underclassmen	6 A-day Finals for Seniors & Underclassmen (1, 3, 7) Grad Nite 7:00-11:30	7 Finals for Underclassmen (0, 2, 4) Early Dismissal 11:22 (Lunch until 11:52) Graduation 5:30	8 Finals for Underclassmen (5, 6) Early Dismissal 11:22 (Lunch until 11:52)	9
10	11 All classes for Underclassmen (1, 2, 3, 4, 5, 6, 7) Early Dismissal 11:22 (Lunch until 11:52)					

Upcoming Dates to Remember

Late Start Day----- May 9
Memorial Day Holiday----- May 28
Mountain Madness ----- June 1
Graduation ----- June 7
First Day of School 2018-2019 ----- August 13

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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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.