



DOUGLAS HIGH SCHOOL



Parent Newsletter

1670 Hwy 88 ♦ Minden, NV 89423
(775) 782-5136 ♦ (775) 782-7039 – Fax
www.dhs.dcsd.net

Douglas High School Mission Statement

Growing a thriving, curious, educational community that is committed to the learning of all.

April 2019

JROTC News

The Cadet Battalion underwent an extremely rigorous Joint Program of Assurance (JPA) Inspection on Thursday, March 7th. This inspection is conducted in two parts and involves all Cadets in the proper wear of the uniform at an inspection. A Cadet Color Guard is also evaluated during this phase of the inspection. The second phase of the inspection is more intense and is centered on academics, and involves two Cadet prepared briefings. The briefings are a Continuous Improvement Project and a review of the Service Learning Project conducted in the fall semester. The Cadets scored a 98.1% overall score on the JPA, the highest in program history at DHS. This earned them the unit designation of Honor Unit with Distinction and allows the Cadets to wear a gold star on their uniforms. Honor Unit with Distinction is the highest rating a unit can receive and is difficult to attain. Outstanding job Cadets!

On Friday, April 5, the Cadet Battalion will hold its annual Cadet Awards Night. This will be held in the DHS Commons and begin at 6:00 p.m. It traditionally lasts approximately 2 hours. Some Cadets will receive outside organization awards, and Varsity Letters for Air Rifle and Color

Guard. All Cadets will receive ribbons for their uniforms at this event. Uniform for Cadets will be their Class A uniform. The week following this event is set aside for uniform cleaning and return. Uniform cleaning and return dates are as follows: Start return on Monday, April 8 and the last day of the return period will be after Spring Break on Friday, April 26. Cadets keep the following uniform items: Beret (minus Beret pin), white undershirt, black socks, and shoes. Cadets return Black Windbreakers, Blue Jackets, Blue slacks/trousers, and gray shirts. Uniforms may be returned professionally dry cleaned with a receipt; turn-in uniform and \$5 to cover the cost of cleaning; or returned dirty. Please ensure that all uniforms are returned by the last day, as we have to get them professionally dry cleaned and an order this large takes several weeks!

On Tuesday, April 23, the Cadet Battalion will travel to Bridgeport to visit and tour the USMC Mountain Warfare Training Center. Cadets will have the opportunity to visit the museum, the Shoppette for a snack, climb on the amazing indoor rock climbing wall, eat lunch in the Dining Facility, and talk to young Marines and Sailors about life in the service, or whatever questions they have.

Upcoming Dates for the Class of 2019

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. Seats are limited and tickets will go on sale soon!

April 27: Prom

April 29: Walking partner cards will be passed out in all government classes

June 5: Grad Nite

June 6: Graduation day at DHS: Ceremony begins at 5:30 p.m.

Leadership News

-The 13th Annual Mr. DHS: Totally 80's will be held Saturday, April 6, 2019, at CVIC Hall at 6:00 p.m. Come watch as 16 boys from the Class of 2019 compete for the crown and the honor of Mr. Congeniality. There will be dancing, talents, pick-up lines and so much more. There will also be opportunities to participate in raffles. Tickets will be on sale March 25th. Tickets will be \$20 each. Attendance will be limited to 300, so get your tickets early by seeing a leadership student or Ms. Lamb. Remember all money raised goes to DHS Safe and Sober Grad Night to celebrate the Class of 2019. For

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.

more information contact Karen Lamb at klamb@dcsd.k12.nv.us.



-The Junior Class is proud to present DHS Junior/Senior PROM 2019: A Night on the Boardwalk to be held Saturday, April 27, 2019 at Genoa Lakes Golf Course. Join us for a night of dancing and deserts. More information coming soon! *Reminder: All students attending Prom 2019 must have a current year signed Dance Contract in order to be permitted entry. For more information contact Karen Lamb at klamb@dcsd.k12.nv.us.

-To stay up to date on DHS events and information, follow us:
Instagram: @dhtigers
Twitter: @douglastigers

Plan on Bringing a Guest to Prom?

Prom Guest Applications have been available in the front office since March 11. The deadline for submitting applications is 3:00 p.m., Friday, April 12. Faxes will not be accepted and a valid photo ID is required with application.

AP Testing Students

AP Students- Make sure to check with your AP teacher for the dates you need to be in the media center at lunch to bubble in answer sheets. You will need to arrive immediately following 5th period. Tuesday, April 9th (last names A-E); Wednesday, April 10th (last names F-Lef); Thursday, April 11th (last names Leg-Re); Friday, April 12th (last names Ri-Z).

All tests should be paid for by this time. Stop by the front office to see Mrs. Seelbinder to verify that all tests have been paid for. This needs to be done as soon as possible.

Yearbook

Yearbooks are selling fast. We have less than 100 books for pre-order. Purchase for \$100 at the DHS office with cash/check or online with debit/credit www.yearbookforver.com. Pre-ordered books will be available for pick up May 22-24 in room 302 at lunch.

Cheer Tryouts

If you are a student interested in being a DHS cheerleader next year, please mark your calendars for an informational meeting for prospective cheerleaders and their parents. We will meet at Douglas High School's media center, April 24 at 6:00 pm. At the meeting the coaches will discuss cheer expectations, commitments, and the tryout process. There will be a mandatory cheer tryout clinic May 20-24 at DHS from 3:00-5:00 p.m. and cheerleading tryouts will be held Friday, May 24 starting at 3:00 p.m. No cheerleading experience is necessary and all interested students are welcome to come to the meeting and try out. If you have any questions, please contact the Tiger Cage at DHS or the DHS website.

Athletics

Free sports physical night for Douglas High athletes will take place on Tuesday, May 7, 2019 from 5:30-6:30 p.m. 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 9th grade students through seniors on Tuesday, May 7, in the Commons from 5:30-6:30 p.m. Students must have their parent or legal guardian with them and bring a completed Form B Medical History form. Forms can be found on the Athletics web page of the DHS Website or outside the Tiger Cage. Be sure to use blue or black ink only and bring it to the Free Sports Physical Night.

-FALL SPORTS SIGN-UPS. RMA (RegisterMyAthlete) will open at 9am on Monday April 1st for all fall sports sign-ups.

All High School Sports registration is now online, links to RMA can be found on all DHS website athletic pages. Physicals for incoming 9th graders must occur at the 2019 Free Physical Night May 7th or after the first day of school at DHS, August 12, 2019. Physicals must be completed on the NIAA form and are good for 2 years injury free. NIAA Medical History forms are to be completed each school year in blue or black ink only. Parents scan/upload these forms onto their RMA account and \$25 ASB payments should be paid online as well. Make sure each student completes a 2019-20 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 and outside the Tiger Cage.

Nevada PEP

Nevada PEP FREE services are about empowering families to be life-long advocates for their children through education and skill building. PEP recognizes that parents are experts on their children; and must learn about disabilities,

intervention needs, and how to develop a support system to meet those needs.

Contact information:
4600 Kietzke Lane Suite I-202
Reno, Nevada 89502
phone: 775/448-9950
FAX: 775/448-9603

News from the Nurse

Last year, there were more than 20,000 emergency room visits attributable to the ingestion of energy drinks. Not long ago, a South Carolina high school student collapsed and died after consuming a very high dose of caffeine in a short time: coffee, soft drinks and an energy drink. The coroner reported that the student died from a caffeine-induced lethal cardiac arrhythmia. Today in the U.S., the energy drink business is a multibillion dollar industry (estimated to reach \$61 billion by 2020), and most of these products have been marketed directly to children and adolescents. When these drinks are combined with other drugs and alcohol, the adverse events can become even more severe. Over the last decade, the number of ER visits related to energy drink consumption has more than doubled.

What Exactly Is in These Energy Drinks?

Energy drinks are sugary beverages that are loaded with caffeine as well as additives such as vitamins, minerals, taurine, herbal supplements and guarana (a plant extract with a high concentration of caffeine). From a medical standpoint, they have **absolutely no nutritional value** and they're also high in calories due to their sugar content. **Caffeine**, the primary ingredient in energy drinks, can sometimes be 5Xs higher than a cup of coffee (which

is typically around 100 mg). **Guarana** is a plant that has a caffeine-like compound. In fact, 1 gram of guarana is equivalent to 40 milligrams of caffeine. Energy drinks contain anywhere from 21 to 34 grams of **sugar** per 8 ounces, and this can be sucrose, glucose or high fructose corn syrup – which is known to be associated with obesity. Children and adolescents who consume energy drinks are at high risk for obesity and dental problems. If you drink two energy drinks per day, you could be consuming **nearly six times** the maximum daily recommended amount of sugar.

It's important to remember that energy drinks are not regulated by the Food and Drug Administration and vary greatly in their composition; there's no standard formula. Unlike pharmaceuticals, the FDA does not require any proof for the safety and efficacy of energy drinks and energy shots. When alcohol is added to these beverages, the risk for negative health effects increases significantly.

How can my health be affected by Energy Drinks?


Caffeine has powerful effects on many of our vital organs – particularly the cardiac and nervous systems. After drinking an energy drink, heart rate increases, blood vessels stiffen and your blood may become thicker; all changes that can precipitate a heart attack or stroke in those who are at risk. A recent study suggests that the other ingredients, such as taurine, may significantly increase heart rate and blood pressure, as well as risk for heart rhythm problems independent of caffeine content. These drinks can also cause periods of anxiety, changes in sleep patterns and mood swings –

particularly in children and adolescents. Do any of these symptoms sound familiar? As if this isn't bad enough, energy drinks have also been associated with serious complications including seizures, stroke and sudden cardiac death. Yikes.

What Can We Do to Stay Safe?

The American Academy of Pediatrics has recommended that children should not consume these drinks.

As the school nurse, I want you to know that energy drinks have absolutely no nutritional value and should be avoided. I have seen multiple students experiencing side effects from these energy drinks. **Water** is the best healthy beverage choice, and one that has been proven time and again to be part of an overall healthy lifestyle.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All game times are accurate at time of printing. Please check with the coaches for any updates.	13	14	15	16 Sophomore/New Student orientation 8:00-12:00	17	18
19	20 A-day	21 B-day	22 A-day	23 B-day Frosh, JV Football TBA	24 A-day X-country @ Damonte 3:00 Vars. Football vs. Reno 7:00	25
26	27 B-day	28 A-day Girls JV, Vars. Soccer @ Spanish Springs 3:30, 5:30	29 B-day Boys JV, Vars. Soccer @ Spanish Springs 3:30, 5:30	30 A-day Boys Vars. Tennis @ Churchill 3:00 Girls Vars. Tennis vs. Churchill 3:00 Frosh Football vs. McQueen 5:00	31 B-day X-country vs. Carson 3:00 JV, Vars. Football vs. McQueen 5:00, 7:30	1
2	3 Labor Day NO SCHOOL	4 A-day Boys Vars. Tennis @ Bishop Manogue 3:00 Girls Vars. Tennis vs. Bishop Manogue 3:00 Frosh, JV, Vars. V-Ball @ Spanish Springs 3:45, 4:45, 6:00	5 B-day	6 A-day Boys Vars. Tennis @ Galena 3:00 Girls Vars. Tennis vs. Galena 3:00 X-country Sierra League 3:00 Frosh, JV, Vars. V-ball vs. Reed 3:45, 4:45, 6:00 Frosh, JV Football @ Reed 4:00, 6:00	7 B-day X-country Sierra League 3:00 Vars. Football @ Reed 7:00	8
9	10 A-day	11 B-day Girls Vars., JV Soccer @ Galena 3:30, 5:00 Frosh, JV, Vars. V-ball 3:45, 4:45, 6:00	12 A-day Picture Day Scholarship Information Night 5:30 Boys Vars., JV Soccer @ Galena 3:30, 5:00	13 B-day Picture Day Frosh, JV, Vars. V-ball @ Galena 3:45, 4:45, 6:00 Frosh, JV Football vs. Hug 4:00, 6:00	14 A-day Vars. Football vs. Hug 7:00	15
16	17 B-day	18 A-day Girls Vars., JV Soccer vs. Bishop Manogue 3:30, 5:00 Frosh, JV, Vars. V-ball 3:45, 4:45, 6:00	19 B-day Boys Vars., JV Soccer vs. Bishop Manogue 3:30, 5:00	20 A-day Frosh, JV, Vars. V-ball 3:45, 4:45, 6:00 Frosh, JV Football @ Spanish Springs 4:00, 6:00	21 B-day Vars. Football @ Spanish Springs 7:00	22 Boys JV, Vars. Soccer vs. Damonte Ranch 9:00, 11:00 Girls Vars., JV Soccer @ Damonte Ranch 1:00, 3:00
23/30 	24 A-day	25 B-day Frosh, JV, Vars. V-ball @ Damonte Ranch 3:45, 4:45, 6:00	26 A-day Back to School Night 6:30	27 B-day Boys Vars. Tennis vs. Damonte Ranch 3:00 Girls Vars. Tennis @ Damonte Ranch 3:00 Frosh, JV, Vars. V-ball vs. Hug 3:45, 4:45, 6:00 Frosh, JV Football vs. Galena 4:00, 6:00	28 A-day X-country South Tahoe Relays 3:00 Vars. Football vs. Galena 7:00	29 

Upcoming Dates to Remember

Late Start Day-----	April 10
Spring Break-----	April 15-19
Prom-----	April 27
Late Start Day-----	May 8
Memorial Day Holiday-----	May 27
Graduation-----	June 6

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



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:

Shari Andreasen (F-Lef)-----	extension 1718
Kira Brown (A-E)-----	extension 1716
Lisa Maslach (Leg-Re)-----	extension 1719
Vanessa Ozolins (Ri-Z)-----	extension 1717
Jim Meyers (exit level 1 students)-----	extension 1770

Administration:

Joe Girdner, Principal-----	extension 1711
Mike Rechs, Asst. Principal-----	extension 1759
Sarah Russell, Asst. Principal-----	extension 1761
Wendi Yankoskie, Asst. Principal-----	extension 1763

DOUGLAS COUNTY SCHOOL DISTRICT

Notice of Non-Discrimination

The Douglas County School District does not discriminate against any person on the basis of race, creed/religion, color, national or ethnic origin, sex (including pregnancy), gender identity or expression, genetic information, sexual orientation, disability, marital status, age, veterans or military status, or political affiliation in admission to or access to, treatment or employment, or participation in its programs and activities, and provides equal access to the Boy Scouts of America and other designated youth groups, pursuant to federal and state laws including, but not limited to, Title VI and VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, Title II of the American with Disabilities Act of 1990, the Individuals with Disabilities Education Improvement Act (IDEA), and the Boys Scouts of America Equal Access Act. The District is an Equal Opportunity Employer.

Any person who believes she or he has been discriminated against, denied a benefit, or been excluded from participation in any district education program or activity on the basis of race, creed/religion, color, national or ethnic origin, sex (including pregnancy), gender identity or expression, genetic information, sexual orientation, disability, marital status, age, veterans or military status, or political affiliation, may grieve such matters using the adopted grievance procedures of the Douglas County School District. Such procedure shall provide for prompt and equitable resolution of complaints alleging acts of discrimination.

The Superintendent of Douglas County School District has designated the following person to handle inquiries regarding student and employee non-discrimination policies:

Executive Director of Human Resources

1638 Mono Avenue
 Minden, Nevada 89423
 (775) 782-7177

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.