



# 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.

**December 2018-January 2019**

### Getting Your Driver's License or Permit?

If you are planning a visit to DMV over winter break for your permit or license, please come to the front office to request your attendance certification. Per Nevada State Law you must meet the 90% attendance requirement. Please **allow up to 24 hours to process** the request. It is your responsibility to pick up the certificate.

### Merry Christmas from the Media Center

As a reminder, please continue to charge your Chromebooks over the Christmas break. If your Chromebook has two charging ports, be sure to verify that it is charging. If not, use the other port. Christmas time is a great occasion to checkout a library book or two and read over the wonderful break you are having. If you need ideas on what to get, come by and the librarian will be happy to help you select just the right book.

The media center is still looking for volunteers to come and help with lots of projects. We are also looking for artists to help work on a mural in the media center auditorium. Call 782-5136, ext. 1746 for more details.



### DHS Basketball Team Helps Out in Community

On behalf of Bill Goulardt and the "Willow" Bill Reindeer Project, I would like to give the Douglas High School Men's Varsity Basketball team, the Coaches, and Mrs. Monica a huge Thank You for your time, support, and energy in setting up the reindeer in the Minden/Gardnerville area. Your help is greatly appreciated and the community is filled even more with the Christmas Spirit. Thank you again and "Go Tigers".



### Career and Technical Education Advisory Technical Skills Committee

The CTE Advisory Technical Skills Committee is seeking a Parent Committee Member for the 2018-2019 school year. This committee provides guidance and recommendations on the development, expansion, and improvement of CTE programs of study in the district. Interested parents should have a student attending Douglas High School or George Whittell High School, but the student does not need to be in a Career and Technical Education program. This is a one year, voting position and the responsibilities include: Demonstrate attendance at all committee meetings, Exercise good judgment and fairness, Demonstrate good listening skills and sensitivity to different viewpoints and, Be willing to serve on subcommittees, coordinate activities, or to assist the committee in achieving its goals and objectives. The next meeting for the CTE Advisory Technical Skills Committee will be February 5, 2019 at 4:30pm at Douglas High School, STEM Center #706. If you would like more information, please contact Jim Meyers, CTE Coordinator, at (775) 782-5136 x1770 or by email at [jmeyers@dcsd.k12.nv.us](mailto:jmeyers@dcsd.k12.nv.us).

### 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.

## Parents of Students Enrolled in AP Classes

AP Parents: 'Tis the season to start saving for AP exams. Soon your student will be signing up to take the AP exams. The cost of each exam is \$94. We will be collecting money in February, 2019.

## Fall Attendance Appeals

Parents, if your student will need to complete an attendance appeal for first semester, you will be receiving a letter in the mail with directions on how to proceed and what documentation you will need to provide.

## The Importance of Staying Hydrated Through Winter

Everyone understands the importance of drinking lots of fluids during the warmer months, but did you know it's just as important to stay hydrated in the winter? Here's why:

- In winter, we tend to go for longer periods without water, not realizing that breathing cold and dry air causes the body to lose significant amounts of fluid.
- When we perspire in cold weather, the sweat turns into vapor and isn't directly on our skin, so there is not the excessive perspiration that acts as a visual cue for us to drink.
- In winter, people feel about 40 percent less thirsty, even though the body's need for water is unchanged year round.
- Because we don't feel thirst as acutely as we do in summer, we're less likely to keep a bottle of water handy during cold-weather months.

Dehydration is a danger for the body. But most people don't realize the hazards it poses to the heart.

Why is it so important to heart health that the body stay adequately hydrated? Consider these numbers.

The body is 70 percent water. It is essential to health to maintain that level of water to regulate metabolism and stay healthy. So, for example, if an individual weighs 100 pounds, 70 pounds of that weight should be water. If this ratio drops, the heart is deprived of fluid, and it has to pump harder to get blood circulating and blood volume decreases. To preserve itself the body directs blood flow to the body core and the organs. As a result, the blood vessels in the extremities, called the "peripheral vessels" stiffen up.

There is a natural loss of fluid during the day from respiration and perspiration. If you do exercise of any kind, even in the winter, you need to drink at least a liter of fluid to maintain a healthy proportion of water in the body. If you wrap yourself in warm clothing, for example if you're skiing, you sweat even more and you need to drink more.

You can enjoy outdoor activities and stay active in cold weather—hiking, running, skiing or snow shoeing, for example—but be aware of maintaining your body's ideal ration of water. To avoid dehydration in cold climates:

- Take fluids with you before you leave the house.
- If you don't feel like drinking water, drink a warm **non-caffeinated** drink, such as hot tea to help the body stay hydrated.
- Drink often, even if you are not thirsty.
- Remember that certain fluids dehydrate the body. These include alcohol, carbonated drinks and caffeinated drinks, including sports drinks and energy drinks.
- Monitor the color and amount of urine your body is producing. Your urine should be light yellow or clear. If it is darker, drink more water.
- Familiarize yourself with other common symptoms of dehydration including fatigue, dizziness, lightheadedness and even irritability. Jen Hinnant~ DHS Nurse

## Yearbook

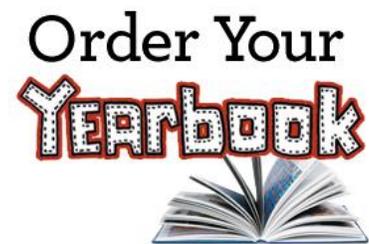
The early-bird pricing deadline for the 2019 yearbook is December 31 after which time the cost of the yearbook and senior ads increases. Purchase early to ensure a copy of the *Garminada* yearbook is reserved for you at the best price. Books and ads may be purchased at the DHS front office with cash/check or online at

[www.yearbookforever.com](http://www.yearbookforever.com). We have a limited number of books ordered and limited amount of space, so don't delay. For more information: <https://sites.google.com/dc.sd.k12.nv.us/dhsyearbook/home>

Outside Clubs and Activities: Yearbook would like to use your pictures of students involved in activities outside of school. Please send pictures that you are the original owner and include the names of students, description of the activity, date, location, etc. to Kris Erb, yearbook adviser,

[karnold@dcsd.k12.nv.us](mailto:karnold@dcsd.k12.nv.us).

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## Winter Homecoming Guest Process

Winter Homecoming is Saturday, January 26, 2019. Non-DHS Guest Applications are available from the Front Office. You must have a 2018-2019 Dance Contract on file prior to the guest application being completed. If in doubt, ask the front office staff to check your status. The deadline for receipt of guest application is 3:00 p.m., Friday, January 18. Applications will not be accepted after that date. We do not accept faxed copies as they are too difficult to read.



## **Student Activities News**

Winter Homecoming 2019 will be January 22 - January 25, 2019. The week will be full of dress up days and celebration. The homecoming ceremony will be during the basketball games on Friday, January 25, 2019 when the Douglas Tigers face the Damonte Ranch Mustangs. The Winter Homecoming Semi-Formal dance will be Saturday, January 26, 2019 in the DHS Commons. Remember all students will need to have a current, signed dance contract on file to attend the dance and will need their current student ID card to enter. 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 2019: April 6, 2018  
Junior/Senior Prom 2018: Saturday, April 27, 2019

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

## **Do You Want to Participate in a Spring Sport at DHS?**

Spring sports registration is open now through 3:00 p.m. on Thursday, February 14. Registration for spring sports (girls/boys track, girls/boys swim & dive, girls softball, boys baseball and boys golf team) must be done online and it is recommended that you use chrome as your browser.

If you have not already done so, parents and students will need to create an account on RMA (registermyathlete.com), complete the online packet, upload your current physical and 2018-2019 health history documents, pay the \$25 ASB sticker fee, and update any information if necessary. 2018-2019 registration for a fall or winter sport does not automatically sign you up for a spring sport, students must log onto their RMA account and select a spring sport to complete the spring registration. Please note: at a minimum, students must establish an account, select a spring sport in RMA, and turn in a 2018-2019 pre-season conditioning form to the coach before they can work out with the team.

Deadline for spring sports registration is 3:00 p.m. on Thursday, February 14, 2019. Contact Kristi at 782-5136, extension 1868 with any questions.



## **Track and Field Information**

Pre-Season:  
Sprinters: December 27, 10:00 a.m. on the Track  
Distance: December 1, 9:00 a.m. Faye Luther (weather permitting)  
Throwers: December 17, 3:00 p.m. in the weight room.

All athletes that are participating in pre-season need to bring an off season conditioning form to the coach before you can participate in pre-season workouts.

Spring sports registration is open now through 3:00 p.m. on Thursday,

February 14. For more information please visit our website: <http://dhs.dcsd.net/Athletics/track/index.htm>

## **FBLA Sale**

Get your stocking stuffers at DHS - Christmas Tigers for Sale! The DHS Business program will be opening their Orange and Black Tiger Shack December 14 at lunch (11:52-12:27) in the commons. Parents are welcome! Nothing over \$10.



## **“12 Days of Fitness” from the PE Department**



During the Winter Break, many fun and exciting things will be happening around your homes. In order to keep Physical Education and healthy physical activity on your minds, this rendition of the “12 Days of Fitness” was developed for YOU and your families, along with our environment in mind! It is our DHS PE (TIGERS DEN) holiday “gift” to you and your family. Have Fun, Stay Active, Play Together, Be Safe, and Enjoy your Winter Break with Family and Friends!!!

On the FIRST DAY OF FITNESS, the Tiger’s Den gave to me...A (one) heart-healthy family! Take a family walk around your neighborhood and enjoy all the beautiful holiday lights and displays. Remember...our national physical activity guidelines call for all Americans to accumulate at least 60 minutes (and up to several

hours) of moderate to vigorous physical activity daily.

On the SECOND DAY OF FITNESS, the Tiger's Den gave to me...TWO-SQUARE FUN and A Heart-Healthy Family! Play some 2-SQUARE in the driveway, on the sidewalk, or at the park. Remember the rules: TWO Hands, ONE Hit, Fingers DOWN, Lines are OUT!

On the THIRD DAY OF FITNESS, the Tiger's Den gave to me...three dribbling feats, 2-Square Fun and A Heart-Healthy Family! You must learn to dribble a ball, puck, etc. to play lots of different active sports games. Choose three ways to practice your dribbling today (soccer, basketball, hockey, hacky sack, lacrosse, etc.) Remember to use your dominant and non-dominant hand and/or foot when you practice. Have Fun!!!

On the FOURTH DAY OF FITNESS, the Tiger's Den gave to me...four count push-ups, 3 dribbling feats, 2-square fun, and a Heart-Healthy Family! These are a little harder than the regular push-ups that we do in P.E. class. Get in Push-Up position; hold the down position for two counts, then the up position for two counts. Use your knees, toes, knees and back. Try 3 sets of 5-10 repetitions to complete your arm workout. Rest for 30 seconds to one minute in between each set. Work Hard to Get FIT!

On the FIFTH DAY OF FITNESS, the Tiger's Den gave to me...five golden rings, 4 Count Push-Ups, 3 Dribbling Feats, 2-Square Fun, and A Heart-Healthy Family! If you have a Hula Hoop at home this is a fun one. Try to Hula Hoop on five different body parts- waist, neck, arm, hand, knees, or ankle. Have Fun...Who is the best Hula Hooper in your family??? If you don't...pretend!

On the SIXTH DAY OF FITNESS, the Tiger's Den gave to me...six servings from the vegetable group, 5 golden rings, 4 count push-ups, 3 dribbling feats, 2-square fun, and a heart-healthy family!!! The U.S. department of agriculture recommends that we make almost one half (½)

our plate vegetables. Remember to eat the rainbow way (white, red, green, yellow, orange, purple, blue) when choosing your fruits and veggies today...yummy!!!

Try eating vegetables with every meal and vary the color for a variety of vitamins and minerals.

On the SEVENTH DAY OF FITNESS, the Tiger's Den gave to me...seven super stretches, 6 Servings of Vegetables, 5 golden rings, 4 count Push-Ups, 3 ways to dribble, 2-square fun, and A Heart-Healthy Family!!! Stretch your hamstrings, quadriceps, and calf muscles in the legs, then your side, lower back and shoulder muscles, plus ADD your own favorite stretch (3+3+1=7). Remember to hold each stretch for 20-30 seconds. Muscles that are strong and long will keep you active and healthy!

On the EIGHTH DAY OF FITNESS, the Tiger's Den gave to me...8 awesome abdominal strengthening exercises, 7 Super Stretches, 6 Servings of Vegetables, 5 Golden Rings, 4 Count Push-Ups, 3 Dribbling Feats, 2-Square Fun, and A Heart-Healthy Family!!! We perform a wide variety of abdominal exercises during various activities in P.E. class. Choose your favorite one (sit-ups, curl-ups, the plank, the bicycles, etc.) and perform 3 sets of 8 exercises today. How many total is that? (3X8=?)

On the NINTH DAY OF FITNESS, the Tiger's Den gave to me...nine reps of squatting, 8 AB Exercises, 7 Super Stretches, 6 Servings of Vegetables, 5 Golden Rings, 4 Count Push-Ups, 3 Dribbling Feats, 2-Square Fun, and A Heart-Healthy Family!!! Every day! Feet slightly wider than shoulders, heels down, squat as low as your body will allow and stand up! Repeat 9 times for 3 sets!

On the TENTH DAY OF FITNESS, the Tiger's Den gave to me...ten minutes of my favorite aerobic activity, 9 reps of squatting, 8 Awesome AB Exercises, 7 Super Stretches, 6 Servings of Grains, 5 Golden Rings, 4 Count Push-Ups, 3 Dribbling Feats, 2-Square Fun, and A Heart-Healthy Family!!! Choose your favorite aer-

obic activity- Jog, hike, bike, swim, or play a fast-paced sport like soccer, basketball, hockey, lacrosse, , or even a fun tag game will do, and get at least 10 minutes of vigorous exercise today. Elevate your Heart Rate!

On the ELEVENTH DAY OF FITNESS, the Tiger's Den gave to me...eleven ways to be active, 10 Minutes of Aerobic Activity, 9 reps of squatting, 8 Awesome AB Exercises, 7 Super Stretches, 6 Servings of Vegetables, 5 Golden Rings, 4 Count Push-Ups, 3 Dribbling Feats, 2-Square Fun, and A Heart-Healthy Family!!! Ski, snowboard, ice skate, jump in your living area, ping pong, housework, shovel snow, snowshoe, walk, shoot hoops, do a fitness video.

On the TWELFTH DAY OF FITNESS, the Tiger's Den gave to me...twelve new days of living, 11 ways to be active, 10 Minutes of Aerobic Activity, 9 reps of squatting, 8 Awesome AB Exercises, 7 Super Stretches, 6 Servings of Vegetables, 5 Golden Rings, 4 Count Push-Ups, 3 Dribbling Feats, 2-Square Fun, and A Heart-Healthy Family!!! Life expectancy increases if you are a physically active person and eat healthy.

## **Finals for All Students**

All students will be taking finals December 19-21. We will not be interrupting classes to dismiss students so that all students can do their best on these important exams.

*The staff of Douglas High School would like to wish everyone a peaceful and restful Holiday break.*



# December 2018-January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Home games are in <b>red</b> .	All game times are accurate at time of printing. Please check with the coaches for any updates.					<b>1</b>
<b>2</b>	<b>3</b> A-day	<b>4</b> B-day Girls JV, Frosh B-ball @ Hug 3:30, 5:00 <b>Girls Vars. B-ball vs. Hug 6:15</b> Boys JV, Vars. B-ball 3:30, 7:00 Boys Frosh B-ball 6:15	<b>5</b> A-day JV, Vars. Wrestling @ Wooster 6:00, 6:30	<b>6</b> B-day	<b>7</b> A-day	<b>8</b>
<b>9</b>	<b>10</b> B-day	<b>11</b> A-day Girls JV, Frosh B-ball @ Reno 3:30, 5:00 <b>Girls Vars. B-ball vs. Reno 6:15</b> Boys JV, Vars. B-ball vs. Reno 3:30, 7:00 Boys Frosh B-ball @ Reno 6:15	<b>12</b> B-day Staff PLC Day 90 minute delayed start (9:05) <b>JV, Vars. Wrestling vs. Galena 6:00, 6:30</b>	<b>13</b> A-day PTSO meeting 6:00 in 107	<b>14</b> B-day Girls JV, Frosh B-ball @ McQueen 3:30, 5:00 <b>Girls Vars. B-ball vs. McQueen 5:15</b> <b>Boys JV, Vars. B-ball vs. McQueen 3:30, 7:00</b> Boys Frosh B-ball @ McQueen 6:15	<b>15</b>
<b>16</b>	<b>17</b> A-day	<b>18</b> B-day	<b>19</b> Finals 1 & 3	<b>20</b> Finals 2 & 4	<b>21</b> Finals 6 & 7 <b>Girls JV, Frosh B-ball vs. Reed 3:30, 5:00</b> Girls Vars. B-ball @ Reed 5:15 Boys JV, Vars. B-ball @ Reed 3:30, 7:00 <b>Boys Frosh B-ball vs. Reed 6:15</b>	<b>22</b>
<b>23</b>	<b>24</b> Semester Break	<b>25</b> Semester Break	<b>26</b> Semester Break	<b>27</b> Semester Break	<b>28</b> Semester Break	<b>29</b>
<b>30</b>	<b>31</b> Semester Break	<b>1</b> Semester Break	<b>2</b> Semester Break	<b>3</b> Semester Break	<b>4</b> Semester Break	<b>5</b>
<b>6</b>	<b>7</b> Teacher PD Day ~ No Classes	<b>8</b> A-day <b>Girls JV, Frosh B-ball vs. Spanish Springs 3:30, 5:00</b> Girls Vars. B-ball @ Spanish Springs 5:15 Boys JV, Vars. B-ball @ Spanish Springs 3:30, 7:00 Boys Frosh B-ball vs. Spanish Springs 6:15	<b>9</b> B-day JV, Vars. Wrestling @ Manogue 6:00, 6:30	<b>10</b> A-day PTSO meeting 6:00 in 107	<b>11</b> B-day	<b>12</b>

<b>13</b>	<b>14</b> A-day	<b>15</b> B-day Girls JV, Frosh B-ball vs. Wooster 3:30, 5:00 Girls Vars. B-ball @ Wooster 5:15 Boys JV, Vars. B-ball @ Wooster 3:30, 7:00 Boys Frosh B-ball vs. Wooster 6:15	<b>16</b> A-day Staff PLC Day 90 minute delayed start (9:05) JV, Vars. Wrestling vs. Damonte Ranch 6:00, 6:30	<b>17</b> B-day	<b>18</b> A-day Girls JV, Frosh B-ball vs. Galena 3:30, 5:00 Girls Vars. B-ball @ Galena 5:15 Boys JV, Vars. B-ball @ Galena 3:30, 7:00 Boys Frosh B-ball vs. Galena 6:15	<b>19</b>
<b>20</b>	<b>21</b> Martin Luther King, Jr Day ~ No Classes	<b>22</b> B-day Girls JV, Frosh B-ball @ Manogue 3:30, 5:00 Girls Vars. B-ball vs. Manogue 5:15 Boys JV, Vars. B-ball vs. Manogue 3:30, 7:00 Boys Frosh B-ball @ Manogue	<b>23</b> A-day JV, Vars. Wrestling @ Carson 6:00, 6:30	<b>24</b> B-day	<b>25</b> A-day Girls JV, Frosh B-ball @ Damonte 3:30, 5:00 Girls Vars. B-ball vs. Damonte 5:15 Boys JV, Vars. B-ball vs. Damonte 3:30, 7:00 Boys Frosh B-ball @ Damonte 6:15	<b>26</b>
<b>27</b>	<b>28</b> B-day	<b>29</b> A-day Girls JV, Frosh B-ball vs. Carson 3:30, 5:00 Girls Vars. B-ball @ Carson 5:15 Boys JV, Vars. B-ball @ Carson 3:30, 7:00 Boys Frosh B-ball vs. Carson 6:15	<b>30</b> B-day	<b>31</b> A-day		



“OK. You see me when I’m sleeping. You know when I’m awake ... but no way you follow me on Twitter, right?”

## Upcoming Dates to Remember

Late Start Day----- December 12  
 Finals (minimum days) -----December 19-21  
 Holiday Break ----- Dec 24-Jan 4  
 Collaboration Day NO CLASSES ----- January 7  
 Martin Luther King, Jr. Holiday-----January 21  
 Winter Break-----February 18-22  
 Spring Break----- April 15-19  
 Graduation -----June 6

*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:

*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

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.