



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.

May-June 2019

Finals and Laptop Check-in Schedule for 2019

- Friday, May 31: All students take their period 7 final
- Monday, June 3: All students take their period 5 final, SENIORS ONLY take their period 6 final
- Tuesday, June 4: All students take their periods 1 & 3 finals
- Wednesday, June 5: All students take their periods 2 & 4 finals
- Thursday, June 6: Freshmen-Juniors take their period 6 finals.

Seniors will report to the Media Center at 11:22 on Wednesday, June 5 to check-in their Chromebooks and power cords. Seniors who do not turn in their devices will not walk during graduation.

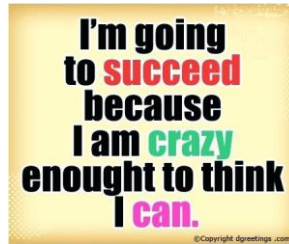
Underclassmen will be responsible for turning in their laptops and power cords on Thursday, June 6 during their 7th period class.

Upcoming Senior Dates for the Class of 2019

- Review these carefully to make sure you don't miss anything.
- April 29: Walking partner cards will be passed out in all government classes.
- May 10: Walking partner cards due.
- May 22: Senior Awards Night at LifePoint Church 6:00 p.m.
- May 24: All outside coursework due to the registrar.
- June 5: Senior Fines due, textbooks and Chromebooks turned in.
- June 5: Grad Nite at DHS at 4:30-8:30 p.m.

June 6: Graduation Rehearsal 10:00-1:00.

June 6: 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.

AP Testing

AP (Advanced Placement) Testing will take place May 6-17, 2019. All AP students should check with their AP teacher or visit <https://ap-student.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. Students will not be allowed to bring anything into the testing room including but not limited to:

cell phones, watches, water bottles, food.

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 10.

-DHS Senior Awards Night May 22 at 6:00 P.M. Life Point Church located at 1095 Stephanie, Minden.

- May 6 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 date and diploma type. Please come to Mrs. Ovard's office and sign up. Students going to a Nevada college/university 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 21. **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, 2020, 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.

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.

Ovard at (775) 782-5136 ext. 1731 or email at aovard@dcsd.k12.nv.us -Is your student taking Honors English 9 or an Advanced Placement course next year? DHS will be hosting an Advanced Placement/Honors evening at DHS on Tuesday, May 21 at 6:00 p.m. in the commons. This will give parents and students an opportunity to understand teachers and course expectations, summer assignments and get any questions you may have answered. We hope to see you there.

Yearbook

Pre-sale yearbooks are sold out. You may leave your name at the front office if you wish to be on the waiting list for any extra yearbooks on sale Friday, May 24 in room 302 at lunch for \$100 cash only. You must be present at the beginning of lunch to purchase. Yearbook distribution begins Monday, May 20 for seniors at lunch and May 21 for all underclassmen who have pre-purchased.

Athletics

-Summer Schedule for the Tiger Cage: Closed at 3:00 p.m. on Thursday, June 6, 2019 and will re-open at Monday, July 29th from 8:00-3:00 p.m.
Any questions regarding RMA Fall sports registrations contact their customer service line at 435/213-1601
-Free sports physicals are available on Thursdays with appointments and a completed NIAA Health History form at: Carson Valley Medical Center Minden Family Medicine 775/782-1603.
-Free Physical Night Tuesday, May 7, 5:30 p.m. – 6:30 p.m.
DHS students are offered a free sports physical each year in May, courtesy of Dr. Swanson and the staff at Tahoe Orthopedics and Sports Medicine. Prior to Tuesday evening, please print and complete

the Health History Form available on the DHS Website Athletic Main Page. Bring the completed form to the Tiger Cage Tuesday May 7 to pick up your appointment card in order for your student to receive a free physical. Parent/legal guardian must accompany student.

-Fall Sports Sign-Ups. RMA (RegisterMyAthlete) is open for all fall sports sign-ups and will close at 3pm on Wednesday, July 31. 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 7 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. RMA works best using the Chrome browser. If you have any problems, call RMA Customer Service at 435/213-1601.

Make sure each student has a 2019-20 RMA account with a Fall sport selected and complete a 2019-20 Off Season Conditioning Permit. This form needs to be given 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.

-The men's golf team at Douglas High has been performing really well this year. Jon-Paul McNamara has shot rounds of 83, 84, 82, and 87 to be sitting in the 13th spot of the Sierra Cup Points. Other team leaders Alex Garton (21st- 89, 83, 84), Jack Smith (22nd- 89, 89), Tobin Mayotte (16th- 88, 87, 85), and Kole Karwoski (18th- 85, 89, 88, 87) have also been playing great golf. The Douglas High Golf team is

currently in 3rd place behind Galena High and Manogue in the Sierra Cup Points. They are leading the next competitor, Carson, by 14 strokes. The Douglas High Boys aspire to make it to state this year and are on track to making it a reality. Their next and last league match is on April 30, 2019 at Wolf Run Golf Course. The top three teams will be advancing to the Regional Championship held at Wildcreek Golf Course May 6th and 7th.

News from the Nurse

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

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:

- Use 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



Leadership

We would like to congratulate the following students who have been elected to Student Government offices for the 2019-2020 school year.

ASB
President Amanda Shaffer

ASB Vice President Payten Lewis

Senior Class President Meme McKown

Senior Class Vice President Gage Hoyle

Junior Class President Aoife Brooks
ASB Connor Blaha
Commissioners Hannah Campbell
Kyle Courtney

Josh Herup
Kole Karwoski
Fiona Mora
Addie Rice
Tess Sando
Taleah Shaw
Ashley Shelton
Bodie Stein

Drama Department

The DHS Improv players invite you to the last improv show of the year. Join us for this night of fun as they perform scenes on-the-spot from audience suggestions. If you have enjoyed episodes of *Whose Line is it Anyway*, you will enjoy this. And if you have never seen an improv show, now is the time.

What: DHS Comedy Improv featuring seniors and Alumni players
When: May 10-11 @7:00 pm
Where: DHS Drama Room, 101
Cost: \$5.00 presale tickets, \$10.00 at the door

For more information contact Amy Sando through the DHS website.

Tickets can be purchased at the DHS front office or from any improv team player.

2nd Annual Short Film Festival

Come check out the short films, directed, filmed and produced by DHS students.

What: DHS Short Film Festival

When: May 17 @7:00 pm

Where: DHS Commons

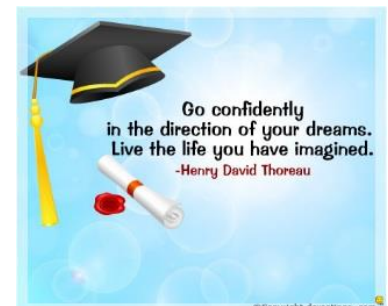
Cost: \$5.00. Free if you come in costume. It's a Roaring 20's Theme.

For more information contact Amy Sando through the DHS website.

Congratulations Are In Order

The **Nevada State Seal of Biliteracy** recognizes public high school graduates who have attained a high level of proficiency in speaking, reading, and writing in one or more world languages in addition to English. The following seniors have demonstrated their proficiency in more than one language by both passing the AP World Language and Culture exam or by passing the state approved AAPPL exam. Congratulations to you all.

Elizabeth Feliciano
Gerardo Flores-Aguayo
Patricia Duarte Gonzalez
Alexa A. Aleza
Laura A. Vicente
Andrea Perry
Catherine Wedin
Matthew Armbrust
Maya Smith
Perla Molina
Patrick Voss
Christian Snooks
Daniel Mier
Patricia Duarte



May-June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Home games are in red. Senior Events are in purple.			1 B-day JV Baseball @ Carson 3:45 Vars. Baseball vs. Carson 3:45	2 A-day JV Baseball vs. Carson 3:45 Vars. Baseball @ Carson 7:00 JV Softball @ Reno 3:45 Vars. Softball vs. Reno 3:45	3 B-day	4 Swim @ CVSC 9:00 JV Softball vs. Carson 11:00 Vars. Softball @ Carson 11:00 Dive @ UNR 2:15
5	6 A-day Boys Golf @ Wild-creek TBD	7 B-day Boys Golf @ Wild-creek TBD Swim @ CVSC 12:00	8 A-day Staff PLC Day 90 minute delayed start (9:05) Vars. Baseball @ TBA Dive @ UNR 6:30	9 B-day Vars. Baseball @ TBA	10 A-day Vars. Baseball @ TBA Swim @ TBA	11 Vars. Baseball @ TBA Swim @ TBA
12	13 B-day Golf @ Somerset TBA	14 A-day Golf @ Somerset TBA	15 B-day Vars. Baseball @ TBA	16 A-day Vars. Baseball @ TBA	17 B-day Vars. Baseball @ TBA Dive @ CVSC 7:00	18 Vars. Baseball @ TBA Swim @ TBA
19	20 A-day	21 B-day	22 A-day Senior Awards Night at LifePoint Church 6:00	23 B-day	24 A-day	25
26	27 Memorial Day Holiday ~ No School	28 B-day	29 A-day	30 B-day	31 A-day FINALS – 7 th for ALL Students Mountain Madness	1
2	3 B-day FINALS – 5 th for ALL Students, 6 th for SENIORS only	4 Minimum Day- 11:52 Dismissal FINALS – 1 st & 3 rd for ALL Students	5 Minimum Day- 11:52 Dismissal FINALS – 2 nd & 4 th for ALL Students Grad Nite 4:30-8:30	6 Minimum Day- 11:52 Dismissal FINALS – 6 th for Freshmen-Juniors Graduation at DHS at 5:30p.m.	7	All game times are accurate at time of printing. Please check with the coaches for any updates.

be fearless in
the pursuit of
what sets your
soul on fire.

Upcoming Dates to Remember

Late Start Day----- May 8
Scholarship Night ----- May 22
Memorial Day NO SCHOOL----- May 27
Mountain Madness ----- May 31
Finals ----- May 31-June 6
First Day of classes (2019-2020) ----- August 12, 2019

*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.