



# Beaver News

December 2024

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## Being a Teenager Can be Confusing

From time to time, I meet with students who are struggling with school. Most often I ask them to unpack their school supplies from their backpack so I can see how they are organizing their things. Almost every time, struggling students have backpacks that look like a disaster area. The backpacks are filled with all sorts of crumpled papers and bits of garbage or other things. Most often, a big part of the struggle for these students has to do with something called “executive functioning.”

During the teenage years, the brain undergoes significant changes, particularly in the prefrontal cortex, the area responsible for executive functioning skills. These skills, which include planning, organization, time management, self-control, and decision-making, are crucial for success in school, work, and life in general. However, for many teenagers, developing these skills can be a challenge. Here are some tips for parents and other adults to help teenagers build their executive functioning skills:

- 1. Encourage Goal Setting and Planning:** Help teenagers break down their goals into smaller, manageable steps. This can make tasks seem less overwhelming and increase their sense of control. Teach them to use planners, calendars, or apps to track their progress and stay organized.
- 2. Promote Time Management:** Time management is a critical executive function skill that many teenagers struggle with. Help them develop a sense of time by using visual timers or alarms. Encourage them to estimate how long tasks will take and to create realistic schedules.
- 3. Teach Organization Skills:** A cluttered environment can hinder focus and productivity. Wherever possible, help teenagers create systems for organizing their belongings, schoolwork, and digital files. Encourage them to declutter regularly and to develop routines for keeping their spaces tidy.
- 4. Foster Self-Control and Impulse Management:** The teenage brain is wired for novelty and risk-taking, which can make self-control a challenge. Help teenagers develop strategies for managing their impulses, such as taking deep breaths, counting to ten, or removing themselves from tempting situations.

**5. Support Decision-Making:** Decision-making is a complex skill that requires weighing options, considering consequences, and making choices. Help teenagers develop their decision-making skills by providing them with opportunities to make choices and by discussing the potential outcomes of their decisions.

**6. Encourage Problem-Solving:** Problem-solving is an essential executive function skill that involves identifying problems, generating solutions, and evaluating outcomes. Encourage teenagers to think critically and creatively when faced with challenges.

**7. Provide Opportunities for Practice:** Executive functioning skills are best developed through practice and repetition. Provide teenagers with opportunities to practice these skills in a variety of contexts, both at home and at school.

**8. Be Patient and Understanding:** Developing executive functioning skills takes time and effort. Be patient with teenagers as they learn and grow. Celebrate their successes and offer support when they face challenges.

**9. Model Executive Functioning Skills:** Teenagers learn by observing the adults around them. Model good executive functioning skills in your own life by being organized, setting goals, managing your time effectively, and making thoughtful decisions.

Building executive functioning skills is an ongoing process. By providing support and guidance, concerned adults can help teenagers develop these essential skills and set them up for success in all areas of their lives.

## Connect Night was a Huge Success

Last month, WHS hosted Connect Night. About 300 community members came by to enjoy food, games, informational tables, and to meet with staff about their students' academic progress. A number of our community partners like LCC and Cascadia Technical Academy were on hand to make this event special. A special thanks to them and to all of our community members who were able to join us. We appreciate your support and partnership in making this event, our high school, and our community such a special place to be.

# Helpful Information Links

ATHLETICS: <https://www.woodlandschools.org/page/95>, <https://www.woodlandschools.org/page/48>

- For updated information and sport schedules: <https://www.arbiterlive.com/Teams?entityId=26210>, <https://whsbeavers.com/>
- Check updates on Twitter (WHS Athletics) or Facebook (Woodland High School Athletics).

BELL SCHEDULE: <https://www.woodlandschools.org/page/6812>

## **CELL PHONE POLICY & Personally Owned Electronic Devices: This is NEW, please read**

- <https://docs.google.com/document/d/1e5NOTyuZyvACIHbmbMZelv5iNp840daCSmsU0vBj9bY/edit>
- [https://docs.google.com/document/d/1lwweiFdrHUTVIRIMBRegerWHM71DESKnkdS2\\_4EQPDo/edit#heading=h.gjdgxs](https://docs.google.com/document/d/1lwweiFdrHUTVIRIMBRegerWHM71DESKnkdS2_4EQPDo/edit#heading=h.gjdgxs)

COMMUNITY RESOURCES: <https://www.woodlandschools.org/page/59>, <https://www.woodlandschools.org/page/203>

- Latino & Spanish speaking families: <https://www.woodlandschools.org/page/341>

COUNSELING: <https://www.woodlandschools.org/page/99>

- Career Pathways <https://sites.google.com/woodlandschools.org/whs-curriculum-handbook/pathways?authuser=0>
- Financial Aid: <https://studentaid.gov/h/apply-for-aid/fafsa>, <https://www.woodlandschools.org/page/108>

DIGITAL RESOURCES: <https://www.woodlandschools.org/page/116>

FOOD SERVICES: <https://www.woodlandschools.org/page/45>

FOOD MENU: <https://woodlandschooldistrict.nutrislice.com/menu/woodland-high-school>

HEALTH DESK: <https://www.woodlandschools.org/page/21>

- Parents - If your child has a life-threatening health condition that requires rescue medication, medication orders and an updated care plan should be in place. If you have any questions you can reach our district nurse, Kerri Six at [sixk@woodlandschools.org](mailto:sixk@woodlandschools.org) or 360-841-2837.

INSTAGRAM:

- ASB - follow us for the daily bulletin and all current school events @woodlandhsasb
- Principal Pearson - follow for shout outs "we are beavers in action" @woodlandhsa

TECH SUPPORT: <https://www.woodlandschools.org/page/195>, <https://www.woodlandschools.org/home-tech-support>

- Chromebooks issues, see Powerwashing a Chromebook  
<https://sites.google.com/woodlandschools.org/student-parent-tech-resources/powerwashing-a-chromebook?authuser=0>

YEARBOOK & PICTURES: <https://www.woodlandschools.org/page/117>



## **SENIORS - VERY IMPORTANT LINKS - These pages are updated often as information becomes available - CHECK OFTEN**

- Here is a link to the Senior Information Page on our District Website <https://www.woodlandschools.org/page/124>
- Here is a link to the Yearbook & Pictures Page on our District Website <https://www.woodlandschools.org/page/117>



# YOUR FEEDBACK MATTERS! WHAT'S YOUR OPINION ON SCHOOL MEALS?



## Woodland School District 404

Please take a minute to provide your feedback about school meals. We want to hear from you. Your participation in this survey is important to us!

### Directions:

Scan the QR code to access the survey on your phone. Follow the instructions to answer a few questions and submit.



We appreciate your time and thoughts!

No phone, no problem. Use this URL in any web browser to complete the survey:  
<https://tinyurl.com/9tazw6km>



## CLUB HAPPENINGS

- Knowledge Bowl: League Meet on Wednesday, Dec. 4th at La Center HS, 4:00 - 7:00 pm.



# Community MAKE-UP DAY

## DATE & TIME

DECEMBER

5<sup>TH</sup> / 6<sup>TH</sup>

4PM - 7PM

NEW LOCATION

## WHERE

336 DAVIDSON AVE.

WOODLAND, WA 98674

## QUESTIONS?

(503) 556-5232

## DROP BY FOR

- SPORTS RETAKES
- SCHOOL RETAKES



### DISCLAIMER

IMAGES TAKEN WILL **NOT** BE:

- REPLACEMENT ID CARDS.
- YEARBOOK PHOTOS
- PHOTOSHOPPED INTO TEAM IMAGES





# **WINTER BAND CONCERT**

**Featuring: Woodland MS 6-8 Band  
&  
Woodland HS Beaver Band**



**Thursday, December 12th**

**7:00 PM**

**@ Woodland High School  
Commons/Stage**

**(band students meet at 6:30 pm  
in WHS band room)**

**Come join us to hear a variety of festive  
and fun tunes!**

**Admission is free!**



# WINTER CHOIR CONCERT

Featuring: WMS 6-8 Choir  
WHS Concert Choir  
WHS Vocal Jazz

**Tuesday, December 17th**

**7:00 PM**

@ Woodland High School  
Commons/Stage

(Choir students meet at 6:30 pm  
in WHS band room)

Come join us to hear a variety of  
wintery and holiday tunes!

**Admission is free!**





**School Board Meetings - December 19, 6:30 pm**

ALL TEACHERS CAN BE REACHED BY email using the following format: first seven letters of their last name & first initial of first name  
@woodlandschools.org (Ex: [pearsonp@woodlandschools.org](mailto:pearsonp@woodlandschools.org))  
Woodland High School 1500 Dike Access Road Woodland, WA 98674-9498,  
Main Line 360-841-2800 Fax: 360-841-2801  
Dr. Phillip Pearson, Principal ~ Michael Lindsay, Assistant Principal

Woodland Public School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression, gender identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: Vicky Barnes, Title IX Officer, Civil Rights Coordinator, and Affirmative Action Officer, 800 Second St. Woodland, WA 98674, [barnesv@woodlandschools.org](mailto:barnesv@woodlandschools.org), (360) 841-2702 Jake Hall, 504 Coordinator, 800 Second St. Woodland, WA 98674, [hallj@woodlandschools.org](mailto:hallj@woodlandschools.org), (360) 841-2720. You can report discrimination and discriminatory harassment to any school staff member or to the district's Civil Rights Coordinator, listed above. You also have the right to file a complaint. For a copy of your district's nondiscrimination policy and procedure, contact your school or district office or view it online at [www.woodlandschools.org](http://www.woodlandschools.org).

District Vision Statement: Woodland Public Schools, in partnership with its community, will create a PreK-12 system that serves and supports ALL children and ensures EACH child has FULL access to, is engaged in, and obtains an excellent education that prepares them for responsible citizenship and a future of adaptability and success in life and their chosen endeavors.

District Calendar: <https://www.woodlandschools.org/storage/file/44/2023-24%20Calendar%20Final.pdf>  
Woodland High School Calendar of Events: <https://www.woodlandschools.org/page/92>



**Woodland Beaver Boosters**

[woodlandboosters@gmail.com](mailto:woodlandboosters@gmail.com)

Like us on FB @ Woodland Beaver Boosters,

Instagram @ WHS Beaver Booster Club

Twitter - Woodland HS Beaver Booster Club

@beaver\_hs

The District does not sponsor this event and the District assumes no responsibility for it. In consideration of the privilege to distribute materials, the Woodland School District shall be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including costs, attorney's fees and judgments or awards.

**NO SCHOOL  
DECEMBER**

- **December 23 through  
January 3**

**WINTER BREAK**