



# Beaver News

February 2025

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## My Teenager Won't Talk to Me!

My daughter recently aged out of her teenage years, so those parent-of-a-teenager memories are still fresh for me. "How was your day?" "Fine." "What are you looking forward to?" "Nothing." "Is there something I can help you with?" "I don't know." Honestly, it's a little bit maddening. Is it even possible to get a teenager to open up to parents?

We've all been teenagers, though it might be tough to remember those days. As teenagers navigate adolescence, they may become less inclined to share their thoughts and feelings with their parents. However, open and honest communication is crucial for maintaining a healthy parent-child relationship and supporting teenagers' well-being. Here are some tips for parents to foster communication with their teenagers:

### 1. Active Listening and Empathy:

One of the most effective ways to encourage teenagers to open up is by practicing active listening and showing empathy. When your teenager does choose to talk, put away distractions, make eye contact, and focus on what they are saying. Avoid interrupting or jumping to conclusions. Reflect back what you hear to show that you understand and validate their feelings. By creating a safe and non-judgmental space, you can encourage your teenager to share more openly.

### 2. Open-Ended Questions:

Instead of asking yes-or-no questions, which can shut down conversation, ask open-ended questions that encourage your teenager to elaborate on their thoughts and feelings. For example, instead of asking, "Did you have a good day at school?" ask, "What was the most interesting thing you learned today?" or "How are you feeling about your new classes?"

### 3. Shared Activities:

Engaging in activities together can create opportunities for natural conversation and bonding. Find activities that your teenager enjoys, such as playing sports, watching movies, or cooking, and participate in them together. Shared experiences can help break down barriers and create a more relaxed atmosphere for communication.

## My Teenager Won't Talk to Me cont.

### 4. Respect for Privacy:

Privacy is important for many teenagers. While it is certainly sometimes necessary to intervene in your teenager's activities, allowing your teenager to maintain privacy wherever possible builds trust. I often found myself using the phrase "trust and verify" with my daughter as she moved through her teenage years.

### 5. Family Meals:

When they're possible, regular family meals provide a consistent opportunity for conversation and connection. Encourage everyone to share their thoughts and experiences during mealtimes. Make it a rule to put away phones and other distractions during meals to create a more focused and engaged environment.

### 6. Patience and Understanding:

Remember that teenagers are going through a period of significant change and development. They may not always be willing to talk, and that's okay. Be patient and understanding, and let them know that you're always there to listen when they're ready. Avoid forcing conversations or getting angry if they don't want to talk.

### 7. Model Open Communication:

Teenagers learn by observing their parents' behavior. Model open and honest communication in your own relationships, and be willing to share your own thoughts and feelings with your teenager. This can help them feel more comfortable opening up to you.

### 8. Seek Help if Needed:

If you're struggling to communicate with your teenager or if you're concerned about their well-being, don't hesitate to seek professional help. A therapist or counselor or other trusted person can provide guidance and support for both you and your teenager.

We all survived our teenage years. As a recent survivor, I can say that it's possible to navigate those teenage years as a parent. For my wife and me, patience and persistence were keys. If you're struggling, just remember - you're not alone and you're not the first to struggle!

# 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.gjdgs](https://docs.google.com/document/d/1lwweiFdrHUTVIRIMBRegerWHM71DESKnkdS2_4EQPDo/edit#heading=h.gjdgs)

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>

**DID YOU ORDER YOUR CAP AND GOWN PACKAGE?** See all emails from [bowmans@woodlandschools.org](mailto:bowmans@woodlandschools.org) (Sheri Bowman) and see the links above often! Link to Cap & Gown

<https://www.jostens.com/apps/store/productDetail/1118209/Woodland-High-School/Cap-and-Gown/2650522974/CATALOG-REPOSITORY/REGALIA/Cap-Gown-Tassel-and-Stole-Unit/2650522997/>

# **DUAL CREDIT INFORMATION NIGHT**

**WEDNESDAY, FEBRUARY 12  
6:00 - 7:00 pm**

## **ARE YOU INTERESTED IN...?**

CTE (Career Technical Education)  
AP (Advanced Placement Classes)  
COLLEGE IN THE HIGH SCHOOL  
(LCC & CWU)  
RUNNING START

CTA (Cascadia Technical Academy)

**~ WHS Commons, parent & students welcome, overview of  
programs, Q&A session**



## **PRESS RELEASE**

### **FOR IMMEDIATE RELEASE**

January 7, 2025

Contact: Andria Terry

Woodland High School DECA Chapter

Terryan@woodlandschools.org

(360)841-2800

## **Woodland High School DECA recognized for Achievement Level Chapter Campaign**

Woodland, WA – Woodland High School DECA was recently awarded the Thrive Level Campaigns for the 2024-2025 school year. The results were announced on decadirect.org.

Each fall, DECA recognizes leading chapters that have built strong local programs focused on serving an exceptional number of members, advisors, alumni and business partners. These chapters and individuals dedicate their year to academic and career preparation, community service projects, membership recruitment, school outreach activities and other DECA-related endeavors. The chapter's advisor and student leaders have demonstrated extraordinary commitment to DECA.

DECA's membership campaign is designed to help chapters grow by making the DECA experience available to more student members, keeping alumni involved and engaging professional members such as administrators, teachers, parents and business partners.

DECA's promotional campaign provides chapter members an opportunity to share with their school and community what DECA is all about and how their chapter is making a positive impact on its members and community.

In DECA's community service campaign, chapters held a community service activity, engaged at least 75% of its members, and created at least one form of publicity or promotion.

Of the 4,127 DECA chapters, only 1,000 chapters earned recognition in DECA's chapter campaigns and only 1,214 chapters earned recognition in DECA's membership campaign.

The DECA chapter advisor at Woodland High School is Andria Terry.

#### **About DECA Inc.**

DECA is a career and technical student organization that prepares emerging leaders and entrepreneurs with a career interest in marketing, finance, hospitality, and management. DECA enhances the preparation for college and careers by providing co-curricular programs that integrate into classroom instruction, apply learning, connect to business and promote competition. DECA student members leverage their DECA experience to become academically prepared, community oriented, professionally responsible, experienced leaders. DECA is a 501(c)(3) nonprofit with over 287,000 members in 4,000 high school and college chapters in the United States, Canada, Puerto Rico and Germany.

For more information about DECA, visit [www.deca.org](http://www.deca.org).

## **STATE BOUND FOR DECA**

**IMSC:** Gavin Shoemaker, Isaiah Mattison, & Jeramiah Lord (also placed 1st at Regionals), Panda Terry, Natalee Oster, & Jose Cruz

**IMCE:** Nathan Karchesky, Charles Silvis, & Alex Vega

**BLDTM:** Katie Holler & Katera Rappleye, Lois Santos & Alejandro Alvarado

**FCS:** Neil Valerio & Athena Franklin

**PFL:** Alex Garcia & Wedley Stuart





## WHS DANCE TEAM

The WHS Dance Team is ranked number one in the State in 2A Hip Hop and 2A Pom. They attended Dance Team Union Regionals in December and qualified for National in Orlando, Florida. The Team leaves on February 12th to compete at the Nationals competition.

WHS will host the last regular season competition on March 1st. Districts will be March 15th at Mountain View HS. A big congratulations to the Dance Team and all of the hard work they are dedicating to be able to compete at this level.



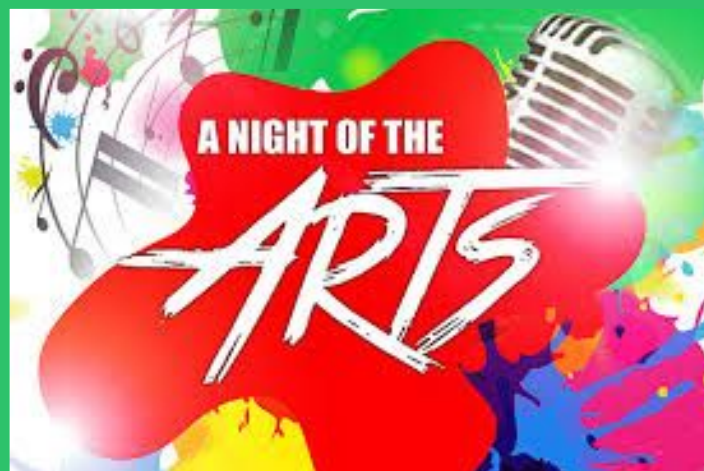




More information  
will be announced  
when available.

A NIGHT OF THE ARTS  
Thursday, February 27th

TASTE OF JAZZ  
Thursday, March 6th



### **ESD 112 REGIONAL ART SHOW**

Congratulations to the following students for being accepted into this year's art show. This show is a highly competitive art show that showcases talent from all schools from the local ESD 112 region. A handful of pieces might also be selected to travel to Olympia and compete at the state level. Congratulations to: Samantha Brown, Peyton Abraham, Hadley Shores, Maria Austin, Ava Noble, Daniel Bareford, Zack Zuercher, Makayla Dominguez, Laurellie Beers, and Sarah Guzman-Ruiz.

### **CINEMA REGIONALS MEDAL WINNERS**

Please congratulate Faith Hay & Makenzie Neibler for their Silver Medal win at the SW Washington SkillsUSA Regionals Cinema competition. They produced an amazing short film based on the prompt Humanity vs. Technology while including the line, "I don't even know who you are."

### **CLUB MEETINGS & HAPPENINGS**

- **Dungeons & Dragons Club**
  - Thursday, Feb. 6 - during lunch
  - Monday, Feb. 10 - after school 4:00 - 7:00
  - Monday Feb. 24 - after school 4:00 - 7:00

**2025  
TULO ROYALTY**

**Alejandro Alvarado  
Elijah Andersen  
Chase Hall  
Seth Popp  
Neil Valerio**



**CONGRATULATIONS  
King Neil Valerio**





Woodlands 19th Annual Community

*Father Daughter Ball*

# *Pretty & Pink*

February 22, 2025

**3-5 PM or 7-9 PM**  
**\$5 per person**

*\*Each attendee must have their own ticket.*

**Tickets go on sale February 1st**  
**9am - 12pm**

**Tickets sold @ Grace Community Church**  
**1311 Lewis River Rd.**

**Monday - Thursday 9am - 5pm**  
**Sunday 9am - 12pm**

***No Ticket Sales At The Door***

Cash or Check only, no debit. Ticket good for time slot chosen.

All sales final, no refunds or exchanges

sorry curious moms, you must be escorted by your own father.

**WOODLAND HIGH SCHOOL**  
**1500 Dike Access Rd. Woodland, WA**

**NON-PROFIT COMMUNITY SERVICE EVENT SPONSORED BY:**

**GRACE COMMUNITY CHURCH**  
**WOODLANDGRACE.COM**

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



School Board Meetings - February 13 & 27, 2025 at 6:30  
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) 841-2725. 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

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**FEBRUARY 2025  
NON-SCHOOL DAYS**

**14 - No school for students.  
Staff Professional  
Development Day.  
17 - No school. Presidents'  
Day Holiday**