



## Teenagers and Friendships

As your High School Principal, I have the unique vantage point of watching thousands of young people navigate the complex social landscape of adolescence. If I were to pinpoint one element that is truly the cornerstone of the high school experience—more critical than any test score or extracurricular trophy—it would be the quality of your teenager's friendships.

For a teenager, friendships are not just pleasant additions to life; they are essential for healthy development. This is a time of intense self-discovery, and strong friendships act as a vital testing ground for their emerging identity. They provide a fundamental sense of belonging and validation, which is crucial as they naturally begin to detach from primary reliance on the family unit. Good friends form your child's first real support network outside the home, offering a safe space for them to share feelings, test ideas, and manage the growing pressures of school life.

From an academic and emotional standpoint, the benefits are clear. Students who feel socially connected often feel safer, more motivated, and perform better in their classes. Through these peer relationships, they learn invaluable life skills like conflict resolution, empathy, and compromise. The relationships forged now—the ones that teach them how to be a reliable, trustworthy, and compassionate person—are the very skills they will carry into future workplaces, community roles, and other social environments.

The world of teen friendships can be challenging, and your role as a supportive guide is more critical than ever. Here are some tips on how you can help your teenager navigate this successfully:

### 1. Foster a Focus on Quality Over Quantity:

It is tempting for teens to chase popularity and to mistake popularity for genuine connection. Help your child recognize the difference between a large social circle and a few true friends—those who lift them up, celebrate their successes, and offer genuine support during setbacks. Encourage them to invest their energy in relationships built on respect and shared values.

## Teenagers and Friendships cont.

### 2. Model and Teach Proactive Communication:

Conflict is inevitable. When disagreements happen, the natural impulse might be to withdraw or to lash out. Modeling open and honest communication for your teenager is invaluable. Teach them how to use "I" statements to express how they feel—for example, "I felt hurt when my plans were canceled without notice." This approach focuses on the problem without assigning blame, and demonstrating this maturity is a powerful life skill.

### 3. Recognize and Respect Boundaries:

Help your teen understand that healthy friendships require boundaries. Discuss with them that friends have other commitments, needs, and limits on their time and emotions. They should not demand all of a friend's attention, and they must be clear about their own needs. Respecting a friend's "no" is an act of love and respect that strengthens, rather than weakens, the relationship.

### 4. Support the Courage to Walk Away:

Not all friendships are meant to last, and some can even become detrimental. If you notice a relationship consistently makes your teenager feel drained, judged, anxious, or pressured to compromise their values, it is a negative force. Validate their feelings and support their decision to prioritize their own well-being and step away from a toxic friendship. This ability to self-advocate is a necessary skill for a lifetime of mental health.

Our school is here to support this journey. We have counselors, teachers, and administrators ready to listen and help your family navigate social challenges. The friendships your teen builds now are shaping the adult they will become. Your wise guidance and support are the best investment you can make.



# 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://wchsbeavers.com/>

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

## CELL PHONE POLICY & Personally Owned Electronic Devices:

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/wchs-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.

SENIORS:

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

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

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

## TECHNOLOGY

As part of our ongoing commitment to student safety and well-being, Woodland Public Schools uses a monitoring system on district-issued devices. This software can detect searches related to self-harm or unsafe activity. If this happens after school hours, parents/guardians may automatically receive a notification via email. If you receive an alert, please know the suicide prevention hotline number is 988 and available 24 hours a day.

## 2025 - 2026 YEARBOOK COST

- February through April 2026 - \$55
- May 2026 (wait list) - \$60
  - Your name will be put on a wait list, you do not pay in advance. Once yearbooks come in and we have a book for you, then you will pay before receiving the book.
- NO Engraving Available

Check, cash, or card in the WHS office, or online through InTouch.

# 2026 TOLO ROYALTY



Marcellus Arevalo  
Logan Ashley  
Chase Dunn  
Alex Vega-Bazante  
Bradley Woolfe



# HOLLYWOOD

2026 Tolo

Saturday, February 7<sup>th</sup>, 2026  
Woodland High School

Venue opens at 7:30pm  
Ends at 10:00pm

\$25 in advance  
\$30 at the door



## DETAILS

- No entry after the start of the dance.
- If you drive or get picked up and choose to leave early, you CANNOT return to the dance.
- No refunds. \$25 per ticket, per person. Sales will be announced at the HS, sold during lunch & sold at the door for \$30 (at the door - cash or check to WHS only).
- No snacks or drinks will be sold. You can bring your own, they will be held and inspected at coat check, and monitored when in use.
- Semi Formal.

### Woodland High School Guest Dance Pass

To: Students and guests planning to attend a Woodland High School dance.

This dance is a school-sponsored activity. School and district policies will be fully enforced, especially those related to drugs, alcohol and vaping. Anyone found to be under the influence or in the possession of drugs, alcohol or vaping paraphernalia will be referred to the local police as required by state law. Suspension from school is automatic. You and your guest will need to follow all school policies and *both* of you will be asked to leave the dance if *either* of you don't follow the rules.

My signature indicates that I fully understand these rules and that the information will be shared with my date. This pass must be turned in to purchase a ticket to the dance.

WHS student's name and grade: \_\_\_\_\_

WHS student's signature: \_\_\_\_\_

Parent's signature: \_\_\_\_\_

Guest's name: \_\_\_\_\_

Guest's school: \_\_\_\_\_

Guest's grade and birthdate: \_\_\_\_\_

Guest's home phone: \_\_\_\_\_

Guest's parent's signature: \_\_\_\_\_

Each guest must be accompanied by a student from Woodland High School. One guest allowed per WHS student. All persons attending must show valid picture identification to be admitted to the dance. Guests must be at least 9th graders and no older than 20 years of age. Woodland High School has the right to refuse admittance to anyone.

This additional information is required for guests that are students at a school other than Woodland High School.

The student listed above is a student in good standing at our school. (S)he has had no significant behavioral or disciplinary issues while attending our school.

Signature of Activities Director / Asst Principal  
School where guest student attends

Written name of Act. Director / Asst Principal

Work phone number: \_\_\_\_\_

Woodland High School Approval: \_\_\_\_\_  
(Dr. Pearson or Mr. Lindsay)

**Dance passes must be filled out in advance by the guest school and family before WHS will sign. They are in the HS office.**

## SPRING SPORTS



Spring sports begin Monday, March 2nd. Registration opens in Final Forms on January 30th.

Go to [Woodlandschools.org](http://Woodlandschools.org) and search Final Forms, this will take you directly to the Athletic page, then scroll down for the Final Forms button.

Sign up now. Physicals are good for two years.

## KNOWLEDGE BOWL

The Knowledge Bowl Team is hosting the 4th League Competition at WHS on Wednesday, February 4th at 4:15pm. Knowledge Bowl Regional MEet is on Wednesday, February 25th at 2:00pm at Hockinson HS.

## DECA

We had 30 students compete at the DECA Area 9 Competition last month. Some events are still be scored, but we left the competition with a 1st place win. We know for sure that the following students qualified for SCDC (DECA State).

Heading to state:

- Joseph Palomo & Jackson Andrews - Entrepreneurship
- Faith Hay & Makenzie Neibler - Hospitality Services PLACED 1ST
- Hannah Duncan, Taya Smith, and Sam Shores - Integrated Marketing Campaign Product
- Treyton Busig & Isaiah Mattison - Integrated Marketing Campaign Service





KEY CLUB'S

# EASTER

CANDY  
FUNDRAISER



@WOODLAND.KEYCLUB

ALONG WITH  
WOODLAND/KALAMA KWANIS  
GROUP. MAKE A SEE'S CANDY  
PURCHASE TO SUPPORT OUR  
CLUB



# VERY IMPORTANT INFORMATION

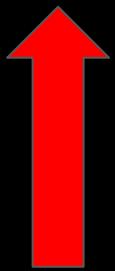
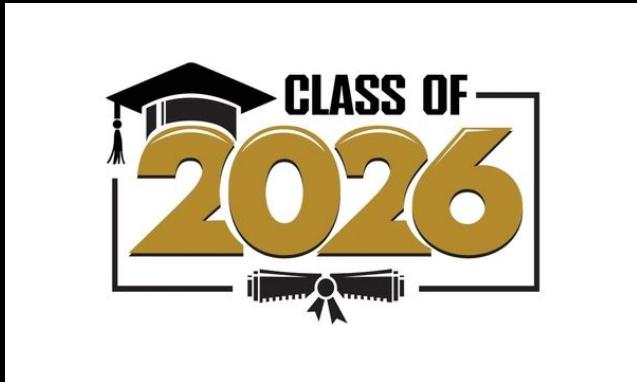
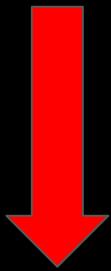
## SENIORS - CLASS OF 2026

CAP AND GOWN ORDERING - through Herff Jones (below)

- You have been emailed.
- Info is posted on our Senior Information page see link below.
- Paper copies are available on the Senior Information counter in the front office.
- ANY QUESTIONS? See Sarah or Sheri in the front office.

### HERFF JONES - CAP, GOWN, TASSEL, STOLE, ANNOUNCEMENTS & MORE!

- [Herff Jones Contact Information](#)
- [Herff Jones QR Code for Ordering](#)
- [Herff Jones Year at a Glance Information - what to expect](#) - please review this for important deadlines.



### SENIORS ~ REMINDERS

- Check your school emails often.
- Tell your running start friends to check their Woodland High School email often.
- Check the website for current information.
  - Senior Information: <https://www.woodlandschools.org/page/124>
  - Yearbook & Pictures: <https://www.woodlandschools.org/page/117>

# ATTENTION SENIORS

IT'S TIME TO SUBMIT YOUR PHOTOS FOR THE END OF YEAR SENIOR SLIDESHOW. SUBMIT UP TO 5 PHOTOS. 1 MUST BE A CURRENT PHOTO. THE REST MAY BE PICTURES OF YOU FROM A YOUNGER AGE. ALL PHOTOS MUST BE SCHOOL APPROPRIATE.

SEND THEM VIA EMAIL TO MS. KLAUS AT  
[KLAUSK@WOODLANDSCHOOLS.ORG](mailto:KLAUSK@WOODLANDSCHOOLS.ORG)



Pictures  
are due  
Friday  
May 1,  
2026

# Woodland's 20th Annual Community Father Daughter Ball

## *Diamonds & Pearls*

March 7, 2026

3-5 PM or 7-9 PM

**\$10 Dads \$5 Daughters**

\*Each attendee must have their own ticket.

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

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Monday - Thursday 9am - 5pm

Sunday 9am - 12pm

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.

**No Ticket Sales At The Door**

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

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

**GRACE COMMUNITY CHURCH**

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.

## SAVE THE DATE!

Clark College Dental Hygiene

# Free Children's Dental Health Day



Saturday, Feb. 7, 2026

Open to children 4-17 years.



Appointment scheduling begins  
Monday, Dec. 1.  
Call 360.992.2158 to make an  
appointment.



The event will take place at the Clark  
College Dental Hygiene Clinic in  
Vancouver. Accommodations for children  
with special needs will be available.

### Services include:

- Dental exams
- Teeth cleanings
- Dental X-rays
- Sealants
- Fluoride
- Select emergencies



[shorturl.at/102s1](http://shorturl.at/102s1)



Scan the QR code for tips  
on preparing your child to  
visit the dentist!

## MORE DETAILS COMING SOON



CLARK COUNTY WASHINGTON  
PUBLIC HEALTH



# ripcity runs deep



## PORTLAND vs. SACRAMENTO

SUNDAY, APR. 12  
5:30 PM



## WOODLAND TRACK & FIELD NIGHT

Come out and support the Portland Trail Blazers as they take on the Sacramento Kings on Sunday, April 12th! Enjoy exclusive discounted tickets with friends, family, and teammates from Woodland Track & Field. It's a great night to celebrate the season and experience the excitement of NBA basketball together at Moda Center!

VISIT:  
[Blazersgroups.com  
/woodland](http://Blazersgroups.com/woodland)

ORDER DEADLINE:  
**Mon, Mar. 16**

CONTACT:  
CHANDLER MORSE  
503.963.3946  
[chandler.morse@trailblazers.com](mailto:chandler.morse@trailblazers.com)

**STARTING AT \$23**

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School Board Meetings - **January 8 at 6:30 pm & 23 at 7:30 pm, 2026**

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, [\(360\) 841-2702](mailto:barnesv@woodlandschools.org), Jake Hall, 504 Coordinator, 800 Second St. Woodland, WA 98674, [\(360\) 841-2725](mailto:hallj@woodlandschools.org). 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.

**FEBRUARY 2026  
NON-SCHOOL DAYS**

- **13 - No school for students**
- **16 - Presidents' Day Holiday**