



Beaver News

November 2024

Volume 5, Issue 2

Teenagers and Sleep

How much is enough?

I've been working with teenagers for well over 20 years. Through all of those years, the one thing I hear from kids more than any other is how tired they often are and how late they stayed up the night before. This is familiar to almost anyone with a teenager in the house. As soon as a kid turns 14, it seems like midnight becomes the new 9:00 pm. What's going on here?

An article from the John Hopkins School of Medicine is summarized here ([click here to view the entire article](#)). According to this article, these shifts in sleeping patterns are normal, even predictable. In part, they are due to physical changes that occur during puberty, often making it difficult for teenagers to fall asleep before 11 pm. Getting to sleep early enough becomes even more difficult when school, school work, extracurricular activities, and part time jobs are added to the schedule. If a student needs to get up at 7:00 am to make an early workout or class but can't fall asleep until midnight, 7 hours sleep might look like a good night. Is that enough?

Not really. According to Johns Hopkins pediatrician Michael Crocetti, teenagers are going through a second stage of brain development, necessitating 9 to 9 ½ hours sleep per night. This is roughly an hour more than is recommended for 10 year olds. Importantly, Dr. Crocetti notes that getting enough sleep also helps to shield teenagers from other serious consequences like depression. Have you ever wondered what happened to that bright-eyed 5th grader who was so happy to get up in the morning? It's possible that that same kid who's now a teenager is just not getting enough sleep.

So what can parents and guardians do to help? There are some things that can help us all get better sleep, like adhering to a regular sleep schedule and getting regular exercise. Encouraging teenagers to observe those basic habits is a good start. The article from Johns Hopkins also offers several strategies that are specific to teenagers, including these:

Schedule a check up with a pediatrician: A Pediatrician can help educate your teenager on good sleep habits and diagnose any potential sleep problems.

Teenagers and Sleep cont.

Stay connected with your teenager: As kids get older, they tend to break away from their parents in search of independence. Maintaining meaningful and regular conversations will help your teenager to assess the impact of poor sleep habits on their own.

Help your teenager with scheduling: Your teenager may want to push school work until later in the day. That often leads to poor sleeping habits. Helping your teenager to find alternatives will help to diminish that impact.

Ban technology from the bedroom: Social media and video games are natural enemies of sleep. Helping your teenager to reduce screen time late at night will encourage better sleep.

Create a sleep-conducive environment: Make sure your teen's bedroom is dark, quiet, and cool.

Encourage physical activity: Regular exercise can improve sleep quality, but avoid intense activity too close to bedtime.

Monitor caffeine and sugar intake: Limit your teen's consumption of caffeine and sugary drinks, especially in the afternoon and evening.

Upcoming Events at WHS

Veteran's Day: On Friday, November 8, WHS students and staff will be honoring our veterans in our Veterans' Day assembly starting at 10:50 am in the main gym. All our community veterans and their family members are invited to attend. As a part of our assembly, we will be specially honoring our community veterans and family members of our students who are veterans. We hope to see many of you there.

Connect Night and Parent Conferences: On Thursday, November 14th, we will be hosting Connect Night 2024. There will be food trucks, games, and information from our student clubs, plus informational tables from our community partners from 4:00 pm to 6:00 pm. In addition, Lower Columbia College will be hosting a free FAFSA information session from 5:00 pm to 6:00 pm so interested families can get a handle on how to fill out the FAFSA. Teachers will be available for drop-in parent-teacher conferences from 5:00 pm to 7:00 pm. If you want to conference with your student's teachers but can't make that window, feel free to contact those teachers by email to schedule a time.

SNACKS & DRINKS

FEATURING:

SMOKIN' FRANK'S BBQ
STEAKBURGER

Woodland High School **CONNECT NIGHT**

A Fall Festival for the Whole Family!



Thursday, 14
November 2024



Fall Festival 4:00-6:00pm
Drop-In Conferences 5:00-7:00pm

Connect Night has something for everyone with local **Food Trucks**, Club Booths, Family Games, **Parent-Teacher Conferences**, WHS Gear, Photo Ops, FAFSA Help, **College Reps**, Jostens, School Information, **Translation Services**, Community Resources, and more!



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

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 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>



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>

KNOWLEDGE BOWL: Knowledge Bowl has their first league meet on Wednesday, November 13th in Longview at Three Rivers Christian School at 3:30 pm.

W CLUB: will now be meeting on Wednesday's throughout the school year. Every other week beginning on 10/23. Listen for the morning announcements.

NATIONAL HONOR SOCIETY

You are cordially invited to attend the Woodland High School chapter of the National Honor Society's Induction Ceremony. The Ceremony will be held on: Wednesday, November 6, at 7:00 pm in the WHS Commons (semi-formal attire required for members). Members have been informed of the induction.

DUNGEONS & DRAGONS CLUB

- Nov. 7: after school 4:00 - 7:00 pm
- Nov. 14: during school lunch and hosting a table at Connect Night from 4:00 - 6:00 pm
- Nov. 21: after school 4:00 - 7:00 pm
- Nov. 28: No meeting.

ROBOTICS

Woodland High School Robotics competed in their first competition on Saturday 10/26. The team won four of the six matches meaning they placed 4th out of 16 teams in their league. This is the best placement we have done in the history of the team! In the weeks leading up to the competition, the team worked hard on building a functioning robot that could complete challenging tasks both student-controlled and autonomously (code only!).

The robotics team is busy brainstorming and redesigning the robot for their next competition! You can cheer them on at Skyview High School on Saturday, Nov. 23rd.

If you have more questions or you want to support the team you can email whsroboticsteam@woodlandschools.org



ADVANCED FLORAL - PETAL IT FORWARD

The Advanced Floral students participated once again in the 9th Annual Petal It Forward national floral event. October 16, sponsored by the Society of American Florists. Students created more than 50 bouquets that were given to WHS Staff with the instructions, "keep one, give one" with the hopes of highlighting the health and wellness benefits of flowers. **Woodland High School was one of only two schools in the nation out of the 650 total floral shops participating this year.**

WOODLAND HIGH SCHOOL - FLORAL SHOP

The WHS Floral Shop has a new look designed by Jony Sanchez and Angela Casillas! Our student-run shop continues to fill orders for staff and students, senior nights, and events such as homecoming! Our students will be stocking a "quick pick" floral display in the WHS office, filled with \$10 & \$15 bouquets for staff, students, and the public to purchase starting on November 4.

ADVANCED FLORAL

Advanced Flora students were invited to attend the Floral Mask Workshop with international designer Francoise Weeks at the Portland Flower Market Design Lab.





Jam Sessions

1:49 4:10



**What? An opportunity to practice
and make music with others**

Where? WHS band & choir rooms

When? Tuesdays 4-5pm

Dates? October 22nd

November 5th

November 19th

Info:

linsm@woodlandschools.org



COLOR YOUR FALL WITH KINDNESS.

Give blood.



American
Red Cross

Blood Drive **Woodland High School**

Gym
1500 Dike Accesses Road
Woodland, WA

Thursday, November 21, 2024
8:30 a.m. to 1:30 p.m.

Please call 1-800-RED CROSS (1-800-733-2767)
or visit RedCrossBlood.org and enter: woodland
to schedule an appointment.



Give Nov 18 to Dec 8 for two pairs of custom FRIENDS
+ Red Cross socks, ltd qty. Keep one, gift one!



1-800-RED CROSS | 1-800-733-2767 | RedCrossBlood.org | Download the Blood Donor App

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FFA FOOD DRIVE

The FFA Food Drive is coming November 19-22! Parents and students can donate at CONNECT NIGHT at the FFA Booth as well. All donations will be counted toward student GRIT class totals for the Food Drive prize! We will be accepting any non-perishable food items. High need items include: canned meals/soups, peanut butter, canned fruit, pasta, beans, and rice.

School Board Meetings - Thursday, November 14, 6:30pm

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)
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, (360) 841-2702 Jake Hall, 504 Coordinator, 800 Second St. Woodland, WA 98674, 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.

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

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 - November

1: Staff Work Day

11: Veterans Day Holiday

**14-15: Early Release at 12:15
(buses leave at 12:50)**

27-29: Thanksgiving Holiday