



# Beaver News

January 2024

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## Grit and Resilience

From time to time, I like to dig into what various writers and researchers are saying about the challenges our teens are facing as we head into 2024. Earlier this year, I reported on some research done by the Pew Research Center on teens and their use of social media. That research ([which is summarized at this link](#)) reported that almost all teens use some form of social media, that many teens report using social media “almost constantly,” and that teens’ use of social media carries with it some significant risks in terms of mental health and exposure to anxiety.

Even without the influence of social media, anxiety is a common experience for many teens. The sources of anxiety for teens include test anxiety, social anxiousness, and generalized concern about the future. The COVID 19 pandemic deepened these challenges for some teens, and this affect doesn’t seem to be restricted to teens in the US. For most, feelings of anxiousness and worry are a normal part of growing up. For some, however, anxiety can become a serious obstacle. [Click here](#) and [here](#) for a couple of references on this topic if you’re interested.

Fortunately, evidence suggests that grit and resilience are important predictors of resistance to stress and of success in general and that both of these things can be learned and taught over time. Although these terms are often used interchangeably, they are actually different. Stanford researcher Angela Duckworth might be considered to be the primary voice in the field of grit and grit development. She defines grit as an ability to focus on a small number of stable, long term goals over a long period of time, regardless of difficulties or obstacles. Duckworth has shown that grit defined in this way is more predictive of success than aptitude, intelligence, or financial resources. In one study, Duckworth’s team showed that the persistence of West Point cadets to graduation was predicted by measures of the cadets’ grit more than any other measured variable. If you’re interested, [here’s one short TED talk by Duckworth on grit](#). The example about West Point cadets comes from Duckworth’s book on the topic called *Grit: The Power of Passion and Perseverance*.

Although closely related, resilience is different from grit. As defined by psychologist Mary Alvard writing for the Pew Charitable Foundation, resilience is the ability to “deal with stress and adapt to big and small challenges throughout life.” According to Alvard, resilient individuals are not immune from stress, sadness, frustration, disappointment, or other strong, difficult emotions.

## Grit and Resilience cont.

Resilient people are simply more capable of being proactive in the face of difficulties and of maintaining and sense of purpose and control over those things that are controllable. Put more simply, resilient people are more able to bounce back when adversity strikes.

Reporting on their own work and the work of others, both Alvard and Duckworth write that resilience and grit are, in fact, sets of skills that can be learned and taught. According to these researchers, resilience and grit can be further developed throughout adulthood. As an example, skills associated with being proactive, problem solving, and self control are all associated with resilience. Perhaps not coincidentally, these are some of the very same skills learned and developed through participation in interscholastic athletics and other extracurricular activities, providing yet another reason that the involvement of teens in school activities outside of the school day is so important. [Click here to read Mary Alvard’s piece](#) for the Pew Foundation if you’re interested.

**Important disclaimer - Don’t take my word for it:** The internet is full of information sources. Some are reliable. Some are not. I’ve included my sources here so you can read and reach your own conclusions.

## Athletics in January

January is a very busy month for boys and girls basketball, boys and girls wrestling, cheer, and dance. Boys and girls basketball and wrestling started 2024 with a very busy week. Events are scheduled for January 2, 3, 4, 5, and 6. The quickest way to see our athletics schedules is to visit the district website [at this link](#).



## **CHARACTER STRONG LESSONS HAPPEN ONCE A WEEK IN GRIT (Gratitude - Resilience - Integrity - Team)**

- 9th - Students are learning how to take the perspective of others, provide help to others, and ask for help themselves.
- 10th - Sophomore students will focus on achieving personal goals and learn how to cope with stress.
- 11th - Juniors will be working in teams to identify, analyze, and create solutions for barriers to creating more belonging in our school.
- 12th - Seniors are working on identifying habits that improve their wellbeing and will learn how to implement those habits in everyday life.



## **MARK YOUR CALENDAR**

- Jan. 25 - Senior Night for Wrestling
- Jan. 30 - Senior Night for Boys Basketball & Dance
- Feb. 2 - Senior Night for Girls Basketball & Cheer
- Feb. 6 - Cascadia Tech Field Trip
- Feb. 20 - Dual Credit Night, 6:00 pm
- Feb. 28 - Parent Night incoming freshman, 6:00 pm

## **CLUB MEETINGS & HAPPENINGS**

- CHOIR CLUB: Tuesdays during Lunch
- INSTRUMENTAL MUSIC CLUB: Mondays 4:00 - 5:00
- ART CLUB: Thursdays 4:00 - 5:00
- ROBOTICS: Mondays & Wednesdays 4:00 - 5:00
- NATIONAL HONOR SOCIETY: last Tuesday of the month during lunch
- KNOWLEDGE BOWL: We have our 3rd League Meet on Wednesday, January 10th at Kalama HS from 3:30 - 7:00.



WOODLAND HIGH SCHOOL PRESENTS



# Starry Night

Tolo 2024

SATURDAY, JANUARY 20TH, 2024

7:30 - 10:30PM



# 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.

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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)

WHS Choir Club and Art Club presents...



# *A Night of the Arts*

Come join us for some coffee and community! there will be solo and small ensemble performances, as well as pieces showcased by members of the WHS Art Club.

*Event: 6:30p-8p*

*January 16th, 2024*

*WHS Commons*

*Tickets;*

*Students/seniors-\$5*

*Adults-\$10*

# BEAVER DEN APPAREL



CUSTOM  
Apparel

**DID YOU KNOW WHS HAS A CUSTOM  
PRINT SHOP?  
IF YOU NEED SPIRIT WEAR, COMPANY  
SHIRTS, OR TEAM SHIRTS WE CAN HELP.**

**TO GET MORE INFORMATION ON HOW  
TO ORDER EMAIL  
[TERRYAN@WOODLANDSCHOOLS.ORG](mailto:TERRYAN@WOODLANDSCHOOLS.ORG)**

**This is separate from the Woodland Beaver Boosters apparel, see the last page for more Beaver Booster information!**



# YEARBOOK

ONLY \$50 THROUGH JANUARY



## 2023-2024 YEARBOOK COST

- Now through January 2024 - \$50
- February through April 2024 - \$55
- May (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.



November 27, 2023

**DUE JANUARY 8**

Senior Parents/Guardians,

It's time to order your Senior Baby Picture ads for the yearbook. The ads are full-color and will be a memorable part of your student's senior yearbook. This year's book will be a spring publication, so seniors will receive them before they graduate. A supplement will be available in the fall that will cover graduation.

The costs for the ads are \$65 for a  $\frac{1}{4}$  page ad, \$110 for  $\frac{1}{2}$  page ad, and \$185 for a full-page ad.

Please submit your photos and what you would like your ad to say by Monday, January 8, 2024. There is limited space in the yearbook for ads, so they will be placed on a first-come, first-served basis.

Make checks payable to Woodland High School and send your ad and photos to [terryan@woodlandschools.org](mailto:terryan@woodlandschools.org) and payment can be made in the WHS office or send to:

Yearbook – Baby Ads  
Woodland High School  
1500 Dike Access Road  
Woodland, WA 98674

If you have any questions, please feel free to contact me [terryan@woodlandschools.org](mailto:terryan@woodlandschools.org) or 841.2800.

Sincerely,

Andria Terry  
Yearbook Advisor

### **Senior Yearbook Portraits Class of 2024 - Deadline is January 31st**

We will accept traditional printed color portraits for the yearbook. However, if you can provide a digital copy that would be preferred.

You can also submit your senior portrait online at [this link](#).

The image quality of your photo will appear much higher if a digital copy is provided on a flash drive, CD or uploaded on the above link. There should be no animals, props, hats, or other items that block or make the portrait difficult to be placed in the yearbook. You also want to make sure your senior is not resting their head on their hands and that their hands are not covering your seniors face in the photo. Outdoor photos are accepted. You will be contacted if there are issues with the senior portrait you have submitted.



## 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).

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>

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" @woodlandhswa

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>

- 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>



School Board Meetings - January 11 at 6:30 pm, January 25 at 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.

## JANUARY 2024 NON-SCHOOL DAYS

- 1 - New Year's Day
- 12 - No school for students
- 15 - MLK Jr. Day holiday
- 26 - Semester Break Day