



# Pullman High School

## Hound's Den

*A newsletter connecting the Pullman High School Community*



**JANUARY 2018**



## PRINCIPAL'S MESSAGE

Welcome back Greyhounds and Happy 2018! We hope that you had a wonderful winter break and are gearing up towards a great end to the first academic semester of the 2017-2018 school year. In reflecting on this past year, our students have achieved and continue to achieve great things in 4 essential "A's" of Pullman High School: Academics, Activities, Athletics and the Arts. In addition, 2017 marked the new Pullman High School finally being completed, giving this group of seniors the distinction of being the first graduating class to go a full year in the finished product of what is now the new PHS. Again, we thank you, the parents and community for your great support in making this amazing new facility a reality!

### PARKING LOT/SAFETY REMINDERS:

With the continuance of winter weather and the increasing number of new drivers that we tend to see as the year progresses, we need to make sure that we are being safe and alert drivers within our PHS parking lot. A couple of reminders:

- Having a current parking pass: please see Mrs. Kylo to check on availability. There are two different passes—a front lot only parking pass (ORANGE) and a back lot only parking pass (BLUE). We have a limited number of passes/spots, so please make sure to obtain one if you haven't yet. Students parking in front or back lots without a pass may be ticketed/fined.
- Students: please be sure to use the designated crosswalks and sidewalks. We need to make sure that we are not darting in front of vehicles, especially before and after school when the congestion is at its heaviest. This can be especially hazardous with snow, ice, and rain.

We also want to always ensure the safety of the building as well. In this sense, we want to remind all visitors/guests that they need to please enter through the main office doors (up the outside stairs) and check in with either of our secretaries at the front (Mrs. Kylo or our attendance secretary, Mrs. Hagihara). You will need to both sign in and out and wear a visitors badge.

Please help us in our efforts to ensure the physical safety of our students, staff and visitors here at Pullman High School.

**GO HOUNDS!!!!!!!!!!!!**



Erik Heinz

Follow us on Twitter at @ PullmanHS (<https://twitter.com/PullmanHS>)

Stay connected with schedule updates, activity/athletic highlights, and all the happenings at PHS

## HOME OF THE GREYHOUNDS



# PHS INFORMATION

## SEMESTER ONE FINALS

Wednesday, January 24th and Thursday, January 25th, we will be on first semester finals schedules (Monday, 1/22 & Tuesday, 1/23 will both be 6 period days). Thursday (1/25) is also the final day of semester one:

Wednesday, 1/24 – **FINALS SCHEDULE #A – Periods 1, 3, 5**

Period 1 8:20 – 10:10

Break 10:10 -10:25

Period 3 10:25 - 12:15

Lunch 12:15 - 1:00

Period 5 1:00 - 2:50

Thursday, 1/25 – **FINAL SCHEDULE #B – Periods 2, 4, 6**

Period 2 8:20 – 10:10

Break 10:10 -10:25

Period 4 10:25 –12:15

Lunch 12:15 - 1:00

Period 6 1:00 - 2:50



## MARTIN LUTHER KING JR.

### ASSEMBLY & DAY

**Friday, January 12th**, Pullman High School will hold its annual Martin Luther King Jr. memorial assembly, put on by the PHS Black Student Union. The assembly will take place after 2nd period at 10:05 am in the Pullman High School Gym. For a complete bell schedule that day, please see the Pullman High School website ([phs.pullmanschools.org](http://phs.pullmanschools.org)).

**Monday, January 15th**, there will be no school in honor of Dr. Martin Luther King Jr. Day.

## TRANSCRIPT REQUESTS

**SENIORS:** *Most schools will be asking for your 7<sup>th</sup> semester transcripts with a February 1 deadline. Please submit a transcript request form to Mrs. Wenger and she will send/post all transcript requests by February 1<sup>st</sup> immediately following grades being finalized.*

Forms are available at the Registrar's window or online at [phs.pullmanschools.org](http://phs.pullmanschools.org) under "Info&Resources/Transcript Request Form (bottom item)"

Any further questions, please see or email Mrs. Wenger at [pwenger@psd267.org](mailto:pwenger@psd267.org).

## SEMESTER GRADES

Semester 1 Ends on Thursday, January 25.

Report Cards will be processed, posted and mailed on Wednesday, January 31<sup>st</sup>.

If you need Family Access account login/password, please email Trish Wenger (Registrar) at [pwenger@psd267.org](mailto:pwenger@psd267.org)

**Here is the Family Access Link**

<https://www2.nerdc.wa-k12.net/scripts/cgiip.exe/WService=wpullmns71/fwemnu01.w>

If you have more than one student, choose the specific student from the pull down menu at the top of the page.

- Select Portfolio (on left side-bar menu) to view progress reports.
- Highlight most recent report
- Select View Attachment from right side buttons

**Here is the path to Family Access if the link above does not work:**

*PHS Website ([phs.pullmanschools.org](http://phs.pullmanschools.org))/Quick Links/Skyward Family Access (near bottom of the list).*



**HAPPY NEW YEAR!!!!!!**

As many of us have started this year with a list of resolutions, let's add 1 more to it. SLEEP!!!!!! I'm going to paraphrase an article I read:

*"Sleep it Keeps You Healthy, Smart & Happy"*

We all have a circadian rhythm (a cycle of your body) that controls your sleep. Light exposure directly effects your circadian rhythm. Researchers have found that late night web surfing, smart phone use and stress disrupt the circadian rhythm and make it harder for you to get to sleep. Lack of sleep can have negative impacts on the following 3 things:



Physical Health: Lack of sleep can increase the risk for obesity, heart disease, type 2 diabetes, depression and stroke. Sleep is the key in making the brain & body function the way they should.

Work place (school for students): The brain needs rest to make good decisions. Lack of sleep can cause errors, accidents, lack of creativity, and cyber loafing.

Relationships: Tiredness causes more arguing with people.

5 TIPS FOR BETTER SLEEP

1. Make a bedtime and a wake time. You need 7-9 hours of sleep each night.
2. Create a bedtime ritual (read before bed, soak in a tub, meditate). Prepare your mind & body for sleep.
3. Put smartphones & tablets to bed before your bedtime. They give off blue light which your brain interrupts as daylight.
4. Keep your bedroom cool, but not cold...between 60-67 degrees F. Try wearing socks if it feels too cool.
5. If you've had a poor night's sleep, try a power nap. Just a 30 min snooze can help, but don't take it late in the day.

One last thing that I would like to bring to everyone's attention is that flu cases are on the rise in Washington. If you have not yet received your flu shot you can still get one.



At PHS we are having students with colds & stomach viruses. I'll quickly list the differences between the flu, a cold & a stomach virus.

**Stomach Virus:** also known as gastroenteritis. It comes on suddenly with vomiting & diarrhea. Not necessarily a fever.

**Cold:** also known as head cold or respiratory infection. It comes on gradually usually with a running nose, hacking cough & a sore throat. But not any vomiting or diarrhea. Fever may happen in younger children.

**Flu:** sudden onset. Fever that last 3-4 days, sudden headache, muscle aches, sudden exhaustion, tiredness/weakness that can last 2+ weeks and a cough.

**KEEP HEATHY, HAPPY & WELL RESTED FOR 2018!!!!!!!!!!!!**

- Mrs. Debbie Carr, PHS Nurse



# ATHLETICS INFORMATION

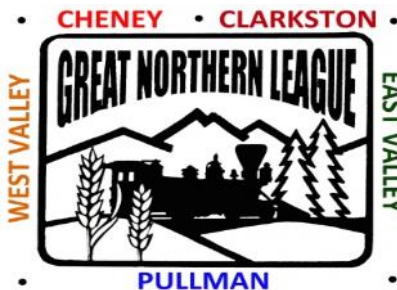
## SPRING SPORTS REGISTRATION INFORMATION:

### Spring Sports (Track, Boys & Girls Golf, Boys & Girls Tennis, Boys Soccer, Softball & Baseball)

1. Participation Requirements: online athletic registration (registration form, emergency contact form, inherent risk form for the sport you are participating in), ASB Card, current physical (they are good for two years), current impact test (they are good for two years) and all fines and fees paid. All of the above must be done PRIOR to participating. If you have previously done the athletic registration for a fall or winter sport, you only need to do the inherent risk form. WEBSITE is <https://wa-pullman.intouchrecepting.com>
2. First day of practice is February 26. Please contact head coaches for times and locations.
  - Kristen Walker & Amy Ripley (Track) [kwalker@psd267.org](mailto:kwalker@psd267.org) or [aripley@psd267.org](mailto:aripley@psd267.org)
  - Craig McCormick (Boys Golf) [cmccormick@psd267.org](mailto:cmccormick@psd267.org)
  - John Willy (Girls Golf) [jwilly@psd267.org](mailto:jwilly@psd267.org)
  - Cody Wendt (Boys Tennis) [cowendt@gmail.com](mailto:cowendt@gmail.com)
  - Dan Vollmer (Girls Tennis) [djv509@gmail.com](mailto:djv509@gmail.com)
  - Doug Winchell (Boys Soccer) [rwinchell@psd267.org](mailto:rwinchell@psd267.org)
  - Tara Briggs (Softball) [tbriggs@psd267.org](mailto:tbriggs@psd267.org)
  - Mike Kinkade (Baseball) [pullmancrossfit@gmail.com](mailto:pullmancrossfit@gmail.com)



Any questions, please contact Laura Lacy at [llacy@psd267.org](mailto:llacy@psd267.org) or (509)332-1551 #205



The Great Northern League Athletic Directors use the league website ([www.greatnorthernleague.com/pullmangreyhounds](http://www.greatnorthernleague.com/pullmangreyhounds)) for booking and scheduling all events, and any schedule changes will be reflected immediately on this website. If a schedule change is necessary, for whatever reason, the change will be reflected on this website and a message can be sent to you automatically. All you need to do is register by following the steps below. You are encouraged to Subscribe to the website to receive immediate changes to the schedule by receiving an email or a twitter message.

1. To subscribe: log onto [www.greatnorthernleague.com/pullmangreyhounds](http://www.greatnorthernleague.com/pullmangreyhounds) website
2. Located on the top third and right of the webpage you have a button that looks like
3. Press the button to subscribe.
4. Register for specific sports to receive notification for changes to the schedule.
5. Once you subscribe, any and all changes to the schedule will be sent to you automatically.



You are able to access departure times and arrival times coming back from events to PHS. Remember, arrival times are estimated.

To follow Pullman High School Athletics with complete scores, standings, stats, rosters, and photos visit the Great Northern League website at [www.greatnorthernleague.com/pullmangreyhounds](http://www.greatnorthernleague.com/pullmangreyhounds)





## ATHLETICS UPDATES

### WINTER SPORTS HIGHLIGHTS:

This fall, all of our athletic teams participated in a playoff game, with some teams still rolling into this weekend:

**GIRLS BASKETBALL:** The girls are coming off a great non-league slate over the holiday break racking up wins against Rogers and Colville High respectively. They jump back into league play this week with a home showdown against Clarkston. Good luck ladies!



**BOYS BASKETBALL:** The boys hoops team currently sits atop the GNL standings at 4-0 (10-2 overall) riding a three game winning streak heading into this week's home contest with Clarkston. The Hounds continue to show their depth, sharp shooting skills, and defensive prowess outscoring opponents 690-555 so far this season.

**WRESTLING:** Wrestling began the new year with the first two of three home January meets, dropping a nail biter to West Valley and another close one in the border battle to Moscow. Prior to that, the grappling Hounds have shown strong improvements and placed two wrestlers (Kiran Srikanth—2nd in a 64 man bracket & Dietrik Mueller—4th in a 32 man bracket) in the top 4 of the Tri-State Tourney. The Hounds continue their season with an away meet with Clarkston on the 17th a home meet with East Valley on the 24th.

**BOYS SWIM:** Boys swim remains undefeated in league (and over-all) winning their last three meets by an average of 88 points! Holden Ellsworth broke the 200 IM record in swim's January 6th meet against Walla Walla—a record that has stood for 24 years! The boys continue to gain momentum heading into districts at Washington State University on Feb. 2nd and 3rd.



**WINTER CHEER:** Cheer boasts another large squad for both basketball and wrestling this winter. They continue to improve their stunting skills and put the time in the classroom as well, where their overall team GPA is above a 3.5!

**GOOD LUCK TO ALL OF OUR WINTER SPORTS  
TEAMS FOR THE REMAINDER OF THEIR SEASONS!**

For all your Greyhound athletic and activities info,  
check out HOUND CENTRAL at  
[www.houndcentral.org](http://www.houndcentral.org)



## MUSIC & THE ARTS

### UPCOMING EVENTS & SHOUT OUTS:

- PHS Drama Club is presenting Disney's *The Little Mermaid*, live on stage Feb. 23 & 24 and March 2 & 3. This production will blow you away and is not to be missed! Friday and Saturday shows are at 7 pm as well as two Saturday matinees at 2 pm. Tickets are \$5 for students/seniors and \$10 for adults. Please come support these outstanding high school actors and musicians!



- The state music teachers group, WMEA, hosts honor groups every year. Students from around the state compete in a rigorous audition process, and then are selected to go to Yakima for a weekend in February to work with some of the finest directors in the United States. It is quite an honor to be picked. Normally, there are around 4 to 7 band, orchestra and choir students selected for this event. This year, PHS had **21 students selected, including 16 choir students!** PHS will have one of the strongest showings from any school in the state for the number of honor students selected to these prestigious groups!
- **CONGRATULATIONS to Nanette Erickson (viola), Rebekah Heo (violin), and Sunny Hu (violin) who were selected as qualifiers for All-State Orchestra!**

### ADDITIONAL CONCERTS/PERFORMANCES/COMPETITIONS:

- **Band Concert on February 5th at 7 pm**
- **Orchestra Concert on February 26th at 7:30 pm**
- **The Blue Orchestra will be competing in the WASTA/WWU State Orchestra festival on Saturday, March 17th in Bellingham!**



# JANUARY/FEBRUARY EVENTS

- ⇒ Friday, January 12th—MLK Assembly
- ⇒ Friday, January 12th—Boys & Girls Basketball v. Clarkston HS
- ⇒ Monday, January 15th—NO SCHOOL—MLK Day
- ⇒ Wednesday, January 17th—Early Release—District Collaboration Day
- ⇒ Saturday, January 20th—Boys Swim v. Cheney
- ⇒ Wednesday, January 24th—Wrestling v. East Valley (Spokane)
- ⇒ Wednesday, January 24th/Thursday, January 25th—Sem. 1 Finals
- ⇒ Friday, January 26th—NO SCHOOL—LID Day
- ⇒ Thursday, February 1st—ASVAB Testing

For a complete calendar of all PHS upcoming events, locations and times, see our website at [phs.pullmanschools.org](http://phs.pullmanschools.org) and click on the Events button or call the Main Office at (509) 332-1551.

The *Hound's Den* is a publication of Pullman High School  
 510 NW Greyhound Way  
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[phs.pullmanschools.org](http://phs.pullmanschools.org)

**ENSURING LEARNING WHILE  
 CHALLENGING AND SUPPORTING  
 EACH STUDENT TO ACHIEVE  
 THEIR FULL POTENTIAL**

