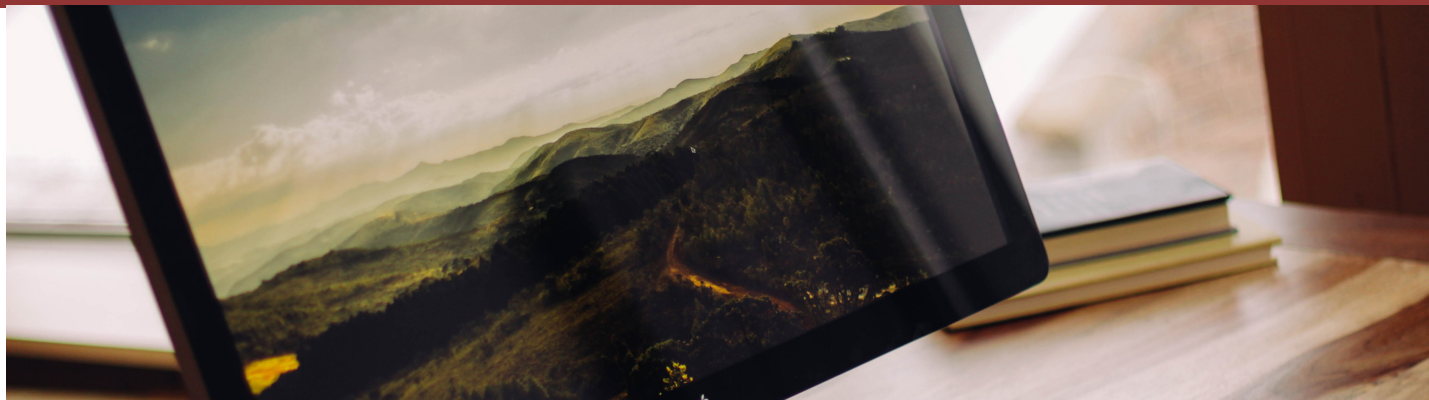




# WARRIOR NEWS

CLE ELUM - ROSLYN HIGH SCHOOL NEWSLETTER

DECEMBER 2018 | VOLUME 1 | ISSUE NUMBER 03



## IN THIS ISSUE:

**PRINCIPAL'S  
MESSAGE**

**CHARACTER  
STRONG**

**A LOOK AT  
ATHLETICS**

**REMINDERS**

## COMMUNITY FORUM #2

BY BRETT SIMPSON, CERHS PRINCIPAL

As we roll into the holiday season, we would like to give thanks to our parents and community for trusting us to help educate and keep safe your precious possessions, your child(ren).

In talking about safety, our next Community Forum is scheduled for Wednesday, December 5, from 6:00-7:00pm in the high school commons. The conversations will address school discipline and the new laws. What can we do as a team to help students be safe? We will also have a guest presentation by Ms. Cathie Songer, CERSD's Drug Intervention/Prevention Specialist. Ms. Songer will be sharing information regarding teenage use of nicotine and marijuana.

**WE WANT TO  
HEAR FROM  
YOU!**

End of Semester is coming. January 26, 2019, is the end of the first semester. Please sit down with your child and review their grades as we go into the holiday break.

Students, check with your teachers to make sure you are caught up in your classes so that when we come back, everyone can FINISH STRONG!

# Character Strong

BY MRS. HOUSEBERG

November and December are two months that bring stress to a lot of people of all ages.

The holidays create a lot of emotions for us and we do not always know the best way to express how we are feeling. Sometimes we are happy because the snow is falling and other times we are anxious because of the upcoming break from school. No matter what the emotion is, it is important for all of us to recognize how we feel and understand that others are going through stressful times as well.

December's Character Strong lessons will focus on teaching students how to identify situations that cause distress and develop strategies for handling their emotions during stressful situations. We want students to be able to communicate their emotions, even if they are not positive emotions. By participating in the weekly Character Strong lessons, students will learn that it is okay to be upset about something, but they will also learn how to overcome those emotions. This month's lessons will also teach students how to prevent negative emotions from taking over. We want students to take control of their lives and face their stressors head on. Instead of complaining about how hard an upcoming Spanish test will be, we want students to make a study plan and carefully study the material so they can go into the test knowing they have properly prepared and will feel confident in their ability to perform.

During the month of December, we will challenge students and staff with the following Character Dares:

Week 1: Stay in touch with a family member or friend who lives in a different city or state.

Week 2: Offer to help each of your family members with a one task per day.

Week 3: For 24 hours, when you walk through a door, hold it open for people coming in behind you.

As always, remember to ask your student the phrase that Character Strong lives by, "What have you done for others today?"



## A LOOK AT ATHLETICS

BY DEBBIE BENTLER

Warrior winter sports student athletes and coaches are working hard and are looking forward to the 2018-19 season. Our pre-season has just begun and everyone is excited for the winter sports season.

**Boys Basketball** has 24 players, making up three teams. Adam Rinaldi and Harsh Singh are experienced seniors leading a younger group of Warriors this season. DJ Hansberry and Griffin Bator anchor the defense with their determination and effort. Coach Terrill's goals this season include continued improvement and constant hustle. The team will play at home again on December 6th vs Cascade, then play on the road at Naches Valley December 8. The youth night is scheduled for January 12th.

**Girls Basketball** has one team of 13 players. Key returners from last season's qualifying team are Grace Terrill and Grace Jackson. Senior Katelyn Nass and juniors Natali and Naomi Baker, and Hallee Hink also return with varsity experience. New head coach Gary Frederick brings a wealth of experience. His goals include competing every game, playing tough defense, and building team chemistry as the ladies shoot for another postseason appearance. The girls play at Seattle Academy on December 4th and host Cascade on December 6th. The youth night is January 5th.

**Wrestling** is led by new head coach Ken Alford. He already has the program trending up with nine boys and four girls turning out this year. Senior Joey Moen returns for his senior season after a trip to the State Tournament last year. Other seniors include Khan Nguyen, Shane Burke, Sebastian Bogdan, and Bailey Lindelof. The Warriors hosted a jamboree on November 29, where 65 athletes from four schools gained mat experience before heading into league and tournament season. Upcoming events include a boys mix and match at Royal December 6th, a boys tournament at Bellevue Christian December 8th and a boys/girls tournament December 13th. The Warrior home meet is January 10th.



## ***COUNSELING CORNER***

BY DIANE JANUSZKIEWICZ

Do you know where to go for services in Upper Kittitas County?  
Just call 2-1-1.

Get connected and get answers simply by calling 2-1-1. Calls are confidential and FREE from your landline phone. Trained, local specialists are available to help you find a number of services-

Housing, Rental Assistance, Temporary Shelter, Legal Assistance, Children's Services, Services for Teens, Medical Care, Medical Coupons, Assisted Living, Basic Food (Food Stamps), Drug Treatment, Counseling/Support, Transportation, and more.

When times are tough and resources are already spread thin, it is wonderful to know that you can dial one number and find all the information you need about support available. You can even apply for Basic Food over the phone! 2-1-1 is available Monday-Friday from 8 a.m. to 5 p.m. Brochures are also available in the high school office. You can also contact me in the Counseling and Guidance office.

Mrs. J (Diane Januszkiewicz)  
Cle Elum Roslyn High School  
649-4908

# **COMPREHENSIVE HEALTHCARE**

BY MCKAYLA FORSBERG

Comprehensive Healthcare is a mental health agency that serves all ages. Offices are located in Cle Elum and Ellensburg, as well as school-based positions throughout Kittitas County. Services such as, walk in clinic, crisis line and scheduled mental health evaluations are available for all.

If you feel the need to seek services, please do so. Please seek services by first speaking to your school counselor, then if needed, your child will be referred to McKayla Forsberg, School Based Therapist. Services include Cognitive Behavioral Therapy for Anxiety, Depression, Post-traumatic Stress Disorder, and other mental health diagnoses.

Please see below for a list of services and contact numbers.

Kittitas County Crisis Line (509)-925-4168

Comprehensive Office (509)-925-7507

Ellensburg- Walk in clinic hours (for 16 and over, based on insurance):

Monday 8:00-9:00AM & 12:00-1:00 PM

Tuesday 8:00-9:00AM & 1:00-2:00PM

Wednesday 12:00-1:00PM

Thursday 8:00-9:00AM & 11:00-12:00



# **REMINDERS**

**BY CERHS STAFF**

## **Single Point of Entry**

It is here. As many viewed during the last Youtube video, it was demonstrated how the high school's new single point of entry and buzz-in system will be working. Beginning Friday, December 7, we will be utilizing our buzz-in system. At 8:15 am, when school begins, the front doors will be locked the remainder of the day. Non-students will need to give their name, reason for entering, possibly identification if those in the office are unfamiliar with the guest(s) at the door.

Our goal is that this transition goes smoothly; however, it is a work in progress as we make this safety improvement to our high school. We appreciate everyone's patience and input on how to make our new buzz-in system as efficient as possible.

Please watch the short video on how to access the buzz-in system by clicking on the link below.

<https://youtu.be/R8kiGuobno0>

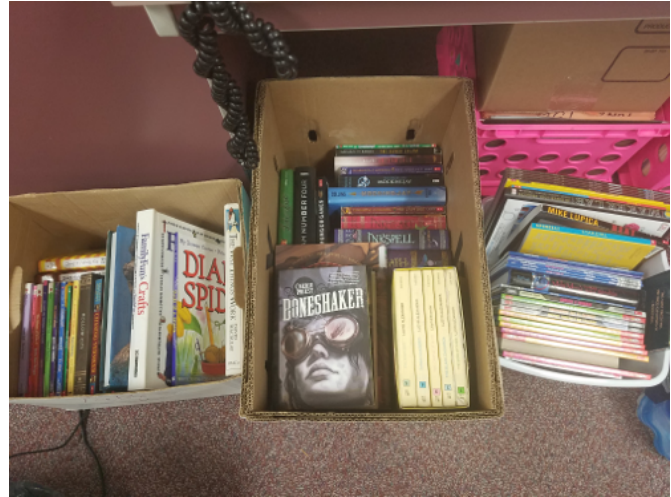
## **Health Needs:**

In August we purchased ImPACT concussion testing for our high school athletes. ImPACT stands for Immediate Post-Concussion Assessment and Cognitive Testing. ImPACT is an objective tool to support your child's healthcare provider in making sound return to activity and learning decisions following a concussion. It is a computerized test administered by the school nurse or athletic director that measures memory, attention span, visual and verbal problem solving. We test our athletes at the beginning of each sports season to get a baseline cognitive assessment. In the event of an injury during the sports season, a post-injury test is administered and compared to the baseline data. We then can send these results to the athlete's health care provider to help create safe and individualized return to activity and return to learn orders. This gives health care providers objective data to evaluate a patient's post-injury condition.

Thousands of high schools, colleges, universities and professional teams use ImPACT to assist in the management of concussions. If you have any questions regarding ImPACT testing in our district, please contact the District Nurse at 649-4948.

# THANK YOU!

On behalf of our Special Education staff, a big shout out to Brenda Sargent who has been collecting and donating high interest books to the high school resource room Library! Thanks you for providing this opportunity for our students.



The Cle Elum - Roslyn chapter of National Honor Society would like to extend a thank you to all of the students, parents, and staff members that made the Fall 2018 Induction Ceremony a success! A special shout out to Mr. Simpson for speaking, Sam Sahlinger and Ryan Webb for setting up sound and lights, NHS officers for organizing students, and to Katia Merkel for her final year of design and planning expertise for the ceremony.





# CERHS CHEER

The CERHS cheerleaders had an amazing opportunity to cheer at the UW game against BYU on September 29th. Many of these cheerleaders had never been to a college football game, let alone cheering at one. They also recieved a private performance from the UW cheerleaders & marching band prior to the game starting. This was an incredible opportunity for these girls and made so many memories.



## Calendar of Events

- Saturday, December 8th - ACT Test at CWU
- Wednesday, December 13 - HS Band/Choir Concert @ HS Gym 7:00pm
- Wednesday, December 19 - Student Early Release @ 12:30pm
- Wednesday, January 2, 2019 - School Resumes @ 8:15am
- Friday, January 25 - End of 1st Semester
- Monday, January 28 - No School - Semester Turnaround Day
- Tuesday, January 29 - 2nd Semester Begins
- Friday, February 1 - Last Day to change classes
- February 11-15 - Conference Week, Students released at 12:30 all week
- February 13 - Blood Drive @ CERHS
- Monday, February 18 - No School - President's Day

Watch for more event dates in January's Newsletter.