

April Happenings

2022

Upcoming events in the David Douglas School District

To have your upcoming District event or fundraiser published in Happenings, email your submission to: Holly Effenberg (holly_effenberg@ddsd40.org)



Connect to Kindergarten

It's time to prepare for kindergarten! Each spring we hold a special event for families who have a child beginning kindergarten in the fall. The evening gives students and families the chance to meet school staff, become familiar with their school and learn the next steps in beginning kindergarten.

At Connect to Kindergarten, families will have the opportunity to meet the school's principal and kindergarten teachers. They'll also learn more about their school and topics such as registration, absences, riding the school bus and how to prepare for the start of kindergarten.

We can't emphasize enough how helpful participation in this event is to both families and elementary schools. Connect to Kindergarten helps children become excited and comfortable with starting school as well as giving parents the opportunity to ask questions. Also, participation helps schools project enrollment numbers and prepare the classroom for your student.

Each DDS D elementary school is hosting its own in-person Connect to Kindergarten event at 6pm on **Thursday, April 21**. Families that do not know their designated elementary school can call 503-256-6526, or look up the information online here at www.ddouglas.k12.or.us/findmyschool.

Earl Boyles Community Celebration

Join us at Earl Boyles Elementary School from 4-6pm on **Friday, May 13** for a Community Celebration! This is a chance to gather outdoors and enjoy each other's company for the first time in almost two years. It is also an opportunity to thank and congratulate Ericka Guynes, our retiring principal, for her many years of service to DDS D and Earl Boyles. Everyone from the DDS D community is welcome. We hope to see you!



Champions Champ Camp

Registration is open now for Champions summer camp. Children want to hang with their friends, play outside, and discover new things. At Champ Camp, they'll do it all!

Campers will team up with friends to solve head-scratching puzzles, complete spy-worthy quests that stretch their understanding of different people and places, and even take a field trip or two. The camp, for kids ages 5-12, runs 7am-6pm between the weeks of June 27 and August 19.

Families can choose how many weeks to sign up for. The camp is \$209 per week. An additional registration fee will be waived for those who enroll between **April 3-16**. For more details visit www.discoverchampions.com.

More *Happenings* next page >



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More Happenings



David Douglas School District is Hiring!

Join our team! We're hiring in all areas, but specifically in areas of Instructional Support, Transportation, Custodial Services and Nutrition Services.

For those interested in teaching and who identify as part of the BIPOC community, ask us about our "Grow Your Own Program."

District Employee benefits include:

- Competitive pay and health insurance
- Flexible schedules
- On-site training
- Professional Development
- Career Advancement opportunities

Apply now at daviddouglas.schoolrecruiter.net.

The 2022-2023 DDHS Cheerleading Season

The DDHS Cheer team is preparing for their 2022-23 season. Students interested in being a part of the team can sign up now to receive more information. Use the QR code to complete the form. Please contact Coach Mikyla with any questions at mikyla_pruett@ddsd40.org.



Boys' Basketball Camp

Mark your calendars now for the annual boys' basketball camp. Scots Camp is for all 2nd to 10th grade boys and will be held **Monday, June 20th through Thursday, June 23rd**. This is the week after the end of the school year. It'll be from 9am-1pm at David Douglas High school. Camp registration opens in May. If you have questions you can email Tyler Maes at tyler_maes@ddsd40.org or Chad Reeves at chad_reeves@ddsd40.org.

39th Annual David Douglas Scramble Golf Tournament

Grab your clubs, and let's hit the green! Sign up for our 39th Annual Scramble Golf Tournament on **April 30th, 2022** at Glendoveer Golf Course East.

Entry Fees, for 18 holes, is \$75 per player. This includes a golf cart, green fees, breakfast, snacks, lunch, refreshments, and prizes.

Proceeds benefit DDHS boys golf team. Registration is at 8:00am. There will be a 9:00am shotgun. For more information, call Tyler Satterthwaite at 503-382-9790 or email tyler_satterthwaite@ddsd40.org.

Teens and Anxiety

Even this far into the school year, some teens may be more anxious than ever. There is an unprecedented level of stressful situations to process right now and this understandably causes anxiety for many.

It is possible that your teen has had anxiety for a long time and is a high-functioning individual who is just beginning to show signs. Teens exhibit signs of anxiety differently than younger children. Sometimes parents are unaware of their teen's anxiety.

Teens can be anxious about a number of things in addition to COVID considerations. Teens might be anxious about their performance in academics and sports as expectations increase and schoolwork is more difficult than prior years. Your teen may be anxious about the way they are perceived by others. This is the time when they are worried about their appearance, how they dress and whether they might do something they consider embarrassing. Teens can also be anxious about their bodies, whether they are developing at a normal rate, before or after their peers.

Teens can often hide their symptoms well, acting like a "typical" teen who sometimes is withdrawn, irritable or touchy. Some of the following behaviors might be a sign of anxiety: recurring fears and worries about routine parts of everyday life, trouble concentrating, extreme self-consciousness or sensitivity to criticism, withdrawal from social activity, avoidance of difficult or new situations, chronic complaints about stomach aches or headaches,

drop in grades, refusal to attend school, repeated reassurance-seeking, sleep problems or substance use.

Sometimes some good conversation can help your teen solve their anxiety issues. If your teen's anxiety is interfering with school attendance or everyday living activities, you can always reach out to your student's school counselor or contact a social worker or therapist for more information or treatment.

School Meal Menus

Upcoming breakfast and lunch menus are available online. To view and print menus visit the District website www.ddouglas.k12.or.us and enter "school menus" in the search bar or click the Department menu and select Nutrition Services.

Then look for the School Menus & Nutrition Information button. It is located on the right side of the page when using a computer and the bottom of the page when using a mobile device.

*Thank you
for reading!*



**DAVID DOUGLAS
SCHOOL DISTRICT**
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Follow us on Facebook, Instagram, and Twitter to see what's happening around our district and community.

Emergency communications, such as school closures, are also shared on our social media accounts.



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