



# NEWSLETTER

SEASIDE MIDDLE SCHOOL  
SEASIDE HIGH SCHOOL



JANUARY 2021

503-738-5586

## IMPORTANT UPCOMING DATES

SHS Class of '21 Panda Express  
Fundraiser

Wed., January 27<sup>th</sup>

Picture Day Makeup

Wed., January 27<sup>th</sup> 4:30-  
6pm at Pacific Ridge  
Elementary

Conferences

Thurs., January 28<sup>th</sup>  
4:30-8pm

Fri., January 29<sup>th</sup>  
8am-12pm

Wed., February 3<sup>rd</sup>  
9am-12pm

Progress 4 Ends

Friday, February 12<sup>th</sup>

Exclusion Day

Wednesday, February 17<sup>th</sup>

## 8<sup>th</sup> GRADE COMMUNITY CALENDAR

Check out this calendar for lots of options for 8<sup>th</sup> grade students to attend social and club lunches. All of the zoom links and info are attached to the calendar.

[8<sup>th</sup> Grade Community Calendar Link](#)

## SMS/SHS CONFERENCES

Seaside Middle and High School conferences will take place remotely on:

- Thursday, January 28th from 4:30-8pm
- Friday, January 29th from 8am-12pm
- Wednesday, February 3rd from 9am-12pm.

Conferences will be offered either by zoom or phone. Families will be able to schedule online <https://www.schoolbookings.net/code?code=rhzm4> Event code: rhzm4, through the school's website or through a scheduling kiosk in the lobby of the new Seaside Secondary School, 2600 Spruce Dr., Monday-Friday 8am-4pm. The lobby is accessible from the east side of the building.

To accommodate all of our families, appointments will be limited to 10 min per teacher. Translators will be available, please select the translator with the lowest percentage for maximum availability. Please be sure to schedule only for the teachers that your student has this term. Middle School teachers can be identified by MS before their subject and High School teachers can be identified by HS before their subject. You can book for multiple students but back to back bookings are discouraged to allow you enough time to transition to your next appointment. Please call the Main Office at 503-738-5586 if you have any questions.

## SMS/SHS EXCLUSION DAY

Exclusion day is rapidly approaching for SMS/SHS students. Please be sure to get your student's vaccinations up to date before February 17<sup>th</sup>, 2021. Letters have been sent regarding those students that are still in need of immunizations. Once your student has received their immunizations please contact the Main Office at 503-738-5586 to let them know.

## CONTACT INFORMATION

If your contact information has changed since registration day, i.e.: mailing address, physical address, phone numbers or email, please contact the Main Office at 503-738-5586 to update your information. It is important to keep this information current so that you can continue to receive important updates regarding your student.

# SHS ATHLETICS

OSAA has released a new calendar and we are optimistic that in February we will start official practices and start our first season of competition. Any student who plans on participating will need:

- a physical within the last two years on file at the school
- a completed Covid release form on file
- must sign up online (this is in lieu of filling out the paper participation form).

All forms and links can be found on our school's athletic website <https://shs.seaside.k12.or.us/sports>. If you have any trouble or questions please email [kboutin@seasidek12.org](mailto:kboutin@seasidek12.org) or call 503-738-5586. Please hold off on paying any sport fees until we are closer to starting the season as we are still working on determining what the fees will look like this year.

Please reach out to our coaches for more information on practice dates and requirements:

## Fall Sports

Cheer: Kimm Mount, Email: [seasidecheerclub@gmail.com](mailto:seasidecheerclub@gmail.com)

Cross Country: Kimber Parker, Email: [kparker@seasidek12.org](mailto:kparker@seasidek12.org)

Brett Duer, Email: [bduer@seasidek12.org](mailto:bduer@seasidek12.org)

Boys Soccer: John Chapman, Email: [radioclatsop@gmail.com](mailto:radioclatsop@gmail.com)

Girls Soccer: Dave Rouse, Email: [daverouse@charter.net](mailto:daverouse@charter.net)

Football: Aaron Tanabe, Email: [atanabe@seasidek12.org](mailto:atanabe@seasidek12.org)

Volleyball: Laurie Hudson, Email: [seagullvolleyball@gmail.com](mailto:seagullvolleyball@gmail.com)

## Winter Sports

Boys Basketball: Bill Westerholm, Email: [bwesterholm@seasidek12.org](mailto:bwesterholm@seasidek12.org)

Girls Basketball: Marla Olstedt, Email: [molstedt@gmail.com](mailto:molstedt@gmail.com)

Swimming: Shane Spell, Email: [shane.spell@gmail.com](mailto:shane.spell@gmail.com)

Wrestling: Daniel Taylor, Email: [dtaylor@seasidek12.org](mailto:dtaylor@seasidek12.org)

## Spring Sports

Baseball: Brett Wolfe, Email: [bwolfe@seasidek12.org](mailto:bwolfe@seasidek12.org)

Boys Golf: Jim Poetsch, Email: [jpoetsch@seasidek12.org](mailto:jpoetsch@seasidek12.org)

Girls Golf: Mike Verhulst, Email: [mverhulst@seasidek12.org](mailto:mverhulst@seasidek12.org)

Softball: Aaron Tanabe, Email: [atanabe@seasidek12.org](mailto:atanabe@seasidek12.org)

Track and Field: Jeff Kilday, Email: [kildayjeff@usa.net](mailto:kildayjeff@usa.net)

# DRAMA CLUB – VIRTUAL PLAY!

SHS's Drama Club is so excited about their first production of 2021! They have around 30 students involved, including some SMS students! *Game of Tiaras: A Stay-at-Home Play* by Don Zolidis will be presented over a streaming service. Combining the gut-wrenching plot twists of Game of Thrones, and the soul-numbing despair of Shakespearean tragedy, this adaptation of King Lear will leave you dying with laughter as the body count mounts. When you play the Game of Tiaras, you win or you die.

To pre-purchase tickets to this amazing virtual production please click [HERE!](#)

The cost is \$10 for individuals or \$20 for a household and will be available to stream from February 12<sup>th</sup>-18<sup>th</sup>. If you have any questions you can email Mrs. Baertlein at [sbaertlein@seasidek12.org](mailto:sbaertlein@seasidek12.org)

# STUDENTS OF THE MONTH DECEMBER

## SEASIDE MIDDLE SCHOOL

ALARCON SAGRERO, OMAR  
ARIAS-RODRIGUEZ, CECELIA  
HOGE, LEONARD  
HOUSEMAN, MINA  
HUGHES, BRENDEN  
MELGOZA, SALOMON  
MILLER, LILI  
MUDD, ABBY  
RODRIGUEZ, DANIEL  
SILLS, EMILY  
THOMPSON, DALILAH  
VAROZZA, LAYLA

## SEASIDE HIGH SCHOOL

ATWI, MARCEL  
BARNES, MARY  
BARNETT, MARLI  
BERG, DOMINIC  
BYRD, TYLER  
CAUSER, DOMINIC  
COWAN, DAIN  
DZUL FISHER, ADRIAN  
ETHRIDGE, LUCAS  
IMSON, LEIANA  
JOHNSON, JACOB  
KERWIN, SEAN  
MCELROY, JASMINE  
SCHERMERHORN, JACKSON  
SILVA ORTEGA, DANNA  
TAYLOR, AUBRIE  
VERLEY, LUKE  
WARD, OSHI

# TRANSPORTATION SURVEY

Please complete this transportation survey to help us plan for a return to in person learning. Even if your student plans to walk, be dropped off or drive themselves we need to hear from you.

[TRANSPORTATION SURVEY LINK](#)

## SMS/SHS STUDENT ABSENCES

If your student is going to be absent from class, you will need to CALL the Main Office at 503-738-5586 in order to excuse them. Please do not email your students' teacher directly as they cannot update attendance. Thank you for your help in keeping your students' attendance accurate.

## SHS JUNIORS

It's that time of year again. Juniors are encouraged to email Mr. Cave at [tcave@seasidek12.org](mailto:tcave@seasidek12.org) to set up individual meetings to review transcripts, graduation requirements and to discuss post high school plans. You have the option of meeting through zoom or over the phone. It's always good to know where you are and where you want to go PRIOR to forecasting for your Senior year classes. Mr. Cave looks forward to meeting with all of you!

## SHS TALENT SEARCH

The fall term presented many challenges for students. Aside from academics, many have found it difficult to carve out space to explore careers and college after high school, let alone setting oneself up for success. The good news? The Talent Search program is accepting applications and is here to help. Participation in Talent Search is a resume builder and gives SHS students access to virtual college visits, workshops, one-on-one advising and support, additional tutoring, fee waivers for tests and college applications, and much more. Why not give 2021 a good start by enrolling today? Learn more and sign-up [HERE!](#)

## PANDA EXPRESS FUNDRAISER

Seaside High School Class of 2021 is fundraising for their Safe and Sober Graduation Party. You can help support these students by dining out at **Panda Express** on **Wednesday, January 27<sup>th</sup>**. Place your order online for pickup using code **902047** and 28% of sales will be donated. For more information, please click [HERE!](#)



## SMS/SHS PICTURE DAY MAKEUP

If you missed the SMS/SHS Picture Day, you will have one last opportunity to get your students school picture taken. On **Wednesday, January 27<sup>th</sup> from 4:30 – 6pm** Justin Grafton Studios will be at the Pacific Ridge Elementary gym. No appointment is necessary, just arrive on that day during that time. Make sure to wear a mask and use physical distancing.

## SHS STUDENT BODY

Seaside Student Body has been working hard to make the online year special. ASB hosted a food drive over the week of December 14<sup>th</sup> where they received 850 items of food and \$825 in monetary donations. It was followed with events hosted by the class officers. The Freshman supported a Christmas tree photo day, the Sophomores did a zoom movie of The Grinch, the Junior class made a holiday video that you can view on their Instagram page @shs.2022, and the Seniors made hot chocolate kits that they handed out to students and staff. We thank our community for supporting our goals while being safe and responsible.

Along with that, ASB spent picture day passing out bags for all of our new students as a warm welcome to Seaside! We enjoyed getting to see some familiar faces along with some new ones. Go gulls!

## SHS ROBOTICS

It's officially BUILD SEASON for the Seaside C.Y.B.O.R.G. Seagulls Robotics Team! This year is almost completely virtual! Project meetings are in our Discord chat channel. For the first few weeks our group project will be building a robotic arm! Every team member received a kit with team swag, all the tools, safety glasses and the parts to build their own robotic arm.

For judged competitions, we are competing in the Game Design Challenge, and the Chairman's Award. The game design challenge will allow us to design our own FIRST Robotics Competition game using real-world, virtual, and hybrid design elements. Winning concepts will be considered for use in future official games. The Chairman's Award honors the team that best represents a model for other teams to emulate and best embodies the mission of FIRST.

For more information on FIRST, please visit their website at [firstinspires.org](http://firstinspires.org)  
To learn more about our team, please visit our website at [team3673.org](http://team3673.org)

## SMS/SHS ACADEMIC SUPPORT

Evening Academic Support 5 - 8:15pm Monday - Friday

<https://zoom.us/j/92439716121>

Daily Math Lab Support 2:30 - 3:35pm M, Tu, Th, F

<https://zoom.us/j/94866940184>

Wednesday Math Lab Support 12:30-3:45pm W

<https://zoom.us/j/91708377348>

ALL Teachers have Office/Academic Lab hours that students can access through their Canvas page

M, Tu, Th, F SMS 2:20-3:05pm / SHS 2:30-3:15pm

Any questions please contact the Main Office at 503-738-5586

## SHS YEARBOOKS ON SALE NOW!

2020-2021 Yearbooks on sale now! Yearbooks are \$55, you can mail or deliver payment to SHS and reserve yours now. Contact Mrs. Boutin at [kboutin@seasidek12.org](mailto:kboutin@seasidek12.org) or 503-738-5586 to arrange payment. You can also make a \$20 payment now to reserve your copy and pay the rest in June!

## SHS KEY CLUB

Despite social distancing requirements, the Seaside High School Key Club has continued to serve the community. Recently, Key Club members wrote Christmas cards for Meals-on-Wheels recipients and nursing home residents. More than 100 cards were delivered.

Key Club Advisor Ann Susee said, "We want to continue to serve our community any way we can. I know that seniors are especially isolated right now and I hope that our personal Christmas messages brightened their day." Not only did local residents receive a special Christmas message, but so did residents in a California hospital.

Sophomore Kaylee Snyder really wanted to participate in this service project but was in California with her ailing grandmother. She wrote Susee and said, "I filled out 15-20 cards. Instead of taking them to a retirement home, I took them to the Eisenhower Medical Center. All of the cards were taken to the ICU, to patients who weren't able to see their families over the holidays because of their condition."

In addition to the Christmas cards, the Key Club has been partnering with the Sunset Empire Park and Recreation District. For Halloween, members helped with the Halloween Carnival at the Convention Center and for Thanksgiving, members helped prepare and hand out meals. Susee said she really appreciates senior Emma Taylor, who serves as secretary for the club. "Emma has gone above and beyond this year. She is truly an example of service. I am going to really miss her when she graduates. She is an asset to our club," said Susee.

The Seaside High School chapter of Key Club has approximately 25 members and is open to any and all students. Meetings are held via Zoom every other Tuesday during lunch. For more information please contact Mrs. Susee at [asusee@seasidek12.org](mailto:asusee@seasidek12.org)

## SEASONAL AFFECTIVE DISORDER AND THE PANDEMIC

Dark winter days can make us feel down, unmotivated and sluggish. Those low, gray skies sap our energy and enthusiasm. In about one person in 20, these feelings can be symptoms of seasonal depression, called **seasonal affective disorder (SAD)**. Many more people get the winter blues, a milder version of SAD.

This winter, with many of us feeling added stress and anxiety from the pandemic, brighter days might seem very far away. If managing your mental and emotional health this winter feels like more of a challenge, you are not alone. **Find mental and emotional health supports on the Safe + Strong website.**

You could also try **these suggestions** to manage SAD this winter:

- Set a daily routine and stick to it. Getting up and going to bed at consistent times helps regulate your sleep.
- Take a daily walk, preferably just after sunrise. Exercise and outdoor light can boost your spirits.
- Connect with other people, by phone, or on physically distanced walks.
- Talk to your healthcare provider about light box therapy and other treatments that could work for you.

## SEASIDE LIBRARY

January 31<sup>st</sup> is the last day to turn in your winter reading logs. You can email completed logs to [mrose@cityofseaside.us](mailto:mrose@cityofseaside.us) For information on upcoming Teen Tuesdays please visit the library's website **HERE!**

# SEASIDE PUBLIC LIBRARY TEEN WINTER CHALLENGE

**Mystery**

**Reader's Choice**

**Ask a librarian for a  
recommendation!**

**For Teens in  
Grades 6-12  
Read for Socks!  
December 15-  
January 31**

**Reader's Choice**

**Book that is also  
a movie!**

**Ask a librarian for a  
recommendation!**

**Name:**

**Grade:**

**Complete all four squares and we will donate a pair of socks to  
local organizations that provide socks to those in need.**

**1131 Broadway, Seaside OR 97138 503-738-6742 [www.seasidelibrary.org](http://www.seasidelibrary.org)**