

Galena High School Five Star Boosters

Grizzly Growl

August 2023 SY2324 Issue 1

Galena High School: 3600 Butch Cassidy Way Reno, Nevada 89511

Phone: (775) 851-5630 • **Website:** www.washoeschools.net/Galena

Principal: Jay Salter rjsalter@washoeschools.net

Booster President: Alisanne Steele ghsboosterpto@gmail.com

Growl Editors: Carolyn Renner & Alisanne Steele

Galena Boosters Webpage: <https://ghs5starboosters.org>

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From the Principal

By Jay Salter, Principal, Galena High School,
rjsalter@washoeschools.net

Welcome to all new and returning Grizzlies!

Your Galena staff is hard at work planning exciting opportunities for new and returning students, both in Academics and Activities. We have sent teachers all over the country this summer to train with the most engaging educators: California, New York, Texas...

We all want to see Athletes training and competing, scholars in classrooms and labs, and students involved in club activities here at Galena. If your students would like information about Athletics, Curriculum, Activities, or Clubs, please call the Main Office, 851-5630, and we will direct you to the correct individual or group who can help.

For this year, we are going to continue to use Wednesday as our designated “Connect-Ed” school communication day. To reduce the number and length of calls or overly frequent email that families receive from different departments of the school, we are managing our communication into one concise call and/or email on Wednesdays only. The most important aspect of this practice is that we are able to bring our students directly to you each and every week for the events taking place. Each week, we will have our students, athletes, competitors, actors, musicians etc., record the phone call we send home on Wednesdays, so make sure to listen to the messages when we call at 6 p.m. The weekly information from the phone call also includes an email attachment with the more in-depth information. All weekly messages and daily student announcements will be posted on the website and on the Galena Parents Facebook page. Please ensure your phone numbers and email addresses are correct in Infinite Campus.

We continue to examine our grading policies and practices to achieve an “accurate” depiction of what a student does and does not understand, and how they can show mastery of a concept in a variety of ways. This year, we are continuing the use of a “Citizenship Gradebook,” so be sure to ask your students about how each teacher manages non-academic expectations: Citizenship Means Something at Galena!

This year, on August 8th & 9th, the new school year for staff will begin at various school sites and at the Reno Livestock Event Center with an “All Staff” kickoff. Therefore, the entire school will be closed on those days. Then, on August 10th the entire Galena staff will be in training, so the school will also be closed that day. The school will be open for parents/guardians and students to visit on August 11th from 9-1, but please note: No schedule changes will be made on that day and Counselors will not be available.

The Galena Mission Statement is: “Galena High School will challenge students to develop academic and career skills for post high school options,” and we as a staff are dedicated to innovating and adapting to the needs of our students so that their education is relevant and rewarding.

If you have any questions, please feel free to email me at: rjsalter@washoeschools.net

Five Star Booster News

By Alisanne Steele, Booster President,
ghsboosterpto@gmail.com

Here we go again! This is the first Grizzly Growl of the school year. I would like to thank the 2023-24 Executive Board and all our Committee Chair(s) that coordinating the efforts of the Five Star Boosters/PTO this coming year. THANK YOU! THANK YOU! THANK YOU!

Vice President: Heather Cole	Treasurer: Kristine Kinne
Secretary: Cynamon Heide	Parliamentarian: Dan LaFountain
Teacher Appreciation: Open Position / Team Effort	Senior Events: Laurie Hadwick & Heather Winchester
Membership: Rebecca Barker & Amy Matorian	Finance Committee: Kara Griffin
Dollars for Scholars: Open Position / Team Effort	Grizzly Growl: Carolyn Renner
Scholarship: Stephanie Peterson & Jamie Lindwall	Santa Wrap: Sonja Shaw

We have open positions! If you would like to join us this year, we have a few openings:

- **Fundraising** (Need 2 people. This committee organizes Dollars for Scholars)
- **Scholarship** (1 additional person. May not have a child who is a senior)
- **Grad Night** (1 additional person to organize the event for the Class of 2024)
- **Teacher Appreciation** (Need 2 people. This committee organizes events to celebrate our Teachers)

As it is the beginning of the school year, please remember to renew (or join us for the first time) your membership with the Galena High School Five Star boosters (more info on page 10).

Our first meeting of the school year will be Wednesday, August 2nd at 5:30pm location is tbd. Don't forget to join our [Galena High School Parents Facebook page](#) for school announcements and happenings. Thank you again for your continued support.

Alisanne Steele
Galena High School 5 Star Boosters President

By Sylva Applebach, Den Secretary, (Former College and Career Center Facilitator)

SApplebach@washoeschools.net

Happy Summer! I hope all is well and everyone is enjoying a nice and relaxing summer break. This will be my last submission as the College and Career Center Facilitator at Galena because I have accepted another position at the school. I know that the first month of school can be exciting but also nerveracking for some of our seniors and parents.

I would like to give you some tips to help you get started in August and by the time school starts, you can bring any questions to the new CCF at Galena. SENIORS- if you are planning on attending TMCC or any community college in Nevada, the Nevada Promise Scholarship should open up around or on 8/1/23. You will need to apply before their deadline (typically 10/31) and meet all the requirements throughout the school year to be eligible and considered for their scholarship. If you receive this scholarship your tuition

and mandatory registrations fees will be covered for up to 3 years while you work towards an AA degree. You can find more information here: [Nevada Promise Scholarship – NSHE System Administration](#).

The Millennium Scholarship is automatic IF you meet all their requirements and you are attending a NV Higher Educational System. You do NOT apply for the Millennium Scholarship; a letter will be sent to you in late July of 2024 if you received the award. You have 6 years to use the funds and if you leave the state but transfer back to a Nevada School, you can still use the pro-rated amount that is left in your account. All you need to do is activate it on their website and let them know which school you will be attending.

Some of you may have traveled this summer and toured colleges and know which schools you will be applying to this fall. PLEASE watch those DEADLINES! DEADLINES, DEADLINES, DEADLINES! I can't say (or type) it enough. Every year students miss out on the WUE Scholarship (Western Undergraduate Exchange Award - [Save On Tuition | Western Undergraduate Exchange \(WUE\) \(wiche.edu\)](#) because they miss the deadline. EVERY school will be different, with different deadlines, different requirements to be eligible and what is needed with your application. Do your research ahead of time so you are prepared and submit early. Don't miss out! FAFSA is changing this year, they are revamping their application and it won't be open until December 2023. That is 2 months after their usual opening on October 1st. You will need to act quickly in filling out the FAFSA form since most likely you will be done applying to the schools you are interested in by December. Any lapse in filling out the FAFSA form could delay your financial aid packet being processed. More information will be available this fall from the Career Center. If you would like to read more about FAFSA (Free Application Federal Student Aide) visit here: [Home | Federal Student Aid](#) Another great way to earn money to go to school is SCHOLARSHIPS. Apply, apply, apply. Many scholarships will be posted throughout the year and over the years we have had students earn \$65K+ in scholarship money. Not all are income based and many are merit based. Write a great essay and you increase your chances significantly. And don't forget to apply to all the local ones you are eligible for...those are the best! If you are interested in CA schools, please make sure to research their applications. In most cases they open the application early and you have a specific time frame to apply...watch for those!

For freshman, sophomores and juniors, the Career Center is open to help plan your future. Please stop by. And of course, there will be many visitors this year wanting to connect with our students, so please listen to the announcements for when businesses, colleges, Military branches, and local organizations visit to show what they can offer.

It has been such a pleasure working with so many great students and parents over the last 6 years and I want to say THANK YOU! We have a wonderful community here and my heart is and always will be a grizzly! Its GREAT to be a Grizzly! GRRRRRRRRRR

Kindest Regards,

Sylva Applebach

Den Secretary, Galena High School

By Clara Mitchell, Counselor

CEMitchell@washoeschools.net

Counseling Corner

We are excited to welcome you back to the 2023-2024 school year. We have a few recent changes in the Counseling Department, so we have listed the new caseloads which are based on last names.

Student schedules will be available on Infinite Campus on 8/9/2023. If you need help logging into IC, please email Dana Leslie at dleslie@washoeschools.net. She can reset passwords for students and families.

A-CAP:	TBD	
CAR-DI:	Marisa Dunne	mdunne@washoeschools.net
DO-KN:	Genell Burroughs	gburroughs@washoeschools.net
KO-RU:	Peyton Taylor	peyton.lane@washoeschools.net
RY-Z:	Clara Mitchell	cemitchell@washoeschools.net

9th/10th Graders

We understand that 9th grade can be an exciting time and an incredibly stressful adjustment too. We hope by now that 10th graders are settled and enjoying Galena life. As parents of 9th and 10th graders, you might not understand the graduation requirements and how to help your student earn a certain diploma type. This is where counselors can help!

Students need 24 credits for the Honors and Advanced Diplomas which align with the Millennium Scholarship. The Millennium Scholarship awards qualified students with \$10,000 to Nevada colleges and universities, so this should be a good, minimum goal for college bound students. Our Standard Diploma requires 23 credits. You can learn more about graduation requirements on our Counseling Dept website. [Counseling / Graduation Requirements and Diploma Types \(washoeschools.net\)](#)

9th and 10th Grade To-Do List*

Get Involved: Take time to develop yourself. Social connections and extracurriculars like jobs, community service and Galena clubs are important.

Keep Reading: Put phones and electronics away and find an enjoyable book to read. Also check out TED Talks, podcasts, or educational videos.

Stress Relief: Learn to take good care of yourself. It is especially important to learn healthy coping strategies that students need now and in college. Practice getting enough sleep and eating nutritious foods.

Challenge Yourself: Aim for strong grades and challenge yourself inside and outside the classroom. Take classes and participate in activities that really excite and interest you. TMCC classes can meet this goal.

Start an Activities List: Begin to keep track of your hobbies, jobs, extracurriculars and accomplishments. This comes in handy when students begin to apply for jobs and colleges. As counselors, we like to review resumes so we can write a more thoughtful recommendation.

11th Graders:

This 11th grade year is the most important year for students heading off to college. When they apply for colleges in the fall of their senior year, their only grades on their transcript will be their junior year grades. Encourage your juniors to work hard.

This is also a good time to check transcripts for any Fs. Students can repeat classes to improve grades if improving their GPA is important to them. They will also be required to repeat any failing grades in classes required for graduation.

11th Grade To-Do List*

Immerse yourself in activities: Join clubs that interest you. Colleges like to see that students can see outside the classroom too.

Build a college list: Begin jotting down colleges that interest you and include reach schools, target schools and ones that should be easy to be accepted.

Visit and connect: Start by touring UNR so you can get a feel for college life and the campus. If you are around a college, walk the campus or get a tour. You can also view websites, request information, and engage with the college admissions department.

PSAT: Plan to take the PSAT which is a qualifier for the National Merit Scholarship Program. Stay tuned for details to register.

Get Recommendations: Second semester of Junior year is when you will want to think about teachers who can write you a recommendation.

12th Graders:

If your student is college bound, we hope you have had the opportunity to visit colleges. Some application deadlines are quite early and as early as October, so now is a good time to check websites for deadlines. Your student may also want to retake the ACT or SAT. You can find ACT practice sessions on the district Edgenuity program. Khan Academy also provides practice tests and a review. Upcoming dates for the SAT are: 8/26, 10/7, 11/4 and the upcoming dates for the ACT are: 9/4, 10/28, 12/9. If your student is not college bound, this is a great time to have causal conversations about options for trade schools, certificate programs at TMCC, and careers that don't require college. There are plenty of wonderful options. Our College and Career Center coordinator can help with this too.

12th Grade To-Do List*

Finish testing: Do you want to take the ACT or SAT one more time? Check schools' requirements for testing and decide which schools, if not all, should receive your scores.

Know deadlines: You do not want to miss a deadline so make a spreadsheet of colleges to consider and when their applications are due. Some have various deadlines for early action and early decision in addition to rolling and regular decision.

Apply: Review your transcript and begin to create that well thought out essay.

Introducing Small Groups:

9th Grade Small Group

We'll be offering a small group for students who may need some extra support adjusting to high school. Did your student struggle with attendance or friends in middle school? This might be a perfect opportunity for them. To sign up for the small group, *Adjusting to High School*, please email peyton.lane@washoeschools.net or cemitchell@washoeschools.net.

Project Based Learning Anxiety Group:

Using the Project Based Learning framework, students will learn mindfulness and use a gratitude journal each session to help reduce anxiety. They will also experiment with other coping strategies and plan a project to introduce other Galena students to stress reducing techniques during finals week.

Important Upcoming Dates:

8/9: Class schedules available on IC

8/21: TMCC classes begin

8/30: Back to School Night

10/17: ASVAB Test** (Armed Services Vocational Aptitude Battery) 9/11:

Last day to add a class

10/11: PSAT Testing for 10th and 11th (students must sign up at school) 11/3:

Last day to drop a class

*Adapted from US News and World Report, Find the Best Colleges for You.

**A score of 50+ on the ASVAB qualifies students for the Career Ready Diploma Endorsement

Athletic News

NEW PHYSICAL REQUIREMENTS FOR ATHLETES FOR THE 2023-2024 SCHOOL YEAR The NIAA Board of Controls will begin the process to change the duration of how long an athlete's physical is good from every other year to every year at the June 13-14 Board of Controls Meeting. This change is very likely to be approved for the 2023-2024 school year. Athletes will then be required to have a physical every year. They will not be eligible to practice or participate in competitions once their physical has expired until an updated physical has been received by the school.

NIAA UPDATED PHYSICAL FORM The NIAA has updated the physical forms that will be required for **ALL** athletes to participate in sports for the 2023-2024 school year. These forms can be found on the Galena Webpage under the Athletics tab [NIAA Physical Forms - English](#) and [NIAA Physical Forms - Spanish](#). All athletes will need either their current physical or an updated physical completed on these forms. You will need to upload page 5 of the completed Preparticipation Physical Evaluation form titled "Medical Eligibility Form" in Aktivite when you register your athlete for sports.

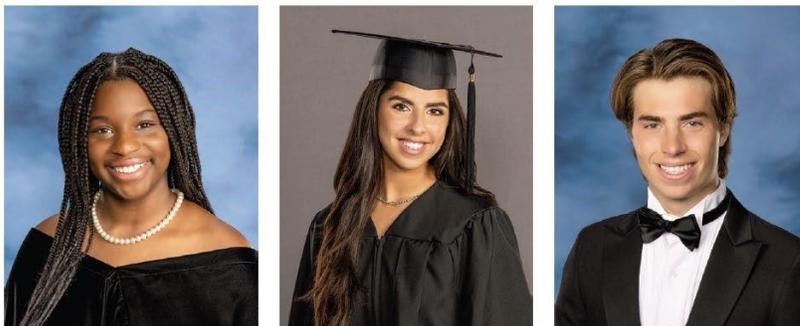
Aktivite has been opened for the 2023-2024 school year. Please make sure to choose the 2023-2024 school year when registering your athlete for sports for the upcoming 2023-2024 school year.

If you have any questions, please contact Julie Schultz at jschultz@washoeschools.net

Class of 2024: Schedule Your Senior Pictures

Congratulations Class Of 2024!

Prestige Photography has been chosen as your official senior photographer! Senior year is full of special moments. Our professional photographers will tell your story with background, poses and creative lighting designed to let your personality shine!



Schedule your appointment early!

To schedule your senior photography appointment, please visit our website: prestigeportraits.com and click on "Find A Studio Near You." For questions, please contact us at byarea@lifetouch.com or by phone 1-877-825-7922.

Come prepared! Get tips and ideas at:
prestigeportraits.com

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Prestige
Photography by Lifetouch

yaguilar@lifetouch.com will handle all questions regarding underclassmen fall photos

mkawato@lifetouch.com will handle all senior portrait questions and scheduling concerns

Please allow 24-48 business hours for response time – parents will be referred to either of these contacts with their concerns rather than a phone number.

Get Involved with Galena High School!

Join the GHS 5-Star Boosters/PTO

We invite you to become a new 2023-2024 member or renew your membership to the Galena Five Star Boosters/PTO. Membership must be renewed each School Year.

This year, we've made it even easier to join with our new online form and online payment. We also have a paper version available upon request.

Click the link below to access the membership form and get started. Please fill out the form completely, and if you leave the form to make your payment please return and complete the final page. We accept cash, checks, Venmo and credit cards.

Online Renewal Form: <https://bit.ly/GHS2023-2024>

**Please consider donating to our No Fundraiser Fundraiser - you can do that automatically with our Platinum, Gold or Bronze level memberships.

***Don't forget to ADD-On the Extracurricular Activity pass to get admission for 4 people into every regular home season game and fine arts productions that charge an entry fee.

We look forward to working with you in the coming school year.

Thank you!

#GoGrizzlies

