



JDHS News Stories for 1/29/20

- **On Tuesday, February 4th, there is a brief but mandatory meeting for students interested in joining the Golf team. Please go to Room G1 immediately after school.**
- **Yearbooks are available for purchase NOW! Please go to jostens.com to order yours today!**
- **If you would like to be more involved in school, enjoy books, and need service hours, the Media Center needs volunteers. Volunteers are needed Monday through Friday during Activity Period and during all lunch periods. Please visit Ms. Reynolds in the Media Center for an application.**
- **The school physician will be performing physicals for the Spring Season on Wednesday, February 5th, from 8:30 to 11:30 am. Please have your parent contact Mrs. Graham, the school nurse, to reserve an appointment if your parent wishes to have you examined by the school physician. The sports physical (whether from your private doctor or the school physician) is valid for 365 days and will expire on the anniversary date of the exam. Check your records with Mrs. Graham to see if you need a new physical. You must complete the pre-participation history and submit it to the**

health office as soon as possible prior to the school doctor visit in order for the school physician to examine you. Your parent must also register you for SPRING 2020 on the Family ID website. Follow the links found on the school website. All JUNIORS MUST REPEAT AN IMPACT TEST THIS YEAR (IF NOT YET DONE IN THE FALL). ANY NEW ATHLETE MUST COMPLETE IMPACT TEST FOR CONCUSSION ONLINE. AGAIN, ALL LINKS FOR FORMS, IMPACT TESTING AND FAMILY ID ARE FOUND ON THE SCHOOL WEBSITE. YOU WILL NOT BE CLEARED TO PARTICIPATE UNTIL ALL REGISTRATION STEPS AND FORMS ARE COMPLETED.

- **Any female student interested in participating in the exciting field of cybersecurity is invited to sign up to participate with Girls Go CyberStart. Girls Go CyberStart is an interactive online program designed to introduce high school girls to cybersecurity. Students will learn disciplines such as cryptography, digital forensics, open source intelligence, and many more by completing challenges and games. As you level up, you could help our team qualify for the National Championship on April 23rd-24th, which is an invite-only competition where 4 girls from each team compete in an online Capture the Flag competition against other qualifying teams nationwide. Winning teams will be awarded prizes, along with recognition from their state governor. If you are interested in joining, please see Ms. Powers or Mr. Silva.**