

# JDHS HOME NEWSLETTER

MARCH 2010

Juneau-Douglas High School

523-1501

[www.jsd.k12.ak.us/jdhs2](http://www.jsd.k12.ak.us/jdhs2)

## Contact Administrators

Please call our receptionist at  
523-1501.

Dr. Jim Kuhlmann, Principal  
Paula Casperson, Asst Principal  
Dale Staley, Asst Principal

## Contact Counselors

Erin DeLlamas 523-1551  
Barbara Conant 523-1557  
Frank Coenraad 523-1516  
Terri Calvin, Career Center...  
523-1606  
Karen Boddy, Admin Assistant...  
523-1613  
Dinah Hobson, Culture Specialist...  
523-1653  
Dee Greene, Registrar 523-1622

## Contact Activities

Sandi Wagner, Activities Director...  
523-1580  
Cricket Curtain, Activities Assistant  
523-1614

## Contact Attendance

Gaye Willis, Attendance Clerk ...  
523-1623

## ADDRESS CHANGE?

Please contact Jennifer Knaggs in data  
entry with any address / phone  
number updates. 523-1601 or  
[Jennifer\\_knaggs@jsd.k12.ak.us](mailto:Jennifer_knaggs@jsd.k12.ak.us)

## *From the Principal's Desk*

Perhaps you have already noticed. Juneau-Douglas High School has many great traditions. Over the course of this year our students have continued to participate in a wide variety of clubs, activities, and athletics.

In a document to the school board in February 55.1% of our students to date have been involved in some sort of after school activity at JDHS. Students who are involved in co-curricular activities outside of the normal school day have been found to be more engaged in the classroom. Studies have shown that students who participate in school activities harbor a strong sense of belonging, develop positive support systems among their peers and adult staff, and a strengthen their school pride. Research supports a high correlation between activity participation and academic success.

The challenge is more often the fear of becoming involved than performance. Once students become involved, they are frequently finding that being part of a team, or the thrill of competition, or just finding a friend are emotionally fulfilling. The sense that they can perform increases their self-esteem.

JDHS offers a wide variety of student-lead clubs. The standing clubs have been AYE (Alaska Youth Environment Action), FCA (Fellowship of Christian Athletes), and GSA (Gay Straight Alliance). Students may form a club with administrative approval and a sponsor.

Curriculum related clubs and activities are also available. These clubs/activities are supported by teacher advisors and may involve some degree of training and possible fundraising, regional competition, and travel. Examples of these clubs include Alpine Club, Close-Up Club, National Honor Society, and Peer Mediation.

During lunch on Tuesday, Wednesday, and Thursday JDHS offers an exciting intramural program. Students who may participate in other school activities and athletics merge with other students who may not have the opportunity to participate in after school activities to form a vibrant intramural program. Activities in our intramural program include ping pong, dodgeball, rock climbing, rifle club, yoga sessions, 4X4 volleyball, and basketball.

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## Juneau Team Wins Tsunami Bowl Again!

For the fourth year in a row, high school students from Juneau took first place in the 13th annual Alaska Region National Ocean Sciences Bowl, also known as the Tsunami Bowl. South Anchorage High School's Team Starfish won second place. The competition was held Feb. 5-7 in Seward. The competition consisted of two equally weighted parts: a tournament-style academic competition designed to challenge students' knowledge of ocean sciences; and a research project that has both written and public speaking components. This year the research project focused on receding sea ice and Alaska's coasts.

The Juneau team consists of students from both Juneau-Douglas High School and Thunder Mountain High School. The team included team captain Andrew Gregovich, Sarah Donohoe, Seth Brickey, Sam Kurland, Martina Miller and longtime Tsunami Bowl coach Ben Carney. Brickey was voted most valuable player on the team. The winning team from Juneau, called "Hot Tropic," won a free trip to compete against other regional teams in the NOSB finals in Florida in April.