



# Nighthawk News

Vol. 2 Issue 2  
December 2023

## Ironwood Ridge High School

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### GOVERNING BOARD MEMBERS

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## Message From the Principal: Dr. Oranté Jenkins



Teenagers, like adults, may experience stress every day and can benefit from learning stress management skills. Most teens experience stress when they perceive a situation as dangerous, difficult, or painful and they do not have the resources to cope. Some sources of stress for teens include school demands and frustrations, negative thoughts or feelings about themselves, problems with friends and/or peers at school, separation or divorce of parents, chronic illness or severe problems in the family, taking on too many activities or having too high expectations. Some teens become overloaded with stress. When this happens, it can lead to anxiety, withdrawal, aggression, physical illness, or poor coping skills such as drug and/or alcohol use.

### Parents can help their teen in following ways:

- Monitor if stress is affecting their teen's health, behavior, thoughts, or feelings
- Listen carefully to teens and watch for overloading
- Learn and model stress management skills
- Support involvement in sports and other pro-social activities

### Teens can decrease stress with the following behaviors and techniques:

- Exercise and eat regularly.
- Get enough sleep and have a good sleep routine.
- Avoid excess caffeine which can increase feelings of anxiety and agitation.
- Learn relaxation exercises (abdominal breathing and muscle relaxation techniques).
- Develop assertiveness training skills.
- Rehearse and practice situations which cause stress.
- Learn practical coping skills. For example, break a large task into smaller, more attainable tasks.
- Decrease negative self-talk: challenge negative thoughts - with alternative, neutral, or positive thoughts.
- Learn to feel good about doing a competent or "good enough" job rather than demanding perfection from yourself and others.
- Take a break from stressful situations. Activities like listening to music, talking to a friend, drawing, writing, or spending time with a pet can reduce stress.

By using these and other techniques, teenagers can begin to manage stress. If a teen talks about or shows signs of being overly stressed, a consultation with a child and adolescent psychiatrist or other qualified mental health professional may be helpful.  
-American Academy of Child and Adolescent Psychiatry



## OFFICE HOLIDAY HOURS

### Office HOLIDAY HOURS

DEC 25TH	CLOSED
DEC 26TH	CLOSED
DEC 27TH	CLOSED
DEC 28TH	CLOSED
DEC 29TH	CLOSED
JAN 1ST	CLOSED
JAN 2ND	CLOSED
JAN 3RD	10AM - 2PM
JAN 4TH	10AM - 2PM
JAN 5TH	10AM - 2PM



## SEMESTER ONE REPORT CARDS

Report cards, which will include GPA, will be published to the parent portal and student portal the week of January 8<sup>th</sup>. You can locate the semester report card in the “Documents” tab along the left margin of the screen in the portals.



## AFTER SCHOOL TUTORING



**WHEN:** Mondays, Wednesdays, Fridays  
**TIME:** 4:30—6:00 PM  
**WHERE:** Library

*There is a bus available to students attending tutoring that arrives at the school at 6:00 pm following tutoring. The bus drops students at the stop closest to their home.*

## UPCOMING EVENTS

### January 2024

- ♦ January 19: Teen Maze Day
- ♦ January 30: CPR Exposure for Seniors during English 12 classes

### February 2024

- ♦ February 2: Pep Assembly for Winter Formal
- ♦ February 2: 21<sup>st</sup> Annual Oro Valley Cup Golf Tournament
- ♦ February 3: Winter Formal
- ♦ February 7: ASVAB Testing for Interested Students (See Mrs. Rios)
- ♦ February 20: Academic Honors Evening 6:00 pm

### March 2024

- ♦ March 5: Blood Drive
- ♦ March 15: End of Quarter 3



## FROM THE COUNSELING DEPARTMENT



The IRHS Counseling Office now has online appointment scheduling available through Calendly! This will hopefully cut down on the amount of times students unsuccessfully attempt to see their counselor and are told they are unavailable as well as allow counselors to be more intentional with their time while working around student and parent appointments.

Students and/or parents can schedule an appointment with their counselor by using the links below:

- |   |   |
|---|---|
| Ms. Harris (Student last names A-F):      | <a href="https://calendly.com/irhsharris">calendly.com/irhsharris</a>   |
| Mr. Cypert (Student last names G-L, U-Z): | <a href="https://calendly.com/irhscypert">calendly.com/irhscypert</a>   |
| Mrs. Miranda (Student last names M-T):    | <a href="https://calendly.com/irhsmiranda">calendly.com/irhsmiranda</a> |

Starting with the spring semester, all students/parents are encouraged to schedule an appointment if they need to see their counselor. Beginning with the 2024-25 school year, all students will need an appointment to visit the Counseling Office during the school day (except for emergencies).

## FACILITIES AND UPGRADES

- ♦ We are excited about our weatherization on campus to reflect out campus colors. The front of our campus truly reflect the change coming our way.
- ♦ Over the holiday break we are getting our preschool playground put in which our preschool students are very excited for.
- ♦ District staff have also been hard at work getting our baseball and softball fields ready to go for the season with amazing green grass.





**THANK YOU FOR YOUR SUPPORT!**

## 2024 PROJECT GRAD

The 2024 Project Graduation senior celebration is scheduled for May 15, 2024 following the graduation ceremony. IRHS Project Grad has been a highly anticipated event for seniors since 2004, providing an all night graduation celebration in a safe, alcohol and drug-free setting. This year's theme will be announced in the near future. Tickets are on sale online at [irhsprojectgraduation.com](https://irhsprojectgraduation.com). The price is \$90. Project Graduation only happens through the year-round efforts of volunteers. We encourage all parents, especially those of underclassmen, to consider volunteering or contributing in any way they can to keep this event going for years to come. For more information on meetings and how to become involved, please visit our website at: [irhsprojectgraduation.com](https://irhsprojectgraduation.com).

**PROJECT GRAD PRESENTS**



**SAVE THE DATE: FRIDAY,  
FEBRUARY 2, 2024**

**JOIN US FOR THIS MAJOR  
FUNDRAISER BENEFITTING  
AMPHI, CDD,  
AND IRHS  
PROJECT GRAD EVENTS**

**BUSINESS & PERSONAL  
SPONSORSHIPS  
AVAILABLE -  
EMAIL: [DNEWELL@OVCUP.ORG](mailto:DNEWELL@OVCUP.ORG)**



*Thank*  
**YOU**  
FOR YOUR SUPPORT



**DECEMBER 25th to  
JANUARY 5th**



# Nighthawk Nation PTO

**Make an impact with us!**

The Nighthawk Nation PTO's primary focus is to support Ironwood Ridge teachers and students to make IRHS classrooms thrive.

Please consider volunteering your time, we can't do it without you!

Email us at [nighthawknationpto@gmail.com](mailto:nighthawknationpto@gmail.com)

## Corporate Sponsorship

Do you own a local business or do you know someone who does? We are looking for corporate sponsors for the 2023-24 school year. Donations are tax deductible and you will receive sponsorship benefits based on your donation amount. For more details reach out to the PTO at [nighthawknationpto@gmail.com](mailto:nighthawknationpto@gmail.com).



## Nighthawk Give

We know families are incredibly busy. To make giving easier, you can donate directly to the PTO through Venmo or Paypal. Your monetary gift will be used to fund events, supply teachers with much needed items and for campus improvements.

### Direct Giving:



**venmo**



Email: [nighthawknationpto@gmail.com](mailto:nighthawknationpto@gmail.com)

Facebook: <https://www.facebook.com/nighthawknationpto>

Instagram: <https://www.instagram.com/nighthawknationpto/>