



Nighthawk News

Vol. 3 Issue 3
March 2025

Message From the Principal: Dr. Oranté Jenkins

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OVERCOMING ADVERSITY

Overcoming adversity is important because it helps build resilience, personal growth, and strength. When we face challenges, we're forced to tap into our inner resources and creativity to find solutions. Here are a few key reasons why overcoming adversity is crucial:

- **Personal Growth:** Adversity often pushes us beyond our comfort zones, leading to self-discovery and a deeper understanding of who we are. It forces us to adapt and evolve, making us stronger individuals in the process.
- **Resilience:** Each time we overcome a challenge, we build mental and emotional toughness. This resilience helps us better handle future setbacks and equips us to deal with life's inevitable difficulties more effectively.
- **Increased Confidence:** Conquering tough situations boosts self-esteem and confidence. It reminds us of our ability to persevere and achieve, which can inspire us to tackle other obstacles in the future.
- **Better Problem-Solving Skills:** Adversity often requires creative thinking and resourcefulness. Overcoming challenges can improve your problem-solving skills and teach you how to approach situations from different angles.
- **Appreciation of Success:** Struggling through tough times makes moments of success, no matter how small, feel much more rewarding. It enhances our appreciation for both the journey and the destination.
- **Inspiration to Others:** When we share our experiences of overcoming adversity, we often inspire others who might be facing similar struggles. It can create a sense of community and support.

Ultimately, overcoming adversity isn't just about "getting through" tough times—it's about growing stronger and more capable in the face of life's challenges.

PROUD TO BE AN **A** SCHOOL!



PASTRIES WITH THE PRINCIPAL



Amphitheater Public Schools' Promise of a Graduate is a visionary expression of the qualities and skills the district seeks to develop in all students who earn a diploma from the Amphitheater school district.

The Promise of a Graduate contains eight areas that are important to ensure that students complete their school experience, are ready for college and their careers, and are prepared to contribute to the world around them. They are: Scholarship, Communication, Critical Thinking, Creative Thinking, Problem-Solving, Collaboration, Citizenship, and Caring.

The Amphitheater School District community came together to create this vision for our students' futures. Each quarter, teachers meet as a department to nominate students based on their representation of one or more of the eight characteristics identified above. During our quarterly celebration, these students and their parents are invited to join Principal Jenkins for a breakfast of pastries as we honor our Nighthawks.



SPRING TESTING

Quarter 4 brings us to our big testing time for the year with our State Achievement testing for 9th and 11th grade students, followed by our last ASVAB for the year, CTE Technical Skills assessment, our final MAP testing window, AP testing, and then final exams. Please make sure to talk with your students about their upcoming relevant exams. Be sure that students get a good dinner and proper rest the night before testing, as well as a good breakfast and arriving on time or even early the day of their test. It's always a good idea to have snacks, a light sweater, water, and any other relevant testing items during testing (calculator, scratch paper, writing utensils, etc.). Please reach out to your designated counselors with any questions or guidance on testing.

ACT Test (11th Grade)

Tuesday, March 25 Digital This Year- Labs & Classrooms
[Free Resources Here](#)

AZ Sci (11th Grade)

60 - 90 minutes (Block Schedule) Thurs. 4/3 & Fri. 4/4

ACT Aspire (9th Grade)

Math = 75 mins (Block Schedule)	Mon. 3/31 & Tues. 4/1
Reading = 65 mins (Block Schedule)	Mon. 3/31 & Tues. 4/1
Science = 60 mins (Block Schedule)	Thurs. 4/3 & Fri. 4/4
English = 45 mins (Block Schedule)	Thurs. 4/3 & Fri. 4/4
Writing = 40 mins (Regular Schedule)	Mon. 4/7

ASVAB #3 (10th Grade+)

Wednesday, April 23 Sophomores with last names: P – Z and other interested students
[Free ASVAB Preparation Info.](#)

CTE Tech Skills Assessment MAP (9th & 10th Grade)

April 21-25th Labs, Pull out 2-year CTE program completers
 April 21th – May 16th in Math and English classes



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SPRING BREAK 2025

ENJOY
Spring Break
OFFICE CLOSED
MARCH 17-21



NIGHTHAWK NATION PTO

We need you!



A note from our board:

We are so thankful for the love and support we have received this year, but we would love to have you come join us next year! We could use some extra helping hands to show our Nighthawk Nation some love. This year, because of you we have been able to host several staff events, help cover breakfast for Pastries with the Principal, help participate at Future Nighthawk Night, connect with you at the Open House and much much more. 😊

Will you join us?

Your PTO Board

Upcoming events:

- 3/12 - Wacky Wednesday Appreciation
- 3/24 - PTO Parent Meeting at 6:30
- 4/16 - Wacky Wednesday Appreciation
- May 5-10 Staff Appreciation Week

Ways to help

PTO STORE	We have more than clothes!
AMAZON	We have a wishlist!
AMERICAN FURNITURE WAREHOUSE	Use our code and we get money back - IRHSAZ
FRY'S	Link your card to us! VC306 is our organization
GRADUATION	Buy a ticket to our raffle or buy concessions from us!

Stay in touch :

Follow us on Instagram, Facebook AND Parent Square



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Want to just donate?



COUNSELING NEWS

Course Selection Update

The window for student submission of course requests is now closed. The Counseling Department is currently processing all of the requests that were received to prepare for creating student schedules for next school year. Students who did not enter their requests during the student submission window should follow up with their counselor to ensure they have a voice in choosing their classes for next year. Students will not receive their schedule until Walk-Thru Registration in July.

Heartfelt Thanks to our Amazing Nighthawk PTO Leaders!

Our IRHS Counseling Department is thrilled to announce that our PTO has granted funding to implement a Zen Den for all students. The Zen Den will be a safe place where students can utilize a room to themselves when they need to regulate emotions, recharge, unwind, or relax from their academic environment. This room will be designed to reduce stress and encourage a sense of peace and well-being through the use of aromatherapy, sensory devices, and mindfulness activities and items. Thank you, Nighthawk Nation PTO!

Self-Care

Self-care is essential in students' physical, academic, emotional, and social well-being and increasingly relevant as we enter testing season and the push to final exams after Spring Break. As students navigate high school and understand the negative effects that stress causes their mind and body, it is essential to know the value of helping students learn healthy coping skills. Whether it is getting 8-10 hours of sleep, setting boundaries, regular exercise, eating healthy, or going on a nature walk, self-care is necessary for our student's academic success and emotional well-being.

MYTHS ABOUT SELF-CARE

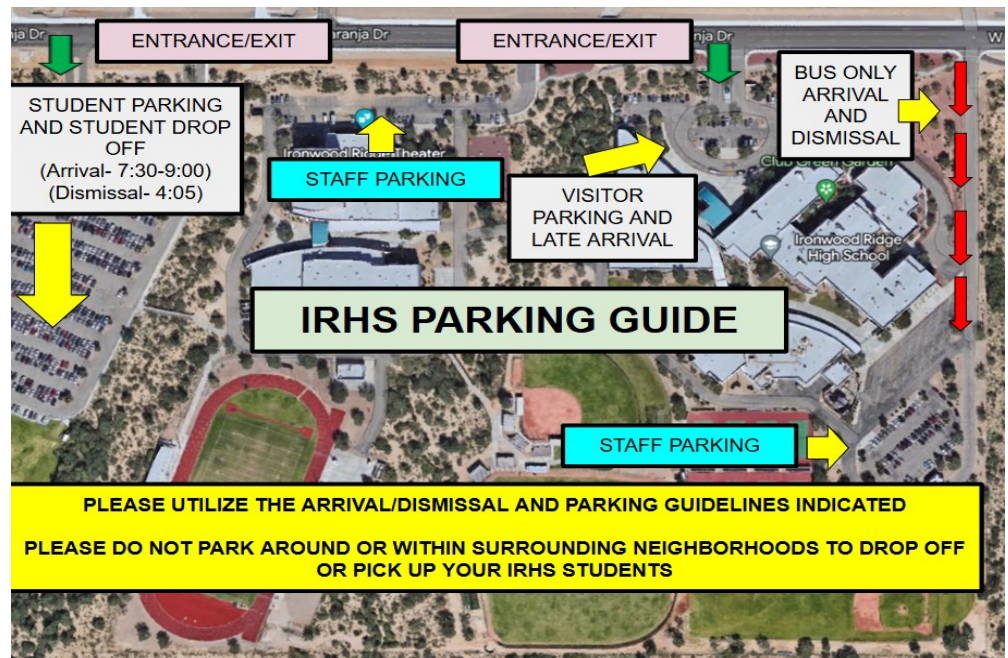
-  Self-care is an indulgence
-  Meaningful self-care includes making mindful changes in patterns of thoughts and behaviours that do not contribute to your wellbeing.
-  Self-care is selfish
-  When you make time for yourself and get sufficient rest & exercise, you feel more energetic and will be able to do more - for yourself as well as for those around you.
-  Self-care is a one-time experience
-  Looking after yourself is an ongoing practice in building resilience to face hardships and in preventing burnout.
-  Self-care is time consuming
-  Self-care does not require you to take out a huge chunk of time from your busy day.

www.mymindsoasis.com

PARKING GUIDE



Thank you for your continued support and cooperation with ensuring our parking lot is a safe and orderly place. The map/information to the right is a reminder of our procedures here at IRHS. Please continue to reach out if you observe any issues, or have any questions at all.



CLUB NEWS

SCIENCE OLYMPIAD:

The IRHS Science Olympiad Team participated in the Southern Arizona Regional Competition on Saturday, March 1st, 2025, at Safford K-8 school. As a result of their performance, we have been invited to participate in the Arizona State Science Olympiad Competition on Saturday, April 5th, 2025. **The following students placed in their competitions:**

- Amel Benhamouda, 2nd place, Optics
- Yliana Cota & Trinity Adams, 2nd place, Disease Detectives
- Taehee Kim, 3rd place, Towers
- Harper Tuffly & Emily Seng, 3rd place, Write-It, Do-It
- Harper Tuffly & Adestra Natale, 3rd place, Anatomy
- Amel Benhamouda & Yliana Cota, 5th place, Codebusters
- Grace Chen, Emily Seng, & Yliana Cota, 5th place, Experimental Design
- Grace Chen, 7th place, Ecology
- Grace Chen, 7th place, Fossils
- Grace Chen, 9th place, Entomology
- Trinity Adams & Erika Lu, 10th place, Chem Lab
- Kamdem Kusaj & Grace Chen, 10th place, Astronomy
- Melvina Ranjitkar, 10th place, Geologic Mapping
- Melvina Ranjitkar & Amel Benhamouda, 10th place, Dynamic Planet



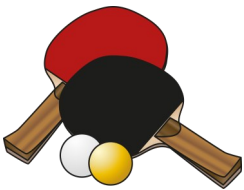
AMERICAN SIGN LANGUAGE:

For ASL Club: Students interested in joining ASL Club should see Mr. Montes (A213) to get a stamp. We meet during advisory and would love to see new members.



TABLE TENNIS:

Students interested in joining the Table Tennis Club should see Mr. Montes or Kian Green for more information. We meet every Friday after school from 4:05pm-5pm in A256.



FROM THE ATHLETIC OFFICE

Congratulations to all of our Winter Season sports programs as they recently wrapped up their season. We had multiple programs finish their seasons making the AIA State Playoffs with many student-athletes being awarded Region Recognitions. We are proud of all of our Nighthawk Athletic programs and student-athletes! Spring Season officially begun on February 10. All schedules can be found online on our website, under Athletics or on AZPreps365. We hope to see everyone at our home events and as a reminder, we do charge entry to the following events: boys volleyball, varsity softball, and varsity baseball. **GO NIGHTHAWKS**

Thank you,
David Garwacki, *Assistant Principal/Athletic Director*