



Nighthawk News

Vol. 1 Issue 4
March 2023

Ironwood Ridge High School

2475 W. Naranja Dr.
Oro Valley, Arizona 85742

Dr. Oranté Jenkins
Principal
ojenkins@amphi.com

Terri Amonson
Asst. Principal
Curriculum and
Instruction
tamonson@amphi.com

Mark Pincus
Asst. Principal
Facilities and
Operations
mpincus@amphi.com

Kristie Stevens
Asst. Principal
Athletics and
Activities
kstevens@amphi.com



701 W. Wetmore Road
Tucson, AZ 85705
(520) 696-5000
www.amphi.com

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Message From the Principal: Dr. Oranté Jenkins



One topic that frequently comes up when talking to parents is social media and the impact it has on their child. As you may have guessed, many of the student issues that occur in the High School are in some way connected to social media. This seems logical given that such a large percentage of our students are on social media. The issues that used to take place in the cafeteria or locker room are now taking place on Snapchat or Instagram. Social media has compounded many of these issues because once something is posted, it has the potential to be repeated and reshared forever.

Social media can also have other negative effects on children including anxiety and depression. It can also negatively impact your child's sleep and self-image. The use of social media can increase the likelihood that your child will be exposed to cyberbullying, which can also negatively impact his/her mental health. What can parents do to prevent the negative impact of social media? The following tips were offered in an article ("6 Tips for Parents of Teens Using Social Media") published in the Huffington Post:

- **Control of device use:** Restricting use is the first and most obvious step in protecting teens from the negatives associated with social networking. Additionally, using protection software on the devices used by teens and children offers a safe way to control without restricting their presence on the Internet and social media.
- **Control of Privacy:** It is important to ensure that the child's privacy settings are always private in order to prevent unsavory characters from entering his/her digital domain.
- **Monitoring of contacts:** The line between monitoring and hovering is fine, and every parent must devise her own limits to controlling the number and type of contacts the child has on his/her social networking accounts. It is not unreasonable to set rules that they can only allow people that they know (and the parents know of) into their contact list.
- **Knowledge is power:** It is important for parents to know all about the benefits and pitfalls of social networking sites before allowing their child to access it.
- **Censorship:** The boundary between censorship and restriction is fine. It is a good idea to not allow the teen/child to post photos of themselves online for obvious reasons.
- **Disabling location/geo-tagging of posts and photos:** In the event that a child posts photos online, even in a private social networking site, it is best to turn the geo-specific information off.

While these tips are helpful, it is equally important for you to have open and honest conversations with your child regarding social media. You should encourage your child to utilize social media as a tool for good. Remind your child that he/she can always come to you or another trusted adult if he/she ever needs help navigating the issues that can arise on social media. It is critically important that your child create a positive image on social media for future colleges and/or employers. Remind your child to think about the possible impact before posting anything on social media. If you would like to learn more about supporting your child on social media, please visit Common Sense Media's website at www.commonsensemedia.org.



WE RISE

Today we celebrate you for your commitment to our Nighthawks, their families and our community.

03.10.2023

Thank you

Ms. Keating
IRHS SOCIAL
WORKER

National School Social Work Day



The theme for National School Social Work Week 2023 is "We Rise." School Social Workers rise up - supporting their students, families, and school communities. School Social Workers rise to share hope. They rise to listen and understand. They rise to challenge inequities. They rise to support all students.

HELP US PREPARE OUR YOUTH

Calling Nighthawk Parent Professionals! Students in Honors Seminar will be participating in a pre-professional interview activity from the end of April through the first week of May. We need community professionals from a variety of fields to interview our students,



so they can experience a 'real world' interview scenario. Interview questions and procedures will be provided, and interviews will take place before or after school. Email Sally Miller if you can help us prepare our students for a successful future.

EMAIL: smiller1@amphi.com.

Thank you so much!

SPRING BREAK OFFICE HOURS

As a reminder, spring break is March 13 to March 17, 2023. Please note our front office will be closed for spring break. Should you need assistance, please contact the front office on Friday, March 10th. IRHS will resume regular office hours on Monday, March 20th. Have a restful break!



NIGHTHAWK PTO: BECOME A HAWK EYE



We are seeking parent and community volunteers to engage in school-sponsored activities on a volunteer basis as needed. Activities may include but are not limited to classroom volunteers, parking lot duty, campus monitors, and events. In doing so, Hawk Eyes hopes to build positive relationships among the community, students, parents, faculty, and staff.

<https://www.signupgenius.com/go/10C0E4BACAD2FA2FFC52-hawk>

OPPORTUNITY	WHAT IS IT?	TIME COMMITMENT
Classroom	Volunteer in the classroom.	As little or much as you can.
Subject Matter Expert	Speak in a classroom	Once a year.
Parking lot duty	Monitor comings and goings of students and deter vandalism and theft.	Once a week to as often as you can.
Hall Monitor	Hallway and campus monitor.	Once a week to as often as you can.
Special Events		
From assisting with registration to decorating, we have small events throughout the year where many hands would make light work! We would love to have people sign up to assist and we can email you when these opportunities pop up. It's a very small-time commitment that has a big impact!		

PROJECT GRAD 2023

Attention Parents and Caregivers for the Class of 2023 Seniors! Project Grad tickets are on sale online by clicking the following link:



We encourage early ticket purchases to save time at the event. Release forms will be filled out at the time of ticket sales online. Tickets are \$90. The Project Graduation Committee would like all seniors to attend and enjoy the event. We have scholarships available for anyone who has a financial need- please contact your school counselor for more information.



NIGHTHAWK NATION PTO



Nighthawk Nation PTO

Make an impact with us!

PTO Officers:

President: Valerie Campo dall'Orto

VP of Communications: Michelle Petty

VP of Ways & Means: Shenalyn Metzger

Treasurer: Lacy Gutierrez

Email:

nighthawknationpto@gmail.com

Facebook:

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

Instagram:

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

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

Nighthawk Nation
PTO
@IRHSNPO

Nighthawk Parent
Organization
@IRHSNPO



venmo



Corporate Sponsorship

Do you own a local business or do you know someone who does?

We are looking for corporate sponsors for the 2022-23 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



Restaurant Night Fundraisers

Sounds like a win-win to us!

Grab some tasty treats and a portion of the proceeds will go back to the Nighthawk Nation PTO!

Z-Pizza - February 15

Jeremiah's Italian Ice - March 21

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

SOCIAL MEDIA

Visit us on social media to keep apprised of important Nighthawk information!



OV CUP SUCCESS—THANK YOU!

The OV Cup Golf Tournament to support Project Graduation for Amphi High, Ironwood Ridge, and CDO High School was a great success. Students from each of Amphi's three high schools played in the tournament as well as dozens of generous donors and supporters raising money for the Project Grad events for all three high schools. We are so grateful for the generosity of these donors and so proud of our Panthers, Nighthawks and Dorados for playing and participating in this great event!



PORTRAIT OF A GRADUATE—PROBLEM-SOLVING



Amphitheater Public Schools students practice problem-solving by:

- Recognizing and thinking through problems strategically and logically.
- Persisting in developing relevant and concrete solutions.
- Evaluating the effectiveness of solutions and adapting and revising as appropriate.
- Knowing and using problem-solving processes.
- Applying problem-solving processes to real-world problems in a variety of contexts.