

PLEASANT HILL WOLVES WEEKLY UPDATE FOR JANUARY 20-24, 2025

Supporting our children during the TikTok ban-Those of you with children who use social media have probably heard that the TikTok ban is now official. Our children who use it may have a hard time letting it go. An article in [Newsweek](#) states that “children who have integrated TikTok into their daily routines may experience withdrawal-like symptoms when access is removed.” For some, it may be hard to have sympathy for a teen grieving the loss of an app. This may seem like a “[first world problem](#).” Nevertheless, experts say it is important to recognize their feelings. An article on [Parents.com](#) advises to

“acknowledge that your kid will be losing something that was a big part of their life. It’s ok for them to feel disappointed, angry, or frustrated. TikTok might not have always been a positive experience, but kids need time to readjust to a new normal.”

Athletic Updates-Pleasant Hill and Western school districts have formed a sports co-op committee that will meet for the first time this week. The committee is made up of the following from each District: two board members, the Athletic Director, and the Superintendent. Currently Pleasant Hill and Western have sports cooperatives in place for 4th-12th grades Football, 9th-12th Girls Basketball, and 9th-12th Baseball. The committee will discuss the continuation of the current cooperatives and the possibility of new partnerships in cross country and golf among other things.

Calhoun Unit #40 invited Pleasant Hill to consider joining a trap shooting cooperative through the Golden Eagle Gun Club. An interest meeting took place this past week, and administrations will discuss the feasibility in the coming weeks.

Our winter basketball teams have been quite successful this season. The PHW High School Girls Basketball team took 3rd place in the Lady Spartan Classic this past week, the PH High School Boys Basketball team placed 2nd in the Greenview Tournament over Christmas Break, and the 8th Grade Boys Basketball team won the Consolation Championship at the North Greene Tournament before Christmas Break. Congratulations to all our athletes on their continued success!

DATES TO REMEMBER

- Mon., Jan. 20th – No School; Martin Luther King, Jr. Birthday
- Tues., Jan. 28th – FAFSA Night @ HS Library, 7 pm
- Wed., Feb. 12th – 1:30 Dismissal; School Improvement Day
- Wed., Feb. 12th – Regular Monthly Board Meeting
- Thurs., Feb. 13th – Family Night @ Elementary 5-7 pm
- Mon., Feb. 17th – No School; Presidents Day
- Wed., Feb. 19th – 1:30 Dismissal; School Improvement Day

No School Monday

Tuesday is an A Day

Lunch Menu for this Week:

20	21	22	23	24
	<p>Breakfast: oatmeal bar, fruit, juice & milk</p> <p>Lunch: chicken nuggets, carrots, fruit & milk</p>	<p>Breakfast: cinnamon roll, fruit, juice & milk</p> <p>Lunch: sloppy joe's w/ bun, green beans, fruit & milk</p>	<p>Breakfast: pancakes, fruit, juice & milk</p> <p>Lunch: pizza, salad, fruit & milk</p>	<p>Breakfast: oatmeal, fruit, juice & milk</p> <p>Lunch: hot dog w/ bun, baked beans, fruit & milk</p>