



December/January 2017

Illinois Valley High School
Tanner Smith, Principal

Cougar News

“Our Mission is to provide a safe and stimulating learning community for all students.”

“Our Vision is to empower individuals to reach their greatest potential as productive citizens and lifelong learners.”

Dates To Remember:

- 12/7/17 - Band & Choir Concert
- 12/9/17 - ACT Testing
- 12/13/17 - School Board Mtg.
- 12/18/17 - 1/1/18 WINTER BREAK
- 1/2/17 - Classes Resume
- 1/10/17 - School Board Mtg.
- 1/15/17 - MLK Day - No classes
- 1/20/18 - JCF Vision Clinic

Hello Cougar Nation,

As we enter into the months of December and January I would like to tell you how proud I am of our students, staff, and community. We have made some tremendous strides in improving passing rates among grade levels and our staff has continued to work collaboratively to improve instruction as well as relationships with students. Our community has stepped up to support us by improving the number of people who have shown up for our Open House, Field Night during Homecoming and other events hosted at the High School. Thank You for all of your efforts. These things among others make Illinois Valley High School a great place.

Get to School!!!! Attendance is always a huge point that I will make because it has direct correlation to success in our building. Those students that are here over 95% of the time are having great success. Those that are missing too many days are really struggling to catch up.

Get involved. Talk with your student about how school is going, come into the school and sign up to volunteer, or set up a meeting with our Student Advocate or Graduation Coach if you think your child is struggling. We welcome anyone in our school and we will jump at the opportunity to assist you and your child in having success.

Winter Sports season has started and we have our Speech and Debate, Girls/Boys Basketball, Wrestling and Cheer teams going strong. Please come out and support our students as they participate in these extra curricular activities.

To finish, I want you to know that I am honored to be the Principal at Illinois Valley High School. I take great pride in our school and our community. The students and staff are very important to me and I will do anything in my power to help them have success. Please if you have any thoughts, suggestions, or ideas feel free to share with me via email, phone call, or just come on by and have a chat in my office. Thank You!

Thank You and Go Cougars!!!

Tanner Smith
Principal
Illinois Valley High School



CHRISTMAS TREATS

P	D	T	M	F	M	S	S	A	H	P	H	L	K	N
Q	A	A	U	F	I	U	M	Z	H	Q	F	Y	M	Q
G	E	E	E	A	N	O	U	C	O	O	K	I	E	S
S	R	S	K	O	C	I	L	C	L	O	V	E	S	L
E	B	O	A	M	E	T	P	E	G	D	U	F	E	E
G	R	O	C	S	M	P	R	E	H	E	P	L	I	O
N	E	G	T	M	E	M	A	N	H	A	U	A	R	N
A	G	U	I	M	A	U	G	A	G	M	M	T	R	E
R	N	J	U	O	T	R	U	C	R	I	P	B	E	D
O	I	F	R	I	B	C	S	Y	A	Y	K	R	B	E
N	G	T	F	B	B	S	P	D	V	E	I	E	N	H
G	O	N	G	G	E	W	R	N	Y	K	N	A	A	C
G	N	I	F	F	U	T	S	A	G	R	P	D	R	U
E	T	A	L	O	C	O	H	C	B	U	I	G	C	B
X	X	S	E	O	T	A	T	O	P	T	E	E	W	S

BUCHÉ DE NOËL
CANDY CANE
CHOCOLATE
CLOVES
COOKIES
CRANBERRIES
EGGNOG
FLAT BREAD

FRUITCAKE
FUDGE
GINGERBREAD
GOOSE
GRAVY
HAM
MINCEMEAT
NUTS

ORANGES
PUMPKIN PIE
SCRUMPTIOUS
STUFFING
SUGARPLUMS
SWEET POTATOES
TURKEY



© puzzlet-to-print.com

ATTENDANCE ...

If your student missed all or part of a school day, please call the school by the next morning to clear your student's absences. Dial 541-592-2116 and ask for the attendance office. You can also email Mrs. White to excuse or verify an absence or tardy at:

shelly.white@threerivers.k12.or.us

It is very important for you and your student to have these cleared. Students receive disciplinary referrals for un-cleared absences.

IVHS is a CLOSED CAMPUS ...

Students are not free to leave at breaks or lunch. If you want your student released for lunch, you will need to **physically come in to the office and sign your student out.**

ANY FOOD AND DRINK ...

brought to the office for a student will be delivered at break, lunch, or afternoon break.

We will not interrupt classes for these deliveries.

CELL PHONES...

can be used before and after school, during lunch, and at breaks. Exceptions are, if it is allowed by a teacher. **Please call the office if you need to speak with your student.** Please do not call or text them during their classes.



Cougar News Bites

FROM THE BOOKKEEPER ...

- ⇒ We are now able to accept payments from a debit or credit card.
- ⇒ ASB validation is a great value. Only \$10.00 gets your student's ID card validated, which allows them free entrance to all regular season home games.
- ⇒ Yearbooks are currently priced at \$45.00, which, for a limited time, includes 'Free Personalization.' Purchase yours soon before the price increases.

PARENTVUE AND STUDENTVUE

ParentVUE and StudentVUE are websites that offer secure, private access to school and student information, including assignments, grades, attendance, school calendar, and teacher contact details.

In ParentVUE, you can see the information for all of your students whether or not they attend IVHS, LBMS, or at Evergreen Elementary.

To create an account, navigate to:

www.threerivers.k12.or.us/parentportal

Please call the school first for your activation key.



CELEBRATING Student Success
Principal's Students of the Month
NOVEMBER

- * *Colby Garman*
- * *Vivian Rowly*
- * *Brennan Connery*
- * *Alexis Clark*

Community

'Shout-Out'

IVHS Cougar Nation
would like to thank

~ CJ COFFEE ~
for serving awesome
food during our
Fall Conferences

for their continued
support of
Illinois Valley High School

21st Century Grant
After School Enrichment Programs

The following classes have been provided by a grant through the 21st Century Learning Center. Classes are open to IVHS, LBMS, Home School, and registered GED students grade level 9 - 12. Parents and relatives of any eligible students are welcome.

~ ~ Classes run from 3:30 pm to 5:30 pm ~ ~
~ ~ Monday thru Thursday ~ ~

A meal is provided for all after school class attendees.

MONDAYS

- ◇ **3D ART**
- ◇ **Advanced Cooking**
- ◇ **Board Games**
- ◇ **HHH (Gray)**

TUESDAYS

- ◇ **Pep Band**
- ◇ **HHH (Wright)**

WEDNESDAYS

- ◇ **Beginners Cooking**
- ◇ **Art**
- ◇ **3D Printing**
- ◇ **HHH (Glinski)**

THURSDAYS

- ◇ **SMILE Club**
- ◇ **Pep Band**
- ◇ **HHH (Wright)**

~ ~ Before School Homework Help ~ ~
And Weight Room
Monday - Thursday
Room 5 & Weight Room
7:00 - 7:30 AM

All classes are held at Illinois Valley High School
625 E. River St., Cave Junction, OR 97523
For more information, call 541.592.2116 or email
sara.creek@threerivers.k12.or.us
or
sara.parker@threerivers.k12.or.us



Illinois Valley High School
 Bruce Reece, Athletic Director
 Heather Merrill, Athletic Secretary

"The way you do anything is the way you do everything."

Athletic News:

News from the Athletic Department



We are starting the winter season. This year we have the largest wrestling team we have had in the last three years. We have ten wrestlers who will take the mat once certified and healed up. We have an interim head coach this year. Long standing head coach Jay Miller has switched his role to lead assistant passing the torch to Zach Pagnotta. Zach has been an assist to Coach Miller for 3 years. Zach brings a wealth of knowledge and experience. Returning wrestlers Chase Nelson and a 5th in state Dillon St Onge will lead this year's team.



We also have a new head coach in Girls Basketball. Jonathan Valenzuela-Reece is in his first year as a head coach. The girls pulled out a win against Hidden Valley on November 29th. Recording Coach Valenzuela-Reece's first win. His is also an assistant in football and baseball here at IVHS. With leadership of Aarika Brooks and senior Courtney Scott this young team is fun to watch.



Our Boys Basketball team is headed up by Coach Knight. He is in his 4 year as our head coach. The boys pulled off an overtime win against Hidden Valley on November 29th. They are lead by Caleb Hess and have many returning players, Cody Box, Bryce Brunner and Tyi Brummett, Andrew Bell, Huver Rodriguez, and Isaiah McLanahan.

We also have a new coach in our Speech and Debate team, Matthew Eldridge. He has a great background and is working extremely hard. We 2 members and are lead by Owen Dwyer. We will host our very first meet on January 21, 2018.



Our equestrian team is working toward their first meet in December. We have 3 members on our team.

Bruce Reece
 Athletic Director
 IVHS



****Please note that game dates, times, and locations are subject to change, check the school website calendar for updated athletic schedules****



"The way you do anything is the way you do everything."

Illinois Valley High School
Bruce Reece, Athletic Director
Heather Merrill, Athletic Secretary

Athletes: All athletic sport sign-ups are online this year!! Go to: <https://illinoisvalley-ar.rschoolday.com>

Make sure any fines and fees are paid.

Activity	Date	Time	Location
Wrestling: Varsity	12/01/2017	9:00am	Phoenix High School
Basketball: Boys JV, Girls & Boys Varsity	12/01/2017	6:30pm	LaPine High School
Basketball: Boys JV, Girls & Boys Varsity	12/02/2017	TBD	LaPine High School
Wrestling: Varsity	12/02/2017	7:00am	Del Norte High School
Basketball: Boys JV, Girls & Boys Varsity	12/05/2017	4:15pm	Phoenix High School
Wrestling: Boys Varsity	12/08/2017	11:30am	North Bend High School
Basketball: Boys JV, Girls & Boys Varsity	12/08/2017	4:30pm	Oakland High School
Wrestling: Varsity	12/09/2017	TBD	North Bend High School
Speech/Debate: Varsity	12/09/2017	8:00am	Crater High School
Basketball: Girls & Boys Varsity	12/09/2017	5:30pm	Milo Academy
Basketball: Boys JV & Varsity	12/12/2017	5:00pm	Illinois Valley High School
Basketball: Boys JV, Girls & Boys Varsity	12/14/2017	4:00pm	Myrtle Point High School
Wrestling: Varsity	12/15/2017	9:00am	Grants Pass High School
Basketball: Boys JV, Girls & Boys Varsity	12/15/2017	4:00pm	Illinois Valley High School
Wrestling: Varsity	12/16/2017	8:00am	Grants Pass High School
Basketball: Boys JV, Girls & Boys Varsity	12/19/2017	5:00pm	New Hope Christian High School
Wrestling: Varsity	12/19/2017	5:00pm	Illinois Valley High School
Basketball: Girls JV	12/20/2017	4:00pm	Illinois Valley High School
Basketball: Boys Varsity	12/21/2017	3:30pm	Butte Falls High School
Basketball: Boys Varsity	12/22/2017	5:00pm	Klamath Union High School
Basketball: Boys JV, Girls & Boys Varsity	12/29/2017	1:30pm	Illinois Valley High School
Wrestling: Varsity	12/30/2017	TBD	North Medford High School
Basketball: Girls & Boys Varsity	01/02/2018	6:00pm	Illinois Valley High School
Basketball: Boys JV, Girls & Boys Varsity	01/03/2018	4:00pm	Bandon High School
Youth Wrestling	01/04/2018	3:30pm-6:00pm	Illinois Valley High School
Basketball: Girls & Boys Varsity	01/05/2018	4:00pm	Illinois Valley High School
Wrestling: Varsity	01/06/2018	8:00am	Mazama High School
Basketball: Boys JV, Girls & Boys Varsity	01/09/2018	4:30pm	Rogue River High School
Basketball: Boys JV, Girls & Boys Varsity	01/10/2018	TBD	Illinois Valley High School
Basketball: Boys JV, Girls & Boys Varsity	01/12/2018	4:00pm	Illinois Valley High School
Wrestling: Varsity	01/13/2018	TBD	Rogue River High School
Basketball: Boys JV, Girls & Boys Varsity	01/16/2018	4:00pm	Cascade Christian High School
Wrestling: Varsity	01/16/2018	5:00pm	Illinois Valley High School
Speech/Debate: Varsity	01/19/2018	TBD	Lewis and Clark
Speech/Debate: Varsity	01/20/2018	TBD	Lewis and Clark
Wrestling: Varsity	01/20/2018	8:00am	Cascade Christian High School
Wrestling: Varsity	01/24/2018	4:00pm	North Valley High School
Basketball: Girls JV	01/25/2018	6:00pm	Grants Pass High School
Basketball: Boys JV, Girls & Boys Varsity	01/26/2018	4:00pm	Lakeview High School
Speech/Debate: Varsity	01/27/2018	TBD	Illinois Valley High School
Basketball: Boys JV, Girls & Boys Varsity	01/30/2018	4:00pm	Illinois Valley High School

"Eligibility for Practice or Games" Athletes *MUST* be in class for 1/2 of the academic day in order to practice or play.
Half a day equals 3.5 periods. This does not include lunch time or breaks.

**IF YOUR FAMILY LIVES IN ANY OF
THE FOLLOWING SITUATIONS:**

In a shelter



In a motel or campground



In a car, park, abandoned building, or bus, or train station



Doubled up with other people

Your school-age children may qualify for certain rights and protections under the McKinney-Vento Act.

Your eligible children have the right to:

- * Receive a free, appropriate public education.
- * Enroll in school immediately, even if lacking documents normally required.
- * Enroll in school and attend classes while the school gathers needed documents.
- * Enroll in the local school; or continue attending their school of origin (the school they attended when permanently housed or the school in which they were last enrolled), if that is their preference and is feasible. If the school district believes that the school you select is not in the best interest of your children, then the district must provide you with a written explanation of its position and inform you of your right to appeal its decision.
- * Receive transportation to and from the school of origin, if you request this.
- * Receive educational services comparable to those provided to other students, according to your children's needs.

If you believe your children may be eligible, contact the local liaison to find out what services and supports may be available. There also may be supports available for your preschool-age children.

**If you have any questions, please call
Heather Merrill or Sara Creek at IVHS
541.592.2116 for assistance.**

A Spanish version is available on request at the school office.

*If you need further assistance contact the
National Center For Homeless Education
1.800.308.2145 homeless@serve.org www..serve.org/nche*

MONDAY & WEDNESDAY BELL SCHEDULE

FIRST BELL	7:55
1ST	8:00 — 8:52
2ND	8:56 — 9:48
BREAK	9:48 — 9:58
3RD	10:02 — 10:54
4TH	10:58 — 11:50
LUNCH	11:50 — 12:20
5TH	12:24 — 1:16
6TH	1:20 — 2:12
BREAK	2:12 — 2:19
7TH	2:23 — 3:15

TUESDAY BELL SCHEDULE

FIRST BELL	7:55
1ST	8:00 — 8:47
2ND	8:51 — 9:38
ADVISORY	9:42 — 10:12
BREAK	10:12 — 10:22
3RD	10:26 — 11:13
4TH	11:17 — 12:04
LUNCH	12:04 — 12:34
5TH	12:38 — 1:25
6TH	1:29 — 2:16
BREAK	2:16 — 2:24
7TH	2:28 — 3:15

THURSDAY BELL SCHEDULE

FIRST BELL	7:55
1ST	8:00 - 8:44
2ND	8:48 - 9:32
INTERVENTION	9:37 - 10:25
BREAK	10:25 - 10:35
3RD	10:39 - 11:23
4TH	11:27 - 12:11
LUNCH	12:11 - 12:41
5TH	12:45 - 1:29
6TH	1:33 - 2:17
BREAK	2:17 - 2:27
7TH	2:31 - 3:15

FRIDAY BELL SCHEDULE

FIRST BELL	8:55
1ST	9:00 - 9:44
2ND	9:48 - 10:32
BREAK	10:32 - 10:40
3RD	10:44 - 11:28
4TH	11:32 - 12:16
LUNCH	12:16 - 12:46
5TH	12:50 - 1:34
6TH	1:38 - 2:22
BREAK	2:22 - 2:27
7TH	2:31 - 3:15

High School YEARS

Working Together for Lifelong Success

Short Clips

Winter work

Over winter break, your child may have assigned reading or projects that are due when school reopens. Encourage her to create a schedule for doing the work and to get started right away. That way, she won't feel rushed and will do a better job.

Mealtime manners

When your teen is invited to a friend's house for dinner, remind him to use good table manners. He should place the napkin in his lap and wait for others to be served before eating. If he doesn't like a particular food, he can refuse it by politely saying, "No, thank you."

Outdoor fun

Cold weather doesn't have to keep your high schooler from getting outside for fresh air and exercise. She might gather friends for a game of Frisbee or kickball. Or she could go running or biking. If it snows, suggest that she help younger siblings build a snowman.

Worth quoting

"Never give up, for that is just the place and time that the tide will turn." *Harriet Beecher Stowe*

Just for fun

Q: What animal never needs a haircut?

A: A bald eagle!



Time to talk

Fifteen minutes may not seem like much. But research shows spending that amount of time each day talking with your teen can keep your lines of communication open. Try these four ways to make the minutes count.

1. Chat with your teenager when he's relaxed and in a good mood.

Knock on his door before he goes to bed, or greet him when he comes home from an evening out with friends. Start a conversation about your night and his, rather than asking him a lot of questions.

2. Watch for cues that your teen wants to talk. If he has something on his mind—or just feels like talking—he may linger nearby while you cook or offer to go along to the grocery store with you. Encourage him to open up by casually asking how things are going.

3. Do an activity together. Your high schooler may feel more comfortable



discussing his life while you're taking a walk or driving to the mall. Be ready to listen extra closely if he mentions a serious topic like a new relationship or a friend who is in trouble.

4. Reconnect after interruptions. If you have to stop a conversation to take a younger child to soccer practice, for instance, let your teen know you still want to talk. ("I'll be back in 30 minutes. Can we talk more then?") Be sure to follow through when you get home. 🍷

Spark creativity

Creative thinking can help your high schooler succeed in all subjects. Share these ideas to get her imagination flowing:

- Suggest that she choose a theme (animals, flowers) and snap photos. Then, she could make a digital photo collage, add music and create a movie, or print the photos and arrange them on poster board.

- Encourage your teen to invent new uses for items. *Example:* She might line an old napkin basket with fabric and use it to store jewelry.

- Have her sketch pictures while listening to favorite songs. How do her drawings change with different types of music? 🎧



Managing money

High school is a good time to give your teenager real-life lessons in money management. Here's how.

Banking

Lesson: Setting up and monitoring an account

Homework: Have your teen establish her own checking account. Let her look online or talk to a bank officer about account options. Discuss the importance of keeping receipts and matching them against her statement. Help her check her funds to prevent overdrafts and to watch out for suspicious activity.



Credit

Lesson: Using credit responsibly

Homework: Explain that credit is a loan that you pay back with interest, not "free money." To help her build her own credit, consider adding her as an authorized user on your credit card—making sure she pays off any balance in full each month. Don't forget to talk about credit scores and how being irresponsible with money in her teen years could affect her as an adult.

Saving

Lesson: Saving for the long term

Homework: Encourage your high schooler to set financial goals. Then, have her put a percentage of each paycheck or other money she receives into a savings or investment account. She can earn interest, and she'll get in the habit of saving. 👍

How to survive the holidays

For an already busy family's schedule, the holidays can be especially hectic. Use these tips for keeping things under control now—or at any time of year.

Keep a master plan. Post a calendar in a central area at home, and have everyone update it daily. You'll avoid the hassle of unexpected conflicts, and it will be easier to coordinate rides and combine errands.



Decide what's essential. Ask yourself whether baking homemade cookies for your office party is really necessary. Encourage your teen to consider whether he has to accept every invitation he receives.

Schedule downtime. Include time to do nothing. For example, plan for two free hours on a weekend morning. Your family can use it to sleep in or have a leisurely breakfast. Everyone will feel renewed and ready to handle the rest of the week. 👍

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfecustomers@wolterskluwer.com
www.rfeonline.com
ISSN 1540-5605



Parent to Parent

Bullying: Advice for bystanders

My daughter Nicky came home upset last week. She had seen another student being called names and treated in a mean way by a classmate several days in a row.

At the school counselor's suggestion, I encouraged Nicky to let an adult know if she sees bullying like this. That way, she won't put herself in harm's way, but she also won't be standing by and doing nothing. I also told Nicky she needs to be willing to tell the truth if administrators investigate.

I got another good piece of advice from my neighbor. She suggested that Nicky try to befriend the person being bullied. For example, she could walk with him to class or sit with him at lunch, since hallways and the cafeteria are places where kids can be vulnerable to bullies.

My daughter and I both feel better knowing there are things she can do to help if she witnesses bullying again. 👍



Q & A Reach your potential

Q My teen could do much better at school. How can I get him to work to his potential?

A Try asking your son his opinion. How does he feel about his performance? If he's bored, maybe he needs more challenging courses. If he says he doesn't care, remind him that being successful in school will help him get the college spot or job he wants.



Then, help your high schooler find ways to enjoy his classes more. Look for movies on subjects he's studying, or suggest a related volunteer opportunity.

Also, talk with your teen's counselor about locating a mentor for him within the school. A teacher he likes, a coach, or his drama club advisor could provide an important connection that will motivate him to work harder. 👍

Illinois Valley High School

Safety Protocol

The Three Rovers School District