



February 2018

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:

2/2/18 - No School - Clerical Day

2/10/18 - ACT Testing

2/10/18 - Winter Ball

2/14/18 - Blood Drive

2/19/18 - No School - President's Day

Hello Cougar Nation,

As we close the 1st semester of our school year I want to tell you how proud I am of the way our students and staff have performed to this point. We are currently on pace to have more kids on track to graduate than in many years past.

As the first semester comes to a close in the first week of February, we move confidently into the second semester knowing that as a school we will continue to support our students as they finish up any odds and ends from the their first semester work and make sure that they are on the best path to success.

This is a very important time for you to sit down with your student and talk about how the semester finished and then also ask about second semester. Set some goals and make sure that you are communicating regularly with your student about school and issues related.

It is important to note that we have our winter sports seasons still going strong. Our teams are right in the thick of playoff contention and preparing for state tournaments. Any support in the way of coming to the gym to root them on is greatly appreciated.

Lastly, I want to invite you to contact me with any questions or concerns that you have with your student, our school, or anything that you think I may be able to help you with.

Thank You and Go Cougars!!!

Tanner Smith
Principal
Illinois Valley High School



Illinois Valley High School ~ 625 E. River Street ~ Cave Junction, OR 97523

Phone: 541.592.2116 ~ Fax 541.592.4853

www.threerivers.k12.or.us



CELEBRATING Student Success
Principal's Students of the Month

December

Jon Southammavong

Sierra Ferry

January

Jeffery Foster

Jolene Steward

*Be Heart
Healthy* 

**Community
'Shout-Out'**

IVHS Cougar Nation
would like to thank

**Illinois Valley
Building Supply**

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



Hello from the end of first semester!

Students are in the home stretch now, and even though graduation and what-ever the plans are for after it seem far away, every student should be thinking about what's next! If you are reading this, your student already has an advantage over many others. Studies show that students whose parents are engaged in what's happening with their education are more likely to complete some form of post-secondary (after high school) training, and have higher incomes!

While grades 9 and 10 usually aren't thinking of what's after high school, these years can be important for students with college plans. Grades are important during this time. The higher the student's GPA, the more scholarships they will qualify for. The early years of high school are also great times to get involved with community service, which increases the chances of being awarded scholarships.

Juniors need to start thinking of post-secondary plans, and what life after high school might look like. Visiting colleges with us is a great way to start. Junior year is also a perfect time to implement a high quality community service project.

Seniors- it's almost over!!!! Seniors are developing their after high school plans, which we call their '13th year plan'. No matter what their choice, workforce, vocational training, or some form of college, every IVHS Senior must complete and present a '13th year' plan. Many seniors have finished their Federal Financial Aid Application (FAFSA) and are working on the Oregon State scholarships, grants, and the local (JCEF) scholarship application. While we give plenty of time in class for students to complete all of these, we are also available to help throughout the day.

Don't forget to follow us on Facebook at www.facebook.com/IVHSCC to keep up with important updates, college visits, school happenings and fun events!

Gene Merrill
College & Career Coordinator

Illinois Valley High School
541.592.2116
Ext.240

WHAT IS 'REMIND'

REMIND

is a free communication platform built for teachers.

REMIND

allows teachers to safely communicate with students & parents about important classroom information and school activities.

Participants sign up as a student or parent and choose to receive messages by text, email, or in our app.

We know that privacy and security are important issues when dealing with teacher-to-student and teacher-to-parent communication. We have worked hand in hand with administrators and teachers to design key product features based on those concerns.

On-line Study Resources Available

On-Line support is available to help your student keep the skills learned, in shape. Like exercising your muscles on a daily or weekly basis, so too does the brain need its physical activity.

Khan Academy - www.khanacademy.org

Sophia - www.sophia.org

Quizlet - www.quizlet.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.



Cougar News Bites

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.

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.





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:

We are now in the middle of the winter season. We have 7 wrestlers getting ready for the mid-season Special District Tournament. Let's meet them:

Seniors Dillon St. Onge and Chase Nelson, **Junior** Rayes Dugas, **Freshmen** Jeremy Tipton, Jessie Valles, Jacob Wade, and Michael Willie.

Our Coaches are Jay Miller, Zach Pagnotta, and Jake Nelson.

The end of the season Special District Tournament is at Glide High School on February 2nd. Good Luck to all of you!

Our Boys Varsity Basketball Team is 11-8 overall and 2-2 in league play. Let's meet both the Varsity and JV teams.

The JV players are:

Juniors Joseph Sinnwell, Christopher Mendez, and Mark Southard, **Sophomores** Austin Sherier, Issac Day Williams and Noah Herrera, **Freshmen** Steven Shirley, Tanner Jolley, Dimz Imperial, Isaac Buckmaster, Raymond Johnson, and Tristin Konrad.

The Varsity players are:

Seniors Cody Box, Isaiah McLanahan, Andrew Bell, and Dane Alvarez, **Juniors** Bryce Bruner, Caleb Hess, Tyi Brummett, **Sophomore** Elijah Polk.

Our coaches are Matthew Knight, Tony Hess, and Ryan Lathen. The second round of league play tips off next week as we host Lakeview. Good Luck to them!

Our Girls Basketball Team in 11-6 overall and 2-2 in league play.

Let's meet the varsity team:

Senior Courtney Scott, **Junior** Aarika Brooks, **Sophomores** Sanjauna Mendoza, Alexis Navarro and Bailee Moore **Freshmen** Alyvia Miller, Alexis Gomez, Nikkia Yoshiwara and Amber Hess, The coaches are Jonathan Valenzuela-Reece and Kristy Heller.

The second round of league play tips off next week as we host Lakeview. Good Luck to them!

Bruce Reece, IVHS Athletic Director

Dates To Remember:

Activity	Type	Date	Time	Versus	Location
Equestrian: Varsity	MEET	02/02/2018	TBD	TBA	Jackson County Fairgrounds
Basketball: Girls JV	Game	02/02/2018	3:00pm	St. Mary's	St. Mary's High School
Basketball: Boys JV	Game	02/02/2018	4:30pm	St. Mary's	St. Mary's High School
Basketball: Girls Varsity	Game	02/02/2018	6:00pm	St. Mary's	St. Mary's High School
Basketball: Boys Varsity	Game	02/02/2018	7:30pm	St. Mary's	St. Mary's High School
Equestrian: Varsity	MEET	02/03/2018	TBD	TBA	Jackson County Fairgrounds
Wrestling: Boys Varsity	District	02/03/2018	8:00am	Glide	Glide High School
Equestrian: Varsity	MEET	02/04/2018	TBD	TBA	Jackson County Fairgrounds
Basketball: Girls JV	Game	02/06/2018	4:00pm	Cascade Christian	Illinois Valley High School
Basketball: Boys JV	Game	02/06/2018	4:00pm	Cascade Christian	Illinois Valley High School
Basketball: Girls Varsity	Game	02/06/2018	5:30pm	Cascade Christian	Illinois Valley High School
Basketball: Boys Varsity	Senior Night	02/06/2018	7:00pm	Cascade Christian	Illinois Valley High School
Speech/Debate: Varsity	State	02/16/2018	TBD	Grants Pass	Grants Pass High School
Speech/Debate: Varsity	State	02/17/2018	TBD	Grants Pass	Grants Pass High School

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

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

Listen up!

Listening is an important part of a high school student's day in class. Encourage your teen to be an attentive listener by remembering the acronym SOLER. She should **S**quarely face the teacher, **O**pen her posture by uncrossing her arms, **L**ean in a bit to show interest, make **E**ye contact, and **R**elax.

Promote problem solving

As your child approaches adulthood, you might think of yourself as a "consultant." Instead of telling him what to do, pose questions to help him problem solve for himself. For instance, rather than saying, "You should start your project now," you could ask, "How can you schedule your time to finish your project by Friday?"

Be a parent volunteer

Reach out to your teenager's school to find out how you can volunteer. They may need parents to speak at a career night, chaperone a dance, or serve on a parent committee. Let your high schooler know about your involvement—she'll see that her school is important to you.

Worth quoting

"The future belongs to those who believe in the beauty of their dreams."
Eleanor Roosevelt

Just for fun

Q: What's the worst thing that can happen to a geography teacher?

A: Getting lost.



Respect for others, respect for yourself

What does it mean to be respectful? Talk with your high schooler about these key building blocks of respect.

Respectful language

Kind, thoughtful words convey respect. Sometimes your teen might make a comment that sounds disrespectful ("Why would you do that?"), even if that wasn't his intention. Or he may lace otherwise kind words with sarcasm ("Nice going, Jim"). Let him know that he should think about both what he says and how he says it. He might not realize how his choice of words and his tone affect others.

Behaving respectfully

The saying "Actions speak louder than words" is true when it comes to respect. Your teenager can show respect in many ways: by using good manners, giving off positive vibes with his body language (smiling, nodding), and obeying rules.



Idea: Your actions count, too. Model respect in front of your child every day (treating cashiers with respect for the job they're doing, for example).

Self-respect

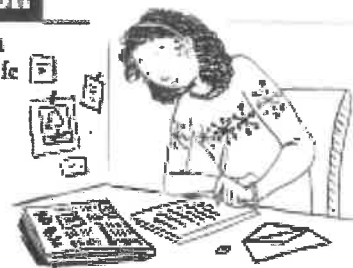
If your teen respects himself, he's likely to make better choices. That's why it's important that he set boundaries, stick to his values, and practice positive self-talk. **Idea:** Suggest that he treat himself the way he'd like his friends to treat him. He'd feel hurt if a friend called him a loser, so he shouldn't think or talk that way about himself. 👍

Motivated to write nonfiction

Much of the writing your teenager does in her classes is nonfiction. Suggest these real-life activities for extra practice.

• **Op-ed pieces.** Is your teen passionate about solving the homeless problem or ending bullying? She might pen a letter to the editor of the town or school newspaper with suggestions for how to help.

• **Grant proposals.** Your high schooler could get funding for a group she's involved in or for a community organization she cares about. Encourage her to talk to her school counselor or see ysa.org/grants for ideas. 👍



Investigate future careers

Like many high schoolers, your teen might not know what she wants to do when she “grows up.” Now is a great time to explore her options. She’ll brush up on school-success skills, too, with these ideas.

→ **Identify strengths.** Suggest that she ask herself questions (“What am I good at that I also enjoy?”) and write down her answers (math). Then, she could use this information to find careers that match (accountant, statistician). *Bonus:* This will sharpen her critical-thinking abilities.



→ **Read about careers.** At the library, have her find career resources like *What Color Is Your Parachute? for teens* (Richard N. Bolles and Carol Christen). This book will help her link her passions, such as art or technology, with possible college majors (digital design) and dream jobs (animation). *Bonus:* She’ll boost her reading and research skills.

→ **Talk to people in different jobs.** By chatting with relatives and neighbors, she can get the skinny on what it’s really like to work as a teacher or a cake decorator. *Bonus:* She will practice communicating and listening. 👍

Parent to Parent Bond over interests

I was struggling to connect with my older daughter — she’s all about sports, and sports have just never been my thing.

So when it was time to visit colleges with Trina, I decided to surprise her with tickets to a basketball game at one of the schools. She was happy to explain different aspects of the game to me, and it was great to enjoy the game together. Plus, it gave us something to talk about afterward.

That led me to another idea. Since I’ve been wanting to get in better shape, I asked to

join Trina on her training runs for an upcoming race. She’s fine with taking walk breaks when I get tired, and she has been encouraging me. I’m looking forward to cheering her on at her race. But the best part? We’re talking, laughing, and really connecting. 👍



Driving danger zones

Keep your teen safer in the car by helping him understand these three leading causes of car accidents.

- 1. Teen passengers.** The more friends your teenager has in his car, the more likely he is to have an accident. Insist that he obey your state’s law about how many passengers he can carry. Also, let him know *your* consequences for breaking it — in addition to his being responsible for fines if he’s pulled over.
- 2. Cell phones.** Forbid texting while driving. Here’s a way to impress the importance of this on your child. Ask him to read the last text he sent and think about whether that text was worth getting into a crash — possibly leading to serious injury or even death.
- 3. Alcohol.** Be firm that your high schooler must never drink or get in a car with someone who has been drinking. Let him know he can call you at any time for a safe ride home with no repercussions. 👍



Step up class participation

Q My son gets good grades on written assignments, but his teachers say he rarely participates in class. How can I encourage him?

A Talking in front of others is an important life skill. Your son will feel more confident if he’s prepared. For example, while reading a novel that will be discussed in class the next day, he can jot down points he would like to make.



If he struggles to find something original to say during the discussion, he could “piggyback” on others’ points. He might comment on what another student says or answer a classmate’s question. Also, recommend that he jump into the discussion early. The longer he waits, the harder it may seem to chime in.

At home, let him practice speaking up by having him order pizza, make doctor appointments, and call companies’ customer service departments. 👍

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 C&H Incorporated
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