



March 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:

School Board Mtg.	3/7
Daylight Savings Time	3/11
Science Fair Open House	3/16
Regional Battle of the Books	3/17
NHS Induction	3/20
Booster Club Mtg.	3/21
Spring Concert	3/22
SPRING BREAK	3/26 - 3/30

Hello Cougar Nation,

The whirlwind that is the second semester has kicked off and we are already a month into it. Our students are doing an excellent job of transitioning to the new semester. It is very exciting to see our students have success in classes and push to make themselves better.

We continue to focus on Attendance at IVHS and this is a huge deal. Too many missed school days is detrimental to the success of your student. If your student does need to miss due to illness or other reasons, please call the school and let us know so that we may document this. Your continued help in this area is greatly appreciated.

Winter Sports have just about finished and we are very proud of our student athletes. The IVHS Girls Basketball is still playing and is making a third straight appearance in the OSAA 3A State Tournament. Way to go Cougars!!!

Our Spring Sports seasons will be starting soon, so speak with your student about opportunities that they have to get involved. The spring is also a time where we have Academic Masters and some of our State Testing.

I encourage you to take some time and talk with your student about some goals for this semester and about how they are involved in the school. This can and will promote success for them and help them realize that you are concerned about their education as well.

Thanks for taking time to read our Newsletter!

Go Cougars!!!

Tanner Smith
Principal
Illinois Valley High School





CELEBRATING Student Success
Principal's Students of the Month

February

Roland Duncan 12th Grade

Diamond Murphy 12th Grade

Dimz Imperial 9th Grade

Isabella Idoine 10th Grade

MARCH 11, 2018



***Community
'Shout-Out'***

IVHS Cougar Nation
would like to thank

**Shop Smart
Food Warehouse**

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
541.592.2116
Ext.240





Cougar Athletics

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

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

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.

Athletic News:

The Winter sports seasons are almost over. The Wrestling team had two wrestlers compete at state this year. Michael Valles and a SCL Champion Chase Nelson. Both wrestlers wrestled hard but lost two matches before they could place at state. This was our Head Coach Zach Pagnotta's first trip to state as a head coach. They had a very good year and he is helping build the program back to what it once was.

Our Equestrian team has now had a meet and our two student athletes competed very well.

The boys basketball team finished 3rd in the SCL and played in a league playoff game on Wednesday, February 14th at St. Mary's. They came up short in this game. They had a successful season with this being the first trip to the SCL playoffs in 4 years under head coach Matthew Knight.

The girls basketball team is making it's 3rd trip to the state playoffs. They finished 2nd in league and went to Lakeview on Friday, February 16th for a seeding game and lost. They are playing at Clatskanie High School on Friday, February 23rd for the first round of the state playoffs. If they win on Friday they will move to North Bend High School in the Quarterfinals of the State Championships. In his first year as a head coach, Jonathan Valenzuela-Reece has led this team to a 15-8 overall record and a 5-3 league record. This team has one senior and is lead by Junior Aarika Brooks.

Spring sports starts next Monday, February 26th. The teams will be able to have full on practices. We offer Boys and Girls Track and Field, Boys and Girls Golf, Softball and Baseball. If a student athlete is interested in playing a sport for the first time they need to sign up online at <https://illinoisvalley-ar.rschooltoday.com>. If a student athlete has already played a sport they just need to ask Heather Merrill to roll their information over to that sport.

Bruce Reece, IVHS Athletic Director

Important message to all ATHLETES and PARENTS!!!

***Due to weather and other issues beyond our control,
game dates and times are constantly changing.
It is nearly impossible to state for certain that we can
keep to the posted schedule.***

***Of course, we will make every effort to do so,
while keeping in mind the safety of all involved.
Please check with the school if you have any questions.***

541.592.2116





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

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

Dates To Remember:

Date	Activity	Time	Versus	Location
03/03/2018	Speech/Debate: Varsity Invitational	TBD	GPHS	Grants Pass High School
03/08/2018	AWARDS NIGHT	6:00pm		Illinois Valley High School
03/13/2018	MATHLETES		NMHS	North Medford High School
03/13/2018	Softball: Girls Varsity Game	4:30pm	MPHS	Illinois Valley High School
03/13/2018	Baseball: Boys Varsity Game	4:30pm	BHHS	Brookings Harbor High School
03/14/2018	Track: Varsity Dual	4:00pm	HVHS	Illinois Valley High School
03/15/2018	Baseball: Boys Varsity Game	3:30pm	BHS	Bonanza Jr/Sr High School
03/16/2018	Equestrian: Varsity MEET	TBD	TBA	Jackson County Fairgrounds
03/16/2018	Baseball: Boys Varsity Game	5:00pm	PHS	Prospect High School
03/17/2018	Equestrian: Varsity MEET	TBD	TBA	Jackson County Fairgrounds
03/17/2018	Battle of the Books		NMHS	North Medford High School
03/18/2018	Equestrian: Varsity MEET	TBD	TBA	Jackson County Fairgrounds
03/19/2018	Girls Golf: Girls Varsity MEET	12:30pm	HVHS	Grants Pass Golf Course
03/19/2018	Golf: Boys Varsity MEET	12:30pm	HVHS	Grants Pass Golf Course
03/19/2018	Softball: Girls JV Game	3:00pm	BHHS	Brookings Harbor High School
03/19/2018	Baseball: Boys JV Game	4:00pm	BHHS	Brookings Harbor High School
03/19/2018	Softball: Girls JV Game	5:00pm	BHHS	Brookings Harbor High School
03/20/2018	Track: Varsity Invitational	4:00pm	BHHS	Brookings Harbor High School
03/21/2018	Girls Golf: Girls Varsity MEET	10:00am	CCHS	Centennial Golf Course
03/21/2018	Golf: Boys Varsity MEET	10:00am	CCHS	Centennial Golf Course
03/21/2018	Softball: Girls Varsity Game	3:00pm	BFHS	Illinois Valley High School
03/21/2018	Softball: Girls Varsity Game	5:00pm	BFHS	Illinois Valley High School
03/21/2018	Baseball: Boys JV Game	5:00pm	AHS	Ashland High School
03/23/2018	Track: Varsity Invitational	3:00pm	SOU	Southern Oregon University
03/23/2018	Softball: Girls Varsity Game	3:00pm	GHS	Illinois Valley High School
03/23/2018	Baseball: Boys Varsity Game	3:00pm	GHS	Illinois Valley High School
03/23/2018	Softball: Girls Varsity Game	5:00pm	GHS	Illinois Valley High School
03/23/2018	Baseball: Boys Varsity Game	5:00pm	GHS	Illinois Valley High School
03/24/2018	Softball: Girls JV Game	12:00pm	DNHS	Del Norte High School
03/24/2018	Softball: Girls JV Game	2:00pm	DNHS	Del Norte High School
03/26/2018	Baseball: Boys JV Game	12:00pm	CHS	Illinois Valley High School
03/26/2018	Softball: Girls JV Game	12:00pm	PHS	Phoenix High School
03/26/2018	Softball: Girls Varsity Game	12:00pm	PHS	Illinois Valley High School
03/26/2018	Softball: Girls JV Game	2:00pm	PHS	Phoenix High School
03/26/2018	Softball: Girls Varsity Game	2:00pm	PHS	Illinois Valley High School
03/27/2018	Softball: Girls Varsity Game	12:00pm	CHS	Coquille High School
03/29/2018	Baseball: Boys Varsity Tournament	TBD	MHS	Madras High School
03/30/2018	Baseball: Boys Varsity Tournament	TBD	MHS	Madras High School
03/30/2018	Track: Varsity Invitational	10:00pm	SHS	Summit High School
03/31/2018	Baseball: Boys Varsity Tournament	TBD	MHS	Madras High School
03/31/2018	Track: Varsity Invitational	TBD	SHS	Summit High School
03/31/2018	Softball: Girls Varsity Game	12:00pm	KUHS	Klamath Union High School
03/31/2018	Softball: Girls Varsity Game	2:00pm	KUHS	Klamath Union High School

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.

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

Explain your math to me

If a look at your high schooler's math homework has you stumped, why not ask him to "teach" you? He might teach you how to add polynomials, for example. Explaining concepts will help him understand them, and you'll show him that math matters to you, too.

Practice assertiveness

Being assertive can make the difference between getting what you need and getting taken advantage of. Perhaps your teen needs to take time off work but feels nervous about approaching her boss. Role-play together until she feels comfortable asking politely and confidently.

Movies as conversation starters

The next time you watch a movie with your teen, use it as a springboard to deeper conversations. Ask, "What did you think about the way the teenagers were portrayed?" Get a shrug in response? Say, "Let me share what I think." It's a safe way to talk about big issues without lecturing.

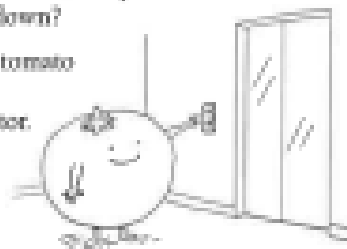
Worth quoting

"You get the best out of others when you give the best of yourself."
Harvey S. Firestone

Just for fun

Q: What's small, round, and red and moves up and down?

A: A tomato in an elevator.



Successful note-taking strategies

Taking useful notes can help your high schooler learn more and get better grades in every class. Share these techniques with her.

Be brief

Suggest that your teenager quickly summarize, in her own words, what her teacher says or writes on the board. She might even use her texting skills to help her write faster. She could jot down "Xndr GR8" instead of "Alexander the Great," for instance.

Elaborate

Encourage your child to leave wide margins on her paper and to double-space her notes. That gives her room to go back and fill in more information when she has time, perhaps in study hall or while waiting for after-school activities to start. She can add more detail, clarify anything that

doesn't make sense, or write questions to look up or ask her teacher.

Experiment

Your high schooler could use different color pens and highlighters. She may discover that a particular color, or combination of colors, lets her visualize the material later. Also, some research shows that writing notes by hand rather than typing them helps people learn and remember more. 🍎

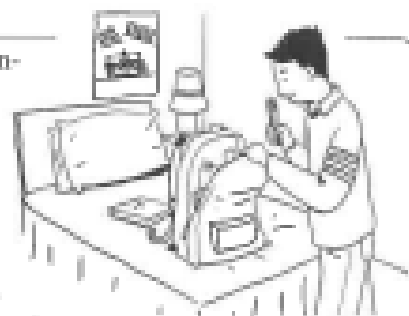


Ready for test day

To boost your teen's performance on standardized tests, consider this advice:

■ It's important for your child to pay close attention during test review sessions in class. If his school offers sessions after school or on weekends, too, have him attend one.

■ The night before the test, encourage your high schooler to stock his backpack with supplies (sharpened pencils, approved calculator, student ID). Then, he should go to bed a little early. In the morning, he'll have time to eat a healthy breakfast and get to class before the bell rings—and he'll feel alert during the test. 🍎



Resilient teens

The ability to bounce back from problems and disappointments will help your teen now and when he's an adult. Try these ideas to build his resilience.

Express emotions. When your high schooler is going through a tough time, encourage him to talk to someone. If he's not ready to open up to you, he might confide in his best friend or the school counselor. Whether he's dealing with ending a relationship or being cut from the team, it may be easier for him to move on if he doesn't keep his feelings bottled up inside.



Learn coping strategies.

Suggest that he develop "go-to" techniques he can count on when he needs to blow off steam or relax. If he doesn't land the part-time job he wanted or gets a lower grade than he expected, he might go for a bike ride, listen to upbeat music, or tune in to his favorite podcast.

Tip: During stressful times, it helps to have the comfort of habits. Encourage your teen to follow his regular routines, such as walking to school with his neighbor or making a healthy smoothie after school. 🍌

Q & A Reducing student loan debt

Q With rising costs, how can our daughter afford college without carrying huge debt afterward?

A This is a big concern for families today, but there are ways to limit—or even avoid—student loans.



Start by filling out the Free Application for Federal Student Aid at fajsa.ed.gov before this year's June 30 deadline. Your teen may be eligible for grants or work-study programs.

Also, look for ways to reduce the costs associated with college. Suggest that your child apply to less-expensive schools or colleges known to give more financial aid. Or she could consider attending community college the first two years and then transferring to a four-year university. Another idea is for her to go to school nearby and live at home. 🍌

OUR PURPOSE

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

Resources for Educators,
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www.rfeonline.com
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Parent to Parent

Make your home the "hangout spot"

My son Brandon likes to spend time with his friends every weekend. And I like knowing that he's in a safe place with adult supervision. I realized that we could both get what we want if we created a fun hangout spot in our house for him and his friends.

So Brandon and I added a few teen-friendly touches to our family room. We hung a dartboard on the wall, found comfy pillows for the kids to sit on, and stocked a shelf with board games and card games.

Now when Brandon's friends come over, I offer them a snack and then "disappear" to give them privacy. They have a safe, alcohol-free, and drug-free place to hang out with a parent nearby—but not hovering over them. 🍌



Tie science to the real world

You can spark your high schooler's interest in science and technology by exploring the subjects together. Here's how.

See it in action

Visit a science center, a planetarium, a zoo, or an aquarium with her. If she's intrigued by what she sees, she could ask about volunteer or internship opportunities—and that might even lead to a science career one day.



Talk about news

When you read about a STEM development that may affect teens, mention it to your child. For example, what does she think of driverless cars? What are the pros and cons of this technology?

Tip: Encourage her to check out teen-friendly science topics at sciencenewsforstudents.org. 🍌