



August/September 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 learn-

**WELCOME
BACK**

Dates To Remember:

8/21 - 9/1 - Open Registration at
IVHS 7:30am - 3:00pm
9/5 - First Day of School *Freshmen
& NEW to the district students*
9/6 - All students return
9/12 - School Pictures
9/13 - Open House/Red & White
Night 5:30pm

Welcome Back Cougar Nation,

I am so excited to start the 2017-18 school year! Illinois Valley High School is such an amazing place and I am extremely proud to serve as Principal. I am sure that many of you are shaking your head in disbelief as to where the summer has gone. Believe me I am right there with you.

The fall is such an exciting time with coming back to school and kicking off the fall sports season for our student athletes. I can't wait to get the kids back in the building and see them continue to grow as students and people.

Get involved! If you are a student please get involved in a club, activity, sport, special class, or project. The more you are involved the more you feel a part of the school and the better chance at success you will have. Parents/Guardians, this goes for you too! As a parent you are more than welcome to visit school. You play a huge role in the education of your student and we want a partnership with you to make that education stronger. Please know our doors are open and we have many opportunities for you to be involved.

This is going to be a fantastic year at Illinois Valley High School and I hope that you and your student are as excited as I am.

Can't wait to see you!

Tanner Smith

Go Cougars!!!

PS: In an effort to be as transparent as possible, I am hoping to improve communication with everyone. If you have any issue or trouble and need help, please communicate that with me at:

tanner.smith@threerivers.k12.or.us

or call Robin Jackson at the high school to make an appointment to see me. 541-592-2116 Posting on Facebook and other social media with issues and concerns has never solved anything. Email or call and I will meet with you as soon as possible.

NEW!!! Three Rivers School District Online Enrollment for the 2017 - 2018 School Year

~ ~No more of those big enrollment packets to fill out at each school. ~ ~

You will now enroll your students via the ParentVue icon on the district website at: www.threerivers.k12.or.us

Please sign-up for ParentVue if you have not already done so. Click on the blue Parent/StudentVUE Icon and follow the directions. For those of you who do not have computers at home, the **Illinois Valley High School** office can assist from August 21st through September 1st, we will have computers available in the school office for you to use. On August 24th, the IVHS office will remain open until 7:00 pm to assist you with enrollment.

Lorna Byrne Middle School will be open to assist you during the same dates as IVHS.
Evergreen Elementary will be open from 8:00am to 3:00pm on the following dates:

August 7th - 10th

August 14th, 16th, 18th

and

August 21st - September 1st

Evergreen will stay open until 7:00pm on August 30th

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

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.**



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.

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.

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.





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

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

Athletes: You can now sign-up online for fall sports. Go to: <https://illinoisvalley-ar.rschooltoday.com>

Make sure any fines and fees are paid.

Date	Activity	Time	Versus	Location
08/24/2017	Volleyball: Girls JV Jamboree	TBD	Hidden Valley	Hidden Valley High School
08/24/2017	Soccer: Girls Varsity Game	1:00pm	Fortuna Union	Illinois Valley High School
08/25/2017	Volleyball: Girls Varsity Jamboree	TBD	Hidden Valley	Hidden Valley High School
08/25/2017	Soccer: Girls Varsity Jamboree	8:00am	Phoenix	Phoenix High School
08/25/2017	Soccer: Boys Varsity Jamboree	8:00am	Phoenix	Phoenix High School
08/26/2017	Volleyball: Girls JV Tournament	TBD	Hidden Valley	Hidden Valley High School
08/28/2017	Volleyball: Girls JV & Varsity	5:00pm	New Hope Christian	Illinois Valley High School
08/29/2017	Volleyball: Girls JV & Varsity	5:00pm	Del Norte	Illinois Valley High School
08/30/2017	Cross Country: Varsity Invitational	TBD	Roseburg	Roseburg High School
08/30/2017	Soccer: Girls Varsity Game	4:30pm	Del Norte	Illinois Valley High School
08/31/2017	Volleyball: Girls JV Game	4:00pm	Hidden Valley	Hidden Valley High School
08/31/2017	Volleyball: Girls Varsity Game	5:00pm	Milo Academy	Milo Academy
09/01/2017	Football: Boys JV & Varsity Game	7:00pm	Culver	Illinois Valley High School
09/02/2017	Volleyball: Girls Varsity Tournament	TBD	Henley	Henley High School
09/05/2017	Soccer: Boys Varsity Game	3:30pm	Milo Academy	Milo Academy
09/05/2017	Soccer: Girls Varsity Game	4:30pm	Brookings Harbor	Brookings Harbor High School
09/05/2017	Volleyball: Girls JV & Varsity Endowment	5:00pm	Harrisburg	Harrisburg High School
09/06/2017	Soccer: Boys Varsity Game	4:00pm	Pacific	Pacific High School
09/07/2017	Volleyball: Girls JV & Varsity	TBD	Lost River	Lost River High School
09/07/2017	Soccer: Girls Varsity Game	3:00pm	Coquille	Coquille High School
09/08/2017	Football: Boys Varsity Game	7:00pm	Santiam Christian	Santiam Christian School
09/09/2017	Volleyball: Girls Varsity Tournament	TBD	Hidden Valley	Hidden Valley High School
09/09/2017	Soccer: Boys Varsity Game	1:00pm	St. Mary's	Illinois Valley High School
09/11/2017	Volleyball: Girls JV & Varsity	5:00pm	New Hope Christian	New Hope Christian High
09/14/2017	Soccer: Girls Varsity Game	4:00pm	Coquille	Illinois Valley High School
09/14/2017	Volleyball: Girls JV & Varsity	5:00pm	Lakeview	Illinois Valley High School
09/15/2017	Football: Boys Varsity Game	7:00pm	Myrtle Point	Illinois Valley High School
09/16/2017	Cross Country: Varsity Invitational	TBD	Marshfield	Marshfield High School
09/16/2017	Soccer: Boys Varsity Game	TBD	Cascade Christian	US Cellular Field
09/16/2017	Volleyball: Girls Varsity Tournament	TBD	Brookings Harbor	Brookings Harbor High School
09/16/2017	Soccer: Girls Varsity Game	1:00pm	Cascade Christian	Illinois Valley High School
09/19/2017	Volleyball: Girls JV & Varsity	5:00pm	Cascade Christian	Cascade Christian High School
09/20/2017	Soccer: Boys Varsity Game	4:30pm	Rogue River	Rogue River High School
09/21/2017	Volleyball: Girls JV & Varsity	5:00pm	Rogue River	Rogue River High School
09/22/2017	Football: Boys Varsity Game	7:00pm	Bandon	Illinois Valley High School
09/23/2017	Cross Country: Varsity Invitational	TBD	Rogue River	Rogue River High School
09/23/2017	Volleyball: Girls JV Game	TBD	Brookings Harbor	Brookings Harbor High School
09/23/2017	Soccer: Girls Varsity Game	10:00am	Rogue River	Illinois Valley High School
09/23/2017	Soccer: Boys Varsity Game	1:00pm	Lakeview	Illinois Valley High School
09/26/2017	Volleyball: Girls JV & Varsity	5:00pm	St. Mary's	Illinois Valley High School
09/27/2017	Soccer: Girls Varsity Game	4:30pm	St. Mary's	St. Mary's High School
09/27/2017	Soccer: Boys Varsity Game	4:30pm	Canyonville Christian	Illinois Valley High School
09/28/2017	Soccer: Boys Varsity Game	4:30pm	Milo Academy	Illinois Valley High School
09/28/2017	Volleyball: Girls Varsity Game	5:00pm	Milo Academy	Illinois Valley High School
09/29/2017	Football: Boys Varsity Game	TBD	Clatskanie	Willamette University
09/30/2017	Cross Country: Varsity Invitational	TBD	Ashland	Ashland High School
09/30/2017	Soccer: Boys Varsity Game	1:00pm	Pacific	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.*



Community

'Shout-Out'

IVHS Cougar Nation
would like to thank

COMING SOON!

for their continued
support of
Illinois Valley High School

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



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.

ILLINOIS VALLEY HIGH SCHOOL

SCHOOL/PARENT COMPACT FOR THE SCHOOL YEAR—2017—2018

This compact outlines how the parents, the entire school staff, and the students of Illinois Valley High School will share the responsibility for improved student academic achievement and the means by which the school and parents will build and develop a partnership that will help students achieve the State's high standards.

Responsibilities

Illinois Valley High School will:

- ***Provide high-quality curriculum and instruction in a supportive and effective learning environment that enables the participating children to meet the State's student academic achievement standards.***
 - ⇒ Quality instruction and programs in reading and mathematics.
 - ⇒ Appropriate and effective remedial programs in reading and mathematics.
 - ⇒ Individualized assessment and instruction as necessary.
 - ⇒ A staff committed to meeting the needs of the whole child.
- ***Hold parent-teacher conferences at the mid-point of each semester during which this compact will be discussed as it relates to the individual child's achievement.***
- ***Provide parents with frequent reports on their children's progress. Specifically, the school will provide reports as follows:***
 - ⇒ 4 week progress reports at mid-semester.
 - ⇒ Monthly School Newsletters.
 - ⇒ Phone calls from teachers or staff with any concerns about behavior, grades, or attendance.
 - ⇒ Parent Portal via the Internet for tracking grades, attendance.
 - ⇒ InTouch to update parents on school events and student attendance.
- ***Provide parents reasonable access to staff. Specifically, staff will be available for consultation with parents as follows:***
 - ⇒ Parents may call at any time to schedule appointments.
- ***Parents will be notified via the school's webpage, by InTouch, or in newsletters of upcoming events and opportunities.***
 - ⇒ Parents should call an administrator if they wish to observe classroom lessons or activities.

Parent Responsibilities

- ***Parents will support student learning in the following ways:***
 - ⇒ Monitoring attendance.
 - ⇒ Making sure that homework is completed.
 - ⇒ Updating enrollment information as necessary—change in address, phone number, emergency contacts, etc.
 - ⇒ Staying informed about the student's education and communicating with the school by promptly reading all notices from the school or the district's mail and responding, as appropriate.

Student Responsibilities

- ***Students will share the responsibility to improve academic achievement and meet the state standards set by the Oregon Department of Education. Specifically, students will:***
 - ⇒ Be engaged in the classroom and show perseverance by doing assignments and homework every day.
 - ⇒ Set personal goals for their futures.
 - ⇒ Be on time for each class and make every effort to be in school each day.
 - ⇒ Ask for help when needed.
 - ⇒ Give parents or the adult who is responsible for their welfare all notices and information received from school.

Information for Parents



If your family lives in any of the following situations:

- In a shelter, motel, vehicle, or campground
- On the street
- In an abandoned building, trailer, or other inadequate accommodations, or
- Doubled up with friends or relatives because you cannot find or afford housing

Then, your preschool-aged and school-aged children have certain rights or protections under the McKinney-Vento Homeless Education Assistance Act.

Your children have the right to:

- Go to school, no matter where you live or how long you have lived there. They must be given access to the same public education, including preschool education, provided to other children.
- Continue in the school they attended before you became homeless or the school they last attended, if that is your choice and is feasible. If a school sends your child to a school other than the one you request, the school must provide you with a written explanation and offer you the right to appeal the decision.
- Receive transportation to the school they attended before your family became homeless or the school they last attended, if you or a guardian request such transportation.
- Attend a school and participate in school programs with children who are not homeless. Children cannot be separated from the regular school program because they are homeless.
- Enroll in school without giving a permanent address. Schools cannot require proof of residency that might prevent or delay school enrollment.
- Enroll and attend classes while the school arranges for the transfer of school and immunization records or any other documents required for enrollment.
- Enroll and attend classes in the school of your choice even while the school and you seek to resolve a dispute over enrolling your children.
- Receive the same special programs and services, if needed, as provided to all other children served in these programs.
- Receive transportation to school and to school programs.

When you move, you should do the following:

- Contact the school district's local liaison for homeless education (see phone number below) for help in enrolling your child in a new school or arranging for your child to continue in his or her former school. (Or, someone at a shelter, social services office, or the school can direct you to the person you need to contact.)
- Contact the school and provide any information you think will assist the teachers in helping your child adjust to new circumstances.
- Ask the local liaison for homeless education, the shelter provider, or a social worker for assistance with clothing and supplies, if needed.

Local Area Contacts:

Homeless Education Liaison
Phone: 541-862-3111, Ext. 5278

State Coordinator:

Oregon Department of Education
503-947-5781

If you need further assistance, call the
National Center for Homeless Education
at the toll-free Helpline number:

1-800-308-2145



Spanish version available on request at the school office.

High School YEARS

Working Together for Lifelong Success



Short Clips

Show kindness

Encourage your teenager to approach a student who is sitting alone in the cafeteria and ask to join him for lunch. Or he could invite the teen to eat at his table. Your high schooler will see how good it feels to do something kind, and he may even make a new friend.

Looking ahead

Strong letters of recommendation make job and college applications stand out. Throughout high school, help your teenager think of people who can write about her talents, skills, and character. She could ask teachers, coaches, and employers for letters and keep them in a file for the future.

DID YOU KNOW? September is National Preparedness Month. Ask your teen about emergency drills at school (fire, tornado), and discuss what you can do at home to stay safe in an emergency. You might have him create an evacuation plan or list supplies to stock up on (bottled water, canned goods, flashlight batteries).

Worth quoting

"What I am looking for is not out there, it is in me." *Helen Keller*

Just for fun

Teacher:

Who invented fractions?

Student:

Henry the $\frac{1}{8}$!



A balancing act

School, friends, family, a part-time job, extracurricular activities—teens' lives are busy! But there are only so many hours in a day. Help your high schooler maintain a healthy balance by working with her to develop a time "budget." Here's how.

Color code

Have your high schooler set priorities in her student planner or on a calendar. She could highlight items in different colors, perhaps "must do" activities with pink, "would like to do" with yellow, and "if time permits" with green. She'll be able to tell at a glance what comes first—and if she has spare time to take on something new.

Think of time savers

Help your teenager come up with solutions for maximizing her time. One idea is to do homework on the bus ride to a game. Another is to use some of her time with friends for things she needs to



do like studying for a test or practicing chorus songs.

Cut back

Teens often feel like they must do everything, a feeling that's known these days as FOMO ("fear of missing out" on what others are doing). Suggest that your teen think "quality over quantity" instead to keep her activities at a comfortable level. If she is starting a part-time job, for example, she might decide to drop a bowling league she no longer loves. 🍷

Variety is the spice of writing

Using specific words and varying sentence length can make your high schooler's writing more interesting. These tips will come in handy whether he's working on a short story for English class, a history paper, or a science lab report.

■ **Word choice.** Circle dull or repeated words, and replace them with synonyms to keep writing fresh. In a sentence like "The scent filled the room," your teen might use a thesaurus (or thesaurus.com) to switch filled to flooded or permeated.

■ **Sentence length.** Sentences that are all the same length start to sound robotic after a while. He can read his work aloud and listen for places where cutting or adding to sentences will improve the overall flow. 🍷



Rules that grow with your teenager

The start of the school year is an ideal time to do a check-in on rules for your teen. Use these suggestions to consider changes that address both his need for independence and his safety.

Adjust rules. Sit down with your high schooler, and talk about how your current rules are working. Think about any that he might be outgrowing, such as an early curfew or going on dates in a group only. Then, use a trial period to test adjustments. You could let him stay out 30 minutes later for one night each weekend this month, for instance. If he



comes home on time and isn't tired in the morning, maybe that will become his new curfew.

Add rules. New situations call for new rules. Say your teen opens a new social media account or gets his driver's license. At first, you might allow him to connect only with family members online or to drive just to and from

school. Explain that once he is used to the new responsibility, you'll consider letting him add classmates on social media or drive to friends' homes. 🍌



Q & A Ready, set, goal

Q My daughter often sets goals but doesn't put in the effort to reach them. How can I help?

A Knowing good goal-setting strategies can mean the difference between having dreams and achieving them.

Encourage your daughter to write down a goal she'd like to meet. To be effective, her goal must be realistic and specific. *Example:* "I want to save money for a tablet by March 1."



Then, have her list an action plan that breaks her goal into manageable steps. *Examples:* "I'll take the time to compare prices and find the best bargain. I'll set aside \$10 from each paycheck so I won't spend it."

Finally, remind your teen that goals are targets. For instance, if she ends up \$20 short of her goal, she didn't fail—she made progress. 🍌

OUR PURPOSE

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

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Parent to Parent

Ask what your teen is learning

Whenever I'd ask my son Ethan, "How was school?" he'd say, "Fine, Mom" and keep on walking. I wanted to really know about his day, so I've been brainstorming creative ways to get more information.

For instance, sometimes I ask Ethan to teach me something he learned that day. I enjoyed hearing how he built his birdhouse in shop class. Another day, he explained how he solved a problem in pre-calculus.

I'm also trying questions like "If a spaceship had landed in your class today, what would the aliens report back to their planet?" or "If your day were a movie, which movie would it be? Why?" I think my new approach helps Ethan think about his day in different ways—and I'm definitely getting more information from him! 🍌



From my point of view

Understanding other perspectives can help your high schooler develop critical thinking skills. Enjoy this thought-provoking family activity.

1. Ask your teen to pick a topic to debate. She might choose "Should school cafeterias sell energy drinks?"
2. Brainstorm types of people who would care about the issue, and write each name or title on a separate index card (*examples:* parent, principal, student, doctor, energy drink salesperson).
3. Let each family member draw a card

at random. Use a paper clip to attach your card to a hat (or shirt).

4. Now, begin your debate. As you make your argument, think about the topic from "your" person's point of view. A doctor would focus on the health impact ("Energy drinks are full of sugar and caffeine"), while a salesperson might argue that the drinks keep students awake in class.

5. Switch hats, and debate again. Your teen will see how point of view can change based on a person's situation. 🍌

