

Cougar Nation News

News from the Principal

Cougar Nation-

As we hit February we are into the 3rd quarter of school. To this point we have had students finish 2 quarters all online and we are chomping at the bit to have them back here in person.

The resilience that this community has shown, the toughness and perseverance is unmatched in our history. Please keep this in mind, and be careful to not be so hard on yourself during this time regardless of how successful you feel or you feel your student is.

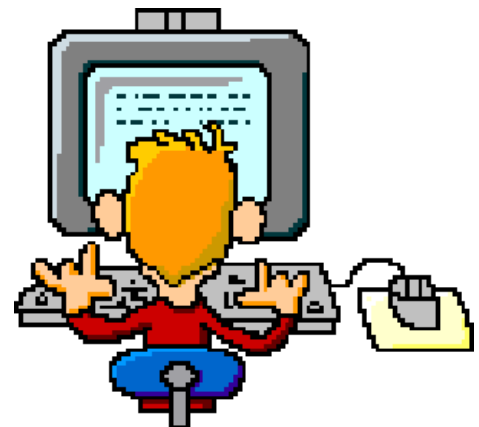
School Pictures!! We will be announcing dates for you to come by and get a quick picture taken so that we can have our files complete and have your school picture. Also this will be nice to have for yearbook pictures and to be honest we would love to just see you for a minute.

Please reach out if you need any help with classes or need anything like food etc. Our staff is happy to help you in any way possible.

Continue to have conversations with your student about how school is going but I also encourage you to do some mental health checks with your student. This period of time is very easy to be depressed and not see the light at the end of the tunnel. Please know that we have counselors available at the high school if you need help with anything or let us know and we can come up with a way to help.

Take Care Cougars and I hope to see you all soon!!!

Tanner Smith
Principal

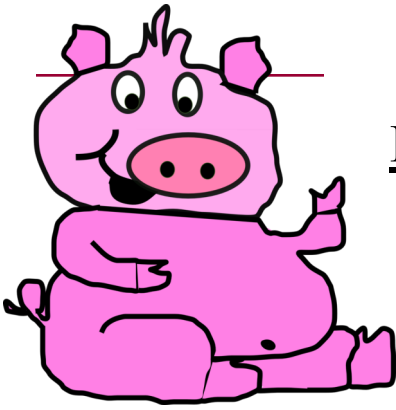


****2021 SENIOR SAFE & SOBER GRAD NIGHT****

Hey IVHS Cougar fans! Just a reminder, there is a fundraiser going on for the Seniors Safe and Sober Grad Night! Follow the link and treat yourself to some delicious See's Candy, and support our seniors in the process! https://www.yumraising.com/secure/illinoisvhs_ivhs_grad_night_class_of_89/candy?h=Jam_Scr_3256&c=fb9315

In addition, stay tuned for another great online fundraiser coming up in mid-February! These kids need as much community support as they can get! Let's give them the best ending to a crazy school year!

Dates to remember: Feb 20, March 13, April 10...IV CanDonate from 10-3...Please donate cans to help us raise money...we are also looking for student/parent volunteers from the senior class to help. March 30 and April 1...Bagging groceries at Shop Smart...still need student and parent volunteers!



Interested in a Fun Opportunity to:

Raise an animal for the Josephine County Fair?

Build relationships and make new friends?

Learn New Skills?

Make Money?

Contact Miss Mason to find out more information!

541-592-2116

shelbie.mason@threerivers.k12.or.us

Cross Country Runners!!

Attention Cross Country Runners,

We Want You!

Practice starts January 22nd. Please email Coach Aguilera with any questions. reyes.aguilera@threerivers.k12.or.us



WE WANT YOU!

ATTENTION SENIORS!!

Seniors: Please email Mrs. Muniz quotes, wills, baby photos and Senior portraits. (sarah.muniz@threerivers.k12.or.us)



ATTENTION TRACK & FIELD ATHLETES

Hello Cougars!! The IVHS Track program is moving forward in anticipation of our 2021 Season kicking off April 5th. In preparation we are currently doing workouts Monday through Thursday from 4:30 to 5:45. These workouts are to get us prepared for the upcoming season, which is only 6 weeks long, so we need to be ready to go as soon as possible and not spend half of the season trying to get into shape. Our current practices are consisting of both running and lifting workouts that are at a pace that will allow us to move into April ready to go. If you have ANY questions you can call me, Coach Thornhill, at 541-592-2116 Monday-Thursday between 6:30am - 3:30pm.

Need WiFi ?

If you do not have **WiFi** we can help. Please contact Gina if you would like to reserve a **WiFi van**. Or call Jaime Drake to ask for a hot spot. You can reach them at 541-592-2116.

Fundraising

Stay tuned for upcoming fundraisers for the Senior Grad Night!! Our Believe Kids fundraiser will be starting on February 15! This fundraiser will be all online so social distancing isn't an issue.... We will also be starting another virtual fundraiser for Panda Express mid to late February!

