

Cougar Nation News

April 2025

News from the Principal

Dear IV Families,

As we step into spring, a season of renewal and growth, it's the perfect time to recommit to our core values of Respect, Excellence, and Determination (RED). Just as the changing season brings fresh energy, we too can refocus on what makes our school community strong—how we show up for one another, push ourselves to achieve, and stay determined in the face of challenges.

This is a great moment to reflect on our goals for the remainder of the school year. How can we demonstrate respect in our interactions? Where can we strive for excellence in our learning? How can we show determination in overcoming obstacles? Please encourage your students to embrace this season with a renewed commitment to living RED in all we do. Together, we finish strong!

#LiveRED #SpringRenewal

Erik Lathen

Principal

Illinois Valley High School

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Fire Science for the newsletter

This spring, Illinois Valley High School has welcomed a new science course into their curriculum. Thanks to the school's partnership with local non-profit, Southern Oregon Forest Restoration Collaborative (SOFRC), students have the opportunity to learn about fire ecology and career connections that are significant to the Southern Oregon valleys. Students in fire science classes learn about the chemistry of fire, the historical patterns of fire, and the importance of fire on their regional landscapes. By understanding how native tribes, like the Athabaskan people that once resided in the Illinois Valley, students can approach their education about fire from a perspective of respect and appreciation. Fire was used for thousands of years in Southern Oregon to rejuvenate certain plant life, reduce fuel build up in the forest, to protect salmon runs, and to engage in cultural traditions that connected people to the land.

By inviting partners from local agencies and organizations who work professionally with fire and community safety, students get the chance to network, ask questions, and investigate a potential career in fire and forestry related jobs.

Students get the chance to work hands-on with fire in this class and understand how differences in fuel, topography, and weather can affect the behaviors of fire. This engaging approach to fire education is a great way to give students agency and understanding in how they can help make their communities safer and more resilient come the next fire season.

Keep your eyes and ears peeled for educational materials developed by IVHS fire science students later this spring to help you and your community build fire resiliency.

Flame on!

Dates to Remember

April Fools Day.....April 1
Jostens here @ Lunch.....April 1
SMILE @ WOU.....April 3
Winter Sports Awards.....April 3
End of 3rd Quarter.....April 3
SMILE @ WOU.....April 4
Music to N. Medford.....April 10
FFA Auction.....April 11
Mathelets to SOU.....April 15
Booster Club Mtg.....April 16
Prom.....April 18
RCC Field Trip.....April 21
Allied Field Trip.....April 21
FFA Plant sale.....May 2, 3, & 4

Parent Teacher Conferences

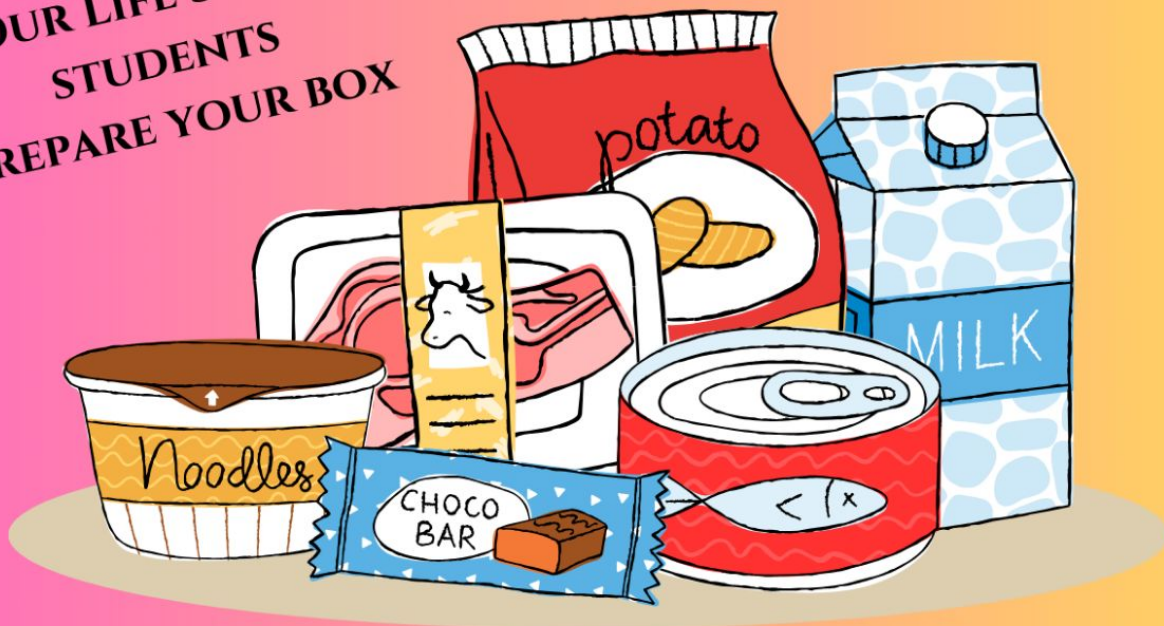
Parent teacher conferences are Thursday, April 10, 4:30pm-8:30pm &H Friday, April 11, 7:30am-1:30pm

Illinois Valley High School



FOOD PANTRY

OUR LIFE SKILLS
STUDENTS
PREPARE YOUR BOX



Free Food Boxes Available for Families

Every Thursday, we have food boxes ready for families to pick up, thanks to the Hidden Valley High School food bank.

If you would like to receive a free box, please contact the school at 541-592-2116 or email Shalana at shalana.yarbrough@threerivers.k12.or.us.

If you're unable to pick up the box, don't worry! Contact us, and we can make arrangements for delivery.

Winter Break

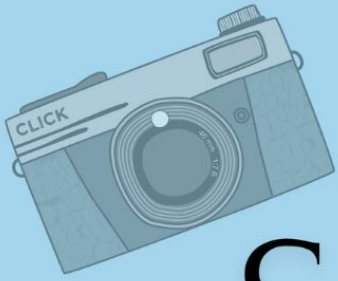
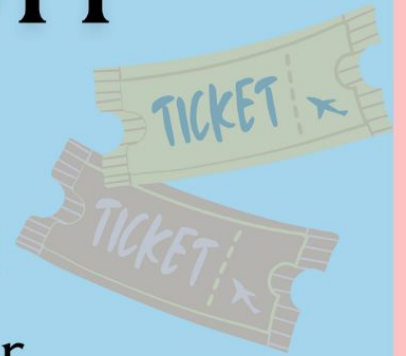


Photo Submission

Did you do something exciting over the winter break?



Submit photos for the yearbook to kaya.miranda@threerivers.k12.or.us



APRIL IS ALCOHOL AWARENESS MONTH

April is Alcohol Awareness Month—a time to raise awareness and understanding of alcohol use and misuse. It offers communities a chance to gain more understanding of how individuals struggle with alcohol use and offers resources and support.

Signs of Drinking Too Much:

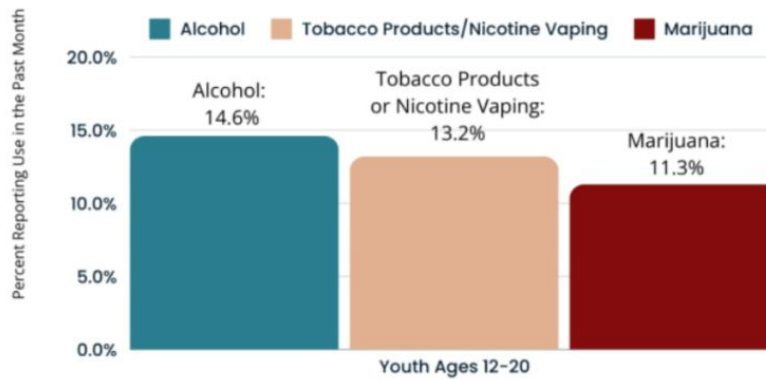
- You drink more or longer than you intended.
- You try to cut down or stop drinking but are not able to.
- You need to drink more than you once did, to get the effect you want.
- You continue to drink even though it makes you feel depressed or anxious or adds to another health problem.
- Loved ones or trusted friends have made comments about your drinking.
- You spend a lot of time drinking or thinking about alcohol.
- You find that drinking interferes with daily activities, family, friends, or work.



Talking with Teens About Alcohol and Other Drugs: 5 Conversation Goals It's never too late to start talking with your teen about the risks of underage drinking and other substance use. As teens get older, they make more decisions on their own, and also face more temptation and peer pressure. Though it may not seem like it, teens really do hear your concerns. It's important you show that you care and continue having conversations with them about the dangers of alcohol and other drugs, and why they shouldn't use them.

- [Talk. They Hear You. 5 Conversation Goals: Talking with Teens About Alcohol and Other Drugs Mini Brochure | SAMHSA Publications and Digital Products](#)

More adolescents use alcohol than tobacco products, nicotine vaping, or marijuana



SOURCE: 2023 NSDUH, Tables 2.8B, 2.2B, 1.7B

[Get the Facts About Underage Drinking | National Institute on Alcohol Abuse and Alcoholism \(NIAAA\)](#)



★ BY: [JOSEPHINE COUNTY PREVENTION TEAM](#)

🌐 [HTTPS://WWW.SAMHSA.GOV/ABOUT/DIGITAL-TOOLKITS/ALCOHOL-AWARENESS-MONTH](https://www.samhsa.gov/about/digital-toolkits/alcohol-awareness-month)
INFO PROVIDED BY [SAMHSA.GOV](#)



April is National Garden Month

Gardening & Mental Health

Gardening can significantly improve your mental health, here's how.

- Reduce Anger
- Boosts Self-esteem
- Reduce Stress & Anxiety
- Encourages Responsibility
- Enhances Focus & Concentration
- Promotes Social Interaction
- Promotes Creativity
- Teaches Mindfulness

Gardening is among the most influential activities; it provides mental wellness benefits in children. It goes beyond the physical benefits it extends to their mental and psychological enrichment.

Garden Activities:

- o Support Your Pollinators - Build a Pollinator Garden
- o Plant Tree's, Wildflowers, Veggies...
- o Insect Exploration in Your Garden
- o Plant Science Experiment
- o Bird Feeders – Build a Bird House
- o Wildlife Feeders
- o Make Recycled Planters
- o Seed Jar Experiment



By: Josephine County Prevention



Spring Break

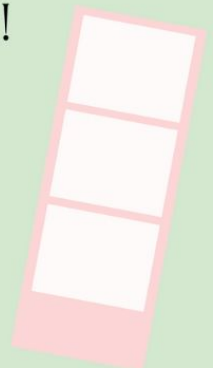
IT'S IN THE AIR



Did you do something fun and exciting over spring break?

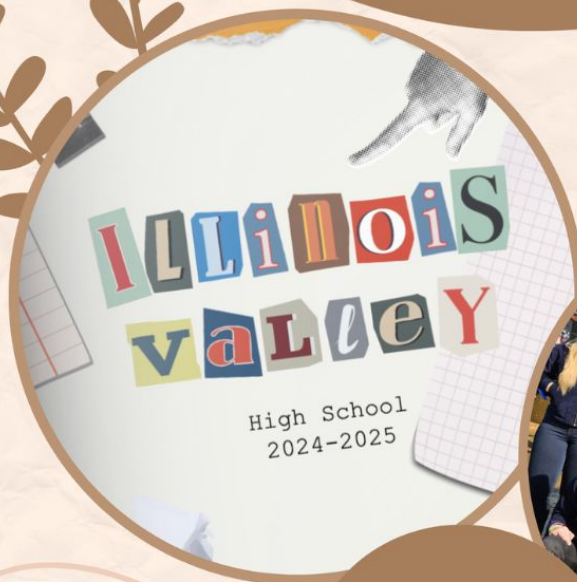


Email your photos to
kaya.miranda@threerivers.k12.or.us
and they could be featured in the Yearbook!



Buy Your Yearbook Now

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Purchase at the bookkeepers window next
to the office.



\$50

Join Us For A Memorable Night

PROM NIGHT

2025

GREEK GODS & GODDESSES

TICKET PRICES:

PRE-ORDER: \$15 SINGLE, \$25 DOUBLE

DOOR PRICE: \$20 SINGLE, \$30 DOUBLE

FRIDAY, APRIL 18TH - 8-11 PM

ILLINOIS VALLEY HIGH SCHOOL

*ORDER YOUR TICKETS NOW!
PURCHASE AT THE BOOKKEEPERS WINDOW
NEXT TO THE OFFICE.*

