

April 2018



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:

- 4/5 Spelling Bee @ District Office
- 4/6 Academic Masters Testing @ RCC
- 4/6 Music Concert
- 4/11 College Night
- 4/12 End of 3rd quarter
- 4/13 No School - Clerical Day
- 4/14 ACT Testing
- 4/17 Academic Masters @ HVHS
- 4/17 Mathletes
- 4/18 School Board Mtg. @ IVHS
- 4/23 National Honor Society Induction
- 4/26 No School/Conferences
- 4/27 No School/Conferences

Hello Cougar Nation,

I hope all of you had an enjoyable and relaxing spring break with your families. We have had a few warm days in the past few weeks. Summer will be here before we know it.

Attendance:

The most important component of your child's education is attendance. It is vitally important to have your child in school and on time every single day.

Our 3rd quarter will end on April 12th. There will be no school on the 13th because of teachers' Clerical Day. Please mark your calendars for the afternoon of April 26th and all day on April 27th, we will be scheduling times to meet with parents for conferences regarding your student's progress.

Go Cougars!!!

Tanner Smith
Principal
Illinois Valley High School





CELEBRATING Student Success
Principal's Students of the Month

March

- Amber Hess***
- Cheyenne Atteberry***
- Caleb Hess***
- Christian Hearn***

Community
'Shout-Out'
IVHS Cougar Nation
would like to thank

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



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:

News from the Athletic Department

The spring sport season is now underway and we are off to a great start. Track and Field is leading the way with 44 participants. Baseball has 25 athletes, softball has 19, and golf has 7.

The teams are working hard to compete at the highest level they can. Even with the weather not cooperating very much this month our athletes have been able to practice for their competitions.

The track and field team has a new face at the helm. Scott Thornhill is the new head coach. Paul Jackson has been the head coach for the last three years and he is now acting as an assistant, giving way for Scott to lead.

Jesse Dugas is the baseball head coach. He has enough players this year to have a JV schedule. This will be a big help for the years to come.

Beth Boatman is our softball coach and she too has just enough players to have some JV games. Again, this is very important for her programs future.

Bruce Reece is the golf coach. He has 2 girls and 5 boys on the team. The 2 young ladies are improving each day. The boys will give IVHS a chance at districts to go to state this year.

Desiree Eddie is our equestrian coach and she has 2 participants on her team. They have been competing since February. They are doing very well.

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



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

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

Dates To Remember:

Activity	Date	Time	Versus	Location
Softball: Girls JV	04/03/2018	5:00pm	Ashland	Ashland High School
Baseball: Boys JV	04/04/2018	5:00pm	Crater	Illinois Valley High School
Softball: Girls JV	04/05/2018	3:00pm	Brookings Harbor	Illinois Valley High School
Baseball: Boys Varsity	04/05/2018	4:00pm	Coquille	Illinois Valley High School
Softball: Girls JV	04/05/2018	5:00pm	Brookings Harbor	Illinois Valley High School
Softball/Baseball Varsity	04/07/2018	4:30pm	Glendale	Glendale High School
Track: Varsity	04/07/2018	11:00pm	Glide	Glide High School
Golf	04/09/2018	1:00pm	Reedsport	Forest Hills Country Club
Softball: Girls Varsity	04/09/2018	4:00pm	Gold Beach	Gold Beach High School
Softball: Girls Varsity	04/10/2018	4:30pm	Cascade Christian	Cascade Christian High School
Baseball: Boys Varsity	04/10/2018	4:30pm	Cascade Christian	US Cellular Field
Baseball: Boys JV	04/12/2018	4:30pm	Crater	Illinois Valley High School
Track: Varsity	04/13/2018	TBD	TBA	Hayward Field
Track: Varsity	04/14/2018	TBD	TBA	Hayward Field
Track: Varsity	04/14/2018	TBD	Crater	Crater High School
Baseball: Boys Varsity	04/14/2018	12:00pm	Coquille	Coquille High School
Softball: Girls Varsity	04/14/2018	12:00pm	Hosanna Christian	Illinois Valley High School
Golf	04/16/2018	TBD	Rogue River	Laurel Hills Golf Course
Baseball: Boys JV	04/16/2018	4:00pm	Umpqua Valley Christian	Umpqua Valley Christian School
Golf: Boys Varsity	04/17/2018	1:00pm	Klamath Union	Harbor Links Golf Course
Softball/Baseball Varsity	04/17/2018	4:30pm	Lakeview	Illinois Valley High School
Track: Varsity	04/18/2018	4:00pm	Hidden Valley	Hidden Valley High School
Speech/Debate: Varsity	04/19/2018	TBD	Western Oregon University	Western Oregon University
Baseball: Boys JV	04/19/2018	4:30pm	Lakeview	Lakeview High School
Speech/Debate: Varsity	04/20/2018	TBD	Western Oregon University	Western Oregon University
Track: Varsity	04/20/2018	3:30pm	South Medford	South Medford High School
Softball: Girls JV	04/20/2018	4:30pm	Ashland	Illinois Valley High School
Baseball: Boys Varsity	04/21/2018	12:00pm	St. Mary's	St. Mary's High School
Softball: Girls JV	04/21/2018	12:00pm	Ashland	Illinois Valley High School
Softball: Girls Varsity	04/21/2018	12:00pm	Gold Beach	Gold Beach High School
Baseball: Boys Varsity	04/21/2018	2:00pm	St. Mary's	St. Mary's High School
Softball/Baseball Varsity	04/24/2018	4:30pm	Rogue River	Rogue River High School
Track: Varsity	04/25/2018	TBD	Phoenix	Phoenix High School
Golf	04/25/2018	9:00am	Phoenix	Centennial Golf Course
Baseball: Boys JV	04/25/2018	4:00pm	Umpqua Valley Christian	Illinois Valley High School
Equestrian: Varsity	04/27/2018	TBD	TBA	Jackson County Fairgrounds
Equestrian: Varsity	04/28/2018	TBD	TBA	Jackson County Fairgrounds
Track: Varsity	04/28/2018	10:00am	Grants Pass	Grants Pass High School
Softball/Baseball Varsity	04/28/2018	12:00pm	Cascade Christian	Illinois Valley High School
Equestrian: Varsity	04/29/2018	TBD	TBA	Jackson County Fairgrounds
Girls Golf: Girls Varsity	04/30/2018	10:00am	Brookings Harbor	Salmon Run Golf Course
Golf: Boys Varsity	04/30/2018	11:00am	Oakridge	Tokatee Golf Course
Baseball: Boys JV	04/30/2018	4:30pm	Lakeview	Illinois Valley 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.**



Cougar News Bites

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.

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

Take a summer class

Does your teen want to complete a high school requirement, get a jump on college, or pursue an interest this summer? Have her consider taking a class. Options include online classes, regular summer school, or dual enrollment at a community college. She can talk to her school counselor now to explore opportunities.

DID YOU KNOW?

National high school graduation rates have climbed higher than ever—84 percent of the class of 2015–16 graduated on time. To help your teenager thrive in school, encourage him to build good relationships with a few teachers. He could schedule after-school chats to ask questions, share ideas, and get advice.

Helmet safety

Your child might resist wearing a bike helmet, saying it's "not cool." But an approved, properly fitted helmet offers protection in a fall and reduces the risk of head and brain injuries. So let your teen know it's like wearing a seat belt in the car: a requirement. (For quick fit tips, watch safekids.org/video/safety-seconds-bike-helmets.)

Worth quoting

"We all live under the same sky, but we don't all have the same horizon."
Konrad Adenauer

Just for fun

Q: What happened when a farmer counted 95 cows in her field?

A: After she rounded them up, she had 100.



"I can make a difference"

Volunteering is a wonderful way to get involved in the community and help others. It can also give your high schooler skills and experience to list on college applications and to use in the future. Encourage him to choose a cause he cares about and an approach that works for him.



Serve

Volunteer service opportunities exist everywhere—in formal programs or by helping people informally.

Examples: Walk dogs at a pet shelter. Help coach in a wheelchair basketball league. Stock shelves at a food pantry. Make audio recordings of books for the visually impaired. Shop for a housebound relative. Do yard work for an elderly neighbor. Pack disaster-relief kits.

Gain skills

Suggest that your teenager get training that could make a difference in others' lives.

Examples: Take courses in CPR and first aid. Get certified as a lifeguard. Train to be an EMT (emergency medical

technician). Learn to help lead English conversation classes at your local library. Enroll in training to become a peer counselor or teen crisis hotline volunteer.

Stand up

Your teen can also have a positive impact by standing up for his beliefs, for people who are "outsiders," and against injustices he sees.

Examples: Start a petition. Create a neighborhood watch program. Partner up with a lonely classmate on a class project. Reach out to a student who is being bullied. Help people register to vote. 🗳️

Fun with word games

Having a rich vocabulary can make your teen's writing and speaking more powerful. Play these language-building games together.

■ **Letter chain.** Pick a topic, such as music. The first player says a word related to the topic. The next player gives a word beginning with the last letter of the previous word, and so on. Example: guitar, rhapsody, yodel. The game ends when a player gets stumped.

● **Category collection.** Choose a category (trees). Give each player paper and pencil. Set a timer for 60 seconds. Each person writes as many related words as she can (birch, fir, apple). When the timer stops, the longest list wins. Variation for three or more players: Cross off words another player has. The person with the most unique words wins. 🗳️



Boost presentation skills

Learning to speak confidently in front of a group and to give presentations that “wow” prepares your teenager for success in school and the workplace. These ideas can help her develop her technique.

Watch TED Talks

The popular website ted.com features thousands of videos from top speakers. Topics include science, business, education, psychology, and more. Your high schooler can even watch TED Talks on public speaking and making better presentations. Tip: After learning from the pros, she could create her own talk on a favorite topic to share with your family.



Add tech twists

Great presentations often involve more than “talking heads.” To make a good impression, your teen might include visuals that drive home key points. Suggest that she experiment with different computer programs at home, school, or the library. Besides creating PowerPoint slides, she can learn to add sound effects, music, videos, photos, and charts. Tip: Encourage her to incorporate these elements for her next class presentation, campaign speech for student government, or proposal at a school club meeting. 🍷

library. Besides creating PowerPoint slides, she can learn to add sound effects, music, videos, photos, and charts. Tip: Encourage her to incorporate these elements for her next class presentation, campaign speech for student government, or proposal at a school club meeting. 🍷



Q&A Taming teen tempers

Q My son often lets his temper get the best of him. How can I help him control his anger?

A When you combine the stress of high school with hormone-fueled mood swings, it's not surprising that temper flare-ups are common at this age.

Suggest that your son hit a mental pause button when he feels anger building. He might notice warning signs like

his heart racing, his shoulders tensing up, and his voice getting louder.

Once he knows how his body reacts to anger, he can put coping steps in place. He might take a calming deep breath or count to 10.

Taking just a few seconds to pause allows your teen to gain awareness of his emotions, breathe, and think first. As a result, he'll be less likely to let his anger take control. 🍷

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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Make prom more affordable

A memorable prom doesn't have to break the bank. Share these money-saving tips with your high schooler.

Formal wear. Ask friends, relatives, and neighbors if they have a tux or gown you can borrow. Or shop from sale racks or consignment stores. Also, many schools and community groups hold free prom dress events in the weeks before prom.

Salon services. Play salon and spa at home with a group of friends. Do each other's nails, hair, and makeup. Another idea is to get your hair done at a cosmetology school, which will charge less.

Blind. Rather than going out for an expensive pre-prom meal, host a potluck. Each couple can bring a dish, and you could set a table with nice dishes and candlelight. Or everyone can pitch in a few dollars and you can order pizzas to eat at home. 🍷



Parent to Parent Why grammar still matters

In an age of “LOL” and emojis, many teens (including my daughter) wonder whether grammar matters anymore.

I explained to Sarah that poor grammar can get in the way of communicating clearly. She might have a great idea to share, but if it's filled with mistakes, people are less likely to take it—and her—seriously. And when she starts applying to colleges or jobs, sloppy writing could distract from her good qualities.



Bad punctuation may also cause confusion and even change the meaning of a sentence. To let Sarah see this for herself, I pointed out a sign without punctuation: “No trespassing violators will be prosecuted.” “No trespassing violators will be prosecuted!” —it sounded like trespassers wouldn't be prosecuted! Sarah realized it should read: “No trespassing. Violators will be prosecuted.”

Now we often look for mistakes on signs and laugh as we correct them. I think she's starting to understand why language rules do matter. 🍷

