



Whatever It Takes

February 2015

Principal's Message

Hidden Valley
High School

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Webpage:

www.threerivers.k12.or.us

School Calendar

www.sklylincoregonconference.org

Twitter

@HVHS_Principal

Want to hear what's happening in your school district? Check out the NEW monthly Three Rivers School District newsletter—the Three Rivers Tidings—at threerivers.k12.or.us. Find it under "Quick Links" then "District News."

As I sit

down to write this month's note for the newsletter- it is with a heavy heart that I do so. Unfortunately, we have lost one of our students to suicide this month. Our school and community as a whole are grieving and attempting to put some meaning behind the why and how come. In visiting with students, it is painfully clear that these questions for many need to be answered. When talking with counseling professionals, they tell me that most come to grip with painful loss by accepting that there may not be any good answers to these questions. The past several days have been difficult for our school. We have attempted to comfort and communicate with those that need the support. We have organized a student assembly and night time vigil to gain some sort of closure for our kids. Our safe room has had over 30 adult counselors helping students deal with emotions in this aftermath. I want to commend our community for coming together with an amazing amount of support for our kids here at Hidden Valley as well as the parents of the student.

The end of the semester has come and is now gone. Student tracking on the parents end is vital in making sure your son/daughter is on track to graduate. Please have the conversation with your child about progress and planning as to how incompletes and work may be made up. Administration has met with 180 families (part of the WIT program- "whatever it takes") and students concerning student growth and planning around academic success. I would like to point you in the direction of our website as well. There are some great parent engagement messages that will help give you tips of how best to engage your son/daughter concerning school. If you are not signed up for ParentVue, please contact Liz Elkins in my office to get the particulars- and of course if you or your student needs to visit with someone in regards to all things surrounding student achievement, please give me a call.

Hidden Valley High School safety is priority #1 here at HVHS. Attached to this month's newsletter is a safety update from one of our Assistant Principals, Mr. Miller. Student driving, security cameras, and procedures of parent pick up places are all part of student safety. As many of you know, we use the PBIS (Positive Behavior Intervention System) program here at HVHS. This program teaches across all classrooms appropriate behaviors that begin with being respectful, responsible, and safe. At HVHS, PBIS encompasses norms that should be evident in all of our high school aged youth. These norms are recognized by a system wide approach. Topics range in detail of how to properly walk down a crowded hallway to such things as bullying and/or harassment. The PBIS picture creates a cultural shift in our building to one that is tolerant for what is good and intolerant for what is not wanted or appreciated by all students and staff regardless of who they are. Two years of data has illustrated that PBIS implementation is having a positive impact.

School safety at Hidden Valley is approached with purpose. We attempt to be diligent so we can educate and promote student learning through our actions and programs. Academic and behavioral growth creates a school environment that is conducive to a safe place for all. Please feel free to contact me or stop by so we can visit about any of our protocols or programs here at HVHS. We are well on our path to a great spring...

Respectfully Submitted,

Daye Stone

HHS Principal

Go Mustangs!

Mustangs

10 tips for teen drivers and their parents

It's back-to-school time and many young, relatively inexperienced drivers are headed off to college or will be using the car to get to high school and other activities. Before school season is back in full swing, these tips can underscore the habits that can help make them safer drivers:



Buckle up. Besides being the law, seat belts have been proven to save lives, but the message is not getting through to all young drivers. In fatal crashes of 16-20 year olds, 60 percent were unbuckled at the time of the crash. A recent study by the National Highway Traffic Safety Administration (NHTSA) found that these drivers were most likely to think that belts were potentially harmful.

Hang up the phone. The risk of talking or texting while driving is high, especially for young people. Eleven percent of drivers under the age of 20 involved in fatal crashes were distracted.

Slow down. Teens tend to have the need for speed due to their impulsive nature and poor judgment. Thirty-seven percent of male drivers between the ages of 15-20 were speeding right before their fatal crash.

Don't drink and drive. While young drivers are less likely than adults to drive after drinking, when they do, their crash risk is significantly higher due to the alcohol effects combined with their lack of driving experience. However, progress has been made. Since 1982, the number of drivers between the ages of 16-20 who were killed from driving drunk dropped 26 percent.

Be prepared. Before you head out, especially on a long trip, pack an emergency kit in your trunk. Items such as a flashlight, jumper cables, and first-aid kit are helpful to have just in case. (See our recommendations for an [emergency kit](#).)

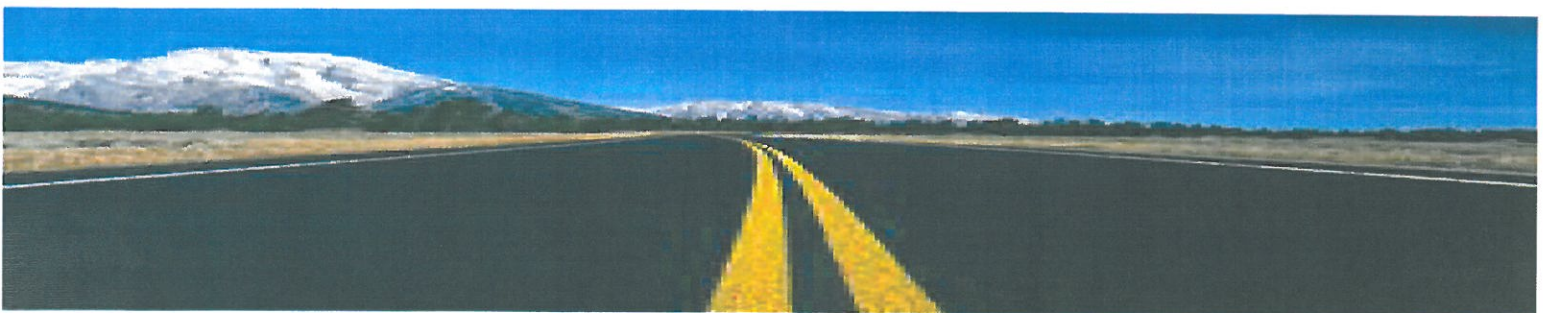
Limit night driving. Graduated driver licensing programs place limits on night driving and for good reason. In 2010, 17 percent of teenagers' fatalities occurred between 9 p.m. and midnight, and 24 percent occurred between midnight and 6 a.m.

Watch the weather. In inclement weather, it is even more dangerous for a young driver to be on the road due to their inexperience handling the car in those situations. Teach your child how to confidently handle weather challenges. Consider sending the teen to a driving school to learn car control techniques in a safe environment, preparing them to manage a skid or hydroplaning incident before they are faced with such challenges alone.

Limit passengers. The more passengers in a vehicle the higher the fatal crash risk. With three or more, the fatal crash risk is about four times higher than when a beginner drives alone. Studies also show that teens with passengers are more likely to take risks and be distracted, and when things go wrong, the tragedy is multiplied.

Drive the right car. Many parents buy an inexpensive, old car for their teen or pass on a hand-me-down well past its prime. Likely, those do not have the latest safety features such as electronic stability control and side-curtain air bags that are especially important for young drivers. Check out our list of the [best new and used cars](#) for teens to find reliable and affordable models.

Create rules. In addition to your state's graduated licensing program, set up a parent/teen contract and outline your own rules and penalties if they are broken. Take the keys away if necessary.



Mustang Activities

February 2015

Sun Mon Tue Wed Thu Fri Sat

1 Equestrian @ Jackson County Expo	2	3 Boys & Girls Basketball @ HVHS Drama Club 	4 	5 Drama Club Archery practice	6 Boys & Girls BBall @ Mazama 	7
8	9	10 Boys & Girls Basketball @ HVHS Archery practice	11  Wrestling @ HVHS	12 Drama Club Archery practice	13 Boys and Girls BBall @ HVHS  Wrestling Regionals @ Marshfield	14 
15 Boys & Girls Bowling @ Roxy Lanes 	16  President's Day	17 Boys and Girls BBall Playoffs Archery practice	18	19 Drama Club Archery practice	20	21 Swimming Meet @ Phoenix
22	23	24 Drama Club Archery practice	25	26 Drama Club Archery practice	27	28  Wrestling State Finals
<p>For more details on each activity, please go to: www.skylineoregonconference.org</p>						

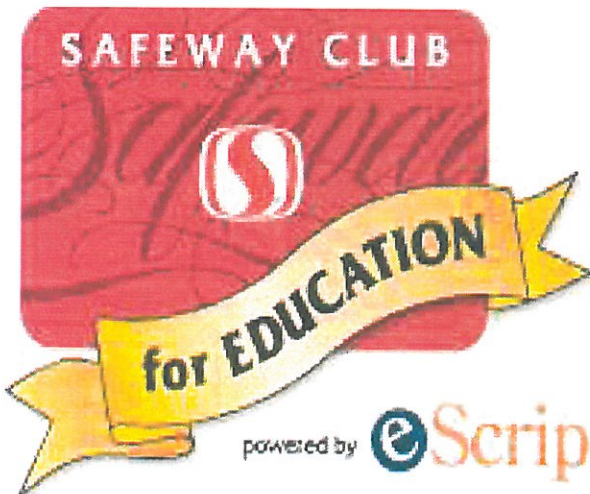
Ongoing Fundraisers



Amazon.com recently started a foundation called Amazon Smile. It's a simple, automatic way to support your favorite charitable organization (your school) every time you shop, with no extra cost. When you shop at [amazon.smile.com](https://www.amazon.com/smile), you find the exact same prices, selection, and shopping experience as at [amazon.com](https://www.amazon.com). The only difference is, as an added bonus, when you buy something, Amazon donates .5% of the proceeds to the organization of your choice. You use the same account as you would on [amazon.com](https://www.amazon.com). Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.



Whenever a customer makes a purchase, if that customer mentions Hidden Valley High School, then Oregon Books will donate a portion of the proceeds to them. They keep track of the donations, and then send out checks Hidden Valley once every 6 months. Funds must be used for the student body.



The eScrip program is a fundraising program that allows our customers to register their Safeway Club Card with eScrip so that a percentage of their qualifying purchases are contributed to their child's school or group.

So far we've given over \$300 million to help fund critical programs at schools and provide supplies to help students succeed. Together with eScrip, we're making a difference, one school at a time.

Sign up at escrip.com/safeway



OPERATION

ORANGE 2015

HIDDEN VALLEY vs NORTH VALLEY

February 10, 2015

4:30/6:00/7:30

STUDENT TSHIRT

\$5.00

Includes FREE ADMISSION FREE HOTDOG

SUPPORT YOUR TEAM

Gifts & Apparel for Sports Fans & Boosters



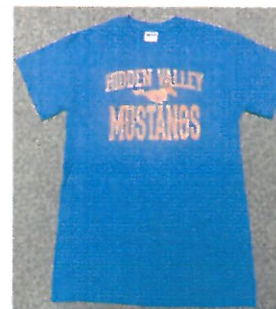
Hidden Valley Scarf \$20.00



Tan Hat
w/Orange
\$15.00



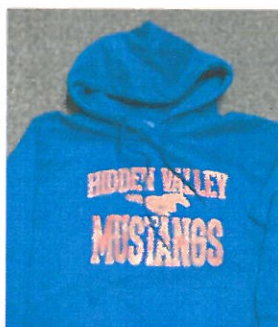
Gray Hoodie
\$25.00



Blue T-Shirt
\$12.00



Blue Camo w/
Raised Embroidery
\$19.00



Blue Hoodie
\$25.00



Gray T-Shirt
\$12.00



Blue Camo
w/ Embroidery
\$17.00



Black w/ Orange
Embroidery
\$15.00



Plastic Mason Jar
\$5.00



Orange T-Shirt
\$12.00



Trucker Pro Fit Hats \$20.00