

February 2017



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-

Dates To Remember:

- ◆ 2/8/17 - Siskiyou Dental ‘Smile’
- ◆ 2/9/17 - Last day of semester
- ◆ 2/10/17 - Clerical Day - No classes
- ◆ 2/14/17 - Mathletes
- ◆ 2/15/17 - Immunization Exclusion Date
- ◆ 2/18/17 - Winter Ball Dance
- ◆ 2/22/17 - Booster Club Mtg.

Cougar Nation,

The end of the semester is upon us and our kids are gearing up for final exams. What a whirlwind the first semester was. I am extremely proud of our students and staff here at Illinois Valley High School. The effort displayed this past semester has been outstanding and I look forward to continuing our work during the spring semester.

As our Winter Athletic season finishes I would like to personally thank all of the Cave Junction community for supporting our student athletes in; Boys and Girls Basketball, Wrestling, and the Speech and Debate team. These students excelled in extracurricular activities all the while carrying a full load academically. Hats off to all of them.

Illinois Valley High School continues to offer a variety of after school classes that range from cooking to yoga. We also offer Homework Help to assist those students who may need to make up a test or assignment. These courses are offered Monday through Thursday at the high school. We not only have teachers after school, but also have professionals from the community come and teach as well.

As a continuing reminder, attendance is extremely important to the success of your student. We will do our best to ensure that if your student is missing school to reach out and let them know how important it is to have them here.

Go Cougars!!!

Tanner Smith
IVHS Principal



~ ~ CLARIFICATION ~ ~

The enrollment form does not serve as a check-out list.

We will only use any emergency contacts listed in an actual emergency situation AND the parent or guardian cannot be reached.

Thank you for your understanding.





**THANK
YOU!!**



CELEBRATING Student Success
Principal's Student of the Month

JANUARY

Cody Box



Community

'Shout-Out'

IVHS Cougar Nation
would like to thank

~ **TREEHOUSE FLORIST** ~

for their continued
support of
Illinois Valley High School
Owned and operated by

ANITA ANDERSON & FAMILY

**ATTENTION
PARENTS & GUARDIANS
THREE RIVERS SCHOOL DISTRICT
SCHOOL CALENDAR MODIFICATION**

Due to recent weather events that have caused less instructional days for our students, the district has made some changes to the district calendar.

We are moving the last day of Semester 1
(from February 2nd)
to February 9th

We are moving the clerical day for semester 1
(from February 3rd)
to February 10th



**IVHS
2016 - 2017
SITE COUNCIL**

Tanner Smith, Principal
Robin Jackson, Office Manager
Aaron Celmer, Teacher
Nicole Kieffer, Counselor
Lisa Richardson, Parent
Rene Jolley-Spalletta - Parent
Suzie Garman - Parent
Seth Kitchens - Student

Meetings are the 2nd Wednesday of every month.

Parents/Guardians -

Mark Your Calendars:

Immunization Exclusion Date is:

February 15th, 2017

Have a question? Need Forms?

Call your local health department for help!



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

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

Athletic Notes:

February Sports Calendar

Important message to all ATHLETES and PARENTS!!!

Due to weather 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

"Sports Fee Family Cap"

Families that have siblings playing multiple sports in a school year will not be required to pay more than \$400.00 in one school year for sports participation fees. This applies to students that parents have legal guardianship over and both or all siblings are attending the same school. This cap is only available during the same school year and does not include team or athletic department or towel fees.

Date	Activity	Time	Versus	Location
02/01/2017	Speech/Debate: Varsity	4:00pm	North Medford	North Medford High School
02/02/2017	Wrestling: Boys Varsity	4:00pm	Multiple Schools	Rogue River High School
02/03/2017	Equestrian: Varsity	TBD	TBA	Jackson County Fairgrounds
02/03/2017	Wrestling: Boys	10:00am	Cottage Grove	Cottage Grove High School
02/03/2017	Basketball: Girls JV	4:30pm	St. Mary's	Illinois Valley High School
02/03/2017	Basketball: Girls Var Senior Night	5:30pm	St. Mary's	Illinois Valley High School
02/03/2017	Basketball: Boys JV Senior Night	5:30pm	St. Mary's	Lorna Byrne Middle School
02/03/2017	Basketball: Boys Var Senior Night	7:00pm	St. Mary's	Illinois Valley High School
02/04/2017	Equestrian: Varsity MEET	TBD	TBA	Jackson County Fairgrounds
02/04/2017	Wrestling: Boys Varsity Invite	8:00am	Cottage Grove	Cottage Grove High School
02/05/2017	Equestrian: Varsity MEET	TBD	TBA	Jackson County Fairgrounds
02/06/2017	Basketball: Girls JV Game	4:00pm	Milo Academy	Illinois Valley High School
02/06/2017	Basketball: Boys JV Game	5:30pm	Milo Academy	Illinois Valley High School
02/06/2017	Basketball: Boys Varsity Game	7:00pm	Milo Academy	Illinois Valley High School
02/07/2017	Basketball: Boys JV Game	4:00pm	Cascade Christian	Cascade Christian High School
02/07/2017	Basketball: Girls JV Game	4:00pm	Cascade Christian	Cascade Christian High School
02/07/2017	Wrestling: Boys Varsity Dual	4:00pm		Illinois Valley High School
02/07/2017	Basketball: Girls Varsity Game	5:30pm	Cascade Christian	Cascade Christian High School
02/07/2017	Basketball: Boys Varsity Game	7:00pm	Cascade Christian	Cascade Christian High School
02/09/2017	Wrestling: Boys Varsity Dual	4:00pm	Multiple Schools	LaPine High School
02/11/2017	Basketball: Girls JV Game	1:00pm	Bonanza	Bonanza Jr/Sr High School
02/11/2017	Basketball: Boys JV Game	2:30pm	Bonanza	Bonanza Jr/Sr High School
02/11/2017	Basketball: Girls Varsity Game	4:00pm	Bonanza	Bonanza Jr/Sr High School
02/11/2017	Basketball: Boys Varsity Game	5:30pm	Bonanza	Bonanza Jr/Sr High School
02/14/2017	Basketball: Girls JV Game	4:00pm	Rogue River	Illinois Valley High School
02/14/2017	Basketball: Girls Varsity Game	5:30pm	Rogue River	Illinois Valley High School
02/14/2017	Basketball: Boys JV Game	5:30pm	Rogue River	Lorna Byrne Middle School
02/14/2017	Basketball: Boys Varsity Game	7:00pm	Rogue River	Illinois Valley High School
02/18/2017	Wrestling: Boys Varsity District	TBD	Multiple Schools	Coquille High School
02/18/2017	Speech/Debate: Varsity Tourney	TBD	Grants Pass	Grants Pass High School
02/18/2017	Speech/Debate: Varsity Tourney	TBD	Grants Pass	Grants Pass High School

****Please note that game dates, times, and locations are subject to change, check the school website calendar for updated athletic schedules****

"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.



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

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

Athletes of the Week:

January 10 - 14

Destiny Alexander, Ayden Lindsey,
Tori Johnson, & Skylar McLanahan

January 16 - 21

Dillon St. Onge, Caleb Hess,
Courtney Scott, & Kathryn Rich

January 23 - 28

Ross Gaynor, Aundrea Miller,
Isaiah McLanahan, & Destanee Warner

January 30 - February 4

Cody Box, Heather Kern,
Chase Nelson, & Bailee Moore

Athletes of the Month:



CALEB HESS



TORI JOHNSON

~ Athletic Department Update ~

We are at the end of the winter season.

We have four wrestlers getting ready for their Special Districts Tournament. Let's meet them:

Junior, Dillon St Onge at 113 LBS., Senior, Ross Gaynor at 170 LBS., Sophomore, Ayden Lindsey at 170 LBS., and Junior, Chase Nelson at 182 LBS. Our Coaches are Jay Miller and Zach Pagnotta. The Special District Meet is at Coquille High School on February 18th.

Good Luck to all of you!

Our Boys Varsity Basketball Team is one win away from the league playoffs this year. Let's meet both the varsity and JV teams. The JV players are:

Mason Thornhill, Elijah Polk, Joseph Sinnwell, Rayes Dugas, Joshua Merrill, Zakery Lindell, Christopher Setzer, and Nathan Klaiss. The Varsity players are: Bryce Bruner, Caleb Hess, Elijah Polk, Isaiah McLanahan, Cody Box, Tyi Brummett, Skylar McLanahan, Huver Rodriguez, Mason Thornhill, and Tanner Davis. Our Coaches are Matthew Knight, Tony Hess and Ryan Bruner. They are playing Cascade Christian on February 7th.

Good Luck to them!

Our Girls Basketball Team will end up in second place this year. They will host the third place team on February 15th at 7:00 PM. When they win that game they will travel to Lakeview for the seeding game for the State Playoffs. That game is on February 18th at 7:00 PM. Let's meet both the varsity and JV teams. The JV players are:

Maya Demuth, Sanjuana Mendoza, Anna Bumke, Taylor Inge, Supisara Kitwattanachai, Vittoria Donini, Mallorie Menning. The Varsity players are: Courtney Scott, Roza Jonas, Alexis Navarro, Diamond Murphy, Aarika Brooks, Aundrea Miller, Tori Johnson, Bailee Moore. Our Coaches are Serena Barry and Ryan Lathen.



21st Century Grant 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
- ◇ Yoga for Athletes
- ◇ Board Games
- ◇ HHH (Hipps)

TUESDAYS

- ◇ College Dreams
- ◇ HHH (Celmer, Wright)

WEDNESDAYS

- ◇ Healthy Cooking
- ◇ Art
- ◇ 3D Printing
- ◇ HHH (Gray)

THURSDAYS

- ◇ SMILE Club
- ◇ Vocational Welding
- ◇ HHH (Wright, Lathen)



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

~ ~ ~ WHERE ARE THEY NOW? ~ ~ ~

Michael Angelo Pagnotta

Class of 2004

Illinois Valley High School

After graduation Michael moved to Fort Collins, Co where he attended Colorado State University to play football for the Rams!!! His freshman year he "red shirted" for the football team. The following year Mike received a full athletic scholarship, was a three year starter at strong safety, and earned honorable mention all-conference twice.

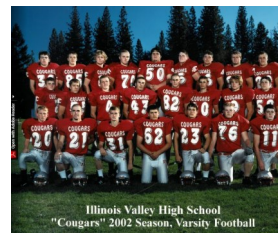
Mike graduated from Colorado State in 2009 with a BA in History. Upon graduating he began work for Global Leadership Adventures (Peace Corps for Teens) traveling extensively throughout Africa and Central America.

Mike returned to Fort Collins in 2012 to begin work on his MA in Business, which he earned in 2013. After his graduation he began working for RK Mechanical in Denver. He is currently the manager of corporate business development for RK and resides in Denver.

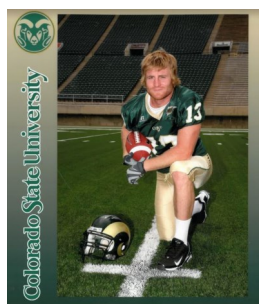
Michael was born in Palm Springs, California and moved to Cave Junction when he was two years old. He is one of seven children, and of 68 grandchildren.

Michael, at his mother's insistence, spends his entire vacation allotment, every year, on traveling back to Cave Junction to see his dear family.

2004 East Shriner Football Player



Illinois Valley High School
"Cougars" 2002 Season Varsity Football





- ⇒ **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.
- ⇒ **REMINDER ...** Our emergency contact list on the enrollment form **IS NOT** a check-out list. We will not release your student to someone on that list without checking with you first. In the event of a true emergency we will still attempt to call you first before we release to someone on that list.
- ⇒ **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.
- ⇒ **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 Ms. Scroggins to excuse or verify an absence or tardy at: jamie.scroggins@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.



McKinney-Vento

Homeless Education Assistance Act

If your family lives in inadequate housing accommodations, or is living with friends or relatives because you cannot afford housing, then your school-aged children have certain rights or protections.

If you have any questions, please call:
Heather Merrill or Sara Creek at IVHS
541-592-2116 for assistance.

SYNERVOICE

- ⇒ Synervoice is used to send out important messages about school closures and school events. When you get an automated call from IVHS using this program, it is important to say "Hello", as this triggers the message to start. If you have voicemail, it will leave a message. If you have an email registered with the school, we will often send emails as well. Synervoice is also used for attendance calls. These happen twice daily; at 10:00 am and again at 4:00 pm. If your child has been marked absent in any class, the system will call you to make you aware of this absence.

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 Evergreen.

To create an account, navigate to:

www.threerivers.k12.or.us/parentportal

Please call the school first for your activation key.

High School YEARS

Working Together for Lifelong Success



Short Clips

Prepping for college tests

Before your teen takes the SAT or ACT, encourage a few dry runs. Practice tests will help him get comfortable with the format and timing when it comes to the real thing. He could check in his school guidance office and with colleges and universities. Also, free SAT and ACT practice tests and tips are online.

How's school going?

Your teenager may open up and talk about school if you get past yes-or-no questions. Try asking her *who, what, where, when, how, or why* questions, such as "Why do you think your school only requires one year of PE?" or "How would you solve the drop-out problem?"

Watch heavy backpacks

Carrying a heavy backpack can cause neck pain, back pain, or tingling hands. Your high schooler could avoid these symptoms by using a backpack with padded shoulder straps and a cushioned lower-back area. Suggest that he evenly distribute the weight inside—and leave any textbooks he doesn't need at home or in his locker.

Worth quoting

"I'm not afraid of storms, for I'm learning to sail my ship." *Louisa May Alcott*

Just for fun

Q: What do you do if your dog chews a dictionary?

A: Take the words out of his mouth!



Protect against underage drinking

Peer pressure can push teens toward drinking even when they know it's illegal. Your high schooler may feel relieved if you help her come up with a plan. Try these tips.

Just say no

Encourage your child to avoid events where she knows others will be drinking alcohol. If she finds herself at such a party, remind her it's best to be direct and simply say, "No." She can also leave a party early if she feels uncomfortable. Her ride wants to stay? Let her know you'll pick her up anytime from anywhere.

Offer alternatives

Role-play other options for situations she may face. For example, she might grab a soda or water first thing when she's out with friends. Then, if offered alcohol, she could say, "I already have something. I'm good." Another response

is to bring up a parent: "My mom can smell liquor from a mile away," or "My dad would ground me for eternity."

Host a home party

Following school or community events like a big game or a dance, consider hosting a party at your home. Have your teen make the guest list, pick a theme, come up with games, and manage setup and cleanup. She should also plan snacks and nonalcoholic drinks. You'll provide her and her friends with a supervised spot to have fun without alcohol. 🍷



A historic escape

Use your high schooler's history studies as a way to take a family "trip" to a destination from the past.

First, talk about the time period he's studying in class, say the American Revolution. Now, plan together for your family to travel back in time.

Perhaps you'll pretend you're all camped at Valley Forge. Turn down the thermostat, bundle up, and light candles to recreate conditions soldiers braved through that brutal 1777-78 winter. Ask your high schooler to tell a few facts about what the military endured there and why it became an important site. Then, decide where you'll "visit" next. 🍷



Motivated to reach the finish line

How can your high schooler motivate himself to tackle a challenging class or an involved project? These suggestions may help.

Look ahead. Talk about how a tough subject connects with his future goals or current hobbies. If your teen is interested in a journalism career, he might remember that getting a high school diploma is the first step to the college degree that he will need—and that means he will have to do well in his foreign language class. Plus, learning a second language may help him land a job with a foreign press service one day.



Adapt your focus. When it comes to delving into school projects, different methods work for different students. Your child can try several to see which provides the most motivation. For instance, he could dive right into more challenging parts first, leaving him energized to finish up with sections he can sail through. Or he might

prefer getting simpler parts out of the way so he feels good about completing something. Then, that may spur him on to finish the harder parts. 👍



Q & A Create an attitude of gratitude

Q Lately, it seems like my daughter takes more and more of what she has for granted. How do we shift that attitude?

A You're not alone. There's a remedy for that sense of entitlement: gratitude. You can guide your child toward a grateful lifestyle by helping her understand the value of what she has and by taking time as a family to be thankful and generous. Here are ideas:

- Keep a gratitude board where your family jots down notes and hangs pictures of people or things they're grateful for.



- Don't shy away from pointing out when she is being ungrateful. Consider holding off on purchases of "wants" like new clothes or makeup. 👍

OUR PURPOSE

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

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Get the best price

Comparison shopping is a way for your teen to put her math skills to work in the real world. She'll also learn how to spend wisely. To help her make the best in-store or online purchases, encourage your child to:

- ✓ Look for sales. Shop clearance racks, advertised overstocked items, or end-of-aisle displays for bargains.
- ✓ Check prices at multiple locations, including outlets and big-box stores, and review advertising circulars. Compare with websites, too.
- ✓ Consider generic brands.
- ✓ Make secondhand an option. She might browse thrift stores, consignment shops, or yard sales. 👍



Parent to Parent Plan for screen-free time

I've noticed that our family is often together, yet not, because we always have screens in front of our faces. Our son, Clay, gets on his phone no matter where he is or what he's doing. We're not any better, finding ourselves on our laptop or reading texts even while we're watching TV. We're all addicted to screens!

So we decided to make some changes. First, we're going to set aside our

screens during meals. And we've told Clay that his phone needs to be off and put away while he's doing homework.

Then, for phase two of our plan, we will pick one evening a week to be completely screen-free. I'm hoping this means that we will spend more time talking and laughing together—like my family did when I was growing up. 👍

