



April 2017

Illinois Valley High School
Tanner Smith, Principal

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:

- 4/5 - Sports Pictures
- 4/6 - District Spelling Bee
- 4/7 - Academic Masters testing at RCC
- 4/7 - Sadie Hawkins Dance
- 4/8 - Science Fair
- 4/8 - Battle of the Books
- 4/13 - NHS Induction
- 4/15 - IV Preparedness Fair
- 4/16 - Easter
- 4/18 - Town Hall Meeting w/ Representative Peter DeFazio
- 4/21 - Conferences
- 4/21 & 4/22 - Speech @ State
- 4/22 - Earth Day
- 4/26 - Booster Club Mtg.
- 4/28 - Academic Masters Competition at NVHS
- 4/29 - Regional Spelling Bee

Cougar Nation,

We can start to see the light at the end of the tunnel and I am pretty sure that Spring weather and the end of the year are coming.....but don't hold me to that weather part.

This is an exciting time here at IVHS with so many of our students getting a chance to flex their academic muscles. State testing and our Academic Masters competitions are in full swing and our kids are doing an amazing job!

A date to keep on your calendar is April 18th, 2017. Peter DeFazio who is a member of the U.S. House of Representatives from Oregon's 4th District will be holding a town hall type meeting at IVHS from 1 p.m. until 3 p.m. Public is welcome to attend and our students will be in attendance and able to ask Mr. DeFazio questions.

Spring Sports season has officially begun with the IVHS Track and Field team, Softball, Baseball, and Equestrian teams.

I encourage you to sit down and talk with your student about how they are progressing through this semester and I hope to see you at Spring Conferences.

IVHS Principal
Tanner Smith
"Go Cougs!"





CELEBRATING Student Success
Principal's Student of the Month

February
Raina Fuson



Community
'Shout-Out'
IVHS Cougar Nation
would like to thank
Rock & Soil
Owned and operated by
Ronnie Fuson
And community member
David Scott
for their continued
support of
Illinois Valley High School

APRIL 22



~ ~ **CELEBRATING Student Success** ~ ~
*The following two students participated
in the TRSD District Science Fair this year.*

Margarita Hernandez-Guzman
and
Adriana Flores

Both girls received participation
certificates for their efforts.
Congratulations girls!



**34th Annual
Academic Masters
Competition**
April 28, 2017
6:30 pm
NVHS



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

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

April Sports Calendar

Date	Activity	Time	Versus	Location
04/01/2017	Track: Varsity MEET	10:30am	Douglas	Douglas High School
04/01/2017	Softball: Girls Varsity Game (2)	12:00pm	Brookings Harbor	Brookings Harbor High School
04/01/2017	Baseball: Boys Varsity Game (2)	12:00pm	Glendale	Illinois Valley High School
04/04/2017	Speech/Debate: Regionals	4:00pm	South Medford	South Medford High School
04/04/2017	Softball: Girls Varsity Game	4:30pm	Klamath Union	Klamath Union High School
04/05/2017	Speech/Varsity Tournament	TBD	Ashland	Ashland High School
04/05/2017	SPORT PICTURES	3:30pm		Illinois Valley High School
04/07/2017	Baseball: Boys Varsity Game	4:30pm	Lost River	Illinois Valley High School
04/07/2017	Softball: Girls Varsity Game	4:30pm	Lost River	Lost River High School
04/08/2017	Baseball: Boys Varsity Game	12:00pm	Bonanza	Bonanza Jr/Sr High School
04/08/2017	Softball: Girls Varsity Game	12:00pm	Klamath Union	Illinois Valley High School
04/11/2017	Boys Golf: Boys Varsity Tournament	11:00am	TBA	Forest Hills Country Club
04/11/2017	Baseball: Boys Varsity Game	4:30pm	Cascade Christian	Illinois Valley High School
04/11/2017	Softball: Girls Varsity Game	4:30pm	Cascade Christian	Illinois Valley High School
04/15/2017	Track: Varsity MEET	TBD	Crater	Crater High School
04/15/2017	Softball: Girls Varsity Game	1:00pm	Lost River	Illinois Valley High School
04/18/2017	Girls Golf: Girls Varsity Tournament	1:00pm	TBA	Harbor Links Golf Course
04/18/2017	Boys Golf: Boys Varsity Tournament	1:00pm	TBA	Harbor Links Golf Course
04/18/2017	Baseball: Boys Varsity Game	4:30pm	Lakeview	Lakeview High School
04/18/2017	Softball: Girls Varsity Game	4:30pm	Lakeview	Lakeview High School
04/19/2017	Baseball: Boys Varsity Game	4:30pm	Riddle	Illinois Valley High School
04/22/2017	Speech/Debate: Varsity State	TBD	Western Oregon	Western Oregon University
04/22/2017	Track: Varsity Invitational	10:30am	Klamath Union	Lithia Park
04/22/2017	Baseball: Boys Varsity Game (2)	12:00pm	St. Mary's	Illinois Valley High School
04/22/2017	Softball: Girls Varsity Game	1:00pm	Hidden Valley	Illinois Valley High School
04/25/2017	Softball: Girls Varsity Game	4:30pm	Rogue River	Illinois Valley High School
04/25/2017	Baseball: Boys Varsity Game	4:30pm	Rogue River	Illinois Valley High School
04/26/2017	Girls Golf: Girls Varsity Tournament	10:00am	TBA	Centennial Golf Course
04/26/2017	Boys Golf: Boys Varsity Tournament	10:00am	TBA	Centennial Golf Course
04/28/2017	Equestrian: Varsity MEET	TBD	TBA	Jackson County Fairgrounds
04/28/2017	Track: Varsity MEET	3:15pm	South Umpqua	South Umpqua High School
04/28/2017	Baseball: Boys Varsity Game (2)	4:00pm	Cascade Christian	Cascade Christian High School
04/28/2017	Softball: Girls Varsity Game (2)	4:00pm	Cascade Christian	Cascade Christian High School
04/29/2017	Equestrian: Varsity MEET	TBD	TBA	Jackson County Fairgrounds
04/29/2017	Track: Varsity Invitational	10:00am	Grants Pass	Grants Pass High School
04/30/2017	Equestrian: Varsity MEET	TBD	TBA	Jackson County Fairgrounds

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



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

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

Athletic News:

IVHS Athletics update.

Spring is here but the rain has not stopped. Our spring sports are all in full force. This month has been difficult on the Athletic Department due to cancelations, reschedules and progress reports. At the end of the semester all transcripts are checked for eligibility. If student/athletes have one or two F's on their transcript they are placed on The Academic Enhancement Program. Each Thursday they are to pick up a weekly progress report and have it signed by all of their teachers. Then they will take it to their coach and have them sign it. On Friday morning they turn it into the Athletic Office to stay eligible.

Softball is 1-0 at this time and had to reschedule a couple of games. They have a full JV schedule. Varsity also, has a complete schedule this year. This will pay many dividends in the future.

Baseball is 1-0 at this time and had to reschedule a couple of games. The baseball program has a shortened JV schedule but this too will pay dividends in the future. The Varsity schedule is full as well.

Track has competed in one meet at this time and fared very well. The team is getting better each day and looking to continue on breaking their PR's.

Boys Golf has 4 boys on the team. They competed once also. They are young and are working at lowering their scores.

Girls Golf has 2 team members at this time and have not competed in a contest as of yet.

This spring is looking to be a productive one here at IVHS, GO COUGS!

"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 all siblings are attending the same school. This cap is only available during the same school year and does not include the team or athletic department or towel fees.





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 ??

These alumni are part of your IVHS staff. We love the beautiful Illinois Valley and working at the Illinois Valley High School.

	Sara Creek '99 Sara has been with TRSD for 8 years and is currently an Ed Assistant.	
	Jaime Drake '94 This is Jaime's first year with TRSD and is currently the school librarian.	
	David Holmes '04 Dave has worked for TRSD for 3 years and is currently the Lead Custodian.	
	Robin Jackson '73 Robin has been with TRSD for 23 years and is currently the school	
	Gene Merrill '92 Gene is in his first year with TRSD and is currently the College a& Ca-	
	Heather Merrill '94 Heather has been with TRSD for 21 years and is currently the school Ath-	
	Megan Miner '09 Megan has worked for TRSD for 7 years and currently works in food	
	Sara Parker '78 Sara has been with TRSD for 15 years and is currently an Ed Assistant.	
	Julie Pope '76 Julie has been with TRSD for 20 years and is currently the school Office	
	Nancy Powell '80 Nancy has been with TRSD for 14 years and is currently our kitchen	
	Tara Thornhill '87 Tara has been with TRSD for 24 years and is currently the school registrar.	
	Shelly White '01 Shelly has worked for TRSD for 3 years and currently works in food	



⇒ **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.

⇒ **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.

Spring

~ ~ **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.

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 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.

Information for Parents



If your family lives in any of the following situations:

- In a shelter, motel, vehicle, or campground
- On the street
- In an abandoned building, trailer, or other inadequate accommodations, or
- Doubled up with friends or relatives because you cannot find or afford housing

Then, your preschool-aged and school-aged children have certain rights or protections under the McKinney-Vento Homeless Education Assistance Act.

Your children have the right to:

- Go to school, no matter where you live or how long you have lived there. They must be given access to the same public education, including preschool education, provided to other children.
- Continue in the school they attended before you became homeless or the school they last attended, if that is your choice and is feasible. If a school sends your child to a school other than the one you request, the school must provide you with a written explanation and offer you the right to appeal the decision.
- Receive transportation to the school they attended before your family became homeless or the school they last attended, if you or a guardian request such transportation.
- Attend a school and participate in school programs with children who are not homeless. Children cannot be separated from the regular school program because they are homeless.
- Enroll in school without giving a permanent address. Schools cannot require proof of residency that might prevent or delay school enrollment.
- Enroll and attend classes while the school arranges for the transfer of school and immunization records or any other documents required for enrollment.
- Enroll and attend classes in the school of your choice even while the school and you seek to resolve a dispute over enrolling your children.
- Receive the same special programs and services, if needed, as provided to all other children served in these programs.
- Receive transportation to school and to school programs.

When you move, you should do the following:

- Contact the school district's local liaison for homeless education (see phone number below) for help in enrolling your child in a new school or arranging for your child to continue in his or her former school. (Or, someone at a shelter, social services office, or the school can direct you to the person you need to contact.)
- Contact the school and provide any information you think will assist the teachers in helping your child adjust to new circumstances.
- Ask the local liaison for homeless education, the shelter provider, or a social worker for assistance with clothing and supplies, if needed.

Local Area Contacts:

Homeless Education Liaison
Phone: 541-862-3111, Ext. 5278

State Coordinator:

Oregon Department of Education
503-947-5781

If you need further assistance, call the
National Center for Homeless Education
at the toll-free Helpline number:

1-800-308-2145



Spanish version available on request at the school office.

High School YEARS

Working Together for Lifelong Success



Short Clips

Positive body image

Does your teen feel that his body doesn't "measure up"? Kids this age are often self-conscious about their appearance. Encourage your child to see himself as more than his body shape. He could focus on how strong and healthy his body is, the things he can do, and what's unique and interesting about him.

World aware

Help your high schooler stay on top of local, national, and world events. Try reading a daily newspaper or watching the nightly news together. Or ask your teenager about news she's read online. You'll give her a larger view of the world—and may spur her to get involved in issues she cares about.

Excellent explanations

Clearly explaining things is a communication skill that will serve your teen well in school and at work. He might practice by giving his grandparents step-by-step directions for downloading and opening phone apps. Or he could describe the best bicycle route for a new neighbor to take to the park.

Worth quoting

"The two most important days in your life are the day you were born and the day you find out why." *Mark Twain*

Just for fun

Q: Can a kangaroo jump higher than the Empire State Building?

A: Of course—the Empire State Building can't jump!



Summer job search

As the school year winds down, encourage your teen to gear up for her summer job hunt. It can take time to find openings, complete applications, and go through the interview process. Share these ways to get started.

Work at it

Suggest that your high schooler treat the search itself like a job. She might set aside an hour each day for job hunting. Have her look online, as well as make calls to relatives, friends' parents, neighbors, coaches, and former employers and coworkers to see if they know of any prospects. She could also go store to store in shopping centers to see who's hiring or to fill out applications at department store kiosks.

Seek seasonal spots

Many types of businesses staff up for the summer. Possibilities include swimming pools, amusement parks, miniature golf courses, hotels, resorts, and tourist attractions. If your teen enjoys being with younger children, she might



ask neighborhood parents if they need summer babysitters. Or she can try for museum or park program positions. She'll earn money while teaching and learning new skills.

Boost chances

Preparation goes a long way toward impressing potential employers. To stand out from other applicants, your teenager should get to interviews early, dress neatly, and be ready to describe her strengths and weaknesses. In addition, suggest that she take a list of references (with correct phone numbers and email addresses).

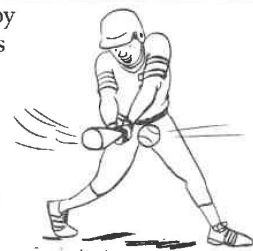
Note: She'll need to get permission from references ahead of time. 👍

Make science come alive

Drive home the real-world aspects of science class by helping your high schooler tie what he's learning to his everyday life.

Say he's studying the periodic table in chemistry class. He could print a copy and check off all the elements he identifies around the house. These might include aluminum in foil, titanium in a tennis racquet, lithium in batteries, or fluorine in toothpaste.

Or if he's taking physics, encourage him to find examples of it in the sports he plays. He can note that the force and direction of his baseball swing direct the ball's velocity and angle after it makes contact with the bat. Or in pole vaulting, he could observe that the faster he runs, the greater the kinetic energy that can be converted into a higher jump. 👍



How not to argue with your teen

If you find yourself arguing with your teenager, don't despair. It's a normal part of life with a teen. And the good news is that disagreements can be constructive ways to work out problems. The key is to keep them focused and under control. Here's how.

Stick to the issue. Say your high schooler wants to go on a beach weekend with friends. Talk about *only* that trip, and try not to bring up the past. Sticking to the request at hand will simplify the discussion and help you both remain calm.

Avoid criticism. Stay away from using "always" and "never" statements like "You *always* make bad decisions



than the blame on him. *Example:* "I get upset when I think you're ignoring the risks." Your honesty will make it easier for him to tell you his side. And open communication will help you reach a fair decision. 🍊

when you're with this group" or "You *never* consider our feelings." These types of statements may make your teenager feel ashamed or hurt—and they don't solve the problem.

Tell your side. Try using "I" statements to put the focus on your feelings rather

than the blame on him. *Example:* "I get upset when I think you're ignoring the risks."

Your honesty will make it easier for him to tell you his side. And open communication will help you reach a fair decision. 🍊



Q & A Prepping for IEP meetings

Q My daughter's IEP meeting is coming up this month. How should we prepare?

A Getting ready ahead of time will help you feel more comfortable, and you'll be in a better position to help draft the best possible Individualized Education Program for your daughter. Keep these ideas in mind:

- Gather documents like report cards, test results, and her current IEP. (Ask her counselor for a copy if you need it.) You also could request a copy of the proposed IEP to preview it.
- Sit down with your daughter to go over this year's IEP. Write down any questions or suggestions you each have. For instance, maybe she feels that she needs more time to take math tests.
- Let your teen practice advocating for herself. She may think an online writing program would help her meet a goal. Role-play so she feels at ease speaking up during the meeting. 🍊



Reduce stress

The end of the school year can be a particularly stressful time for high schoolers. Help your child tame any stress with these coping strategies.

Be healthy

A good first step is having your teenager clear her schedule of unnecessary activities. She should also eat nutritious foods, get plenty of rest, and plan fun time on weekends to give herself a mental break. Feelings of all-around wellness ease anxiety.

Be positive

If your teen works herself up with high-pressure thoughts like "I have to ace my history final," suggest that she rephrase her worry. *Example:* "I'll do my best on the final by studying a little every night." Spreading out the study time will let her feel more on top of her schedule.

Be relaxed

Finally, encourage your teenager to try relaxation exercises. Have her start with her head and, working her way to her toes, tense her muscles, hold for several seconds, then release. 🍊



Parent to Parent

Why should I graduate?

My son, Joel, has dreams of starting his own lawn care business, which is great. The problem is that he wants to get started *now*—and doesn't think a high school diploma is important.

I told Joel that my own decision to drop out is one I regret, and it's one way I don't want to be a model for him. I explained that dropping out has limited my job

choices and my salary. If I had stayed in school, I might have a manager's job with benefits instead of working three part-time jobs. I also pointed out that the courses he takes in high school will give him skills to help him run a successful business one day.

In the meantime, talking to Joel gave me an idea. I realized that it's never too late, and I looked into getting my GED. Now Joel and I have made a pact: He's going to stay in school, and we're going to get our high school diplomas together! 🍊



OUR PURPOSE

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

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128 N. Royal Avenue • Front Royal, VA 22630
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