



November 2016

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 learners."

## Dates To Remember:

- ◆ 11/1/16 - Blood Drive
- ◆ 11/2/16 - Speech/Debate Meet
- ◆ 11/2/16 - Family Science Night @ LBMS
- ◆ 11/3/16 - Balfour for Seniors
- ◆ 11/3/16 - Fall Sports Awards
- ◆ 11/4/16 - NO Activity Bus
- ◆ 11/5/16 - SAT Testing
- ◆ 11/5/16 - Speech/Debate Meet
- ◆ 11/6/16 - Daylight Savings Time
- ◆ 11/9/16 - Balfour/Grad Orders
- ◆ 11/10/16 - NO Activity Bus
- ◆ 11/11/16 - NO Activity Bus
- ◆ 11/14/16 - Winter Practice Begins
- ◆ 11/17/16 - NO Activity Bus
- ◆ 11/18/16 - NO Activity Bus
- ◆ 11/21-11/25 - NO Activity Bus
- ◆ 11/21-11/25 - NO School
- ◆ 11/27/16 - Youth Wrestling Tourney

Cougar Family,

Hello Cougar Nation-

As we enter the month of November we can look back at the start of the school year and be proud of the strong start we have had. As a school we are showing up with a 95% rate in attendance, which is 3% above the state requirement! Our students have done a wonderful job during the fall sports seasons and as we wrap up the fall season we eagerly look forward to the winter season for our student athletes.

The coursework that your students are doing is of the utmost importance and the best way that you can support this is by having regular talks with your child about progress as well as showing up for Conferences which will take place November 17<sup>th</sup> and 18<sup>th</sup>. Look on the school website and Facebook pages for specific times. There is no such thing as a student or parents who don't need to come to conferences. Whether your child is excelling or struggling, this is a great time to speak with teachers and staff.

Help!!! If you feel like your student needs help in coursework please call the school or come in and we can discuss a plan that will help your student have success. Illinois Valley High School has a ton of resources that can help your student. We have staff that stay after school to tutor students, offer a dinner program for free, and provide a late activity bus to take your student home.

Progress and Pizza will be the theme of our conferences. Show up and enjoy pizza, drinks, and snacks on us while you meet with our staff.

We are doing great things here at IVHS and I hope that you can find a way to take part in what we are doing.

Go Cougars!!!

Tanner Smith  
IVHS Principal



Thanksgiving November 24, 2016

Daylight Savings Time Ends on November 6th.

Don't forget to set your clocks back an hour.



Illinois Valley High School ~ 625 E. River Street ~ Cave Junction, OR 97523

Phone: 541.592.2116 ~ Fax 541.592.4853

[www.threerivers.k12.or.us](http://www.threerivers.k12.or.us)



- ⇒ **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.
- ⇒ **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](mailto: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.

### 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.

### SENIORS AND SENIOR PARENTS

- ⇒ Brad from 'Balfour' will be here at IV on **Nov. 3rd** to pass out grad packets and speak to this years seniors about ordering caps and gowns for graduation. He will return on **November 9th** from 12:00pm to 4:00pm to take orders.

### SYNERVOICE

- ⇒ Synervoice is used to send out important messages about school closures and school events. When you get a 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.

To create an account, navigate to:

[www.threerivers.k12.or.us/parentportal](http://www.threerivers.k12.or.us/parentportal)

*Please call the school first for your activation key.*



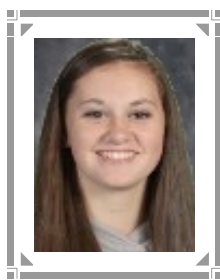
# Cougar News Bites

## CELEBRATING Student Success

~ ~ SEPTEMBER ~ ~

### *IVHS Student of the Month*

Zarena Norris



### *Honorable Mention*

*Gwen Clinton-Joiner, Julia Thomas  
Tryston Coley, Rhianna Sandoval  
Meaghan Vallot, Bryce Bruner  
Kaya Doolaege, Levi May  
Colton Harms*



## IVHS 2016 - 2017 SITE COUNCIL

IVHS gives a big 'Thank You' to all parents who were willing to serve on our school Site Council this year. Site Council members are elected by peers to serve for a two year period. Elected to serve this year are:

Suzie Garman and Rene Jolley-Spalletta

They join returning community member Lisa Richardson, staff members and students.

*Once again, thank you to all who offered to serve.*

## Community

### 'Shout-Out'



IVHS Cougar Nation  
would like to thank

~ **CARLOS' RESTAURANTE** ~

for their continued  
support of

Illinois Valley High School

Owned and operated by

**CARLOS'**

Mark your calendar for the following  
**SMILE** event.:

**The Family Science Night  
Wednesday, November 2nd  
Held at Lorna Byrne Middle School**

IVHS SMILE Club meets every Thursday  
at 7:00 am and again at 3:15 pm

## CELEBRATING Student Success

### *IVHS Student of the Month*

~ ~ OCTOBER ~ ~

*Julia Thomas*



### *Honorable Mention*

*Natalie Perez-Beltran, Aliena Goff,  
Meaghan Vallot, Raelyn Starkenberg,  
Alyssa Lewin*



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

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

## November Sports Calendar

### Athletic Notes:

#### "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.

#### "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.

**Winter Sports  
Practice  
Begins on  
November 14th**

Day	Date	Activity	Time	Versus	Location
Tue	11/01/2016	Football: Boys JV	5:00pm	St. Mary's	St. Mary's HS
Tue	11/01/2016	Youth Wrestling	5:00pm		Wrestling Room
Wed	11/02/2016	Youth Wrestling	5:00pm		Wrestling Room
Thu	11/03/2016	Youth Wrestling	5:00pm		Wrestling Room
Fri	11/04/2016	Youth Wrestling	5:00pm		Wrestling Room
Sat	11/05/2016	Youth Wrestling	5:00pm		Wrestling Room
Mon	11/07/2016	Youth Wrestling	5:00pm		Wrestling Room
Tue	11/08/2016	Youth Wrestling	5:00pm		Wrestling Room
Wed	11/09/2016	Youth Wrestling	5:00pm		Wrestling Room
Thu	11/10/2016	Youth Wrestling	5:00pm		Wrestling Room
Fri	11/11/2016	Youth Wrestling	4:00pm		IVHS
Fri	11/11/2016	Youth Wrestling	5:00pm		Wrestling Room
Sat	11/12/2016	Youth Wrestling	6:00am		IVHS
Sat	11/12/2016	Youth Wrestling	5:00pm		Wrestling Room
Mon	11/14/2016	Winter Practice	3:30pm		Various
Tue	11/15/2016	Winter Practice	3:30pm		Various
Wed	11/16/2016	Winter Practice	3:30pm		Various
Thu	11/17/2016	Winter Practice	3:30pm		Various
Fri	11/18/2016	Winter Practice	5:00pm		Various
Sat	11/19/2016	Winter Practice	5:00pm		Various
Mon	11/21/2016	Winter Practice	5:00pm		Various
Tue	11/22/2016	Winter Practice	5:00pm		Various
Wed	11/23/2016	Winter Practice	5:00pm		Various
Thu	11/24/2016	Winter Practice	5:00pm		Various
Fri	11/25/2016	Winter Practice	5:00pm		Various
Sat	11/26/2016	Winter Practice	5:00pm		Various

\*\*Please note that game dates, times, and locations are subject to change. Please feel free to call the school to double check.

### "Student Athlete of the Month"

~ ~ SEPTEMBER ~ ~

Girl's Soccer



Aundrea  
Miller

Football



Ross  
Gaynor



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

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



### **CROSS COUNTRY –**

We have three participants attending the district meet this year, Sarah Andrews, Alex Parker, and Tyler Blind. The meet is being held at Valley of The Rogue Park on October 27<sup>th</sup>.

***The Athlete of the week is: Tyler Blind***

### **BOY'S SOCCER –**

The team is very young this year. They have won 2 games so far and have 2 games left on their schedule.

***The Athletes of the week are:***

***Action Phokaeo, Joshua Merrill, Dean Hearn, Luis Sanchez, Jackson Mattock and Cody Box***

**GIRL'S SOCCER –** The girls had a very exciting win on Wednesday October 19<sup>th</sup> against Rogue River. This was the second time they beat Rogue River this year. Both wins had the same score of 1-0. The last one was in the last 30 seconds with a direct kick by Andrea Miller. They have 3 wins on the year with 2 games left on their schedule. 1 league and 1 non-league game to go.

***The Athletes of the week are as follows:***

***Lily Cusumano (2), Aundrea Miller (2), Aarika Brooks, Raina Fuson and Alexis Clark***



### **CHEER –**

The girls have been working very hard and have improved very much already this year. They have been supporting the teams and are very enthusiastic.

***The Athletes of the week are as follows:***

***Destiny Alexander, Heather Kern, Sierra Lahey, Jade Rios, Diamond Murphy, Maya Demuth***

### **FOOTBALL –**

This team will graduate 8 players. They have 2 games left on their schedule. Their record is 1-5 as of right now. They are getting better each week.

***The Athletes of the week are as follows:***

***Jacob Solomon, Ross Gaynor, Skylar McLanahan (2), Zak Lindell and Devon Dangerfield.***

### **VOLLEYBALL –**

They finished the season 4<sup>th</sup> in league with a 2-6 record. They were 5-15 overall this year.

***The Athletes of the week are as follows:***

***Tori Johnson, Courtney Scott, Cambrie Hughey, Taylor Hammers, Gabby Rapley and Tessa Turner***



## 21st Century Grant Enrichment Programs

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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*
- ◇ *Tech Toys and Code*
- ◇ *Board Games*
- ◇ *HHH (Hipps)*

### TUESDAYS

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

### WEDNESDAYS

- ◇ *Healthy Cooking*
- ◇ *Tech Toys and Code*
- ◇ *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? ~ ~ ~

*Kalen G. Snook*

2006 Graduate of

**Illinois Valley High School**

Kalen (Bubba) Snook graduated from IVHS in 2006. After high school he attended Pacific University and then worked in Montana until he decided to join the Armed Forces.

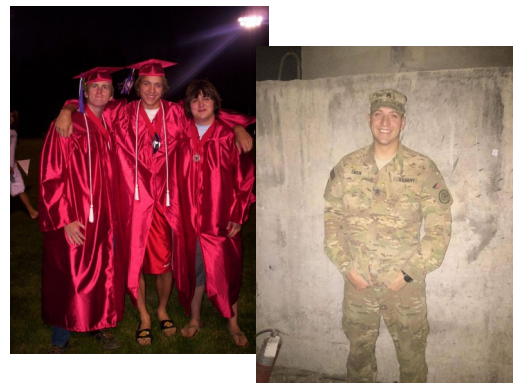
In 2011 he enlisted in the Army. After basic training he served as a sniper in support of Operation Enduring Freedom at Combat Outpost Margah in the Paktika province of Afghanistan.

In 2011-2012 he served as a member of the C Company Spartans, 2nd Battalion 28th Infantry Regiment, 172 Infantry Brigade.

In 2013-2014 Kalen was deployed to the Sinai Peninsula of Egypt in support of multinational forces and observers while serving as a section leader with Killer Troop, 4th Squadron, 3rd Cavalry Regiment "Brave Rifles."

In 2016-17 he deployed to OB Fenty in the Nangarhar Province of Afghanistan as a section leader with the same unit.

Today Staff Sergeant Kalen G. Snook is stationed in Fort Hood, Texas. He married his sweetheart Kaitie in 2015 and they are expecting their first child in February of 2017.



# High School YEARS

Working Together for Lifelong Success



## Short Clips

**Great question!** Being able to ask questions is a thinking skill

that high schoolers need to succeed in school and on the job. Have your teen list questions as she does homework. Then, she can pose the queries—or others she comes up with—during class discussions. She will work on forming ideas and also show the teacher she's interested.

### Veterans Day lessons

As Veterans Day approaches on November 11, use the holiday to help your teenager learn about members of the armed forces. Suggest he visit veterans' senior centers or assisted living facilities to read to vets and listen to their stories. Or he might attend events commemorating those who served in the military.

### Practice in public

Good public speaking takes practice. If your high schooler has to give a speech, let her rehearse the presentation in front of you, other relatives, or friends. When she finishes, she should ask for audience feedback. These run-throughs will help her be well prepared and more poised for the real thing.

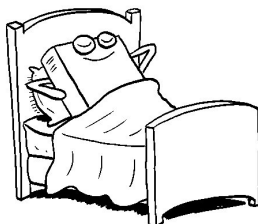
### Worth quoting

"Fall seven times, stand up eight."  
*Japanese proverb*

### Just for fun

**Q:** Where do books sleep?

**A:** Under their covers.



## Rules that work

When it comes to setting boundaries for your high schooler, the best rules are ones that teach him how to live responsibly and remain safe. Consider these guidelines.

### Curfew

Set a curfew, and make it a rule that your teenager also tells you where he's going, who he's with, how he's traveling, and what he expects to be doing. Then, if he wants to stay out later because, for instance, a game went into overtime, he should call you for permission.

### Communication

Always keep lines of communication open. Whether you're talking about spending, dating, work, or free time, create a "rule" for your child and yourself that he can come to you with questions or concerns. Let him know that he's allowed to be honest with his thoughts



and feelings and that you'll try to guide, not criticize.

### Consequences

Good or bad, consequences provide teachable moments. Tell your teen that the more he's able to follow the house rules, the more freedom he'll have (getting the car more often, for example). If a punishment is necessary, tell him what it is (say, he is grounded for the weekend), and then stop talking. Listening to what he has to say without justifying yourself further will let him express himself but show there's no negotiating. 👍

## Tips for tests

Share these strategies to help your teen do her best on tests and quizzes.

**Change the order.** Encourage your teenager to look through the entire test and do the easiest parts first. That will give her confidence to tackle the harder areas.

**Read the questions.** Remind your student to read every question all the way to the end. She should never assume what a question is asking until she's read the whole thing.

**Redirect nervousness.** Point out that any nervousness she feels shows she cares. Then, suggest that she redirect that energy away from worry and toward her work with thoughts like "I know this" or "Just answer one question at a time." 👍



## Writing for a real audience

Whether your teenager is writing a paper for an assignment or an item for the school yearbook, she should target her work to her reader. Suggest that she ask herself these questions as she sits down to write.

**Who is my audience?** Considering who she's writing for will help your teenager find her "voice." If she's writing an article for the art club newsletter, she can think about what her fellow artists would be interested in knowing. For a letter to

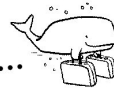


her younger cousin, she would use simpler language that an elementary school child will recognize.

### What's the lingo?

Encourage your teen to think about the words and phrases she chooses. Her vocabulary should match the field she's writing about. For instance, if she's

reviewing wireless speakers on a shopping site, she might use words like "amplifier," "upper register," or "design." 👍



## Ways to get fit

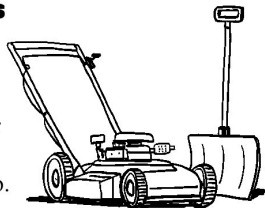
Get your teen pumped about staying fit with these approaches.

### Incredible achievements

Could your child do 1,000 sit-ups or lift 10,000 pounds? Not all at once. But if he does five push-ups and five sit-ups a day, in a few months, he will have done hundreds. Encourage him to keep track and add everything up—that will give him the chance to set and meet goals, too. Then, he might celebrate milestones, like that 500th push-up!

### Active jobs

Part-time work can give your high schooler a chance to stay on the go. Encourage him



to get paid to move by shoveling snow, mowing lawns, or working at an after-school sports program for kids. Have him hand out flyers to neighbors or contact the local parks and recreation department and YMCA to scout out active jobs. 👍

## Q & A

### Attend parent-teacher conferences

**Q** My son does well in school, and I see his grades on report cards. Should I still attend parent-teacher conferences when I already know how he's doing?

**A** In a word, yes! Parent-teacher conferences are a great way for you to be involved in your son's high school education and to help him continue to succeed. Plus, just knowing that you are attending the meeting sends an important message to your child.

At the conference, you'll be able to have a two-way conversation about how your teen can get the most out of his education. Come prepared to share your thoughts on what gets him excited about learning and also to ask questions. Finally, be sure to find out how you can support his education at home. 👍



## Parent to Parent

### Choose your battles

"You are not going to Grandma's house with all that makeup on!" I told my daughter. "Go upstairs and wash your face! Or don't come down at all!"

Tina chose not to come back down, and we went to Grandma's house without her. I was so upset that I barely ate dinner. I realized I wanted my daughter to be there more than I cared about how she looked.

When we got home, I apologized to Tina. I said

she was old enough to make her own decisions about her appearance and that I'd make her a deal. If she continued to do well in important areas, such as grades and behavior, I'd cut her slack about less important things, like what makeup she wears.

It's been a month, and Tina still wears makeup that sometimes makes me cringe—but she is doing fine in school, and she's a happy and good kid. I'm trying to focus on that, because that's the important stuff. 👍



## 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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