

January 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 learners."

## Dates To Remember:

- ◆ **1/16/17 Holiday -**  
Martin Luther King, Jr.  
**NO SCHOOL (No Activity Bus)**
- ◆ **1/18/17** - Kids Cheer Camp
- ◆ **1/20/17** - Kids Cheer Camp
- ◆ **1/24/17** - ASVAB Testing
- ◆ **1/25/17** - Kids Cheer Camp
- ◆ **1/25/17** - Booster Club 6:00pm
- ◆ **1/27/17** - Cheer Kids perform  
@ Varsity Boy's Basketball 1/2  
time

Cougar Nation,

Brrrrrrrr!

I trust that we are all finally out of the snowpocalypse that was our winter break. I was amazed at the difference in snowfall between even Grants Pass and Cave Junction. While the break was nice it was actually very tough to not be in the building for so long and I was truly excited to start back up and see all of our students.

As the number of snow days added up, we became concerned with the loss of instructional days. Due to this, we have moved our 1st semester end date to February 9th and have a grading/clerical day (NO SCHOOL) on February 10th.

As always we are very busy at the high school with our seniors completing their Senior Projects, end of semester interventions, 2nd semester forecasting, and we are well into winter activities.

In looking at our attendance, I would like to ask for your help. IVHS had the highest high school attendance in the district for the month of December. However, we had poor attendance up to that point. We NEED your student at school every single day. Please help me in focusing on our attendance during our second semester.

In closing I would like to let you know that our doors are always open. We have enjoyed more community support than last year and we are looking to continue to grow in this area. This high school used to be a hub of the community and it is my intention to bring that feeling back.

Go Cougars!!!

Tanner Smith  
IVHS Principal

## 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**



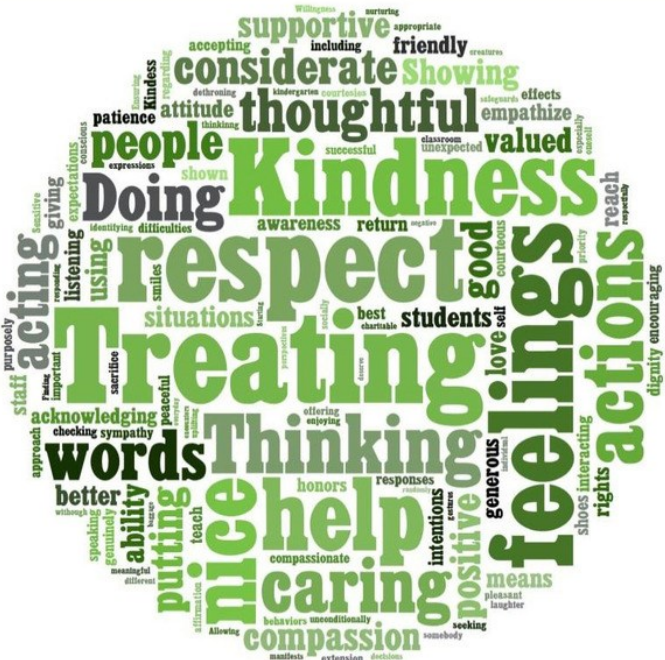
# Cougar News Bites

## CELEBRATING Student Success

*Principal's Student of the Month*



**THANK  
YOU!!**



### Community

### 'Shout-Out'

IVHS Cougar Nation  
would like to thank

~ Dutch Bros Coffee, Cave Junction ~

for their continued

support of

Illinois Valley High School

Owned and operated by

*Manager, Nicole Frohnauer*

**NOVEMBER**

*Jacob Bafia*



**DECEMBER**

*Gabriela Rapley*



**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:

### 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**

### "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.

## January Sports Calendar

Activity	Date	Time	Home/Host	Opponent	Location
Basketball: Boys JV	01-03-17	4:00PM	IVHS	Gold Beach	IVHS
Basketball: Boys Varsity	01-03-17	5:30PM	IVHS	Gold Beach	IVHS
Basketball: Boys JV	01-06-17	4:00PM	Lakeview	Away vs. Lakeview	Lakeview HS
Basketball: Girls JV	01-06-17	4:00PM	Lakeview	Away vs. Lakeview	Lakeview HS
Basketball: Girls Varsity	01-06-17	6:00PM	Lakeview	Away vs. Lakeview	Lakeview HS
Basketball: Boys Varsity	01-06-17	7:30PM	Lakeview	Away vs. Lakeview	Lakeview HS
Basketball: Boys JV	01-09-17	4:00PM	IVHS	Milo Academy	IVHS
Basketball: Girls Varsity	01-09-17	5:30PM	IVHS	Milo Academy	IVHS
Basketball: Boys Varsity	01-09-17	7:00PM	IVHS	Milo Academy	IVHS
Basketball: Girls JV	01-10-17	4:00PM	IVHS	Rogue River	IVHS
Basketball: Boys JV	01-10-17	5:30PM	IVHS	Rogue River	IVHS
Basketball: Girls Varsity	01-10-17	5:30PM	IVHS	Rogue River	IVHS
Basketball: Boys Varsity	01-10-17	7:00PM	IVHS	Rogue River	IVHS
Wrestling: Boys Varsity	01-13-17	11:30AM	Redmond	Away vs. Redmond	Fair Grounds
Basketball: Girls JV	01-13-17	3:00PM	St. Mary's	Away vs. St. Mary's	St. Mary's HS
Basketball: Boys JV	01-13-17	4:30PM	St. Mary's	Away vs. St. Mary's	St. Mary's HS
Basketball: Girls Varsity	01-13-17	6:00PM	St. Mary's	Away vs. St. Mary's	St. Mary's HS
Basketball: Boys Varsity	01-13-17	7:30PM	St. Mary's	Away vs. St. Mary's	St. Mary's HS
Basketball: Girls JV	01-17-17	4:00PM	IVHS	Cascade Christian	IVHS
Basketball: Boys JV	01-17-17	5:30PM	IVHS	Cascade Christian	IVHS
Basketball: Girls Varsity	01-17-17	5:30PM	IVHS	Cascade Christian	IVHS
Basketball: Boys Varsity	01-17-17	7:00PM	IVHS	Cascade Christian	IVHS
Wrestling: Boys Varsity	01-19-17	4:00PM	Coquille	Away vs. 2 School	Coquille HS
Wrestling: Boys Varsity	01-21-17	8:00AM	EPHS	Away vs. Eagle Point	Eagle Point HS
Basketball: Girls JV	01-21-17	1:00PM	Bonanza	Away vs. Bonanza	Bonanza HS
Basketball: Boys JV	01-21-17	2:30PM	Bonanza	Away vs. Bonanza	Bonanza HS
Basketball: Girls Varsity	01-21-17	4:00PM	Bonanza	Away vs. Bonanza	Bonanza HS
Basketball: Boys Varsity	01-21-17	5:30PM	Bonanza	Away vs. Bonanza	Bonanza HS
Basketball: Girls Varsity	01-23-17	5:30PM	Milo Academy	Away vs. Milo Academy	Milo Academy
Basketball: Boys Varsity	01-23-17	7:00PM	Milo Academy	Away vs. Milo Academy	Milo Academy
Basketball: Girls JV	01-25-17	5:30PM	IVHS	North Valley	IVHS
Basketball: Boys JV	01-25-17	7:00PM	IVHS	North Valley	IVHS
Wrestling: Boys Varsity	01-26-17	4:00PM	IVHS	4 School	IVHS
Basketball: Girls JV	01-27-17	4:00PM	IVHS	Lakeview	IVHS
Basketball: Boys JV	01-27-17	5:30PM	IVHS	Lakeview	IVHS
Basketball: Girls Varsity	01-27-17	5:30PM	IVHS	Lakeview	IVHS
Basketball: Boys Varsity	01-27-17	7:00PM	IVHS	Lakeview	IVHS
Wrestling: Boys Varsity	01-28-17	9:00AM	Crater	Away vs. Crater	Crater HS
Basketball: Girls JV	01-31-17	3:00PM	Rogue River	Away vs. Rogue River	RRHS
Basketball: Boys JV	01-31-17	4:30PM	Rogue River	Away vs. Rogue River	RRHS
Basketball: Girls Varsity	01-31-17	6:00PM	Rogue River	Away vs. Rogue River	RRHS
Basketball: Boys Varsity	01-31-17	7:30PM	Rogue River	Away vs. Rogue River	RRHS

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

### "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 whose 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.



*"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:

11/28—12/3

*Bryce Bruner, Aundrea Miller, Ross Gaynor*

12/5—12/10

*Skylar McLanahan, Tori Johnson, Ross Gaynor*

12/12—12/17

*Chase Nelson, Roza Jonas, Ross Gaynor*

12/19—12/24

*Cody Box, Courtney Scott*

12/26—12/31

*Caleb Hess, Aarika Brooks, Ross Gaynor*

### Athletes of the Month:

~ ~ DECEMBER ~ ~

*Courtney Scott*



*Ross Gaynor*



BOY'S BASKETBALL



EQUESTRIAN



GIRL'S BASKETBALL



CHEER

WRESTLING





## 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*
- ◇ *Board Games*
- ◇ *HHH (Hipps)*

### TUESDAYS

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

### WEDNESDAYS

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

### THURSDAYS

- ◇ *SMILE Club (7:00 am & 3:15 pm)*
- ◇ *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? ~ ~ ~

### Jon Pope

2002 Graduate of

Illinois Valley High School

Jon always had a passion for mechanics and sports, especially football. He had plans to play football and own a business one day. Jon found a way to make both happen.

After a year of football at Reedley Junior College, in California, Jon was offered a walk-on position with the football program at the University of Oregon. Beginning his second season at Oregon, he earned a full-ride football scholarship for each year thereafter.

In 2006, while still in college, Jon married Jaime Sams, an IVHS Alumni (Class of 2001). They now have three children.

In 2008 Jon received a bachelors degree in Business Administration from U of O, which helped him lay the groundwork for his future business.

Through hard work, faith, & perseverance, Jon and his family have created a flourishing business here in the Illinois Valley. He owns and operates 'JP Auto & Metal Recycling,' which is located just south of Cave Junction.

Jon loves spending time with his family, racing tuff trucks, riding motorcycles, and being outdoors.





- ⇒ **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.

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

*Please call the school if you have any questions.*

541.592.2116

# High School YEARS

Working Together for Lifelong Success



## Short Clips

### Express appreciation

Thank-you notes are a sincere and inexpensive way for your teen to show appreciation. Suggest that she take the time to write them to family members, a potential employer who interviewed her for a job, and even one of her teachers. Maybe she could try writing one a month and make it a habit.

### Read what you eat

Just because a box says the food inside is “healthy” doesn’t mean it is. Encourage your high schooler to read the ingredient lists on packaged foods first. Share this easy rule: Only eat products with ingredient names he can read and understand. Chances are that if he doesn’t recognize the word, it’s not a natural or healthy ingredient.

### Guesstimate, estimate

Being able to estimate helps your teenager make good decisions on purchases, mileage, and more. Help her practice when you stop for gas: “We have \$20, and gas costs \$2.39 a gallon. About how many gallons can we buy?” Or have her estimate the number of miles you could drive on \$20 worth of gas. The more she tries, the better she’ll get at estimating.

### Worth quoting

“It is better to fail in originality than to succeed in imitation.” *Herman Melville*

### Just for fun

**Q:** Why did the boy cut a hole in his umbrella?

**A:** So he’d know when it stopped raining.



## Study with a goal

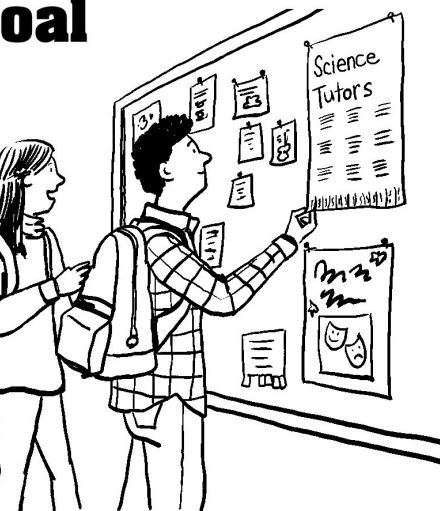
The new year is the perfect time for fresh beginnings. Encourage your teen to think about his study routine and to consider approaches like these for setting—and achieving—his study goals.

### Be realistic

Recommend that your child set specific, realistic goals. “I’m going to take good notes in science class, review them daily, and find a tutor” is more doable than “I’m going to do well in science this term!” By keeping his goals realistic, he’ll be more likely to stick to them and succeed.

### Plan carefully

Many of the world’s most successful people plan their days down to the hour. Instead of simply planning to study “in the afternoon,” your teen might first consider how much studying he has to do and how long it will take. Then, he could break study time into 15-minute chunks.



Let him know it’s okay if he strays from the schedule at first. It’s part of learning how to manage his time effectively.

### Minimize distractions

It’s crucial for your high schooler to be able to focus on his studies. He might set a goal to cut down on distractions. For instance, just 15–20 minutes of aerobic exercise will increase his concentration. Or he could change his study location to a place that has fewer interruptions. 👍

## Build character

The values that guide your child’s choices can help her carve a successful life path. Nurture traits that will serve your teen throughout her life with these suggestions.

**Consideration** allows your high schooler to make fair decisions. When discussing family problems, for example, talk about how each suggestion may affect others. You might say, “If you use the car to drive yourself to school every day, how will that affect my getting to and from work?”

**Citizenship** puts your teenager on the road toward making a difference in the community. She could choose a cause to commit to, such as collecting donations for a homeless shelter or picking up trash at a nearby lake. 👍



# Applying schoolwork at work

There are many ways for teens to take what they're learning at school and apply it on the job. Share these examples with your teenager so she'll see how what she's doing in class will benefit her in the workforce.

■ **Reading.** An employee manual may be required reading for your child at work. It will explain how to do a job, company policies, and more. Suggest that your teen use informational reading and critical thinking skills to apply what she reads to on-the-job situations. For instance, what procedures



are in place if she needs to find someone to cover her hours?

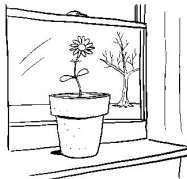
■ **Speaking.** When working directly with the public as a store clerk or hostess, your teen needs to communicate clearly and concisely. Remind her to practice now by looking people in the eye when she talks and confidently asking and answering questions.

■ **Math.** Many jobs will require your high schooler to use math. She may be asked to measure materials while working at a hardware store or craft shop. As a cashier, she'll need good number sense to check whether she input store coupons correctly. 👍

## Teen suicide prevention

Suicide is a leading cause of death among teenagers. Here are warning signs to look for and ways to get help if you notice any.

Take your child seriously if he says things like "I won't be around much longer," or "I don't care about myself." Ask whether he's depressed or considering suicide.



Other red flags include giving away possessions or becoming obsessed with art and poetry about death. There could be major changes in his personality or his eating and sleeping habits. He might start neglecting his appearance, and his grades may suddenly fall.

If you're concerned, contact a mental health professional immediately—the school counselor or your pediatrician can recommend one. More information is available by calling the National Suicide Prevention Lifeline (800-273-TALK) or texting "START" to 741741 to reach the Crisis Text Line. 👍

### OUR PURPOSE

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

Resources for Educators,  
a division of CCH Incorporated  
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## Parent to Parent

### Who are my teen's friends?

My daughter Julia made a lot of new friends this year. At first, I didn't know them, because she works part-time and stays busy with extracurricular activities.

I want to stay in the loop as much as I can in her life, but I also need to help her gain independence and trust me. So I took a few steps to learn about her friends.

First, I encouraged her to invite a couple of them over for family dinners. I also said she could bring along a friend for a weekend campout. We all had a blast eating, hiking, and just hanging out.

Now that I'm getting to know more of Julia's friends, it's easier to ask about what's happening in her life. I'm building a stronger bond with her *and* learning more about the people she spends time with. 👍



## Q & A

### Getting involved in school

**Q** I always attend meet-the-teacher night and open houses at my son's high school, but are there other ways I can get connected?

**A** Yes! There are several ways to be involved while your son is in high school.

You might volunteer to mentor or tutor teens. Or you could assist in a classroom, the computer lab, the library, or the

cafeteria. You might even help build sets for musicals and plays.

Also, attend school board meetings, principal luncheons, and PTA or PTO meetings, too. There may be opportunities like preparing grant proposals or organizing letter-writing campaigns for the school administration.

Do you have skills in a trade or technical program? Consider holding in-school workshops for students and their parents. That way, other parents can get involved, too! 👍

