



December 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:

- ◆ Dec. 7th - Music Dept. Concert
- ◆ Speech/Debate @ HV - 4:00pm
- ◆ Dec. 14th - RCC Placement Tests

- ◆ 12/19 - 1/2/17 - Winter Break

**NO ACTIVITY BUSES**

**DURING**

**WINTER BREAK**



Cougar Nation,

I hope that this letter finds all of you doing well and having enjoyed some family time during the Thanksgiving break. While it is very nice to have a break I was super excited to see all of the students return back to school.

With time off, I was able to reflect on the year we've had so far and I truly feel like we are so fortunate as a school and community to have such an amazing combination of students to work with and a dedicated staff to teach. This community is very special and I feel fortunate to be a part of the Illinois Valley.

While our goals of increasing graduation rate and improving attendance percentages will always be continuing, I want to share with you that one of the most important parts of improving the aforementioned goals is having positive relationships. Our staff and the administration at the school has been working extremely hard to make sure that we reach ALL students to let them know how important they are to us.

For those that were able to attend, 'Thank You' for coming to conferences. It's always nice to talk with parents about the progress of our students. If you were not able to make it, please make every effort to talk with your student about how classes are going and help us support school at home.

Winter sports season is upon us! Our coaches and student athletes have been working hard to get ready and would gladly appreciate your support at games. Please check the school website and Facebook page for schedules.

I hope you have a great December and look forward to continue working as the Principal of this outstanding High School.

Go Cougars!!!

Tanner Smith  
IVHS Principal

*If you were unable to attend Fall Conferences, your student's progress report will be available in the front office until Winter Break begins.*

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)



THANK  
YOU!!



## CELEBRATING Student Success

### *IVHS Student of the Month*



## Community

### **'Shout-Out'**

IVHS Cougar Nation

would like to thank

~ Oregon Caves Chevron ~

for their continued

support of

Illinois Valley High School

Owned and operated by

*Jeff and Karen Stiles*

## Parents/Guardians -

## Mark Your Calendars: Immunization

## Exclusion Date is:

# February 15th, 2017

*For more information, please check the school website.*

## IVHS 2016 - 2017 SITE COUNCIL

IVHS gives a big 'Thank You' to all parents who were willing to serve on our school Site Council. The council members for this school year are:

*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.

# Happy Holidays





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

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

## December 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.

Day	Date	Activity	Time	Versus	Location
Thurs	12/1/16	Wrestling Tourney	4:00		Brookings
Fri	12/2/16	Wrestling Tourney	9:00 am		Phoenix
Sat	12/3/16	Wrestling Tourney	7:00 am		Del Norte
Sat	12/3/16	Basketball	12:00 pm	Oakland	IVHS
Tues	12/6/16	Basketball	3:30 pm	Del Norte	Del Norte
Wed	12/7/16	Speech/Debate	4:00 pm	HVHS	HVHS
Thurs	12/8/16	Basketball - V Girls	TBD	Shasta	Shasta
Fri	12/9/16	Basketball - V Girls	TBD	Shasta	Shasta
Fri	12/9/16	Basketball - V Boys	11:30 am	N. Bend	N. Bend
Sat	12/10/16	Basketball - V Girls	TBD	Shasta	Shasta
Sat	12/10/16	Wrestling	7:00 am	N. Bend	N. Bend
Sat	12/10/16	Basketball - Boys	3:00 pm	NVHS	NVHS
Tues	12/13/16	Basketball	4:00 pm	New Hope	IVHS
Fri	12/16/16	Basketball - V	TBD	Butte Falls	Butte Falls
Fri	12/16/16	Wrestling Tourney	11:00 am		GPHS
Sat	12/17/16	Basketball - V	TBD	Butte Falls	Butte Falls
Sat	12/17/16	Wrestling Tourney	10:00 am		GPHS
Tues	12/20/16	Basketball	1:00 pm	Pleasant	IVHS
Thurs	12/22/16	Basketball	TBD	EPHS	EPHS
Wed	12/28/16	Basketball	TBD	HVHS	HVHS
Thurs	12/29/16	Basketball	TBD	HVHS	HVHS
Fri	12/30/16	Basketball	TBD	HVHS	HVHS
Fri	12/30/16	Wrestling Tourney	TBD	NMHS	NMHS

\*\*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"

~ ~ NOVEMBER ~ ~

GIRLS SOCCER



Lily  
Cusumano

CROSS COUNTRY



Tyler  
Blind



*"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 –**

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

October 17 - 21st

October 24th - 29th

*Tyler Blind*

### **BOY'S SOCCER –**

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

October 17th - 21st

*Colby Garman*

October 24th—29th

*Odis Kitchens*

### **GIRL'S SOCCER –**

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

October 17 - 21st

*Aundrea Miller*

October 24th - 29th

*Gabby Rapley*

### **CHEER –**

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

October 17 - 21st

*Cynthia Burns*

October 24th - 29th

*Erica Behringer*

### **FOOTBALL –**

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

October 17th - 21st

*Rowdy Bates*

October 24th - 29th

*Zak Lindell*

### **VOLLEYBALL –**

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

End of Season







## 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? ~ ~ ~

### *Jake Tardie*

2005 Graduate of

Illinois Valley High School

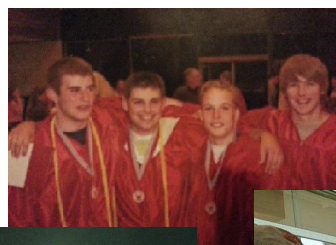
Jake graduated from IVHS in 2005. After graduation, he was enrolled in the Aviation Program at Lane Community College. He also worked odd jobs until he decided to enlist in the United States Navy. In the Navy, Jake served for 5 years as a submariner. He would sometimes be on a submarine for months at a time in undisclosed locations.

While stationed in Guam, Jake met his future wife KariLynn. They married in 2010 and are currently living in Texas.

Jake and KariLynn have two children, a son Wyatt, and a daughter McKenna.

Jake now works as a dental assistant.

Jake and KariLynn have completely embraced the "tiny house" movement by renovating a travel trailer ... and they love it.




*Happy  
Holidays*




- ⇒ **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 first for your activation key.*

# High School YEARS

Working Together for Lifelong Success



## Short Clips

### Recognize progress

Giving rewards like money or presents for grades sends the message that the only reason to achieve is to earn a “prize.” Instead, use heartfelt praise and encouragement to boost your teen’s confidence and success. Remember to acknowledge his efforts, too. He’ll be more inspired to achieve his goals if he sees that you notice his progress.

### Gear up for safety

Does your teenager know that it’s safe and stylish to wear the proper sports gear? She can check with her coach about the equipment she needs for school or rec sports. For casual games or activities, have her look online to find what’s recommended. The professionals in every sport wear protective clothing, and so should your high schooler.

### Hang a map

Maps make great decorations—and they’re a good springboard for discussing people, places, and cultures. Suggest that your teen hang a map in his room or a hallway of your home. Then, he could add colored pushpins or “sticky flags” to highlight places he learns about, hears about, or visits.

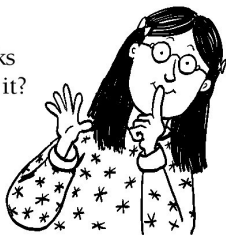
### Worth quoting

“We make a living by what we get.  
We make a life by what we give.”  
Winston Churchill

### Just for fun

**Q:** What breaks when you say it?

**A:** Silence.



## “Yes, I’m responsible”

Spark your high schooler’s spirit of independence by encouraging her to develop habits of personal responsibility. Here are some strategies.

### Offer choices

Your teen may not realize everything it takes to keep a household going, so involve her in decisions about weekly chores. Get together one night a week to make a to-do list and assign jobs. Her duties might be vacuuming the house, taking out the trash, and emptying the dishwasher, while her little brother has a different set. She’ll see how her responsibilities fit into the big picture and that her help really matters.

### Don’t run to the rescue

It’s normal for parents to want to help their kids. But your teenager will become more capable when she sees the logical consequences of her actions. If she forgets her costume for a school-play dress

rehearsal, for instance, she will have to rehearse without it. She’ll learn that sometimes it’s painful or annoying if she neglects a responsibility—and she will be more likely to remember next time.

### Ready, dressed, go

Your high schooler can take responsibility for her own day from the start. Rather than running out the door in crisis mode, she could take 15 minutes the night before to get ready. Suggest that she think about what trips her up in the morning (packing her backpack, choosing an outfit) and then handle it before bedtime. 👍



## Reading into a topic

In high school, your teen will read more non-fiction—or what his teachers call *informational text*—than when he was younger. These tips can help him read more deeply in textbooks, magazines, reference materials, autobiographies, and other nonfiction material.

**Start at the back.** For textbooks, he might begin by reading the review or the discussion questions at the end of the chapter. That will give him a preview of what he should read for—and what he will learn.

**Share and discuss.** Encourage your high schooler to share facts or ideas that he finds fascinating. Ask open-ended questions to help him dig into what he reads and use the information for class discussions or written assignments. 👍

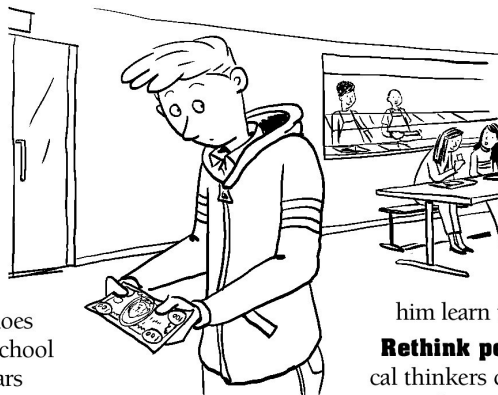


## Encourage critical thinking

When your teen thinks critically, he's able to evaluate information, offer informed opinions, and make better decisions. Try these tips together to improve how he reasons, reflects, and questions information.

**Present a problem.** Take turns tossing out thought-provoking questions or scenarios over dinner. Should shoes cost more in bigger sizes? If you find a \$100 bill in the school cafeteria, what should you do with it? Why do movie stars earn so much more money than firefighters? Your teenager will get a chance to think through his beliefs and debate yours.

**Research the facts.** Your high schooler isn't wrong for thinking his team will win the Super Bowl, but can he



explain how he came to that conclusion? Did he research the players and analyze their skills? What sources did he use? Following these steps will help him learn to back up his positions.

**Rethink personal biases.** Critical thinkers consider other points of view. Before your child makes a decision, suggest that he run his ideas past someone who doesn't always agree with him. He'll start to think beyond his own experiences and biases. 👍



## How to pay for college

**Q** Our daughter wants to go to college, but I can't imagine how we would ever pay for it. What should we do?

**A** First, encourage your daughter to consider a range of cost-saving options. She might attend community college for two years before transferring to a four-year school. She could live at home. Or she can look at lower-priced schools, such as public colleges or ones located closer to home to cut down on transportation costs.

Then, get set up to find financial aid. To apply for federal student aid (grants, loans, and work-study programs), file the Free Application for Federal Student Aid (FAFSA) right after January 1 of your child's senior year.

Also, talk to your teen about applying for scholarships. There are many available, and small ones can add up. Have her ask her school counselor for ideas. 👍



## Make the most of winter break

Winter break can be fun *and* productive. Share these choices with your teenager.

### Renew your room

Instead of simply cleaning her room, maybe she'd like to rearrange it completely. Moving furniture around and coming up with new organizational systems will allow your child to put her own stamp on her space—and get off to a fresh start for the new year.

### Find a new hobby

Encourage your high schooler to follow her passions. Maybe she'll teach herself new meditation techniques, learn cake decorating, or get into painting. Developing her own interests might lead to a career or just give her different ways to relax.

### Do good

The holiday season, when people are in a giving mood, is a good time to begin a community service habit. Suggest that your teen check with organizations like Goodwill, the Salvation Army, or the Red Cross about volunteering during—and after—winter break. 👍



## Parent to Parent Too much social media?

I noticed that the more our son Jeff was on social media, the sadder he seemed. He was either bummed about not being invited to a party or upset that his posts didn't get many "likes."

I talked to other parents and found out it wasn't my imagination. Feeling sad from being on social media is actually common. In fact, I've felt it myself. Together, Jeff and I came up with some ideas.



First, we're each going to set aside daily Facebook-free time. Then, I decided to delete the Facebook app from my phone so I wouldn't be tempted to look at it constantly. Finally, we thought of "hiding" friends who tend to post things that bother us.

It's difficult to stay away from social media these days, but Jeff and I are both going to try to limit our exposure—and increase our happiness. 👍

### 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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