

# January Newsletter

Mustang Nation 2020

## Principal Crowson's January News

As we say goodbye to one decade and hello to a new one, we are excited to be back at Hidden Valley High School working with kids in our community. It is crazy to think how fast Christmas Break came and went. It is even crazier to know how quickly the second half of the school year goes by! In many cases, we are simultaneously working to ensure that the rest of this year is successful for students and staff, while also gradually building the foundation for the 2020-2021 school year. As we close one semester and begin another, we are thankful to have active and engaged educators, parents and community members involved in our schools. It takes us all to meet the needs of our students and to prepare them for the rigors of tomorrow.

We have a couple of reminders for January:

1. We have No School on January 20 (Martin Luther King Jr. Day)
2. We have No School on January 24 (grading day, marking the end of semester 1)
3. We will be having a finals schedule for all students January 22 and January 23. All classes will be having finals and attendance is imperative for these days in January. This also means that report cards/grades will be issued for the first semester. Please remember if your son/daughter receives an incomplete in any class, they have 10 days to complete projects, assignments, assessments. Students will need to communicate with their teachers about opportunities and times that they are available to redo/retake/remake items in each class that would give them credit for semester 1. We will also have after school tutoring available for all students to get them ready for these opportunities.

### Looking Forward Together To Support Kids:

We also need your help in observing and helping your son or daughter through the challenges of the winter months, as well as the end of one semester and the beginning of another. Mental health during these times and transitions can be a challenge for some of our students. We often see instances of internalizing conditions, such as increased anxiety and depression.. If you notice your child struggling with sadness, loneliness, or just feeling more "down" than usual, the following may be helpful:

**DESTRESS TOGETHER:** Model positive ways to take care of yourself. For example, take a walk together in the evenings, or take part in visualization and deep breathing exercises.

**TRY TO KEEP CONFLICT IN THE HOME LOW:** Because your child may be acting in ways that are frustrating to you, it can be easy to argue with or nag at your child. Try to not get involved in little battles, but think about the big picture. If possible, try to be even more nurturing, warm, and accepting. Also try not to argue with your partner or other adults in front of your child.

**HELP YOUR CHILD SHIFT NEGATIVE THINKING:** Many children who are depressed see good things that happen as luck, yet they feel overly responsible for bad things. They also might feel hopeless or feel that nothing good will ever happen. Try to listen - being truly heard is one of the best gifts we can give our children - yet help your child move these thoughts in a more positive direction.

**CONSIDER MINDFULNESS STRATEGIES:** Help your child learn to use other ways of thinking, such as acceptance and awareness in the present moment. Model these practices by accepting your child's more negative emotions, such as sadness and anger. Negative emotions can make us uncomfortable, so we try to move away from them when children express them. But it is important to acknowledge and accept negative emotions so that children feel heard and understood.

**DEVELOP A HEALTHY LIFESTYLE:** Help your child get an appropriate amount of sleep and maintain a healthy diet. Managing a proper sleep cycle and eating healthy can protect your child's physical and mental health.

**HELP YOUR CHILD REGULATE SOCIAL AND EXTRACURRICULAR ACTIVITIES:** It is important to try to help your child find manageable levels of social activities - to not be overly scheduled but also not be overly reclusive.

*Taken from National Association of School Psychologists Helping Handouts. Visit [nasponline.org](http://nasponline.org) or talk to a school counselor or psychologist for more resources.*

## Seniors Important Scholarship Information

Seniors applying for Local Scholarships need to have their completed application packet into Counseling by January 31st. Plan accordingly as application packets will not be accepted after this deadline. Visit the Josephine County Educational Fund for detailed information. Feel free to call or stop by the Counseling Center with questions or concerns.

## Oregon Public Universities Visitation

**Oregon Public Universities will be visiting Hidden Valley High School on February 25th 2020. Each of our public universities will have information about their school, including admissions requirements, degrees available at each school and cost of attendance information. Please bring your questions 11:00 - 12:15 February 25th in the library.**

**OPU College Fair**

**Date: Tuesday, February 25**

**Time: 11:00 am - 12:15 pm**

**Location: Hidden Valley High School**

**Type of Event: College Fair**



Shopping for a tree for  
our Sparrow



Sparrow Club creating  
Holiday memories



Our Sparrow Family



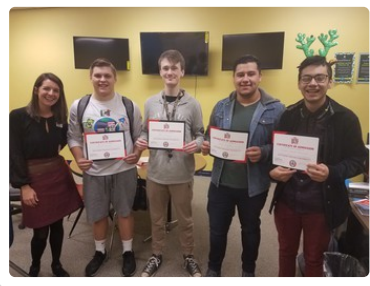
FFA AG Sales



Wrestling Team



Girls Basketball



Instant Raider Day  
Signing



Alex O'Sullivan Lions  
Student of the Month



Abiael Boeggeman "First  
Student" Student of  
Excellence Award

The Hidden Valley High  
School Drama Club Presents

# *A Party to Murder*

By Marcia Kash and Douglas E. Hughes

February 14-15, 2020

6:30 PM

At HVHS

Free Admission

Donations Accepted

Bake Sale at Intermission





3A State Football player of the year, Sam Vidlak



Congratulations to HV High School All State Team, Tobias Powers, Jeramiah Noga, Lawrence Matusik, Matthew Iwamizu, and Sam Vidlak



Athletes of the Month  
Rylee Brashears-Cheer,  
Melisa Elmore-Soccer,  
Kaiah Fisher-Soccer



Thank you Northwest Community Credit Union for our Teacher Grant!



Thank you Casa Blanca!



Thank you Evergreen Bank for Sponsoring our Winter Basketball Tourney!

# HIDDEN VALLEY FFA DINNER & AUCTION

HIDDEN VALLEY HIGH SCHOOL COMMONS

**SATURDAY, MARCH 7TH**  
**5:30 PM - 8:30 PM**

Join us for an evening of food, fun, and friends. Dinner tickets can be purchased at the door for \$15.



[Trinity.shodin@threerivers.k12.or.us](mailto:Trinity.shodin@threerivers.k12.or.us)



# HIDDEN VALLEY 21st CENTURY ACTIVITIES

## January After School Activities

MONDAY-THURSDAY- After school Tutoring – Everyday after school

MONDAY-THURSDAY- Early Bird Weight Training-Everyday before school 7:00-8:00

MONDAY- Baking with Ms. Brown, Archery with Mr. Bickle,

Jewelry Making with Ms.Groover MONDAY-College Dreams-College/SAT PREP

TUESDAY- D & D/Gaming with Mr. Pendleton, Construction with Mr. Vidlak, Speech with Ms. Shodin, and WINGS with Ms. Walasek

WEDNESDAY-Baking, Archery, Meal Prep with Mr. Decasas, Drama with Ms. Wagner

THURSDAY-D & D/Gaming, Construction, Speech, Meal Prep, and Drama

ALL AFTER SCHOOL ACTIVITIES ARE FREE AND ARE HIGH QUALITY EVENTS PROVIDED BY A FEDERAL GRANT KNOWN AS THE 21st CENTURY GRANT. HIDDEN VALLEY HIGH SCHOOL IS A 21st CENTURY COMMUNITY LEARNING CENTER.



THE ABOVE PICTURES ARE JUST A SMALL GLIMPSE INTO BAKING, GAMING, DUNGEONS AND DRAGONS AND ALSO OUR COMMUNITY PARTNER WINGS, DOING A WEEKLY CRAFT.

21st CENTURY AFTER SCHOOL ACTIVITIES ARE MONDAY THROUGH THURSDAY 3:30-5:45.

FOOD IS SERVED AFTER SCHOOL AND ACTIVITY BUSES ARE AVAILABLE TO TRANSPORT YOUR STUDENT HOME.

Thank you to all of our Hidden Valley Sponsors.

**Thank you to all of our HV Sponsors!**

Abby's Pizza

Active Appliance and Mattress

Industrial Door, LLC

Diamond Home Improvement

Asante Orthopedic Surgery and Sports Medicine

Paragon Orthopedic Center – Robert Bents, MD

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Grants Pass Active Club  
Grants Pass Orthodontics  
Grants Pass Podiatry  
Grants Pass Powder Coating  
Hidden Valley Market  
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Ron Martin Wholesale  
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Southern Oregon Subway  
Steven Stark Excavation, LLC  
Stever Design  
Stone Coat Countertops  
The Neuro Clinic  
Williams Country Store  
Wooldridge Creek Vineyard & Winery  
Dwayne Yunker



# WOW What a Fall Sports Season for the Stangs!

## **CONGRATULATIONS TO HIDDEN VALLEY HIGH SCHOOL ALL STATE TEAM.**

3A STATE FOOTBALL PLAYER OF THE YEAR: SAM VIDLAK

1ST TEAM ALL STATE QUARTERBACK: SAM VIDLAK

1ST TEAM ALL STATE RECEIVER: JEREMIAH NOGA

1ST TEAM ALL STATE RECEIVER: LAWRENCE MATUSIK

1ST TEAM ALL STATE RUNNING BACK: TOBIAS POWERS

1ST TEAM ALL STATE OFFENSIVE LINE: MATT IWAMIZU

2ND TEAM ALL STATE OFFENSIVE LINE: JOSEPH CARRION

2ND TEAM ALL STATE KICKER: SAM VIDLAK

2ND TEAM ALL STATE DEFENSIVE LINE: DYLAN NEIL

2ND TEAM ALL STATE LINEBACKER: NATE BRAGG

1ST TEAM ALL STATE VOLLEYBALL: LIZ DEVOS

2ND TEAM ALL STATE VOLLEYBALL: BROOKELYNN HORBAN

1ST TEAM ALL STATE GIRLS SOCCER: BELLA HEVERLY

2ND TEAM ALL STATE GIRLS SOCCER GOALIE: KAIAH FISHER

### 1. Girls Cross Country Team:

Senior Sally Berg

Freshmen- Natalie Sandeen- Finished 4th at Districts and Qualified for State.

Finished 25th out of 92 runners.

### 2. Boys Cross Country- Finished 2nd at Districts and qualified for State.

Team finished 8th in the State.

**Asa Marwick won the Skyline Cross Country Championship and was named Runner of the Meet.**

Asa also finished 13th at State

### 3. Girls Soccer- Finished 2nd in the Skyline Conference. Record 13-3. Finished the Season Ranked #4.

Team GPA 3.63 #8 in the State.

**Player of the Year was Bella Heverly**

**Goalie of the Year was Kaiah Fisher**

1st Team All League-

Bella Heverly, Kaiah Fisher, Marissa Elmore, Justice Hartford,

2nd Team All League-

Emily Bergeron, Taya Mendoza,

Honorable Mention All League

Leah Beachy, Marly Marcoulier

This team made it to the quarter-finals this year.

### 4. Boys Soccer- Finished 3rd in the Skyline Conference record of 11-4-1. Team GPA was 3.60. Ranked #2 in the State. Finished the Season Ranked #9.

**1st Team All League.**

**Ronan Hodge, Colin Sinsabaugh, Daniel Beachy**

2nd Team All League

Ethan Schaefer

Honorable Mention All League

Noah Sullivan

### 5. Volleyball- Won the Skyline Conference for the 7th Year in a Row. Team GPA 3.71 #3 in the State.

**Player of the Year: Liz Devos**

**Coach of the Year: Todd Lomica**

1st Team All League-

Liz Devos, Brookelynn Horban, Teryn Powers

2nd Team All League-

Alesana Noga, Caitlyn Rabjohn, Josalyn Nichols,

All Defensive Team

Brookelynn Horban, Alesana Noga, Liz Devos

Honorable Mention All League

Annabell Brown, Johanna Devos

\*\* Liz Devos was also Named 2nd Team All State Tourney this year.

6. Football- League Champions 9-0 Record Ranked #1 in the State.

### **2019 STATE RUNNER UP**

**Coach of the Year- James Powers**

**Player of the Year- Sam Vidlak**

Offensive Lineman of the Year- Matt Iwamizu

1st Team All League

Sam Vidlak, Tobias Powers, Jeremiah Noga, Lawrence Matusik,

Matt Iwamizu, JoJo Carrion, Dylan Neil, Aaron Weagel,

Nate Bragg, Jacob Tackett, Julian Aguilar

2nd Team All League

Tanner Noble, Cameron Decker, Max Wallace,

Honorable Mention All League

Nate Vidlak, Gabe Burchfield.

Sam Vidlak was named Moda Health Player of the Game in the Semi Finals vs Rainier and also in the Finals vs Santiam Christian.

### **School Records Broke:**

Asa Marwick 2nd on Hv leader board with a 16.23

Natalie Sandeen 8th on HV leader board with a 19.58

## Do you want to Mentor a High School Student at Hidden Valley High School?

Project GAP (Graduation Assistance Program) is a mentorship program tailored to enable students to successfully complete high school and plan for a successful future after high school. Project GAP's main objective are to provide encouragement, advocacy, goal setting and problem solving skills that will establish the student in a positive pattern of living for their present and future.



### Project Gap Mentors:

- Support local youth
- Meet with a student once a week or twice a month
- Commit to a student for a full school year or more
- Positively impact their local community
- Receive training and support from project GAP staff
- Help increase graduation rates

If you are interested in becoming a Project GAP mentor call or email:

Meagan Powers  
Hidden Valley High School (541) 862-2124 Ext. 3746  
meagan.powers@threerivers.k12.or.us

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## HV's Campus Closet needs your clothes!



**Do you have lightly used clothes or shoes for High School aged students?**

**If so please drop off your donations to the Hidden Valley front office**

**Contact Meagan Powers @**

**(541)862-2124 Ext. 3746 or [meagan.powers@threerivers.k12.or.us](mailto:meagan.powers@threerivers.k12.or.us)**

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