

COUGAR NATION NEWS



OCTOBER 2025

News from the Principal

Dear Cougar Families,

We are off to a fantastic start this year at Illinois Valley High School!

From day one, our students have embraced our core values of Living RED—Respect, Excellence, and Determination—and it shows in the way they treat one another and carry themselves in and out of the classroom.

We also want to thank our families for making Back to School Night such a success. The positive energy and strong turnout set the tone for what promises to be a memorable year of learning, growth, and community.

It was exciting to unveil the “live red box logo” T-shirt. Congratulations to those parents who won the backpack and shirts. Together, we’re building momentum for a year full of excellence and determination!

Mr. Lathen
Principal



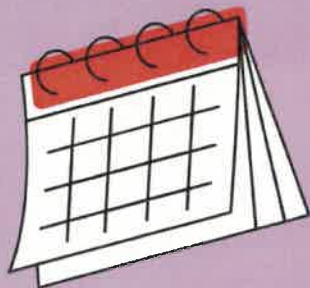
COUGAR NATION NEWS



OCTOBER 2025

Upcoming Events

- FFA Soils Districts: October 1
- U of O visit: October 7
- Senior class mtg: October 9
- Mathletes to SOU: October 14
- ASVAB: October 15
- Willamette U visit: October 20
- Spirit week: October 20-23
- Music concert: October 22
- Field night: October 23
- Homecoming Dance: October 25
- Blood drive: October 27
- Picture retake day: October 28
- Halloween: October 31



Picture Retake Day

Picture retake
day is Tuesday,
October 28!



SPIRIT WEEK

- Monday: PJ Day
- Tuesday: Wild West Day
- Wednesday: Dress as Your Class Day
- Thursday: School Colors Day

After School Tutoring

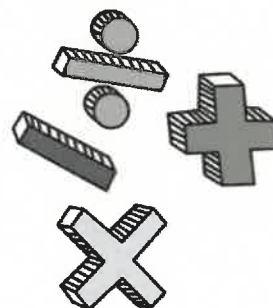
After school tutoring is now
every Tuesday and
Wednesday after school!



IVHS

After School Tutoring

Tuesdays
4:00-5:30pm
Room 3



Wednesdays
4:00-5:30pm
Room 15

When Teens Seem Silent: Understanding and Supporting Communication

From the Counselor's Desk

I have been a mental health counselor working with children and families in Josephine County for over 25 years. During this time, the number one complaint I hear from struggling teens is this: when I ask, 'What do your parents say?' they often respond, 'My parents and I never talk about this kind of stuff.' This highlights how important open, ongoing conversations are between parents and teens.

It's easy for parents to assume their teenagers don't want to talk—especially when conversations get short answers or eye rolls. In reality, many teens still crave support and connection but may express it differently. Adolescence is a stage of seeking independence, so while teens may appear distant, they often still value knowing their parents are there when needed.

Why Teens May Seem Distant

Normal Development: Pulling away is part of building independence and identity.

Internal Processing: Many teens prefer to sort out emotions privately—through journaling, music, sports, or other hobbies—before sharing.

Mixed Signals: A quiet mood may not mean disinterest. Parents sometimes misinterpret “space” as rejection.

Bridging the Communication Gap

Ask Open-Ended Questions: Swap “How was your day?” for “What’s been on your mind today?” to encourage more than one-word replies. (nhs.uk)

Practice Active Listening: Give full attention, avoid interrupting, and ask clarifying questions to show you care.

Validate Their Feelings: Even if you don't agree, reassure your teen that their feelings are real and understandable. (Nexus Teen Academy)

Offer Support, Don't Force It: Respect when they need space. Remind them you're available and return to the conversation later.

Recognize Normalcy: Testing limits and pulling away is part of growing up. Your steady connection helps them feel secure.

Key Takeaway for Parents

Even if your teen seems quiet, don't assume they don't want to talk. Most adolescents value parental presence, patience, and understanding—just on their own terms. A balance of respect for independence and gentle, open communication helps teens feel supported without feeling pressured.

- Consistent efforts to listen, validate, and stay present will keep the parent-teen bond strong through this stage of growth.

Kris Stuart, LMFT
Mental Health Coordinator
Illinois Valley Schools



Truck & Trailers Needed



**The IVHS Annual
Homecoming Parade is right
around the corner!**

We are in need of one truck
and trailer per grade level to
help showcase our school
spirit!

Date Needed: October 1st, 2025

Location: Illinois Valley High School

Contact: Kaya Miranda
kaya.miranda@3rsd.org

or 541-592-2116

ex. 3524



**If you or someone you know is willing to drive a truck
and trailer during the parade please contact us!**

Capture your memories in this year's

ILLINOIS VALLEY HIGH SCHOOL

yearbook

**10%
OFF** Purchase by
October 31

Customize your 2 free pages

- Add photos from your computer, Facebook, Google Drive and more
- Answer fun memory questions to help remember the year
- The 2 custom pages are **free** and are printed **only** in your book. Want more pages? Each additional 2 pages are just \$1.99.

To purchase and customize your yearbook, use the QR code below or:

Must be a parent or student 13 years or older

- 1 . Go to: treering.com/validate
- 2 . Enter your school's passcode:

1016765209963555

Regular price: \$50.00

*Does not include sales tax, if applicable

Create custom pages by: Apr 29



 **Treering Yearbooks**

Captura tus recuerdos en la edición de este año del anuario escolar de ILLINOIS VALLEY HIGH SCHOOL

Personaliza tus 2 páginas gratis

- Agrega fotos de tu computadora, Facebook, Google Drive y más
- Responde a preguntas de recuerdos divertidos para recordar el año
- Las 2 páginas personalizadas son gratis y sólo se imprimen en tu libro. ¿Quieres más páginas? Cada 2 páginas adicionales sólo son \$1.99.

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Debe ser un padre o estudiante de 13 años o más

1. Ve a: treering.com/validate
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Precio regular: \$50.00

*No incluye impuesto de ventas, si es aplicable

Crea páginas personalizadas por: Apr 20



10%

DE DESCUENTO

compra antes del 31 de Octubre

 **Treering Yearbooks**

YOU CAN HELP IV BOOSTER CLUB EVERY
TIME YOU SHOP AT SHOP SMART OR RAYS



SIGN ME UP!

With account information in hand either call, email or visit your local store to connect your account with Illinois Valley Booster Club.

- Call (541) 412-0005
- Email: AllAcceess@CKMarket.com
- Visit: Stop in your local store. Visit Customer Service and ask to have your account connected to Illinois Valley Booster Club.
- APP: Download the All Access Rewards App. Look under Charities and connect to Illinois Valley Booster Club.

Start shopping and earning 1% for Illinois Valley Booster Club.

Illinois Valley Booster Club supports all student activities at IVHS. Our mission is to enhance student life by supporting a variety of school programs including athletics, band and clubs. Every dollar goes directly to support the IVHS student experience.

You Can Help IVHS Booster Club Every Time You Shop



By simply choosing IVHS Booster Club (Organization #KB559) as your charity of choice, a portion of every dollar you spend goes directly to help support student activities at IVHS.

It costs you NOTHING!

It's Quick and Simple to enroll!

1. Go to Kroger.com/communityrewards and click on either "enroll now" (new participants) or "Re-enroll" (existing participants). You will need to have your Kroger card # or phone # you used to create your Kroger card account.
2. Create an account and password. (new participants only)
3. Click "Enroll" under Community Rewards tab and then search for IVHS Booster Club or simply search for KB559.

It's That Easy!

COMMUNITY YARD SALE

October 4, 2025

10:00 AM - 4:00 PM

IVHS PARKING LOT

10 X 10 SPACE \$20 EACH

Proceeds Benefit Student Travel

CONTACT JAIME SZIJJARTO TO
RESERVE YOUR SPACE
JAIME.SZIJJARTO@3RSD.ORG
541-287-1017



Red Ribbon Week

October 23rd - 31st

Inspiring Our Kids To Be Drug Free



Red Ribbon Week encourages students, families, and communities to take a stand against drug use and promote a healthy, drug-free lifestyle. Red Ribbon Week is a national drug prevention campaign held each year in the United States. It is the largest and longest-running drug awareness and prevention program in the country.



The core message of Red Ribbon Week is to:

- Say no to drugs
- Make safe and healthy choices
- Honor those who fight against substance abuse

The week empowers young people to take pride in being drug-free and inspires communities to work together to prevent drug abuse.

**LIFE IS A
PUZZLE,
SOLVE IT
DRUG
FREE**



RED RIBBON WEEK® OCTOBER 23-31
WWW.REDRIBBON.ORG





ILLINOIS VALLEY HIGH
SCHOOL

FOOD PANTRY

Pick up day & time
Thursdays, 2-4pm

Call Ahead...

on Mondays to reserve you food box by
calling 541-592-2116 ex. 5546

WHO CAN RECEIVE A FOOD BOX?

Families with a high school student
enrolled at IVHS are eligible.

GO COUGARS!



**PROUDLY RUN BY
OUR LIFE SKILLS
STUDENTS**