

# COUGAR NATION



**Hello Cougars!!!**

**December has hit and we have just a few short weeks of school and we will be at the Holiday break. The semester is going really well and our students are doing a great job. We are going to push hard to make sure we have continued success through the end of this 1st semester. The semester officially ends on January 20th. The new semester will begin on January 24th.**

**Please make sure to speak with your student about academic progress and see what they are doing in each course. It takes all of us working together to make sure that your student is having a successful semester and year. If you have any questions or concerns please reach out to me via email or call the school and I will help in any way possible.**

**Something that has come up this year more than any other year is the mental health and well being of our students. So many of our kids will put on a face or try to be "brave" and just overcome all of the trials and tribulations that they are facing or going through. They need an outlet and they need support. Make sure that you are talking with your student about how they are doing in general as a person. This is such an important part of school and life because if they are not in a good mind frame, school becomes so much more difficult. Also if you think your student could use some help, please call us as we have access to mental health supports and would love to help.**

**I believe this year has been unlike any year in educational history. There is so much going on in the world surrounding our students and there has been so much worry in dealing with Covid etc. All of those things are outside of our control. What our students and staff have done a great job of is worrying about the two things that they control, which is our attitude and our effort. They have all chosen to keep rowing the boat if you will. I am so proud to work with the staff that we have and am in awe of the tremendous job our students do each and every day. While this year has been like no other, I try to remind myself that there are many really good things about that.**

**Thank you for the opportunity to work with your student and I hope you have a wonderful holiday season.**



**Tanner Smith**



## Exclusion Day

Immunization Exclusion  
Days February 16,  
2022. Please make sure  
your student is up to  
date.

### The winners of the Ballad Battle for AP Literature:

- 1st Place-Austin Bosch with  
"A Young Man and His Love"
- 2nd Place-Dominic Baumbach with  
"The Story of Snake Arm"

### Senior Parents

if you are interested in your senior's grad  
night party, please contact the office for  
information

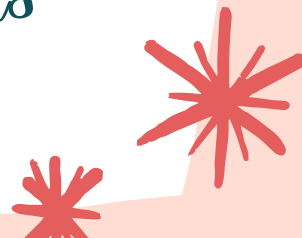


### Dates to Remember

- 12/4.....SAT testing @ IV
- 12/8.....Band & Choir Concert 7PM
- 12/20~12/31.....Christmas Break
- 1/3.....Return to School
- 1/17.....MLK Day No School
- 2/2.....Groundhog Day
- 2/9.....Honor Society Induction
- 2/14.....Valentines Day
- 2/16.....Exclusion Day
- 2/21.....President's Day No School



Merry Christmas  
from IVHS





# TRACK ATHLETES:

Winter workouts will start January 3rd, in the weight room. Workouts will be from 4:00-5:00pm with an emphasis on building our foundation for the upcoming season.

## Music Concert

The music department is having their Winter Concert on December 8th at 6pm in the IVHS cafeteria. Pieces include themes from movies, Christmas songs, and other exciting music. The concert will include performances from band, choir, and a percussion ensemble. We will also display select artwork from IVHS's art department. We would love to see you there!"

