

Corvallis High School

A tradition of excellence; preparation for the future

I cannot believe that it is March already. Daffodils are blooming, spring sports are beginning their practices, and it was actually light when I got to work this morning. This edition of our newsletter will go out to our incoming 8th grade families. To you, I say “welcome” and we can’t wait to serve your students as they make their transition into high school.” This has been an incredible year so far and I look forward to a spring filled with community, learning and fun. Here are just a few quick things that I think you should all know about as we move forward:

- This month we will be registering for our fall classes. Your students will be bringing home course registration paperwork in the next few days. (We will be visiting the 8th graders with course registration information right after spring break.) Please encourage your students to be pro-active and forward thinking as they select their courses. Encourage them to challenge themselves academically, to be sure that they are meeting all requirements for graduation, college admission, and preparation for their next steps, and urge them to try out new and exciting opportunities. We have so many incredible elective offerings for our students to enjoy and incredible instructors to lead them through their explorations. Also please remember that we build our master schedule based on the courses for which students register for. Students will be held accountable for these choices and they are year-long commitments.
- Our attendance, while much better than last year, still lags behind our goal of 94 percent. It is imperative that your students are in their classes taking advantage of the educational opportunities CHS has to offer. If students are not in class, they cannot learn and it takes time away from other students when teachers work with absentees to help them get caught up. We will be beginning a class attendance competition this month. The class with the highest rate of attendance will have a celebration party with treats and a time to be together during the day. In addition, each student with attendance above 94 percent for the month will be eligible for a drawing for community gift certificates. These are ideas that came out of our newly formed student council ... read on.
- We have a newly formed student council made up of representatives from each advisor class. These students met this past month to take a look at attendance, the effectiveness of Link Crew, school spirit and climate and to give an opportunity for our students to have a greater voice in the decision making process at CHS. I was amazed at the maturity level of our students and their ability to look at issues objectively and work together for solutions. You should be truly proud. I am eager to see where this group leads us as we give more leadership away to our students and allow them to have more say in how we do things.

Let’s finish this year as we began it – working hard, building community and learning a ton! This is an incredible community in which to live and CHS is a great place to learn.

Go Sparts!
Eric Wright

March 2009



What’s in this issue?

Principal’s Greeting	1
Spring Conferences.....	2
CHS Clubs.....	2
Free Meals	2
CHS Band Concert	2
Spec Ed Listserve	2
Shakespeare Competition	2
Tax Tips	3
Sesquicentennial Project.....	3
Senior All Night Party.....	4
Seniors and Graduation Info	4
Parent Connection.....	5
AP Tests	5
Attendance	5
Advisor Schedule.....	5
Spartan Sports	6
May Day Jazz Dance	6
Spring for Kids Run	6
Boys and Girls Club	6
Counselor’s Corner	6
Mr. Spartan Work Crew	7
Incoming Freshman	7-8
Insights for Families	9
Library News	10
March Calendar	11



Dates to Remember

March 9	Winter Sports Dessert
March 9	Spring Sports Photos taken
March 11-14	The WIZ
March 14	Spring for Kids Run
March 17	Parent Connection
March 19	Band Concert
April 1	CHS Club Faire
April 1	CHS Open House
April 9-10	Spring Conferences
April 30	AP Tests payment due
May 1	May Day Dance
May 4-13	AP Exams

Spring Conferences

Parents; our spring conferences are quickly approaching. CHS will conference from 12:00-8:00 on Thursday, April 9th and from 8:00-12:00 on Friday, April 10th. To accommodate the working schedules of most parents, we will continue a combination of scheduled and drop-in conferences. Those times are listed below. All conferences will be in the cafeteria commons area.

Parents may begin calling the CHS main office @ **7:30 am on Monday, March 30th** to schedule those conference appointments. Remember, part-time staff and coaches may have abbreviated conference schedules. Which means you may be unable to connect with them during these two days. However, they will be happy to call you back at a later date/time if you leave your name and telephone number on their desks.

Thursday, April 9:

12:00-1:00/Scheduled

1:00-3:30/**Drop-in**

3:30-4:30/Scheduled

5:30-7:00/**Drop-in**

7:00-8:00/Scheduled

Friday, April 10:

8:00-10:00/**Drop-in**

10:00-12:00/Scheduled

We're looking forward to visiting with you! Please feel free to call Sherry Faller @ 757-5872 if you have any questions or concerns.

CHS Clubs and Members:

Ms. Ward would like to invite all ADVISORS and their clubs to the CHS Club Faire on Wednesday, April 1st from 5:15-5:45. This is a perfect opportunity for you to promote and advertise your club by answering questions, providing flyers or showing videos of your activities to the 8th grade parents attending the Spring Open House that evening.

Please see Ms. Faller, in the main office if you have any questions or would like to sign-up and reserve a table @ the CHS Club Faire. You may also contact her by phone at 757-5872 or by e-mailing her at: sherry.faller@corvallis.k12.or.us.

See you April 1st!

Special Education Parent List serve

The Corvallis School District in collaboration with the Special Education Advisory Committee (SEAC) now has a parent list serve. The primary purpose of this list serve is to keep parents and those interested in Special Education issues informed about workshops and offerings related to Special Education. In addition the list serve will provide an opportunity to provide information about the agenda and meeting minutes for SEAC meetings.

This list serve is a moderator approved list serve and is not a discussion forum list.

Link to subscribe:

<http://listserv.csd509j.net/listserv/archives/wa.exe?A0=SPED-PARENT>

OR from the Corvallis School District Web page go to technology department, list serves, register or reset passwords.

Questions please contact: Kim Aust kim.aust@corvallis.k12.or.us, 541-757-5752

Or Denise Cardinali, Co-Chair SEAC at dvc_vt@yahoo.com

FREE MEALS!

Parents - your child(ren) may be eligible for free meals (breakfast and lunch), especially if you have recently lost your job or had your work hours reduced. Also, if you have been approved for Food Stamps, you can qualify for Free Meals by contacting Marv Newcombe. Applying for Free or Reduced Meals can be done anytime during the school year, so please contact Marv at 757-5903 or marv.newcombe@corvallis.k12.or.us to see if you qualify.

CHS Bands Concert

The Wind Ensemble, Symphonic and Concert Band and the Blue Tones jazz band will be performing on March 19 at the CHS Auditorium at 7 pm.

Shakespeare Competition

On Saturday Feb 14 Erin Cunningham, one of our senior theatre

students, won the statewide Shakespeare competition sponsored by the English Speaking

Union of the United States.

She will now

go on to compete at the National level held at the Lincoln Center in New York City, NY April 25-28. If she wins at the national level she will spend part of her summer in Oxford England studying classical theatre!



2008 Tax Tip

The Oregon Tax Code provides an additional tax exemption for parents of children with disabilities.

A family qualifies for the exemption if their child will be claimed as a dependent for the 2008 tax year and is eligible for “early intervention services” or to receive special education as defined by the State Board of Education. The child must have been identified as having a disability under the federal Individuals with Disabilities Education Act by Dec. 31, 2008.

Eligible disabilities include: autism, visual impairment, mental retardation, serious emotional disturbance, traumatic brain injury, hearing impairment, orthopedic impairment, other health impairments and multiple disabilities.

To claim the disability exemption, the student must have an Individualized Education Program (IEP) or an Individualized Family Service Plan (IFSP) and an eligibility statement for one of the disabilities listed above. A copy of the IEP coversheet and the eligibility statement can be obtained by contacting your child’s Learning Resource Teacher (LRC) at your school of attendance. This paperwork does not have to be sent in with your tax return, but it should be kept with the child’s permanent health records.

Instructions on how to file the disability exemption are included on the Oregon Department of Revenue 40 and 40S tax forms.

Consejo para sus impuestos del 2008

El Código Fiscal de Oregon provea una exención adicional de los impuestos para padres de hijos con discapacidades.

Familias califican para esta exención si su hijo es declarado en su cargo para los impuestos del 2008 y es apto para servicios de intervención temprana o para recibir educación especializada como definido por la Meza Directiva de Educación del Estado. Su hijo debe de ser identificado teniendo una discapacidad bajo la Ley Federal de Educación para Individuos con Discapacidades antes del 31 de diciembre, 2008.

Discapacidades capacitadas incluyen: autismo, debilidad visual, retraso mental, alteración emocional grave, lesión traumática cerebral, alteración auditiva, debilidades ortopédicas, y otros impedimentos de salud.

Para reclamar su exención, el estudiante debe ser parte de un Programa Educativo Individualizado (IEP) o de un Plan de Servicios de Familia Individualizado (IFSP) y una declaración de elegibilidad de unas de las discapacidades presentadas. Una copia de la declaración sumaria de su Programa Educativo Individualizado (IEP) puede ser obtenida en comunicándose con la maestra de su estudiante. No es necesario de mandar estos documentos con su declaración de impuestos, pero si deben de ser mantenidos con el resto del registro permanente de su hijo.

Instrucciones en como llenar su exención están incluidas en los formularios de impuestos 40 y 40S del Departamento de Ingresos de Oregon.

A message from Henry Balensifer, who is the youngest member of the Oregon 150 Board and Chair of its Youth Legacy Projects.

I’d like to bring to your attention a Sesquicentennial Project that is geared toward high school students. It’s called Project 2059: The Future is Ours to Create. Its’ ambitious mission is to “Actively engage today’s youth to envision Oregon’s next 50 years and create a blueprint for realizing that vision.”

This is a great way for students to demonstrate that they are not just young people still learning. Rather, that they are a powerful force, a generation of people who want to help reshape politics and policy to make Oregon a safer, sustainable and livable place.

Project 2059 empowers high school students to create a collaborative vision of what Oregon should look like in the year of our bicentennial. They will consider issues that will shape our state over the next 50 years. They will use innovative technology to present their ideas and identify the best thinking of their peers.

In the summer of 2009, a select group of participants from around the state will gather at Willamette University to craft this input into a visionary platform for Oregon’s future.

To get more information and to find out how to participate go to:

<http://www.oregon150.org/projects/youth-legacy/>

Thanks for involving your students in a process they will never forget and our state will be forever grateful.

Regards,
Henry A. Balensifer III
Chair, Youth Legacy Projects
Oregon 150 Commission

Senior All Night Party (SANP)

VOLUNTEERS

We still need CHS parents to fill lead slots in planning YOUR Senior's All Night Party. Volunteers are still needed for: Yearbook. This person is in charge of checking in/out student yearbooks at the party.

Sign up to help out at the Senior All Night Party— and the earlier you sign up, the more choices you have! There is something to do for everyone - CHS needs to supply over 100 parent volunteers to help make this a fun and safe event for our seniors. If you are able to help out on the night of June 8th, contact Theresa Dawley (ta@dawley-web.com) or Laurie Laney (LLstampmom@aol.com) The SANP fundraising committee has received two gift certificates that we would like to raffle off to all students that have paid for their SANP ticket by March 20 (Spring Break). One is for \$50 to Mr. Formal (for a boy) and the second is for \$25 to American Eagle (for a girl).

TICKETS

The SANP fundraising committee has received two gift certificates that we would like to raffle off to all students that have paid for their SANP ticket by March 20 (Spring Break). One is for \$50 to Mr. Formal (for a boy) and the second is for \$25 to American Eagle (for a girl).

Tickets can be purchased anytime throughout the year. Simply send a check for the number of tickets needed and turn it into the main office or with Cindy Gulledge, CHS Health Assistant. The cost is \$20.00 if purchased before Spring Break. Afterwards, the price increase to \$25.00. Final time to purchase tickets will be at the door and the cost will be \$30.00. Buy now and save some money!! Just make checks payable to CV/CHS SANP.

MEMORY COLLAGES

Start collecting pictures now for your senior's "memory collage". Memory collages will be displayed at CHS and the 2009 Senior All Night Party. Gather pictures that give a reflection of your child growing up, during school, sports and other activities with family & friends. More details are provided on the school website under Senior Info, in a letter home (around March/April) as well as in future newsletters. Collages are to be turned in to the office by May 22nd. Questions can be directed to: AJ Campbell (ajcm@comcast.net) at 752-0799.

To help you tackle the senior collage AJ Campbell has opened her home on Wednesday's from 11-3 and also on Tuesday, April 14th and Thursday, April 23rd from 7:00 – 8:30 pm. She is located at 1905 NW Arthur Circle and can be reached at 752-0799. Feel free to come by for ideas or advice, if you'd like to make your collage at that time do bring your 11x17 paper and reprints of your photos so that you can 'collage' them. IF they are your only copies scanning them is safer than color copying them. If you have questions on that, AJ can answer them. Tools and adhesive are provided.

FUNDING THE SANP

The SANP is funded entirely through donations and ticket sales; however, we are behind in our contributions compared to previous years. A monetary donation is always appreciated and is tax deductible. Donations can be dropped off or sent to Corvallis Public Schools Foundation, PO Box 3509J, Corvallis OR 97339-3509.

Volunteers

Sign up to help out at the Senior All Night Party—the earlier you sign up, the more choices you have in time slots and stations! There is something to do for everyone - CHS needs to supply over 100 parent volunteers to help make this a fun and safe event for our seniors. If you are able to help out on the night of June 8th, contact Theresa Dawley (ta@dawley-web.com) or Laurie Laney (LLstampmom@aol.com)



Senior Parents:

You may bring in your collages and 'baby' pictures for the slide show any time now. There is a box in the main office for the collages and Jan Walker in Activities will collect the pictures. You may send them to her electronically at Janet.Walker@corvallis.k12.or.us.

The next three and a half months are going to fly by! Here are your important senior dates:

March 5th and 6th Jostens will hand out the graduation orders.

March 11th is the Senior Class picture, in the forum at 11:00 (during advisor).

May 13th students will receive graduation information in advisor.

May 21st, students will pick their walking partners. Meet in the big gym at 10:55 (during advisor-mandatory)

May 21st, Senior Potluck!! More information to follow. In the cafeteria at 6:00. We watch the slideshow of the compiled 'growing up' photos that Jan Walker collects.

June 2nd- Senior awards night

June 5th- first graduation practice in the big gym at 1:30—Seniors last day. Pick up caps and gowns after practice in the cafeteria. (mandatory)

June 8th, 2nd graduation practice at Gill at 10:00 am (mandatory)

June 8th, GRADUATION at 7:30, students to be at Gill by 6:45

- 11:00 to Midnight, Entry to the All Night Party at Dixon

We graduate at Gill so we do not have to limit seating for graduation. There are no tickets to purchase and we welcome any who wish to celebrate the graduates. There is handicap seating available and a designated area for picture taking.

Please call Cindy Gulledge if you have questions. 757-5910.

ADVANCED PLACEMENT

The final payment for Advanced Placement tests (AP) is April 30. The deposit was \$15 which was due by March 19 and the balance for most tests will be \$80. If your student is taking both Physics C Electricity and Magnetism and Physics C Mechanics, the balance will be \$80 for the first test and \$69 for the second test.

The schedule of where and when the tests will be administered will be posted outside of Beyond CHS the week of the tests in May. All tests will begin at 7:30 A.M. if it is a morning test (not 7:40) and all P.M. tests will begin at 12:00 noon. If your student has a conflict with two tests at the same time or a sports conflict, please ask them to come see Nancy Shaffer in Beyond CHS.

College Visits

Central Oregon Community College will visit Beyond CHS on Thursday, March 12 at 9:30 a.m.

Parent Connection Info

The next Staff Appreciation lunch will be in April during conferences. Parent Connection will be looking for donations from all classes for this lunch. Watch the listserv for a notice with a list of needed items. Monetary donations are always appreciated.

If you are wondering when a CHS event is happening, check out the CHS Master Calendar. You can find the calendar on the CHS website. The calendar is updated regularly and it is our goal to have it be comprehensive of all major CHS events. If you have questions or suggestions concerning the calendar, please email Gretchen Cuevas at Gretchen.Cuevas@corvallis.k12.or.us.

Parent Connection Meetings
 Mar 17, noon, CHS Band Room
 Apr 21, noon, CHS Band Room
 May 19, noon, CHS Band Room

Attendance Update

Here are a few updates concerning attendance at Corvallis High School.

- The ESD has made some upgrades and improvements to the Pinnacle attendance program. We have tested the accuracy of Pinnacle and feel confident that the information is accurate. If you feel there are errors in your child's attendance record, please call Debbie at 757-5888.
- Remember that you are able to access your child's attendance record on Pinnacle through the CHS website. You will need a password and your child's ID number to access the information. The passwords are available by coming to the school and talking with Karen Nelson, registrar or Linda Keller in the counseling office.
- We have parent volunteers calling daily to inform you of any absences your child may have accrued the day before.
- Finally, the policy at CHS is that we allow parents 48 hours to excuse absences. Please be diligent with this because your child may receive a detention for unexcused absences.

Thank you for your assistance with attendance. If at any time you have questions or concerns, please feel free to contact Alicia Ward, vice principal at 541-757-5904.

Advisor Schedule Days

April 1 (odd), 15 (odd), 23 (even), 29(odd)

May 7 (even), 13 (odd), 21 (even), 27(odd)

(20) Minute ADVISOR schedule

A Block 7:40 – 9:10

First Break 9:10 – 9:15

B Block 9:20 – 10:50

Passing Time. 10:50 - 10:55

ADVISOR. 10:55 – 11:15

Second Break 11:15 – 11:20

C Block 11:25 – 12:55

Lunch 12:55 – 1:35

D Block 1:40 – 3:10

Attendance

If your child has been or will be absent, please call the CHS Attendance Office at 757-5888 **within 48 hours**. If you do not call, the computer will record your child's absence as unexcused. After 48 hours, absences cannot be excused. Notes are not accepted in place of a phone call.

Absences may be excused at the request of a student's parent/guardian because of illness, disability, illness in the immediate family requiring the student's presence, a family emergency, religious reasons or anything the school deems appropriate (up to 5 pre-arranged absences per semester). Students who are eighteen years old may request their own absences be excused.

If a class is missed, clear excused absences in a timely fashion by calling to give the **exact date of absence**, time of day and please **spell the student's name clearly**.

Please be aware that when you have called to excuse your student from being absent for a certain period class, your student still may have missed another class the same day, in which the Automated phone system will dial out for the class that is left unexcused.

Please make arrangements with your student(s) prior to school hours about doctor and orthodontic appointments, as well as any other medical or non-medical appointments. All notes will be posted on student lockers as we try to avoid "reminder" notes to students. It disrupts class time.

—Debbie Begin



SPARTAN SPORTS

Hotline - parents/weather

We encourage parents to use the PARENT HOTLINE, 766-4877, extension 8073.

It is now working and each day's events will be put on the hotline by 9:00am. The hotline is updated daily sometime between 2:15 and 3:00pm. When the hotline is used, the regular office phone lines are kept free for making necessary calls due to cancellations.

Remember, if a game is canceled, a practice is usually scheduled (except tennis). Students are to check outside the Athletic Office door for their final instructions.

Reminder – Golf and Track events do not rain out!

Spring for Kids Run

Corvallis Public Schools Foundation and Woodstock's Pizza Parlor are pleased to announce the 6th annual Woodstock's Spring for Kids Run will be Saturday, March 14th at Avery Park, across from the Rose Garden. Two events, a 5k and 2k race, provide opportunities for everyone to participate! One elementary, middle, and high school will receive a CPSF Traveling Trophy for having the highest percentage of students running. In addition, Strands, a local company, has guaranteed that at least one boy and girl at each school will win a special prize! The 5k race begins at 9:00 am on March 14th and the 2k race begins following the end of that event. The early registration deadline is March 4th. Scholarships are available for students who receive free or reduced lunch.

Proceeds go toward CPSF's Mini-Grants for Educational Success program which offers grants of up to \$1,000 for projects that impact Corvallis public school students. In difficult economic times, these funds are vital to help us benefit as many schools and students as possible with these grants. We are working hard to reduce costs to maximize the benefit our schools and our children receive from this run. To learn more, or to print a registration form, please visit www.cpsfoundation.org or look for a brochure available at your school soon!



Boys & Girls Club

- The Clubhouse After-School Program is open to all MEMBERS, grades 1-12, 2:45 p.m.–7:00 p.m. Cost is \$25/year.
- The Clubhouse Teen Program is open to all MEMBERS in grades 6-12 on days when there is NO SCHOOL, from 1-6 p.m. This month's dates are April 9-10.
- On Wednesday, April 8th, the Teen Program will run after school from 2:30-6 p.m.
- The Club is no longer open Saturdays this school year as of March 21st.
- Register for all programs online at www.bgccorvallis.org.

Save the Date!

May Day Dance

May 1, 2009

7:30 at CHS cafeteria

Dance to the rhythm of the **Blue Tones**, with special guests **Rumbanana Salsa Group** and local professional band, **The Blowholes**.

\$15 advance tickets at Gracewinds and Grass Roots Book Store. \$20 at the door.



More Information:

friendsofchsband@gmail.com

Heads Up! It's time to forecast for next year's classes

Unlike years past, the scheduling of classes for next year will begin in March. Over the course of the first three weeks of March, returning CHS students will complete scheduling forecast sheets in and out of their advisor classes. They will be informed of the process involved, which requires getting teachers and parent signatures to move on to the appropriate level or to take a particular class. Eighth grade registration/scheduling will take place in April as usual, when members of the CHS counseling staff will visit area middle schools and invite home school students to an informational registration meeting at the high school, time TBA. If you have any questions regarding the scheduling/registration process please contact the counseling center at 541-757-5881 or email any counselor.

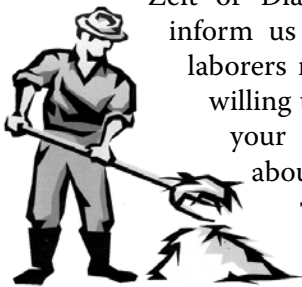
—CHS Counseling

Let the Mr. Spartan Crew Help You Out!

Ladies and Gentlemen,

Do you often find yourself disgusted with the state of your yard? Do you feel that your fence needs a new coat of paint? Are you in need of a trustworthy babysitter? Most importantly, do you feel that you never have time to do these tasks? If so, Mr. Spartan is offering their services.

From now until April 15th, for a minimum of \$10 per couple per hour, you can hire people involved with Mr. Spartan to perform any kind of labor you would like! The 27 boys and girls participating in Mr. Spartan would be happy to serve you in a variety of ways (including landscaping, heavy lifting, painting, automotives work, babysitting, organizing, cleaning, errand running, and even technology help).



If there is anything you want done, we will do it. Simply contact us (either Zeit or Diana) at **MrSpartanLaborAuction@gmail.com** and inform us about the task, approximations of the time and laborers necessary, an estimate of how much you would be willing to pay, any special equipment the task requires, and your contact information. We will follow-up with you about when and how we can help you.

Thank you so much for your time and support.

Sincerely, *Zeit and Diana*

Dear Eighth Graders and Parents,

We want to welcome you to the CHS community and help you get started on a great experience--high school. We're always energized by the thought of a new class of ninth graders headed our way from a variety of personal and educational backgrounds. Whether you're from district middle schools or K-8 programs, private schools or a home school experience, we are preparing for a number of activities to make your transition to CHS easy, enjoyable and successful. If there is anything that we can do in the weeks ahead to assist you in this transition process, please give us a call.

At CHS we offer strong educational and activity programs. Our graduates excel in a wide range of fields including business and industry, human services, politics, entertainment, the arts and athletics. You will find a tradition of excellence, a spirit of innovation, a culture that is caring and positive and an exceptional opportunity to prepare for your future.

The move to high school is a big event in the lives of students and their families. High school is the time and place where you ready yourself to be independent, self reliant and prepared for life beyond high school. Now is the time for you to thoughtfully learn about our programs and make important first decisions about which classes and activities you will want to explore. Doing a good job getting started will give you the experience and confidence on which to build a successful high school experience.

I look forward to meeting you. Our entire staff is eager to help you in any way we can. Our goal is to make the next four years at CHS the very best for every student.

Best wishes,

Dawn Granger, *Principal*, Eric Wright, *Asst. Principal*, Alicia Ward, *Asst. Principal*

Incoming Freshman Dates to Remember

April 1 - CHS Open House

5:15-5:45 pm CHS Club Faire

6:00 pm - Auditorium - Counselors explain the registration process

6:45 - 7:00 Evening itinerary

7:00-8:30 Tours & meet the teachers

Wednesday, April 1

Counselors visit Linus Pauling in Humanities classes

Thursday, April 2

Counselors visit Franklin 12:30 pm

Counselors visit Lincoln 8:30 am

Tuesday April 7

Counselors visit Ashbrook 1:55 pm

Tuesday April 7

Counselors visit Zion 2:15 pm

All Forms Must be Returned to:

- LPMS-April 14 in PE
- Franklin-April 13 to Denise Wells
- Lincoln-April 13 to Janice Rosenberg
- Zion-April 15 to School office
- Ashbrook - April 15 to School Office

If you want additional information, please contact:

- Counseling Department
757-5881
- Eric Wright, Assistant Principal
757-5871
- ELL Office (Spanish translation) 757-4489

Class of 2013.....important information for 8th graders and parents

GOOD ATTENDANCE is the single most important tool for success. You can check attendance or excuse your child within 48 hours by calling the attendance office at 757-5888. Students with a large number of unexcused absences in a class may receive credit denial. They will be dropped from that class, receive an "F" on their transcript, and may have to be off campus or have another supervised study hall. Our schedule is built to meet the needs of your pre-registration choices. Please choose the classes wisely. This is the ONLY opportunity to make course requests. Schedule changes will not be allowed unless there are errors or failures.

- **Advisor** - One quarter credit is earned each year through career exploration activities.
- **Business (highly recommended)** - The Computer Skills Class is highly recommended for students who are typing at a consistent speed of less than 25 wpm error free. Computer Applications should be taken by students who exceed the 25 wpm minimum, to learn new skills and explore software that can give them a firm foundation for success in all classes.
- **English (required)** - English options include: Read 180 (for students not reaching 8th grade benchmarks in Reading and Writing), Intro to Literature, English 1, and Intro to Literature, English 1, Honors.
- **Math (required)** - District teachers have been meeting to align their curricula to make a smooth transition for our students. Your student's math teacher knows best what class of mathematics will be the correct level and pace. Please trust their judgement. One credit of math is equal to one year. Students are expected to take only one credit of math each year. (Algebra 1A and 1B, are equal to 1 credit of math and 1 elective credits and should be taken in a one-year sequence). Exceptions may be made for the student who starts in Algebra 1 and knows he/she wishes to complete calculus before graduation. A grade of C or above is required to proceed to the next level in math.
- **PE (required)** - Fitness Concepts is a required PE class that offers a look at the variety of physical ed class offerings at CHS. The class consists of basic weight training, conditioning and nutrition concepts.
- **Science (highly recommended)** - Biophysical Foundations is a course that demands self-discipline from the students. Students will be active during the class, which has many labs; need very good attendance (labs are hard to make up); and have responsible study skills to turn in all assignments in a timely manner. If a student is not self directed he or she may need another year to mature, and take BPF as a sophomore. There are 3 other wonderful innovative science choices they could take as freshman: Horticulture, Marine Science or Materials Science Technology. Waiting a year to take a science class may be the best decision for some students. The 8th grade science teachers have a good grasp on these concepts and are the best people to make recommendations. Please trust their judgment.

Each year a few students request to bypass BpF, based on having special skills and exceptional maturity. In order to identify and properly place such students they must: Earn a score of 240 on their OSAT test; have the recommendation of their 8th grade science teacher; an "A" in 8th grade science; and Pass Alg 1 with an "A or B". All four requirements are necessary to bypass BPF.
- **Technology, Computers, Fine Arts, Family/Consumer Science (highly recommended)** - CHS offers a broad range of exciting, innovative entry level classes that are highly recommended for all freshmen to explore.
- **Social Studies (recommended)** - For those students with a strong interest in Social Studies, 20th Century World History is a super choice. Taken for elective credit, it does not replace the Social Studies requirements in Global, US History, American Government or the advanced SS Elective, but is a fine college prep class that studies the world around you throughout it's recent history.
- **World Languages** - Students signing up for a world language their freshman year should have received an A or B in their language arts class in 8th grade. All languages are equal in difficulty to learn. Some have more difficult ASPECTS, but all are more or less difficult in an equal number of areas. Good attendance is imperative for success. First year languages are taught second semester, allowing students to acclimate to high school expectations before the class is attempted and to continue with the 2nd year the following fall. Languages must be taken consecutively. Students trying to take 2nd year as juniors having had 1st year as freshman will not be successful in 2nd year. Spanish: MUST have a C final grade to go on to the next level. College entrance requires 2 years of language, (prefer three). PASS requirements for admission to OUS schools involve additional study (3rd and 4th year) for proficiency.

Schedules will be finalized over the summer and passed out during Registration in mid-August when students will receive their lockers, student body cards, pay their fees, etc. Incomplete schedules may happen when the classes that students request are in direct conflict with other classes that they have chosen. All Freshman should have 7 periods in their schedule, if this is not the case, please see your advisor at your earliest opportunity. Please be sure to check your student's schedule for any errors. All adjustments will need to be made before school begins if at all possible. All students will have one open period. They are encouraged to use this time for quiet study and research. Twenty four (24) credits are needed to graduate. They will have opportunities to earn those credits over the next 4 years. See page 14 in the course catalog for sample 4-year plans.

Insights for Families: Communicating when you are angry

Family members work long hours, answer the needs of their family, and often are involved with many activities outside the home. In addition to these stresses, sometimes families are disappointed in their children's behavior. These things may cause family members to lash out in anger at their children.

When you are angry with your children, follow these tips:

- Don't attempt to communicate until you regain your cool. You cannot be objective until you stop and settle down.
- Don't tower over your child. Physically get down to the child's level, then talk.
- Focus full attention on the child. Eliminate distractions by turning off the TV and your cell phone, and discourage other children from interrupting.
- Listen, without interrupting, to what the child says, even if you disagree. If you are tired, you will have to make an extra effort to be an active listener. Genuine listening is hard work and is very difficult when you are tired.
- Unless other people are specifically meant to be included, hold conversations in private. Embarrassing the child or putting him/her on the spot in front of others will lead only to resentment and hostility, not good communication.
- Hold your response. Stop and ask yourself, "What is my child really trying to tell me?"
- Restate what you have heard by repeating what you hear the child say.
- Don't be a wipe out artist, unraveling minor threads of a story and never allowing the child's own theme to develop. This is the parent who reacts to incidentals of a message while missing the main idea.
- Don't ask why, but do ask what happened.
- If you have knowledge of the situation, confront the child with the information that you know or have been told.
- Keep adult talking, (You'll talk when I'm finished." "I know what's best for you." "Just do what I say, and that will solve the problem") preaching and moralizing to a minimum because this is not helpful in getting communication open and keeping it open.
- Don't use put-down words or statements like: dumb, stupid, lazy: "Stupid, that makes no sense at all" or "What do you know, you're just a child."
- Tell your child that you love him/her, but that his/her behavior is unacceptable. See if together you can arrive at a solution.
- Let the child know that you are interested and involved and that you will help when needed.

—Written by, *Judith McDaniel, communications consultant*

Perspicacia Para Las Familias: Comunicarse cuando esta enojado

Los miembros de la familia trabajan muchas horas, atienden las necesidades de la familia y frecuentemente estan metidos en muchas actividades fuera de la casa. Ademas de este estres, a veces las familias estan decepcionadas con el comportamiento de sus hijos. Debido a esto, es posible que los miembros de la familia se enojen con sus hijos.

Cuando se enoje con sus hijos, siga estos consejos.

- No intente comunicarse hasta que se calme. No puede ser objetivo hasta que usted se ha parado y calmado.
- No domine sobre su hijo. Tienes que ponerse fisicamente al nivel de sus hijos y luego puede hablar con ellos.
- Enfocarse completamente en su hijos. Para eliminar las distracciones, apague la television y el telefono celular y pida a los hijos que no interrumpan.
- Escuche lo que dice su hijos, sin interrumpir, aunque no este de acuerdo. Si esta cansado, tendra que hacer un esfuerzo especial para escuchar activamente. Cuesta mucho trabajo escuchar de verdad y es muy dificil cuando ya esta cansado.
- A menos que otras personas especificamente necesiten escuchar, mantenga la conversacion en un lugar privado. Avergonzar al hijo o ponerle en un aprieto delante de otros solamente produce resentimiento y hostilidad y no lleva a la buena comunicacion.
- Espere con su respuesta. Parese y preguntese, "Que es lo que mi hijo trata de decirme?"
- Repita lo que ha escuchado, repitiendo lo que dice su hijo.
- No borre las cosas, desenredando las partes de una historia y nunca permitiendo que se desarrolle el tema propio de su hijo. Asi es el padre que reacciona ante los detalles de poca importancia de un mensaje y pierde la idea principal.
- No pregunte por que, pero si pregunte acerca de lo que paso.
- Si tiene conocimiento de la situacion, hable con su hijo con la informacion que tiene o que le han dado.
- Trate de mantener las palabras de los adultos al minimo ("Puedes hablar despues de que yo haya terminado." "Yo se lo mejor para ti." "Solamente haz lo que te digo, y, eso resolvera el problema.") y no predique mucho porque esto no ayuda para abrir y mantener la comunicacion abierta.
- No utilice palabras para insultar o frases tales como: tonto, estúpido, perezoso: "Tonto, eso no tiene sentido" o Que sabes tu, solamente eres niño.
- Digale a su hijo o hija que le ama pero que su comportamiento no es aceptable. Trate de averiguar si pueden llegar a una solucion juntos.
- Digale al niño que usted esta interesado e involucrado y que esta dispuesto a ayudar cuando sea necesario.

—Escrito por *Judy McDaniel, asesora de comunicaciones*

Making Reading Easy: The CHS Library/Bookroom

"I get letters from readers who say they have always hated reading, but somebody suggested one of my books, they actually finished the book and enjoyed it, and they're going on to read another book. I'm thrilled that they have figured out that reading is fun."

—Caroline B. Cooney, author of *Diamonds in the Shadow*, *A Friend at Midnight*, and many other novels for young adults

Bookroom/Library Thank You!

Thank you to our volunteers, who each donate a few hours every week to CHS Library: Mary Anderson, Tanya Beckman, Mary Ellen Brown, Pat Collier, Simone Frei, Laurie Holst, Lynne Kane, Garnet Kermoyan, Kay Lilley, Manette McClain, Sally Olson-Edge, Maureen Puettmann, David Razey, Melinda Winograd and Debra Zahnle. Throughout the year we continue to have opportunities for volunteers in the library—checking out books, processing new ones and repairing those in need, shelving, keeping shelves in order, etc. Please call library staff (757-5900) to volunteer, or drop by when time allows. Thank you!!

Was Your Student Able to Check Out 2nd Semester Books?

Thanks again to volunteers who helped during the semester change! We could not have done it without you! Please check with your student to make sure they were able to get books for the new semester. To have done so, they needed to have:

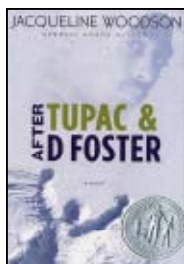
- Returned all first semester textbooks and overdue library books, or paid for them
- Paid for all damage charges
- A current student ID card. If their ID card is lost or outdated, they should drop by the attendance office to obtain a new card for \$5.00

Help us ensure that all students are able to check out the books they need for the second semester!

Treasure Our Books

We do charge for damages, especially to our new books. Please remind students to cover their new semester textbooks with a sturdy paper cover, not write in them, and treat them gently.

New: *After Tupac & D Foster*



By Jacqueline Woodson, winner of the Coretta Scott King Award for *Miracle's Boys*, among many other award-winning books for young adults. This uplifting novel just won the prestigious Newbery Honor Award for its distinguished contribution to American literature. Friendship and love unite three girls during 1994-1996 in Queens, New York. They identify with Tupac, whose songs address the inequalities that confront many African-Americans like themselves. During the two years they are together, Tupac undergoes serious injury, faces legal problems, and is murdered. In

addition, one of the three girls leaves at the end of their two years together. Read about their story in this bittersweet novel, sure to appeal to young adults.

Read more about Jacqueline Woodson at www.jacquelinewoodson.com/

What are some of Jacqueline Woodson's favorite books?

"As a kid, I loved anything by Virginia Hamilton or Judy Blume. I also loved *The Selfish Giant* by Oscar Wilde and *The Little Match Girl* by Hans Christian Anderson. Oh—and *Stevie* by Jon Steptoe. These days, I feel like my favorites list grows and grows. A sampling of the authors and illustrators I love: Chris Rascka, Chris Lynch, Chris Myers—and not because they all have the same name! I also love, An Na, Karen Hesse, Kashmira Sheth, Mildred Taylor, James Baldwin, Anne Lamott, Rosa Guy, Christopher Paul Curtis, Walter Dean Myers, Hope Anita Smith, Carson McCullers, Raymond Carver, Audre Lorde... I could go on and on."

Watch for missing CHS Library and Textbooks

A number of books have been disappeared from the CHS library this year without being checked out. If you find any of our library books around the house, please have your student bring them in. We will not penalize them, and will be very glad to have these materials back. Two notable examples are *Eclipse* and *Host*, new thrillers by Stephenie Meyer. There is a long waiting list of students who want to read them when they reappear.

Please Donate Books to CHS Library or Bookroom

Please think of CHS Library when birthdays and other gift-giving occasions occur. In addition, please remember to think of us when you are cleaning out your bookshelves. We would welcome any donations of books that are in good condition and that our students might enjoy. If you buy textbooks for your child, please consider donating them after your student has finished with them.

Please also continue to donate student supplies that students can borrow while in the library (tissue, markers, rulers, glue sticks, colored pens or pencils, highlighters, tape, etc.). Since our budget is small, students and staff depend on your donations.

Book Reviews

We include a book review in every newsletter during the school year. Please let library staff know if your student would like to submit a review for consideration.

Chess Sets Needed

This year the library will be offering the opportunity for students to play chess at lunch. Does anyone have an extra set to donate? Thanks to Peyton Amberg for donating three sets so far!

Thanks to those who donated magazine subscriptions recently: Mina Ossiander just donated **The Nation**. Thank you!

Judy Westlake, Librarian, 757-5900
judy.westlake@corvallis.k12.or.us

Judi Welever, Textbook Coordinator
757-5896 or judi.welever@corvallis.k12.or.us

Corvallis High School

March 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Mar	2	3	4	5	6	7
	ODD	EVEN	ODD Boys Bball State Rnd 1	EVEN-Advisor G Bball State @ U of P District Choir Fest	ALL G Bball State @ U of P	G Bball State @ U of P 8:00 am -1:00 Mr Spartan Garage Sale In Spartan Stadium
8	9	10	11	12	13	14
8:30 am -1:00 pm Mr Spartan Hoop Jam-CHS Gym Start Daylight Savings Time	ODD 6:30 pm Winter Sports Dessert Spring Sports Pics	EVEN Blood Drive 7:00 pm Mr Spartan Rock n' Jock @ CVHS Gym	ODD-Advisor 7:00 pm "The Wiz" @ CHS Blood Drive	EVEN 7:00 pm "The Wiz" @ CHS B Bball State @ U of O	ALL 7:00 pm "The Wiz" @ CHS	2:30 pm "The Wiz" matinee 7:00 pm "The Wiz" @ CHS NW High Sch Orch Fest @ MT Hood Comm Coll SAT @ CHS
15	16	17	18	19	20	21
2:30 pm "The Wiz" matinee	ODD Fine Arts Week G Tennis vs McNary 4:00	EVEN Fine Arts Week 12:00 pm -1:00 pm PC Mtg/Band Rm Chor Concert, 7:30 in Aud. HS Band Fest, CVHS St. Patrick's Day	ODD Fine Arts Week 10:00 am Boys Golf @ Trysting Tree 3:30 pm Site Council Mtg/Staff Rm Track vs Wdbm 3:45	EVEN-Advisor Fine Arts Week 7:00 pm Band Concert/CHS Aud. Jr. Mock Interviews	ALL Fine Arts Week	
22	23	24	25	26	27	28
	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Nichidai Students Arrive
29	30	31	1 Apr	2	3	4
	ODD	EVEN 4:30 Fr Basebll vs W Alb G Tennis vs Slvrton 4:00 Sftbll vs W Alb 4:30	ODD-Advisor 12:00 pm JV Girls Golf @ Trysting Tree 3:30 pm Staff Mtg/Library 4:30 Bsebll vs W.Alb V/4:30 8th Grade Open House April Fool's Day	EVEN G Tennis vs Wdburn 4:00	ALL Bsebll vs W.Alb JV/4:30 Fr Bsebll vs W Alb 7:00 Nichidai Students Depart Sftbll vs W Alb 4:30	ACT @ CHS

View CHS monthly calendar online at <http://www.csd509j.net/chs/general/calendar/curblockmonth.html>
 Comments or suggestions? Gretchen Cuevas 757-3824 or Gretchen.cuevas@corvallis.k12.or.us