



RAIDER NEWS

CRESCENT VALLEY HIGH SCHOOL • PUBLISHED BY CVPO

From the Principal, Cherie Stroud

Happy Holidays! The holiday season is a special time focusing on peace, goodwill and joy. For me, it is a time to remember the simple joys in life — the comfort of family, laughter with good friends and kindness for one another. Truthfully, the holiday season may find us overwhelmed by commitments, a “to do” list that is too long, and exhaustion, precipitated by the shortened days of winter. These stressors can create feelings of anxiety or depression. It is important to recognize these feelings in ourselves or our children, allowing for a proactive approach to what may feel like the holiday blues.

“Holiday Blues,” an article by the University of Maryland Medical Center, suggests the following ways to deal with sadness during the holidays: eat right, get plenty of rest, exercise regularly, organize your time, make lists, prioritize, and make a budget and stick to it. The most important thing to remember is that it is a normal response to a stress-filled time of the year. It may help to find someone to talk with, to treat yourself to something special, or do something nice for someone else!

Thank you to all who provided budget feedback last month. Although few people completed the survey, the data collected is helpful in planning for next year’s budget, and the data supports the community’s priority to lower class sizes by passing the Local Option Levy. The results from the survey are listed following my letter.

When we return from the winter holiday in January, preparations for the next school year will begin. This work includes the district’s budget allocations to schools based on projected enrollment, district-wide staffing to allow for staff transfer requests and retirements, spring student registration or forecasting for courses, and finally, hiring new staff for vacated positions. Every decision made during this process depends upon student enrollment at each school.

In order to maintain equity among schools, the district adopted a policy limiting student transfers out of attendance area schools. This policy, adopted two years

ago, has a large impact on high schools, where there is currently a large discrepancy in student enrollment between the two schools. The policy allows for a seven percent differential above or below average high school population. Projected enrollment for the current school year is 1,024 for CV and 1,337 for CHS, making 1,180 the high school average. Seven percent of 1,180 is 83 students, meaning the range for seven percent above and below the average is 1,097 to 1,263. Since CV enrollment of 1,024 is outside of this range, transfers out of CV to CHS are not allowed, unless there are extenuating circumstances. Parents must request a transfer by January 18, using the form provided on the school district website.

The first semester ends on January 30; official grades will be awarded at this time. There will not be a special finals schedule during this week; however, most teachers will be giving a final on January 29 (an “even” day) and January 30 (an “odd” day). There will be no school for students on January 31 or February 1. The second semester begins on Monday, February 4.

I wish you all a peaceful holiday season, filled with laughter, good food and happy memories. Take care of yourself this season!

Cherie

Advisor Update

Melissa Harder, Assistant Principal

As November marks the first time report cards were sent home this school year, it seems appropriate to begin the Advisor Update with information regarding how students are graded in Advisor. Students in Advisor receive either a P (pass) or NP (no pass) grade and a .25 credit at the end of the school year, depending on factors specific to their grade level. All students must maintain good attendance in Advisor in order to receive a P. Students with five or more unexcused absences in a grading period are considered “in danger of not passing” Advisor.

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Budget Feedback Survey

The number of survey takers choosing the following items as their top priorities (one being the highest):

	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
Maintain class size reduction in:					
Core content areas (math, science, English, social studies)	11	4	2	2	0
High School electives	1	3	5	0	5
Middle/elementary schools	2	6	1	4	2
Increase elementary counseling support	2	1	0	0	0
Increase elementary PE/music	1	3	4	2	6
Improve library/media instruction	2	0	0	1	0
Increase campus supervision	1	0	1	1	0
Increase classified office staff at schools with more than 400 students	0	0	2	2	2
Extended instructional time for struggling learners	0	1	3	1	1
Provide all day kindergarten, tuition free	0	1	3	1	0
Upgrade library materials	0	2	1	2	2
Increase school supply budgets	1	0	1	3	3

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In June, all advisors will be responsible for evaluating their students' advisee folders and checking for pieces of work specific to the grade level they advise. Ninth graders are required to complete career exploration surveys on the Career Information System as well as write a reflection of that process. Tenth graders are required to complete the Career Shadows activity which takes them out of the classroom and into the workplace to shadow a career they are interested in learning more about. Eleventh graders are required to attend a Job Fair/Mock Interview event in the spring and reflect on their experience. Twelfth graders must complete their Extended Application project in order to earn credit for Advisor and meet graduation requirements.

The Advisor program and our newly created Career Learning Office are working together to help students meet these goals as well as support advisors in guiding their advisees through Career Learning. If you would like to help, the Career Learning Office is looking for people in the workplace willing to host a Career Shadow student for approximately half a day in December or January. Please contact Louanne Collins at 757-5813 to volunteer your time and workplace.

Due to Parent-Teacher Conferences and Thanksgiving, our Advisor schedule for the month of November was reduced to only five meeting days, but they were packed with activities. Early in the month, students were introduced to this year's Mr. CV candidates in a fun and interactive assembly. During the second and

third week of November, students participated in Advisor activities aimed at internet safety. Students learned how to protect their privacy, protect against fraud, and the consequences of cyber bullying.

The week of November 26th was AIDS Awareness Week, and Crescent Valley students participated in this world-wide event by attending an assembly with dynamic speaker Bob Bowers. Mr. Bowers has lived with HIV/AIDS for two decades and acquired HIV through needle sharing in the early 1980s when he was just 19 years old. Mr. Bowers speaks to thousands of students across the country every year about living with, and battling against, HIV/AIDS. Most students and teachers described his presentation as real, inspirational, and meaningful.

Advisor focus for December will be on community service. Based on grade level, Advisor groups will choose a service project or awareness activity to complete before the end of the school year. Ninth grade groups will choose a service project or awareness activity to complete on campus to improve our Crescent Valley community. Tenth grade groups will choose a project or awareness activity that connects Crescent Valley students to the Corvallis community. Eleventh grade groups will choose a project or awareness activity that connects the Corvallis community to the rest of Oregon and/or the United States. Twelfth grade groups will choose a project or awareness activity that connects Corvallis citizens and Crescent Valley students to the global community.

Administrative News

Attendance and Tardy Policies

Jerri Barr, Attendance Secretary, 757-5806

Oregon law requires students to attend school until they are 18 years old, until they graduate from high school, or until they complete an approved alternative education program. When students are absent from school, state guidelines determine if the absence is excused, unexcused or unresolved.

EXCUSED ABSENCE: An absence for personal or family illness; family emergency; school activity; religious holiday; medical, dental or court appointments; college visitation; or pre-arranged family commitments (up to five pre-arranged absences per semester).

UNEXCUSED ABSENCES: ANY reason other than those listed above (alarm did not go off, missed ride, etc.).

UNRESOLVED ABSENCES: An absence not cleared by the parent within 48 hours of the student's return to school. Absences CANNOT be excused after 48 hours without administrative approval.

PRE-ARRANGED ABSENCE: A form, to be signed by parent and teachers, may be picked up in the attendance office or main office and must be turned in to the attendance office prior to the absence. This form is only for absences of three days or more. For absences less than three days, please notify the attendance office by phone, email, or a note. This form is also available on the CV website.

Getting Messages to Students: Please arrange with your student prior to school hours regarding medical appointments, after-school transportation, lunches, etc. It is very disruptive to the learning environment to enter the room once class has begun. Therefore, we will not interrupt class unless there is an emergency. Students can check for messages posted on the kiosks in the main hallway or on their lockers.

Customer service is important to us, and we try to accommodate family needs the best way possible. Thank you for your understanding and cooperation.

Technology Update

Jan Boley

Just a quick update about what is happening in technology at CV. It is so great being at CV and working with your students this year! My web design class has attracted both bright and creative students, melding

both of these abilities together to foster some great web creations. One opportunity for these students includes developing a small teacher web site, potentially for use with the current CV school site. We also have a project for students that would rebuild the school site to make it "truly theirs." This exciting opportunity will allow students to learn and apply "real world" technology which adds experience and pride to their learning.

Another exciting thing happening at CV in the area of technology is the startup of a student Tech Team! I am happy about this opportunity because I know it works well in other high schools in Oregon. Based upon prior knowledge, ability to self direct, and team-based learning, I currently have three outstanding students working as a team to support part of CV's technology requirements. I draw on my prior experience as a local area network administrator and user-support professional to give these students as close to "real world" experience as I can, and they are learning valuable things about networks, hardware, software, and working as a team.

There is a huge learning curve associated with this experience as there is a lot of information involved with the diversity of the network, hardware, and software used at CV. Even as a professional, I rely on documentation for support. To help the Tech Team students, especially with the diverse environment that I'm still learning about, I've applied for a grant to obtain a personal digital assistant (Blackberry). Being able to sync it with a PC for information on requests for support, classroom and staff locations, and tracking solutions for problems is a great opportunity for additional learning. It would also empower students to accomplish more in a shorter period of time. I will keep you posted on this funding and our progress in technology at CV.

District News

School Boundary Changes

The Corvallis School Board approved a change in school attendance boundaries at its November 5 meeting. To help implement this boundary change in a way that is least disruptive to current families, students already enrolled in their neighborhood school will be able to continue at their present school through the highest grade. Students living in attendance areas affected by the recently adopted boundary change will be asked by letter whether they want to continue in their current school or begin attending the new school in 2008-09. To continue to attend the old neighborhood school, they must respond to the letter no later than January 3, 2008.

Siblings of students living in reassigned attendance areas, who would be in the same school at the same time, will be treated as if they live in the attendance

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Administrative News continued

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boundary for 2008-09 and 2009-2010. They would apply for an online transfer and be automatically approved. Please indicate on the online transfer request that they are eligible for this priority placement. For more information, please see the district website at: http://www.csd509j.net/district_information/departments_and_services/business_services/transfers.html

Online Student Transfer Process

The Corvallis School District hosts an online application student transfer system. This system will allow you to request a transfer for your student(s) to attend a school outside your neighborhood boundary. Students on interdistrict transfers must apply online each year as well as complete and submit a paper request to the school district in which they reside.

Students entering grades 1-12 in fall 2008 may request a transfer between November 7, 2007, and January 18, 2008. If there are more transfer applications than seats available, a centralized lottery will be held. For those families who do not have computers, or who need help filling out the form online, assistance is available at the District Administration Office or at CV.

Note: Students affected by the boundary change may continue at their current school without a transfer request, but must inform the district by January 3 of their choice. The district will send out a letter to those families with a reply form. Kindergarten enrollment is not open yet; it will take place later in the spring.

For more information please see the district website at: http://www.csd509j.net/district_information/departments_and_services/business_services/transfers.html

Senior News

Caps and Gowns

Seniors who plan to participate in the graduation ceremony must purchase a cap and gown from Jostens. Those who have not ordered a cap and gown may send their order directly to Jostens. If a senior needs another order packet, he/she should see Bonnie Ryan in the registrar's office. Orders may also be placed online at www.jostens.com.

Yearbook Ads

It's time to purchase a special ad in the 2007-2008 yearbook for your senior! Senior ads are a great way to make your son's or daughter's last high school

yearbook more memorable. Forms with more specific information will be sent by mail to each senior household, and additional forms are available in the main office and on the CV website under the Yearbook heading.

To purchase an ad, send a picture of your child with a special message, and whatever else you would like to include, to Pam Mathews' school mailbox or via email by December 14. (Note: this date is earlier than previous years.) You may also consider getting together with other parents to create an ad for a group to recognize teams or special friendships in the ad section. Don't miss this opportunity! Questions? Send an email to cvyearbook@corvallis.k12.or.us.

All Night Party

All Senior All Night Party tickets still can be purchased from Denise Purdy, CV bookkeeper, or Jerri Barr, CV attendance secretary. Tickets are \$20. After spring break, the price increases to \$25. Those seniors who aren't sure if they bought a ticket should contact Bonnie Ryan in the CV registrar's office or call 757-5804.

Upcoming College Planning Events

Financial Aid Night for Seniors and Parents

Wednesday, December 12, 7 p.m.
CVHS Library

There will be a Financial Aid Night for seniors and their parents on Wednesday, December 12, in the CVHS library. This is an opportunity to learn more about how to pay for education and training beyond high school. Topics will include: types of aid, how to fill out the Free Application for Federal Student Aid (FAFSA), college scholarships, and more. This program is sponsored by the CVHS Counseling Department and will be presented by a college financial aid administrator. Junior parents may also wish to attend. For more information, please call the counseling office at 757-5815.

College Planning Night for Juniors and Parents

Wednesday, January 23, 7 p.m.
CVHS Library

Mark your calendars for Wednesday, January 23, and come to the College Planning Night for juniors and parents. This program is designed to provide the information students will need as they continue to plan for their education after high school. Details about this informative program will be mailed out to juniors in early January. For more information, please call the counseling office at 757-5815.



More News

CVHS Wish List

A number of CVHS department wish lists have been updated. Many departments at CV could use no longer needed household items. Families can clean out some items from their cupboards, garage, or garden shed AND get a tax receipt for their generosity. There are also needs for new items or cash to purchase items. The wish list can be found at <http://www.csd509j.net/cvhs/Donate/Donate.htm>.

Soccer Fundraiser a Success

A huge THANK YOU to all who helped the Fourth Annual Raider Shoot-Out Golf Tournament be such a success. As cold and wet as it was on the morning of October 20, players and tournament staff worked through the conditions and ended up having a highly successful tournament. Whether you were a player, donor, volunteer and/or sponsor, thank you!

There were many businesses that stepped up and donated money or products to help with the tournament. Please say "thank you" by supporting those businesses that support CV Soccer – El Sol de Mexico, PacificSource Health Plans, Columbia Seeds, American Family Insurance (Bryan Flager), Benton County Schools Credit Union, Cal Humphries and Clear Channel Radio, Corvallis Sports Park, Cudo Investment Services, RE/MAX (Fred Adams), Fries & Associates, Hilton Garden Inn, Pepsi Cola of Corvallis, ProPrint, Randy Jones Chevrolet, Salbasgeon Suites, Dr. Michael Sheets DMD, Timberhill Dental (Kurt S. Black), Trico Electric Inc., Trysting Tree Golf Course, and Woodworking Unlimited.

Host Families Needed

Crescent Valley High School will host 24 to 26 students from Nichidai High School in Japan and would like to have at least 12 to 13 families to host two students in each household. The students will arrive in Corvallis the afternoon of March 29 and depart the morning of April 2. (Spring break is March 24-28.) The students will attend school with their host family's student.

In the past, this program with Japanese students has been well received by students and staff. This is a great opportunity to share our culture with students from Nichidai High School. Families interested in hosting or needing further information should contact Mike Fagan or Linda Alderman at 757-5802.

DMV Proof of Enrollment

The DMV requires proof that applicants for a driver permit or license, under the age of 18, are making satisfactory progress towards a high school diploma or GED. A DMV Proof of Enrollment form can be obtained from the CV main office or counseling center.

Boys and Girls Club News

Office hours are Monday–Friday, 9:00 a.m. to 5:30 p.m. Phone: 757-1909
The Club's membership year runs from September 1 to August 31.

Clubhouse Programs (open to all members, grades K – 12):

The Clubhouse After-School Program
2:45 p.m. – 7 p.m. Monday–Friday. Fee: \$25

The Clubhouse Non-School Days
9 a.m.–6 p.m. Fee: \$25 per day. \$10 discount per day for registrations received by deadline dates. Call Club for specific dates. Register now for December 26-28, 31, January 2 – 4, 21, 31 and February 1, 18.

Special Event:

Club Members Art Exhibit, December 12, from 2:45 p.m. to 6:00 p.m. and December 13, from 2:45 p.m. to 7:00 p.m.

The Boys & Girls Club of Corvallis Announces Saturday Hours!

The Boys & Girls Club of Corvallis will be open to all current Club members from 2:00 to 5:00 p.m. on Saturdays starting October 20 and running until March 8 (some Saturdays subject to change due to facility rental, but signs will be posted in advance to alert parents and members). Members will be given the unique opportunity to enjoy all areas of the Clubhouse. Some of our weekly programs will be offered on Saturdays; however, the majority of the time will be given to members to use the Club to play games or simply hang out. Staff will be on hand to assist Club members.

Health News

Anti-Tobacco Tip

Want some free and friendly help to quit smoking or chewing? Call the Oregon Quit Line @1-800-784-8669 (QUIT-NOW).

Waterpipes

Waterpipes (AKA hookahs) are the first new tobacco trend of the 21st Century. An analysis of mainstream

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Health News continued

smoke from waterpipes found that it contains significant amounts of nicotine, tar, and heavy metals. Because smokers use a waterpipe over a longer period of time in a social setting (usually 40 minutes versus 5–10 minutes for a cigarette), a waterpipe smoker may inhale as much smoke as consuming 100 or more cigarettes during a single session. For more information, visit [http://slati.lungusa.org/alerts/Trend%20Alert Waterpipes.pdf](http://slati.lungusa.org/alerts/Trend%20Alert%20Waterpipes.pdf).

American Diabetes Month

November is American Diabetes Month. People who have diabetes have problems with insulin, a hormone produced by the pancreas that allows the energy from food to pass into the cells in our bodies. Without insulin working properly, this process breaks down, and sugar builds up in the blood while the body's cells are starved of nourishment. Diabetes is more common than many Americans think. Nearly 21 million children and adults in the U.S. are living with diabetes, and another 54 million people are at risk. You can take the risk test at the following site. <http://www.diabetes.org/risk-test.jsp>

Keeping Our Children Healthy

Earlier this fall, the school district participated in a flu pandemic table-top exercise sponsored by the Benton County Health Department. In this exercise, participants learned about past flu pandemics and walked through the steps we would take as a school district and as a community to help limit the impact of a pandemic here in Corvallis. One strong message became apparent by the end of the exercise. Preventing a pandemic starts with three simple practices that everyone should be aware of as the flu season begins: hand washing, getting flu shots, and staying home when we are sick so we don't expose others to our illness. In the next few months, the district will send home more information with students about these three practices. In addition, students and staff will be encouraged to utilize good hand washing practices at school. We need your help to keep children who are sick at home until they are not contagious. For more information about seasonal flu, check out the Center for Disease Control web site: <http://www.cdc.gov/flu/>.

**Opening Windows to the World:
The Crescent Valley Library Media Center
Judy Westlake, Librarian
766-4889 or judy.westlake@corvallis.k12.or.us**

"I always tell people that I became a writer not because I went to school but because my mother took me to the library. I wanted to become a writer so I could see my name in the card catalog."

-Sandra Cisneros, author of [House on Mango Street](#), [Caramelo](#), and other novels for young adults.

Thanks to Volunteers

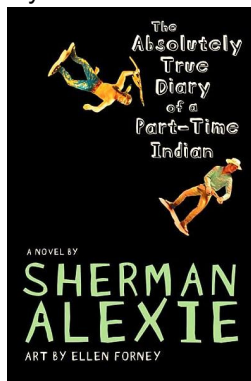
Thank you **Katie Weber and Lisa Freeman** for volunteering on a regular basis in the CV Library. We very much appreciate your help. If you'd like to volunteer in the library during the school year, we'd love to have you. There are always jobs to do. Even a couple of hours per week are a big help. Contact library staff at 766-4889 or 757-5822, or drop in as your schedule permits.

Plan ahead for a time when we need volunteers who like to help only on special occasions. The first semester ends on January 30 and the second semester starts right away on February 4. This makes a very quick turnaround to get books checked in and checked out again. As a result, we will be looking for volunteers to help on January 28-30 and February 4-7. Watch for the email to sign up or contact library staff.

Treasure Our Books

Students have already checked out textbooks and library books for this semester. Again, please remember that out books should be covered and treated gently. Protecting our textbooks is especially important this year, as we have been checking out many new copies.

New: [Absolutely True Diary of a Part-Time Indian](#)
by Sherman Alexie



Screenwriter, humorist, novelist and poet Sherman Alexie has written a first novel for young adults that has received great praise. Most important, this book was awarded the National Book Award on November 14. Alexie bases it on his own life; like himself, his hero Junior is short, near-sighted, and somewhat disabled from a birth defect. Junior escapes the alcoholism and lost dreams of the Spokane Indian

Reservation by attending a high school in a nearby town. There the only other Indian is the school mascot, but Junior triumphs. The humor of this wonderful novel, along with the witty cartoons by Ellen Forney and Junior's joyous determination make this a book that can't be missed.

Missing Books

Please continue to watch out for missing CV library and textbooks. Some titles walked out of the library last year without being checked out. If you happen to find any 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.

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Library News continued

Please Donate Books to CV Library or Bookroom. Please remember to think of us when you are cleaning out your bookshelves. We have a very limited budget, and many library and text books disappear. We would welcome any donations of books that our students might enjoy. Also, if you buy textbooks for your child, please consider donating them after your student has finished with them.

Our AV department would also appreciate donations: analog camcorders in working condition and specialty paper for programs, certificates, or other unusual purposes.

Career Center News

CV Career Center: Open during school hours to parents and students

Location: Across hall from library

Coordinator: Nancy Pliskin available Monday, 8:30 a.m. – 3 p.m., Tuesday, 11 a.m. – 3:30 p.m., Wednesday/Thursday, 8:30 a.m. – 1:30 p.m., Friday, 8:30 a.m. – 12:30 p.m.

Contact information: nancy.pliskin@corvallis.k12.or.us or 757-5916

Website: www.csd509j.net/cvhs/counseling

Mark Your Calendars

Financial Aid Planning Night: December 12, 7 p.m., CV library

College Planning (juniors and parents): January 23, 7 p.m., CV library

ASVAB: February 25, 1:15 p.m., CV library

AP Testing at CV: May 5–9 and May 12–16

Generosity of CV Families

Besides the donation of hours of time to the CC and its activities, many families support the CC with other types of donations. Enormous thanks to the **Cleland family** for donating a new Hewlett Packard computer. We're very grateful for the upgrade! Many, many families have donated college catalogs and AP/SAT/ACT prep books to the CC library, as well as print cartridges, paper, pencil sharpeners, etc., for which we are very appreciative.

College Planning

PSAT Results will be sent to CVHS in December. CV counselors will meet with students to return test booklets, score sheets, and discuss the results. All students will receive free access to MyRoad, the College Board's web-based career, majors, and college exploration tool. Students will receive information on how to access MyRoad on their PSAT/NMSQT Score report.

College Planning for Juniors and Parents: Parents and juniors are strongly encouraged to join the CV counseling staff on January 23 at 7 p.m. in the CV library for discussions on what students and parents can do regarding college planning during junior year. Sessions will include information on financial aid, testing requirements, the application process, and more.

Help with College Financial Aid: College Goal Oregon offers help filling out the FAFSA. The program is on Saturday, January 20, at 15 sites around the state, including Clackamas Community College in Salem and Lane Community College in Eugene. Participants should bring financial information and a parent if possible. More information is available at www.collegegoaloregon.org.

Need Feedback on College Essays? The following adults are available to read and give feedback on college application and scholarship essays. Students may submit their essays to any of the following email addresses: DHGORD@hotmail.com, pat-berm@comcast.net, KatherineCleland@clelandmarketing.com, maiaf@teleport.com or jpbrassfield@msn.com, or leave paper copies with the CC Coordinator. Be sure to include the question being answered, as well as the deadline for feedback. It is a good idea to submit essays to more than one volunteer.

Scholarships

The CC receives information weekly about scholarship opportunities so seniors should check the Scholarship Board in the CC or online at the CV website at least weekly. Locally-funded scholarships will have the smallest pool of applicants and provide students with the best odds of being awarded a scholarship so pay particular attention to these.

AFS Scholarships for 2008/2009: For those interested in studying abroad during the summer of 2008 through the American Field Service (AFS), there are scholarships available for students who demonstrate leadership, service to the community and academic excellence. Students must be nominated through CV. The deadline to submit a nomination is December 31. Those interested in being nominated should please see Nancy Pliskin. Information is available at www.afs.org/usa.

Youth for Understanding USA Japan Scholarship Programs: The Japanese Youth Exchange Program is offering scholarships for its spring and summer exchange programs. Most applications are due in December, although some have an October or January deadline. For more information, visit www.yfu-usa.org or call 1-800-TEENAGE.

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Career Center News continued

Gates Millennium Scholarships: Students with demonstrated leadership abilities, and who have significant financial need, may be eligible for the Gates Millennium Scholarship. These renewable awards allow students to study at the college of their choice in any academic discipline. Students must have two nominations, so those interested should see their counselor by November 15. Deadline for online submissions is January 11. Additional information is available at www.gmsp.org or at info@gmsp.org.

Chinese Flagship Scholarship Program: The U of O Chinese Flagship Program offers advanced Mandarin language learners a four-year, honors-level program designed to help students develop superior-level language skills while pursuing degrees in the academic majors of their choice. For more information, email flagship@uoregon.edu or call 541-346-5699.

Pride Foundation Scholarships: The Greater Seattle Business Association and Pride Foundation have over \$350,000 in scholarships available for lesbian, gay, bisexual, transgender, questioning, and straight-ally students of all ages, as well as students from LGBT families. Applications must be postmarked by January 25. There will be scholarship application workshops throughout the northwest this fall. For information, call Randy Briens at 1-800-735-7387 or visit pridefoundation.org/scholarships.

Free Moola! OSU's College of Agriculture awarded \$500,000 in scholarships last year. Applications must be received by February 1. For more information, visit agsci.oregonstate.edu/students/schol.html.

\$1000 Scholarship U.S. Bank: There will be 30 random drawings from October through February. Apply online at usbank.com/studentbanking.

Johnson & Wales University National High School Chef of the Year contest: Win scholarship \$\$ to attend one of four JWU campuses. Contest guidelines are available in the CC. The entry deadline is March 3. Contact the JWU North Miami Admissions Office at 1-866-598-3567.

Washington State University in Pullman is offering scholarships for one year's in-state tuition to students who intend to major in astronomy and physics. Winners are selected on the basis of GPA, SAT or ACT scores; a letter of recommendation; and a statement of interests and goals. The application deadline is April 4. For more information, see physics.wsu.edu or email questions to physics@wsu.edu.

Ayn Rand fans can win big prize money by participating in the 16th Annual Essay Contest. For 9th and 10th graders, essay topics relate to Rand's novel Anthem. The entry deadline is March 20. For 11th and 12th graders, essay topics relate to The Fountainhead. The entry deadline is April 25. For more information, go to www.aynrand.org/contests.

Opportunities

West Point U.S. Military Academy: Students thinking about applying to West Point should begin the process long before senior year. Visit <http://admissions.usma.edu> for more information. The Congressional District Coordinator is Marilyn Pittman, pittmanmcg@aol.com.

Paid Apprenticeships in Science and Engineering: Saturday Academy offers paid apprenticeships in Science and Engineering (ASE) for freshmen, sophomores and juniors. The ASE program offers full-time work in a science or engineering lab for eight weeks with a mentor during the summer. Students can obtain an application at www.saturdayacademy.org/ase or in the CC. Applying is a two-phase process, with the initial application deadline January 25. Sophomores and juniors who applied last year but were not accepted are strongly encouraged to reapply this year. For more information, call the ASE office at (503) 725-2340.

Youth Volunteer Corps Opportunities: Several community events this fall are looking for student volunteers. Contact Elizabeth at Corvallis Parks and Recreation, 766-6467. Flyers are available in the CC.

Cosmetology Careers: Information is available in the CC for career opportunities in cosmetology. Phagans has six colleges in Oregon. For more information email www.phagans-schools.com.



Letter About MRSA

This letter is written to provide you with information about Methicillin resistant Staphylococcus aureus (MRSA). There was been great media attention related to (MRSA) and schools.

Methicillin resistant Staphylococcus aureus (MRSA) is a type of "staph" bacteria that is resistant to methicillin, which is a form of penicillin, as well as some other common antibiotics. MRSA commonly causes skin infections that may look like spider bits, infected burns, impetigo, boils or abscess. It is spread by touching the infection/drainage or by touching surfaces that have come in contact with the infection/drainage. When treated with the proper antibiotic, MRSA rarely causes significant health problems.

The 509J Corvallis School District is practicing measures recommended by the Benton County Health Department (BCHD) to prevent the spread of disease. Hand washing is being promoted in all schools. Hand washing materials are provided through the use of soap and water or hand sanitizers. Also, we are encouraging the students to not share personal items and clothing, keep cuts and scrapes clean and covered with a bandage, avoid contact with other people's wounds or bandages, to wear clothes/uniforms only once before washing, to shower immediately after athletic practices and matches, and to contact their doctor if they develop a skin infection. The athletic programs are being especially vigilant to follow the prevention measures. In addition, our custodians are trained in disinfection techniques and cleaning of commonly used surfaces is a regular practice.

The Center for Disease Control and Prevention has also posted answers to questions about MRSA and included the following advice to teachers at: <http://www.cdc.gov/Features/MRSAinSchools/>.

Should the entire school community be notified of every MRSA infection?

- Usually, it should not be necessary to inform the entire school community about a single MRSA infection. When a MRSA infection occurs within the school population, the school nurse and person's physician should determine, based on their medical judgment, whether some or all students, parents and staff should be notified. Consultation with Benton County public health authorities should be used to guide this decision.
- Remember that staphylococcus (staph) bacteria, including MRSA, have been and remain a common cause of skin infections.

Should students with MRSA skin infections be excluded from attending school?

- Unless directed by a physician, students with MRSA infections should not be excluded from attending school.
- Exclusion from school and sports activities should be reserved for those with wound drainage ("pus") that cannot be covered and contained with a clean, dry bandage and for those who cannot maintain good personal hygiene.

Practical Advice for Teachers:

- If you observe children with open draining wounds or infections, refer the child to the school nurse.
- Enforce hand hygiene with soap and water or alcohol-based hand sanitizers (if available) before eating and after using the bathroom.

Christine Kulonis, RN
509J Corvallis School District Public Health Nurse

CVHS Activities - December 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 SAT 10:00 am – JV GBX Tour 11:45 am – V GBX Tour (Ashland, Thurston, Canby)
2	3 odd	4 5:45/7:15 pm – fr,v,j,v BBX @ Sheldon even	5 odd	6 4:00 pm – SW @ Woodburn 6:00/7:00 pm – WR @ W.Albany even	7 5:45/7:15 pm – fr,j,v,v GBX @ Wilsonville all	8 10:00 am – WR @ Springfield Tour noon/1:30 pm – fr,j,v, BBX - Parkrose
9	10 odd	11 Lunch – VEER Band Performs 4:00 pm – SW @ W.Albany (SA Pool) 5:15/6:30/7:00 pm – fr,j,v,v GBX – S.Salem 5:30/7:00 pm – fr,j,v,v BBX @ S.Salem even	12 7:00 pm – FINANCIAL AID NIGHT – library odd	13 10:50 am – PEP ASSEMBLY – gym 4:00 pm – SW @ Tualatin 6:00/7:00 pm – WR - Lebanon even	14 5:15/5:30/7:00 pm – fr,j,v,v BBX Churchill all	15 10:00 am – WR @ Cottage Grove Tour 8:00-11:00 pm – WINTER FOR-MAL - cafe
16	17 odd	18 6:30 pm – SW – Silverton @ Osborn 5:45/7:30 pm – fr,j,v,v BBX @ Century 7:30 pm – CHOIR CONCERT -aud even	19 9:15 & 10:45 am -Double Assembly Sch for HOLIDAY CONCERT 6:00/7:00 pm – WR - CHS odd	20 even	21 all	22 3:00/5:00 pm – fr,j,v,v GBX @ Crater
23	24 WINTER BREAK	25 WINTER BREAK	26 WINTER BREAK v GBX @ Lake Oswego Tour WINTER BREAK	27 WINTER BREAK v GBX @ Lake Oswego Tour v BBX @ Wilsonville WINTER BREAK	28 WINTER BREAK v GBX @ Lake Oswego Tour v BBX @ Wilsonville WR @ Sheldon Tour WINTER BREAK	29 v GBX @ Lake Oswego Tour 2:00 pm – fr,j,v BBX @ Wilsonville v BBX @ Wilsonville WR @ Sheldon Tour
30	31 WINTER BREAK					

CVHS Activities - January 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 WINTER BREAK	2 WINTER BREAK	3 WINTER BREAK	4 WINTER BREAK 5:15/5:30/7:00 pm – fr,j,v,BBX – Cleveland	5 9:00 am – WR @ Willamette Tour
6	7 1 st day back from break	8 even 5:30 pm – fr,GBX @ W Albany (Memorial MS) 5:30/7:00 pm – j,v,GBX @ W.Albany	9 odd	10 even 11:00 am – CVPO – sdr 11:30 am – PARENT COFFEE – sdr 4:00 pm – SW @ Lebanon 6:00/7:00 pm – WR @ S.Albany	11 all 4:00 pm – fr, BBX & GBX - CHS 4:30 pm – jv, BBX & GBX @ CHS 6:00 pm – v GBX @ CHS 8:00 pm – v BBX @ CHS	12 tba – WR @ McMinnville Tour
13	14 odd	15 even 3:30 pm – SITE COUNCIL - library 4:00 pm – SW – Dallas @ Osborn 5:15/5:30/7:00 pm – fr,j,v,GBX – Silverton	16 odd 5:30 pm – fr, BBX @ Silverton (Pine Street Campus) 5:30/7:00 pm – j,v, BBX @ Silverton 6:00/7:00 pm – WR @ Woodburn 7:30 pm – CV/CHS MUSICAL – aud. (preview)	17 even 8:00am-1:00 pm – BLOOD DRIVE – library 6:00/7:00 pm – WR @ Woodburn 7:30 pm – CV/CHS MUSICAL - aud	18 all 5:15/5:30/7:00 pm – fr,j,v, BBX – Dallas 5:30/7:00 pm – fr,j,v,GBX @ Dallas 7:30 pm – CV/CHS MUSICAL - aud	19 Cheer @ Springfield Invite 9:00 am – SW – Rumbaugh @ Osborn tba – WR – Benton County Tour @ Monroe 7:30 pm – CV/CHS MUSICAL – aud
20 2:00 pm – CV/CHS MUSICAL - aud	21 NON – CONTRACT DAY – no school	22 even 4:00 SW @ S.Albany 5:15/5:30/7:00 pm – fr,j,v,GBX – Lebanon	23 odd 5:30/7:00 pm – fr,j,v, BBX @ Lebanon 7:00 pm – COLLEGE PLANNING NIGHT FOR JRS & PARENTS – library/various rooms	24 even 6:00/7:00 pm – WR – Dallas 7:30 pm – BAND CONCERT - aud	25 odd ALL STATE MUSIC 5:15/5:30/7:00 pm – fr,j,v, BBX – S.Albany 5:30/7:00 pm – j,v,GBX @ S.Albany	26 ALL STATE MUSIC SAT Cheer @ Sheldon Invite Dance Team @ Canby
27 ALL STATE MUSIC	28 all	29 even 4:00 pm – SW – CHS 5:15/5:30/7:00 pm – fr,j,v,GBX – Woodburn	30 odd 5:30/7:00 pm – fr,j,v,GBX @ Woodburn	31 TEACHER PREP – no school for Students 6:00/7:00 pm – WR - Silverton		



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Find out more about CVHS
 online!

www.csd509j.net/cvhs



DATES TO REMEMBER

- Dec. 12** Financial Aid Night, 7 p.m.
- Dec. 24** Beginning of Winter Break
- Jan. 7** Students return from Winter Break
- Jan. 10** CVPO Mtg., Parent Coffee
- Jan. 15** Site Council, 3:30 p.m.
- Sept. 18** Site Council, 3:30 pm
- Jan. 23** College Planning Night, 7 p.m.
- Jan. 31** Teacher Prep/No School



Next *Raider News* Deadline
January 9
 The next issue will be
February 2008

Raider News Staff/Dates

Raider News is produced to inform Crescent Valley High School students and their families about activities and issues of interest. The publication is a team effort of parents, staff and students. It is produced in Microsoft Publisher and submitted in PDF format to the print shop. Comments, suggestions and news for future issues may be e-mailed to rhondajon@comcast.net or sent to *Raider News*, CVHS, 4444 NW Highland Drive, Corvallis, OR 97330 or faxed to (541) 752-4522.

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