

Eagle



Update

Yoncalla, Oregon

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www.yoncalla.k12.or.us

Yoncalla goes AVID!

Beginning this year, the Yoncalla School District starting with grades 7-8, will be adopting the AVID program. The AVID (Advancement via Individual Determination) program is a college prep elective class designed to increase school wide learning and performance for students in middle school and high school. Through weekly Peer Study Groups (PSGs) and the AVID curriculum, students will practice reading, writing, collaboration and inquiry skills. Students will learn and practice effective note-taking and organizational skills. The goal of AVID is to prepare students to be successful in middle school, high school and their post-secondary plans. Mrs. Ross will be piloting the program and will be, with the assistance of English Teacher – Mrs. Westbrook and CTE/Natural Resources Teacher – Ms. Wilde, providing Professional Development to the High School staff on various components of the curriculum.



We look forward to the positive changes the AVID program will bring to Yoncalla High! For more information about AVID, click on the following link <https://www.youtube.com/watch?v=ybaW1PBgMyo> or contact Mrs. Ross at cross@yoncalla.k12.or.us.

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Congratulations to Hailey Collins for winning the Shoot Around contest at the Little Fir League B Tournament.

Top 10 Stress-Relieving Activities During the Holidays

- Cooking/Baking
- Yoga/Meditation
- Weights and Fitness
- Go for a Drive
- Listen to Music
- Start a Blog
- Volunteer at a Local Non-Profit
- Get a Massage
- Hang Out With Friends
- Draw/Color

Mental Health Resources:

National Suicide Prevention Hotline:
1-800-273-TALK

Well Being Trust: <http://wellbeingtrust.org/>

Providence St. Joseph Health: <http://www.psjhealth.org/initiatives/mental-health>

The Trevor Project: 1-866-488-7386 OR
<https://www.thetrevorproject.org/get-help-now/>
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Music Notes

A big thank you to the community members in Yoncalla who generously donated nearly \$700 to the family of Syra Gonzales after an appeal for donations at the winter band and choir concert. Syra, a kindergartner at North Douglas Elementary, was diagnosed with a brain tumor last month. While at the hospital in Portland over Thanksgiving break their family home caught fire and they lost most of their belongings. If you would like to donate to this family, please contact the North Douglas Elementary school office.



Native News:

Drumming will resume at the regular time (Wednesdays 3:30pm at the Elementary school) after winter break. Bring in the New Year with a new love of drumming and culture. Hope to see you January 9th.



We wish everyone a Merry Christmas and a safe New Years.

5th Grade News

News From Mrs. Shilling's Class:
We have been working hard in music class preparing for our Holiday Concert coming up! Ms A.K. has been teaching us how to play recorders and read music! Cool!

In math we have completed multi-digit multiplication and now going into long division! Kind of scary at first, but Mrs. Shilling is teaching us strategies to help us how to do it without fear! It's just like learning a sport, you need to practice, practice, practice.

We continue research and writing our biographies. In January, we will be having our biographies come alive with our Living Museum.

Mrs. Shilling is working with Oregon Connections to bring career awareness into our classroom. We go to listen to a pest control business owner from Hillsboro, Oregon discuss his career and what it takes to become a Pest Controller! It was so neat to have a live feed and be able to ask him questions. We will be doing more of this in the New Year!

Next week we will learn a little about how other countries celebrate Christmas. We are having a gift exchange/party on Wednesday in our classroom! The holiday spirit is here and break is around the corner!

December

Mon 17th HSBB @ Eddyville Charter
Tues 18th Winter Elementary Concert
Wed 19th HSBB @ Mohawk Boys Only
We 19th College T-Shirt Day
Thur 20th Siletz @ Yoncalla Girls Only
Fri 21st UVC X-Mas Tourney JV only
Sat 22nd UVC X-Mas Tourney JV only
Fri/Sat 28-29 HSBB Regis Tourney VB only

January

Fri 4th HSBB @ Elkton
Sat 5th HSBB @ YHS UVC
Mon 7th MSBB @ YES
Tues 8th Days Creek @ YHS
Thurs 10th MSBB @ YES
Thurs 10th Miner's @ YHS at Lunch
Fri 11th HSBB @ North Douglas
Tues 15th HSBB @ New Hope Girls Only
Wed 16th College T-Shirt Day
Thurs 17th UCC Ag Day
Fri 18th HSBB Pacific @ YHS
Sat 19th HSBB @ Camas Valley
Mon 21st NO SCHOOL
Mon 21st MSBB @ YES
Tues 22nd HSBB New Hope @ YHS
Fri 25th HSBB @ Riddle
Tues 22nd HSBB New Hope @ YHS
Fri 25th HSBB @ Riddle
Sat 26th HSBB Elkton @ YHS
Sat 26th MSBB @ YES
Tues 29th HSBB @ UVC
Thur 31st MSBB @ YES
Thur 31st END OF 1ST SEMESTER

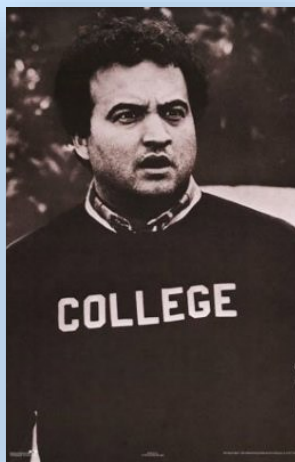


Yoncalla School

District Priorities

1. Each student will enjoy positive, engaging learning environments.
2. Each child will possess the knowledge and skills necessary to be successful in post secondary education and careers, and the self-reliance to be a productive citizen.
3. A strong sense of community is recognized and nurtured among all stakeholders
4. Facilities and finances are managed effectively and efficiently for the

Every 1st and 3rd Wednesday of the month is college t-shirt day. Be proud and wear the college t-shirt of your choice.



AVID Corner

For almost two weeks in November, the 7th grade AVID class prepared for and then accomplished their greatest challenge of the year... A Socratic Seminar. In a Socratic Seminar, students are given a prompt to discuss using evidence instead of emotion. The 7th grade AVID students read an article that was written in *The Washington Post* by Jessica Lahey titled "Rewarding kids for good grades may send the wrong message about love". Students completed several reading strategies with the article such as marking the text, writing in the margins and citing areas that could be used for evidence. Mr. Berry stopped by periodically and was very impressed with the thoughtful dialogue that students were having. Their Socratic Student Leader, Farah Strickland, did an amazing job leading the discussion and ensuring that each voice in the class was heard. Mrs. Ross cannot wait to have more of these with students throughout the year and see what they are able to accomplish as their skills progress and they work towards becoming excellent narrators.

Yoncalla High School FBLA Update

This year is going to be the year for FBLA at Y.H.S! We have some fresh new faces this year. As of now we have 38 members. We also have one more member than we did last year. We hope to see in the future chapters these numbers increase. We have appointed a new president who is Ashley Powers, our vice president Cassidy Bragg, our Secretary treasurer is Savannah Roseberry, and our publicity director, Kali Schuster. This group of girls are going to give it 110% this year to make our chapter the best it can possibly be.

Our 2018 chapter includes, Jordan Aguilar, Elijah Allen, Trinity Bell, Brody Best, Nick Blanchfill, Cassidy Bragg, Austin Clemons, Tyler Davis, Marilyn Deese, Corbin Eichman, Ronald Evans, Gavin Forthman, Athusoss Gilbert, Trace Graham, Aiden Grichar, Cody Gustafson, Shaunasi Hardy, John Myers, Fiona Peralta, Savannah Roseberry, Andrea Santos, Kali Schuster, Shylah Sheppard, Kaleigh Soto, Ian Sprinkle, Jayce Ulam, Ashley Powers, Trent Williams, Makayla Cranford, Melody Cranford, Amiah Ellis-Roseberry, JD Olinski, Grace Dover, Ali Van Loon, and Jeffery Tibbatts.

This year is going to be full of lots of fun. I hope that everyone has a great year. We have so many great things planned this year. We have some fundraisers coming up and many more fun events planned this year. On December 19th we will start selling Krispy Kream doughnuts to raise money for the Oregon FBLA conference this spring. We will be selling them until January 9th. On the 11th of January will be selling them at our local Dutch Bros. Don't forget to get some for yourself. This is a great fundraiser and I hope to see many people enjoying this great event.

Mental Health: Let's Talk About It YHS

The month of December is historically one of the most difficult months of the year for people to get through. For some, the increased financial responsibilities surrounding the Thanksgiving and holiday seasons are difficult to overcome. For others, the memories of lost loved ones become more and more vivid as we realize that some holiday traditions will never be quite the same. Furthermore, some of us struggle with the stress involved in hosting holiday parties, family members, friends, etc.

For our students here at YHS, there is a whole list of things that cause increased stress levels. Many students are beginning to worry about their grades and their GPA's as the end of the first semester creeps up on us. Some students are feeling increased anxiety about having to visit distant families, spend time with both parents, and being away from their friends for almost three weeks. While other students, as crazy as it might seem, spend their vacation contemplating what their futures hold for them.

The Yoncalla Leadership class has dedicated the month of December to recognize the importance of our mental health as we find different ways to #worktobewell. OASC, the parent organization of Yoncalla Leadership, has been working with the The Work to Be Well Campaign over the last year to increase awareness about mental health. We have spent time in class talking about the things that stress us out, why they stress us out, and have talked about how we can reduce the stress levels that we feel in our daily lives. Led by Senior Kali Schuster, we even spent a day in class doing some Yoga to show our ASB members one simple way that we can live healthier lives. We would like to share with you a few tips and tricks that you can implement this holiday season in your own lives as you #worktobewell.

Mental Health Tips and Tricks

Plan ahead:

Most of the stress that we feel during the holiday season revolves around feeling "too busy" or that we "don't have enough time". Do your best to plan ahead of your holiday season to try and avoid this common source of stress.

Be Realistic

With Your Expectations: We often put too much pressure on ourselves during this time of the year as we try to impress our family and friends that we don't often see. Is the house 100% clean? Does the ham taste PERFECT? How does my hair look? This year, practice letting go of being "perfect". Instead, simplify your commitments and try to enjoy yourself.

Don't Neglect

Your Health: This is NOT the time of year to slack on taking care of your body. It's critically important that we continue to get adequate sleep, eat healthy foods, get regular exercise, and do things to release your stress.

Recognize Your

Triggers: It's important that we are able to understand what causes us to be stressed. This year, do your best to avoid those things in your life that cause undue stress and anxiety.

Ask For Help:

Lastly, and most importantly, don't be afraid to ask for help. It's common to feel overwhelmed this time of year. You are certainly NOT alone. There are people and resources in your area that you can reach out to, even over the holiday break.

Help us to go Portland for the Oregon Tradeswomen's Career Fair!



We are selling AMAZING candles through Yankee Candle Fundraising.

Go to: <http://www.yankeecandlefundraising.com>

Enter group code: 999986149

Buy as many candles as your heart desires and **40% goes to us!** These make great gifts for family and friends. Items start at under \$10!

SALES END January 10th 2019!!!

Not interested in candles – Check out their amazing gift baskets or feel free to donate to the Yoncalla Trades Club. Just contact Mrs. Ross

Girls' Basketball



Boys' Basketball

