

Corvallis High School

A TRADITION OF EXCELLENCE; PREPARATION FOR THE FUTURE

February 2008



Growth Mind-Set

I am sure you have noticed that your child has grown this school year. You may have recently bought new clothes or shoes in larger sizes. You may have talked with your son or daughter about the need to get a hair cut.

I would like to address another area of growth worthy of more attention – **growth mind-set**, an increase in the student’s ‘learning attitude and approach’. **Growth mind-set** creates motivation and resilience – and leads to higher achievement.

Transition to High School as a freshmen and getting your first semester grades can be a time of disengagement and discouragement for some students. This can be true of a student in any grade. After getting grades, some students take stock of themselves and their intellectual abilities. It is a time they decide whether they want to gear up and apply themselves for a second semester.

Students need to learn (or re-learn) that *the brain is a muscle* – the more they exercise it, the stronger it becomes. Every time they try hard and learn something new, their brain forms new connections that, over time, make them smarter. Students need to learn and remember that intellectual development is not the natural unfolding of intelligence, but rather the formation of new connections brought about through effort and learning.

When it is explained to students that their intellectual growth is largely in their hands – they often become fascinated. That’s what **growth mind-set** can be for all learners – the ability to motivate yourself. I can guarantee that this realization will take more than one conversation between a caring parent and your child – while eating breakfast one morning or driving to a lesson. You may want to do a little review about the brain prior to bringing up the subject with your child.

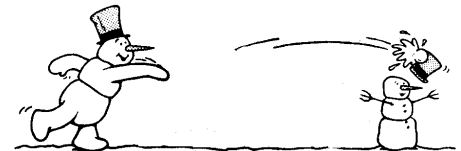
Some teens see school as a place where they perform for teachers who then judge them (or rather, their performance). The **growth mind-set** ‘attitude’ can change students’ perceptions of themselves and make school a place where students can vigorously engage in learning. (*what we would all like to see!*)

Research conducted by Carol S. Dweck on the role of motivation – and **growth mind-set** noted students stating “if you do not give up and you keep studying, you can find your way through”. In a different study many students reported changes in their study habits and motivation to learn – resulting from their learning about the **growth mind-set**.

—Sincerely, Suzanne Dalton CHS Principal

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Dates to Remember

Feb 1	NO SCHOOL
Feb 4	Second Semester begins
Feb 13	CHS/CV Concert
Feb 18	NO SCHOOL
Feb 19	Parent Connection
Feb 22-24	Friends of Library Sale
March 7	First Friday with Principal
April 9-11	Conferences
May 5-14	AP tests

SCRIP

In the NEW year, make a NEW commitment to support your CHS Parent Connection. It's simple and easy! If you shop at Safeway, you can have between 1% and 4% of your purchases automatically donated to Corvallis High School Parent Connection each time you shop and present your Safeway Club Card to the cashier. To register your card, please visit <https://secure.escrip.com/jsp/supporter/registration/step1.jsp>, and proceed through the six easy steps, using Group ID #8561650. You will need to enter your Safeway Club Card number as well.

Not a Safeway shopper? Visit www.escrip.com/ to shop at other participating merchants and return 2 - 5% of your purchases to CHS PC. Macy's, Old Navy, Lands End, Office Max, and The Oregonian are just a few of the merchants participating in eScrip. Be sure to register first, before you do your shopping. Register at <https://secure.escrip.com/jsp/supporter/registration/step1c1.jsp>

It takes just a couple of minutes, and is a simple way to raise funds for CHS Parent Connection! Help us raise money for things such as monthly teacher appreciation events, transforming CHS show cases, and building toward the purchase of an information board at the school entrance.

Thanks for supporting activities that make a difference for our CHS community!

—Lisa Namba 753-0837, sparrow492@yahoo.com

CHS Defibrillator

Corvallis High School has three Automatic External Defibrillators on site. There has been one available in the training room for several years, but now CHS has one available in the main office and there will soon be one in the Tech Ed area. Our goal is to try and train all staff in the use of an AED. The safety of students and staff is important.

Healthy Bytes

Shoe Lace Techniques: Having proper footwear is important; it turns out that there are a number of different lacing techniques that may help alleviate ailing feet. Certain lacing techniques for shoes can prevent injuries, alleviate pain, and relieve foot problems. Check out <http://www.aofas.org/i4a/pages/index.cfm?pageid=3295>

Calcium Check: The Oregon Dairy Council is a great resource for families. Although the days are getting longer, it's important to stress outside activity and fresh air for Vitamin D absorption. This site allows you to create an estimate on your calcium intake along with ideas and ways to increase your calcium consumption. http://www.oregondairycouncil.org/calcium_checkup/

Tobacco Facts:

- On their websites, tobacco companies encourage people to quit smoking. However, in 2006, a court found that tobacco companies manipulate nicotine levels to keep smokers addicted.
- In 1996, the tobacco industry said that drinking one to two glasses of whole milk a day was riskier than second hand smoke.

Corvallis School District supports a smoke free campus.

Thank you for your respect and support of district policy. Policy GBK-JFCG-KGC

Doors Locked During Class Time

To increase our knowledge of who is on our campus at all times, we have begun locking the exterior doors on the east end of the building during class time. Doors will be unlocked before and after school as well as during breaks and lunch. There are signs posted encouraging folks to enter the building through the main entrance during these times. The safety of our students is incredibly important and we thank you for your support.

—CHS Safety Committee

Have you ever wondered what teachers do when they have professional development days?

January 31 -CHS Teachers will be working on student grades and preparing for second semester

February 1 -CHS Teachers will be participating in a variety of professional development activities: Advisor Training will be provided for many teachers, others will participate in Career and Technical Education (CTE) will attend a regional meeting, Special Education Teachers will learn about Kurzweil Reading strategies and Counselors will be involved in 504 training.



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:

- Fundraising Committee Chair
- Store Committee Chair
- Photo Rep (an HP Parent is needed)

If you can step forward as part of the CHS planning team, your help would be greatly appreciated. If you can help, please contact Amy Adamski (adamski@proaxis.com) at 753-8070.

It's not too early to start signing 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 9th, contact Kari Lasswell (mom@thelasswells.com).

TICKETS

It is not too late to purchase tickets to the Senior All Night Party. Tickets can be purchased anytime throughout the year. Simply fill out the form below, attach a check and turn it into the main office or with Cindy Gullede. The cost is only \$20.00 if purchased before Spring Break. After that the price goes up 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.

Student Name: _____ School _____
 Parents Name(s): _____
 Address: _____
 Phone: _____ Email: _____

MEMORY COLLAGES

Senior Parents plan ahead! Start collecting pictures now for your senior's "memory collage". Memory collages will be displayed at the 2008 Senior All Night Party. Gather pictures that give a reflection of your child growing up, during school, sports and other activities with family and friends. More details will be provided in a letter home (around March/April) as well as in future CHS newsletters. Questions can be directed to: Kim Thackray (thackray_family@yahoo.com) at 758-8542.

FUNDING THE SANP

Still Time To Order!

You can still place orders on the Sally Foster gift wrap/food website. This is easiest to do by going to sallyfoster.com and inputting the city and state. When the related query screen comes up you can then select the CV/CHS SANP from all Corvallis groups that use Sally Foster. The SANP gets approximately 50% of the purchase (not including shipping costs). Questions can be directed to Chris Carlson (chriscarlson@comcast.net) at 754-7924.

Tax-deductible Donations

Monetary donations are always welcome! Send your check to the Corvallis Public Schools Foundation, PO Box 3509J, Corvallis, OR 97339-3509 or drop payment off at 1555 SW 35th St. Make your check payable to Corvallis Public Schools Foundation. Please include a note that this is for the CV/ CHS Senior All Night Party.

SENIORS

This is an exciting time for Seniors! The last semester seems to fly by and there are a few things that still need to be done.

Announcements will be delivered in April; if you need some and have not ordered, please have your senior see Mrs. Gullede in the Counseling Center.

Now is the time to start collecting the pictures for both the slide show and the collage for the all night party. Slide show pictures are typically pictures thru the years of your senior and friends- it is fun to look back. Please send 2 or 3 pictures with the students name on them to the Athletics office. We will watch the "slide show" at the Senior Potluck.

Important dates to remember are: **Senior Potluck**, Thursday, May 29th at 6:00 in the cafeteria.

The date for selecting walking partners has not been decided, but the **first graduation practice** is the **last day of school for seniors** which is June 6th. Seniors will meet at 1:30 in the big gym.

Immediately after the practice, **caps and gowns** will be handed out in the cafeteria. Jostens will send any balance due information before the delivery date.

There will be a **second practice on June 9th** (graduation day!) at 10:00 am at Gill. Seniors will meet that night no later than 6:45 for **Graduation**.

The All Night party follows.

Last but not least, there is **no school sponsored "Senior Skip Day"**.





Clubhouse Programs (Open to all MEMBERS, grades K – 12)

The Clubhouse After-School Program Fee:

Membership fee of \$25

2:45 -7:00 pm Mon.-Fri. Membership year

runs from Sept. 1 – Aug. 31

The Clubhouse Non-School Days

9:00 am – 6:00 pm. Fee: \$25 per day. (\$10 discount per day for registrations received by deadline dates. Call Club for specific dates.) Current membership is required. Register now for February 1 and 18.

Friday Late Night Hours for High School Students

In addition to our Saturday hours, the Boys & Girls Club has also made several Friday Late Night hours available for our middle and high school Club members. We recognize that parents in Corvallis do not have a lot of options when it comes to supervised, late night activities for their adolescent children. Friday Late Nights give our existing Club members a chance to socialize with their friends in a structured, secure environment. Pizza and activities are provided free of charge thanks to several partnerships with various local businesses. During Friday Late Nights, middle and high school members can use our Audio Production Lab, Games Room, Teen Center, Gymnasium, and Technology Center. Staff will be present to run activities and supervise Club members. Below is our current Friday Late Night schedule (subject to change):

February 22 & 29 • March 21 & 28 • April 18 & 25 • May 23 & 30

The Boys & Girls Club of Corvallis Announces Saturday Hours!

The Boys & Girls Club of Corvallis will be open to all current Club members from 2pm to 5pm 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.

Our office hours are Monday – Friday 9 am – 5:30 pm • Phone: 541-757-1909

2007-2008 Yearbook Fees

(Includes Yearbook & DVD Yearbook)

January 7th through March 21st - \$65.00

After Spring Break until distribution - \$75.00

At the Yearbook Signing Party - \$80.00

Remember only 1075 yearbooks are printed so buy early to guaranty your copy.

Open Student Forum

January 15, 2008 – Mrs. Dalton our principal and the two Assistant Principals Mr. Wright and Mrs. Gregory along with CHS Student body President Mitchell Duncombe and other student leaders hosted an Open Student Forum. This event was held after school and was attended by over thirty students. There will be one other Open Student Forum scheduled this school year.

FIRST FRIDAY with the Principal

NO - February FIRST FRIDAY

with the principal on Friday, February 1, 2008. The principal will be involved with staff participating in professional development day activities conflict for the principal.

YES - March FIRST FRIDAY

with the principal at 7:00-7:30 in the CHS cafeteria the topics will focus on considerations for the CHS School Budget.



SPARTAN SPORTS

Plan Ahead

If you are planning to participate in a sport this spring and have not participated in a Fall or Winter sport, please plan to get a physical scheduled with your physician. This would apply to those students who do not have a physical on file from last year or it has been two years since their last physical. The code of conduct form, transportation form and physical form are all located in the athletic office. Don't wait until the last minute! We will start clearing spring athletes Monday, February 4th. Practice begins on Monday, February 18. Cost this year for sports is \$150; if this is your student's third sport of the year, the cost is only \$100. Questions: 757-5917.

Spartan Spring Sports

Sport	Coach	Phone
Baseball (Varsity/JV/Freshman).....	Eric Dazey	757-3801
Softball (Varsity/JV).....	Bridgette Overstreet.....	530-864-7045
Boys/Girls Track.....	Mark Hulburt	928-9544
Girls Tennis	Andy Hackethorn	753-5321
Boys Tennis	Ken Stevenson.....	745-7127
Girls Golf	David Zajicek.....	231-7778
Boys Golf	Marc Arey	760-3857
Girls Lacrosse	Kandice Kleiber....	208-757-8800
Boys Lacrosse	Josh Parker.....	753-4417
.....	Bo Shelby	737-1490

Once the games/events begin in March, we will be using the hotline for updates on rainouts in Baseball, Softball, and Tennis. Track, Golf, and Lacrosse play rain or shine. The hotline phone number is 766-4877 ext. 8073. We will update the hotline daily by 9:00 listing the events for the day. We will update it again around 2:00-2:30pm regarding event rain outs.

Winter Sports Recognition

Be sure to mark your calendars for the Winter Sports Dessert on Monday, March 3rd. We will start with dessert at 6:30pm and move into the auditorium at 7:00pm. This event, which is sponsored by the school and the Spartan Booster club, is to recognize the students who have participated in team sports during the Winter season. We encourage everyone to attend and to bring a dessert to feed 6-8 people.

Spring Sports Pictures

Spring Sports will have their pictures taken during practice on Monday, March 3rd. Hise Studio will be taking team and individual photos. Athletes do not need to bring money for their professional order. Proofs will be mailed to each athlete at their home and orders can be made after seeing the picture. Anyone wanting to order a Booster Button needs to fill out the half sheet and pay during the time of pictures. Checks can be made out to CHS Booster Club. The cost of each Booster Button is \$3.00. This is a great way to support Booster Club and your athlete. Please have button order forms filled out by picture day. Coaches will be giving order forms to athletes during practice.

WINTER SPORTS

Boys Basketball
Greg Garrison, *coach*

Girls Basketball
Joe Williamson, *coach*

Wrestling
Ron Sather, *coach*

B/G Swimming
Judy Storie, *coach*

B/G Skiing
Andy & Katie Laird, *coach*



OSU Women's Soccer Presents Two Events for 2008!

OSU Women's 4th Annual Spring Academy

DATES: Feb. 11, 13, 18, 20, 25, 27 and
March 3, 5, 10, 12

TIME: 6PM-7PM

REGISTRATION deadline: Feb. 8th

LOCATION: Truax Center, across
parking lot just North of Reser

COST: \$95

OSU Women's 7th Annual 7 A-Side

DATES: March 1 & 2

LOCATION: Truax Center, across
parking lot just North of Reser

REGISTRATION deadline: Feb.
22nd

FOR MORE INFORMATION

**ON BOTH EVENTS: Call
541-737-2854 or email Linus.
Rhode@orst.edu**

The Big One: Friends of the Library Hold Annual Used Book Sale

The Friends of the Corvallis-Benton County Public Library will hold their Annual Used Book Sale the weekend of February 22 – 24 at the Benton County Fairgrounds in Corvallis. As always, there will be literally thousands of books for sale in an array of categories including: children's books, history, mystery, gardening, fiction, as well as collectibles, VCR tapes and CDs.

The sale opens the evening of Friday, February 22, 5 pm – 9 pm. Sale hours Saturday, February 23 will be 10 am to 5 pm, and Sunday, February 24, from 11 am to 4 pm. The cost are \$3.00 for hardback and trade paper backs, \$2.00 for adult paperbacks, and children's hardback books, and \$1.00 for children's paperbacks. Prices drop each day of the book sale. By the final hour on Sunday an entire box of books is available for just \$3.

The Friends of the Library's Annual Used Book Sale, known as The Big One, is its largest fundraising event and is completely volunteer run. Over 200 volunteers help sort, haul, set up books, organize, sell and clean up for the annual event. Last year The Friends of the Library had a net income of almost \$27,000 from this sale.

Proceeds from past sales have been used for a variety of items and programs for the Corvallis-Benton County Public Library, including libraries in Alsea, Corvallis, Monroe, Philomath and the Bookmobile. For example, in Corvallis, The Friends of the Library regularly sponsor the children's summer reading program and Random Reviews; they also help purchase furniture and equipment as needed throughout the library. For the branch libraries The Friends have funded planning efforts for a new library in Monroe and purchased furniture for the Alsea library.

If anyone is interested in volunteering and joining in the fun at the book sale this year, contact Mark Speulda at warhawk1972@hotmail.com.

Contact:

Mark Speulda, Book Sale Co-Chair
warhawk1972@hotmail.com
541- 929-4244

WINTER WONDERINGS

Oregon State University's Winter Wonderings program for TAG students provides a variety of challenging, engaging courses not normally available in traditional school settings. Courses meet for 80 minutes each on the seven Saturdays of: January 26; February 2, 9, 23; March 1, 8, 15. Program participants discover new and exciting areas of study in a fast-paced learning environment on the Oregon State University campus.

Course offerings for 3rd & 4th graders include Chess, Codes, Engineering, Theater, Art options, Science options, Computer options, and more.

Course offerings for 5th & 6th graders include Chess, Engineering, Theater, Art options, Science options, Computer options, and more.

Visit oregonstate.edu/precollege/winter for complete program information, including eligibility criteria and application procedures. Questions may be sent to winter@oregonstate.edu or phone 541-737-1289.

Attendance

CHS needs your help in reporting absences. If your child has been or will be absent, please call the CHS Attendance Office at 757-5888 as soon as possible. **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.

Do you still get a phone call from the "Automated" call system? - even AFTER you have called the Attendance line to excuse your student? 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. Unless there is an emergency - all notes will be posted on student lockers as we try to avoid "reminder" notes to students. It disrupts class time.

An "Attendance Record" is posted outside of the Attendance Office. This record shows the student's attendance for the previous day and current day. If you receive an "Automated" telephone call stating that your student has missed one or more classes, please have your student check the attendance record to see which teacher marked them absent. If this was an error the student and teacher can resolve it. I look forward to another great year! Thank you for your cooperation.

—Debbie Begin

Making Reading Easy: The CHS Library

"I'm not comfortable being preachy, but more people need to start spending as much time in the library as they do on the basketball court."

—Kareem Abdul-Jabbar

Thanks to Volunteers

Thanks to these volunteers who come in for a few hours every week: Sally Olson-Edge, David Razey, Barbara Alexander, Simone Frei, Kathy Ferrier, Marla Crane, Iris Rilov, Mary Ellen Brown, Nell Kolodziej, Pat Collier, Melinda Winograd, Suzanne Woods and Kay Lilley. If you'd also like to volunteer in the library during the school year, we'd love to have you. Contact library staff at 757-5900 or 757-5817.

Semester Change

We will need help during the first week of February, when the new semester starts. Please watch your email if you would like to help check textbooks in and out again. We would like to have two parents at a time working 2-4 hour shifts.

Treasure Our Books

Please remind your student or students to take care of CHS Library books and textbooks. Protecting our textbooks is especially important this year, as we have been checking out many new copies, most of which are expensive. When the semesters change, students should be ready to renew or to return clean, unmarked, and undamaged books. We do charge for damage.

New: The Wall: Growing Up Behind the Iron Curtain by Peter Sis

On January 14 of this year, this autobiographical picture book/graphic novel won the American Library Association's Robert F. Sibert Informational Book Award for the most distinguished international book published in English during last year. It is easy to understand. In this memorable book, author Peter Sis combines his remarkable drawings with journal entries, historical information and period photography to create a record of his childhood in

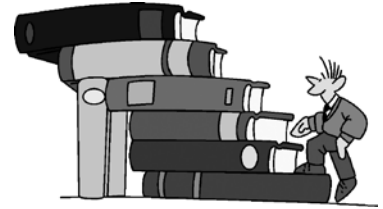
Czechoslovakia during the rise and fall of communism. This absorbing book, often called a picture book for older readers, has power equal that of the graphic novels *Maus* and *Persepolis* (also available at our CHS Library) and as such is a masterpiece that all ages should read.

Please Help Us Find Books that Were Lost Last Year

Last school year we lost 153 books, worth \$2,642, that were removed from the library without being checked out. Please help us by keeping an eye around your home for CHS Library books. They are stamped with our name both inside and on the book spine. Thanks for helping us find some of these missing books.

—Judy Westlake, Librarian

757-5900 or judy.westlake@corvallis.k12.or.us



Donations Needed

Our budget is very small this year, so we need your help:

- **Books:** Please remember to think of us when you are cleaning out your bookshelves. We would welcome any donations of books that our students might enjoy. Thanks to those generous folks who recently donated books.
- **Supplies for Students:** CV Library would like to start offering supplies for students to borrow while in the library. We do not have the budget to buy such supplies ourselves, so are looking for donations of consumables such as glue sticks, rulers, tape, marking pens, colored pencils, rulers, scissors, construction paper, highlighters, white-out, and calculators.
- **Flash Drives:** Please consider donating a flash drive with at least 256mb to the CHS Library for students to check out. Nowadays, many files are too large to be stored on a floppy disk, and some students cannot afford to buy a flash drive. Thanks to the parents who have already donated a small collection of these valuable storage devices. We could still use about five more for student use.
- **Textbooks:** If you choose to buy textbooks for your child, please consider donating them after your student has finished with them.
- **Magazine subscriptions:** We would like to get a few titles for students to read for pleasure or for research projects. Suggestions include *Time*, *Science*, *The Nation* and *National Review*.
- **Wall Street Week subscription:** This costs about \$70 for a school year.

Corvallis High School

February 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 NO SCHOOL
4 ODD 2nd semester begins	5 EVEN	6 ODD Staff Meeting @ 3:30 pm in the Band room	7 EVEN	8 ALL Advisor Schedule #5
11 ODD	12 EVEN	13 ODD Advisor Sch. #5 Dept Chair meeting @ 3:30 pm CHS/CV Concert 7:30 @CV aud.	14 EVEN	15 ALL
18 NO SCHOOL	19 EVEN Parent Connection @ 7 pm in Band room	20 ODD Prof. Dev. staff mtg. @3:20 in staff dining room	21 EVEN	22 ODD
25 ODD	26 EVEN	27 ODD Site Council meeting @ 3:30 pm in staff dining room	28 EVEN Advisor Schedule #5	29 ALL