

# WINTER LAKES SCHOOL NEWSLETTER

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Winter Lakes School

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<https://facebook.com/WinterLakes>

## Dear Families,

OCTOBER BRINGS NEW OPPORTUNITIES FOR THE STUDENTS AND STAFF AT WINTER LAKES SCHOOL

New school buildings and new programs highlight October news. The Coquille School District is in the process of purchasing the former United Valley Christian Academy to convert the campus into the new Winter Lakes Elementary School! Students in grades K-7 will be able to take advantage of a large play area, gym, and ready-to-go classrooms beginning October 28<sup>th</sup>. The school is located at 1742 N Fir Street in Coquille. The structure of the school day and staff will remain the same, just at the new location, allowing for additional growth of the Winter Lakes Elementary program.

Career and Technical Education (CTE) is an emphasis at Winter Lakes High School and the Coquille School District. High school students will begin study in the areas of Construction and Cosmetology beginning October 7<sup>th</sup>. A great deal of effort and planning has gone into the development of these two "CTE" Programs. Students will begin working on the curriculum of the programs at the current location and will then transition into the newly constructed building, located at 1501 W Central Boulevard, in Coquille in January.

Winter Lakes High School's mission is to "meet students where they are and take them beyond". As students at Winter Lakes Schools prepare for college, career, and citizenship we provide a setting that enables every student to:

**Learn:** by taking classes in English, Science, Social Studies, Second Language, Art, Health, Physical Education, and Electives that are taught by highly qualified teachers and staff.

**Personalize:** their education through study in online classes, Standards-based assessments, project-based learning, internships with local businesses, and flexible schedules.

**Engage:** by practicing self-advocacy, exercising personal responsibility, and learning 21<sup>st</sup> Century skills and content designed to prepare graduates for life after high school in post-secondary education or a career.

Registration at both Winter Lakes Elementary and High School is on-going throughout the school year. Our current enrollment is approaching 400 students, combined between the elementary and high school and we have made room for more!



## WE ARE COLLECTING BOX TOPS!!

Make sure that you are “clipping” Box Tops from participating products. Every Box Top donated means more money to keep doing the awesome things we do!

No more cutting required. Download the Box Tops app and “clip” your Tops right from your receipt! Visit [boxtops4education.com](http://boxtops4education.com) for more information!



Oregon Youth Transition Program

## WHAT IS YTP?

### An Introduction From Morgan Cranmer, YTP Coordinator

The Youth Transition Program (YTP) staff serve youth with differences who need support beyond services typically offered through the General or Special Education programs to achieve their secondary and post-secondary employment and continuing education goals. The YTP provides year-round services to youth typically during the last two years of high school and continuing into the early transition years after leaving high school. YTP staff work with young adults, and families as appropriate, to individualize services to support the young adult’s employment and career-related goals. Some of the things we do include career exploration, FAFSA and college scholarship applications, job searching and resume writing, mock interviews, driving test preparation, and linking students to other resources available to them. For more information regarding the Youth Transition Program please contact Morgan Cranmer at [Morganc@scesd.k12.or.us](mailto:Morganc@scesd.k12.or.us)

### [Giving Back Day at Winter Lakes: A Chance to Give Back to the Community and Make a Difference!](#)

Mark your calendars for our annual “Giving Back” Day at Winter Lakes School. This is a chance for us to make our mark on the community and help to keep it beautiful through various good works.

This year’s Giving Back Day is on October 9<sup>th</sup>!

Give us a call at (541) 824-0115 to find out how you can be involved!



## DON'T MISS OUT!

Make sure you don't miss School Picture Day!  
October 15<sup>th</sup>!

## MARK YOUR CALENDARS! - IMPORTANT DATES FOR OCTOBER

<ul style="list-style-type: none"> <li>• <b>OCT 1:</b> Open House 5-7 PM</li> </ul>	<b><u>CLASS SCHEDULES:</u></b> <ul style="list-style-type: none"> <li>• Foods/Cooking with Mrs. Drechsel (High School) Tuesdays 12:30PM–2:30PM</li> </ul>
<ul style="list-style-type: none"> <li>• <b>OCT 4:</b> NO SCHOOL/Progress Reports</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>OCT 5:</b> SAT Exams</li> </ul>	<ul style="list-style-type: none"> <li>• Creative Writing with Mrs. Crim (High School) Wednesdays 10AM-11AM</li> </ul>
<ul style="list-style-type: none"> <li>• <b>OCT 6-12:</b> Mental Illness Awareness Week</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>OCT 9:</b> Giving Back Day</li> </ul>	<ul style="list-style-type: none"> <li>• Adulting 101 (High School) with Mrs. Drechsel Wednesdays 1PM-3PM</li> </ul>
<ul style="list-style-type: none"> <li>• <b>OCT 11:</b> NO SCHOOL</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>OCT 15:</b> Picture Day</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>OCT 16:</b> PSAT Exams</li> </ul>	<ul style="list-style-type: none"> <li>• Memory Book with Mrs. Crim (High School) Mon, Wed, Thurs 1:30PM-2:30PM</li> </ul>
<ul style="list-style-type: none"> <li>• <b>OCT 18:</b> NO SCHOOL/Progress Reports</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>OCT 24:</b> Unity Day/Stop Bullying Day</li> </ul>	<ul style="list-style-type: none"> <li>• Elementary Music with Mr. Bridges – Daily 12:45PM-1:20PM</li> <li>• Middle/High School Music with Mr. Bridges – Daily 1:25PM-2PM</li> </ul>
<ul style="list-style-type: none"> <li>• <b>OCT 25:</b> NO SCHOOL</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>OCT 31:</b> Halloween</li> </ul>	

# OCTOBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1 - OPEN HOUSE @ Winter Lakes 5 PM – 7 PM	2	3	4 NO SCHOOL Progress Reports	5 SAT Exams Register at Collegeboard.org
6 Mental Illness Awareness Week 6 – 12	7	8	9 - Giving Back Day	10	11 NO SCHOOL	12
13	14	15 -PICTURE DAY	16 -PSAT Exams @ CHS Library 8 AM – 12 PM	17	18 NO SCHOOL Progress Reports	19
20	21	22	23	24 Unity Day/Stop Bullying Day	25 NO SCHOOL	26
27	28	29	30	31 Halloween		

## LOCAL RESOURCES

Coos Health &  
Wellness  
(541) 266-6700

<https://cooshealthandwellness.org/behavioral-health/>

Coos County  
Mental Health  
(541) 751-2500

Waterfall  
Community Health  
Center  
(541) 756-6232  
[www.wfall.org/patient-care/mental-health/](http://www.wfall.org/patient-care/mental-health/)

North Bend Medical  
Center  
(541) 267-5151  
<https://www.nbmchealth.com/services/integrated-behavioral-health/>



## Mental Illness Awareness Week

October 6 – 12, 2019

**FACT:** 1 in 5 children ages 13-18 have, or will have a serious mental illness.

**FACT:** 37% of students with a mental health condition age 14 or older drop out of school – the highest dropout rate of any disability group.

**FACT:** 50% of all lifetime cases of mental illness begin by age 14.

People experiencing mental illness often face the stigma of rejection, bullying, and even discrimination. This can make their journey to recovery longer and more difficult.

Navigating life with a mental illness can be tough, and the isolation, blame, and secrecy that is often encouraged by stigma can create huge barriers to reaching out, getting needed support, and living well. There is help though! Reach out to your school counselor or other trusted adult. Talk with your doctor. Open up to a friend. Simply confiding in another trusted person is a step in the right direction!



1 in 5 American  
adults and children will experience a mental health  
condition in their lifetime.

Get tested for stigma at [CureStigma.org](http://CureStigma.org)

# What Are We Up to At Winter Lakes???

## TRACK YOUR ACTIVITIES

Log your hours for quarks!

High School students: Make sure that you are logging your physical activity (PE) hours, cooking hours, community service hours, etc. to submit for quarks!

Don't forget to bring in copies of paystubs as well!

## ATTENTION SOPHOMORES & JUNIORS!

It's Time for PSAT Exams!

PSAT Exams are October 16<sup>th</sup> this year for all interested 10<sup>th</sup> and 11<sup>th</sup> Graders.

Testing will be held at the CHS Library from 8 AM to Noon.

No Pre-registration required!

At Winter Lakes, our students are BUSY! We like to think outside the box to supplement our everyday school work with fun group activities:

- Creative Writing
- Memory Book
- Drama
- STEM
- PE
- Martial Arts
- Field Trips
- Chess
- Cooking/Adulting
- Vocal & Instrumental Music
- Principles of Coding
- Radio Winter Lakes Broadcasting



If you want to get involved, call us! (541) 824-0115



## SENIORS: It's Never Too Early To Start Thinking About Graduation!

It may only be October, but graduation as always, is right around the corner! As you prepare to walk across that stage and collect your diploma in eight short months, that means that it's time to start thinking about your post-graduate plans.

College? Career? Flying the nest? There's no wrong answer! And we're here to help you figure that all out. Let's start by making sure you're scheduled in all the right classes to finish your required credits. Also, you'll want to start thinking about your Essential Skills in Reading, Writing, and Mathematics. Have you completed those yet? If not, time to have a chat with Mrs. Eschler or Mrs. Holbrook to set up a time to knock them out! See Ms. FitzHenry in the Registrar's Office to check on how many you have completed so far.

## Students' Corner: A Place for Student-Submitted Works

Got a short story or poem you'd like to share? How about a painting or craft? Been brushing up on your photography? Submit your works to the school newsletter! This space is dedicated just to you and all of the creative, amazing things that you do!

Email [sfitzhenry@coquille.k12.or.us](mailto:sfitzhenry@coquille.k12.or.us) or drop your submissions off at the front office for publishing.



Dani M. – Grade 11

## Students' Corner Continued. . .

### Poem - By Joseph F. - Grade 10

Time is here  
Time is there  
Time you see  
Time you hear

### What He Did for Me - By Isabella M. - Grade 12

My life was like a horse's, so wild and free,  
until one day sin took a hold of me.

It was just a small grip, not hard at first,  
but the more I sinned, the more it hurt.

As I looked for help there was none I could find,  
until I looked up and saw a sign.

It wasn't very large, like at a church or store.  
Rather it was a small bible right through the door.

I heard a Voice, so quiet and still,  
saying, "Go on child, and know what I hold".

I obeyed the Voice, so powerful and kind,  
and opened the book without knowing what I'd find.

What I read was not of judgement or discrimination,  
but of love and a Savior who died for my sins.

After that, what could I do?  
Just sit around and ignore the truth?

No. I accept it. He *died* for me.  
I accepted Him, and He set me free.

What He did for me was generous and kind.  
What He did for me blew my mind.

Before Him I was in bondage to sin,  
but after Him I was part of His kin.

That you, Jesus, for what you did.  
Thank you, Jesus, for taking my sin.

# Attendance Matters: Poster Design Winners

We received three really great entries for the poster design contest. It was decided that we would feature all three, rather than the original two we aimed to vote for. These students are the happy winners of a \$25 Amazon gift card each and their posters are soon to be printed for all students to enjoy! Congratulations!



Joseph F. – Grade 10



Kassidy S. – Grade 11

## ATTENDANCE MATTERS:

Make sure that you are still checking in **every day on all school days** to avoid absences on your record! Check in via E-mail/messenger, telephone, or in person. Keep earning those raffle tickets!

## Attendance Matters: Poster Design Winners Continued. . .

be the light of someones day



attendance  
matters

Sol R. – Grade 9

### ESSAY CONTEST: “WHAT VETERANS’ DAY MEANS TO ME”

Calling all writers! We are hosting an essay contest in recognition of Veteran’s Day, which takes place November 11<sup>th</sup>. The title is **What Veterans’ Day Means to Me**.

Your essay should include any interesting history about Veterans’ Day, as well as what it means to you.

The winning essay will be selected and published in next month’s newsletter for all to enjoy. All essay entries are worth quarks.

Entries are being accepted October 1<sup>st</sup> through 24<sup>th</sup>. Drop off printed essays with Ms. FitzHenry in the Registrar’s office or email them to [sfitzhenry@coquille.k12.or.us](mailto:sfitzhenry@coquille.k12.or.us)

# OCTOBER: Bullying Prevention Month

Bullying is a behavior that hurts, harms, or humiliates another person, and puts their physical and emotional safety at risk. Bullying comes in all types, from verbal and physical, to emotional and cyberbullying. In our hyper-connected, busy society, it's hard to avoid. But that also does not make it okay, ever.

The affects of bullying can be brutal. Kids who are bullied can experience depression and anxiety, health complaints, decreased academic achievement, and more.

School staff are able to do a great deal to prevent bullying and protect students. But we can't do it alone. Parents and youth have an enormous role to play in preventing and stopping bullying in school.

## PARENTS:

- Observe your child for signs they might be being bullied
- Teach your child how to handle being bullied
- Educate your children about bullying and that it can have legal consequences
- Set boundaries with technology

## STUDENTS:

- Immediately report bullying of yourself or another student to a trusted adult (Teacher, Parent, Principal, Secretary, Counselor)
- Don't bully back – Two wrongs **DO NOT** make a right
- Avoid people and situations that can potentially lead to bullying

## Signs That Someone is Being Bullied:

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics or jewelry
- Frequently feeling sick or faking illness
- Changes in eating habits
- Difficulty sleeping
- Declining grades
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness
- Self-destructive behaviors

## Signs a Child May Be Bullying Others

- Getting into physical or verbal fights
- Having friends who bully others
- Increasingly aggressive
- Blame others for their problems
- Don't accept responsibility for their actions
- Have unexplained extra money or new belongings

