

Winter Lakes Newsletter

Winter Lakes

High School >>>

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<<<Winter Lakes

Elementary School

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Dear Families, A Letter From Ms. Trottier, Dean of Students, WLHS

Work Experience

JOBS, JOBS, JOBS. Being employable and having the job that will support the life you desire is why you are working toward a diploma. At WLHS we want to help you achieve that goal and beyond. You earn elective credit and lots of skills through workshops, internships, and paid work.

How do I sign up??? Contact Ms. Trottier- ltrottier@csd8.info

We partner with a great Talent Advisor to offer Work Ready Wednesday and other special workshops to help you be JOB READY.

Annabel Taylor



South Coast Business Employment Corporation
Youth Program Coordinator
Coos County Talent Advisor
(541) 435-8504

Our work at Winter Lakes is all about helping students to reach their full potential and contribute to our community.

If you have any questions or would like to get involved, please reach out to me.

Lisa Trottier
541-824-0115 ext. 7209





Don't forget, there is NO SCHOOL Monday, February 15th, in honor of Presidents' Day

MARK YOUR CALENDARS! IMPORTANT DATES FOR FEBRUARY

- ❖ February is Teen Dating Violence Awareness & Prevention Month
- ❖ FEB 2: Groundhog Day
- ❖ FEB 5: NO SCHOOL
- ❖ FEB 8 – 12: NO SCHOOL
- ❖ FEB 12: Progress Reports
- ❖ FEB 15: NO SCHOOL – Presidents' Day
- ❖ FEB 19: NO SCHOOL
- ❖ FEB 26: NO SCHOOL
- ❖ FEB 24 – MAR 1: National Eating Disorders Awareness Week

FEBRUARY 2021

SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2  Groundhog Day	3	4	5 NO SCHOOL	6
7	8 NO SCHOOL	9 NO SCHOOL	10 NO SCHOOL	11 NO SCHOOL	12 NO SCHOOL PROGRESS REPORT DAY	13
14	15 NO SCHOOL Presidents' Day	16	17	18	19 NO SCHOOL	20
21	22	23	24 Feb 24 – Mar 1 National Eating Disorder Awareness Week	25	26 NO SCHOOL	27
28		FEBRUARY IS TEEN DATING VIOLENCE AWARENESS & PREVENTION MONTH <i><u>LOVE IS RESPECT</u></i>				



One >>>

February is Teen Dating Violence Awareness Month

33% of teens in the U.S. will experience some form of abuse at the hands of their partner. That's 1 out of every 3 (loveisrespect.org, 2020).

Abuse does not discriminate. It can happen to anyone. It comes in many forms too, not just physical. It describes an entire spectrum from verbal and emotional to sexual, digital, even financial (loveisrespect.org, 2020). The effects of such abuse can last a lifetime.



Over half of affected teens unfortunately won't talk about it. So it is important to LISTEN if one of your friends opens up to you. Let them know you care and that you believe them. This can help set the tone for them feeling confident with telling an adult and getting help.

If you feel that you are or may be a victim of partner abuse, we are here to support you. Talk with a trusted teacher or other school employee. Together we can break the cycle.

Visit loveisrespect.org for more information.

Two >>>

National Eating Disorders Awareness Week: February 24 – March 1, 2021

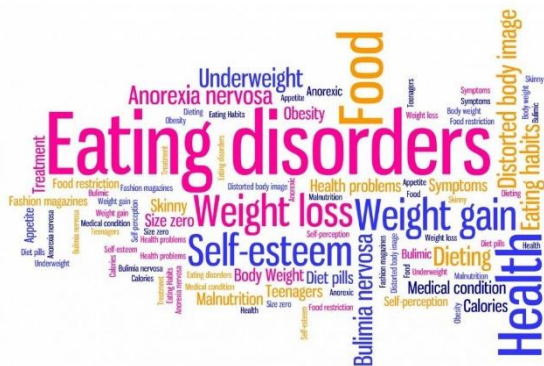
Eating disorders are extremely serious mental health conditions that affect countless people, teens included.

Eating disorders appear in many forms: bulimia, anorexia, binge-eating, and other forms of extreme dieting/purging.

The consequences of eating disorders are far-reaching and devastating to long-term health and quality of life. The risk of death is three times higher than many other mental illnesses, and twelve times higher than the general population (aedweb.org, 2020).

If you or someone you know have an eating disorder, please talk to a teacher, counselor, or other trusted adult. Getting help right away is essential.

Visit aedweb.org for more information



Eating disorders. Know the first signs?



Lips

Are they
obsessive
about food?



Flips

Is their
behaviour
changing?



Hips

Do they have distorted beliefs about their body size?



Kips

Are they often tired or struggling to concentrate?



Nips

Do they disappear to the toilet after meals?



Skips

Have they started exercising excessively?

Attendance every day matters for every student. Making regular attendance in school a priority, makes you better at regular attendance in career and life!

One out of every six Oregon students are classified as “chronically absent”, meaning that they miss 10% or more of their school year. Every one of those days missed creates another missed opportunity.

At Winter Lakes, our job is to lift each student up with a support system that nurtures their individual growth and feeds their desire to attend and succeed. And speaking of attendance, that part is easy! Every school day, Monday through Thursday, your student should do at least one of the following:

- ✓ Participate in a video class
- ✓ Communicate with a teacher via chat, text, message, communication app, or email
- ✓ A phone call between teacher and student
- ✓ Posting completed coursework to Odysseyware, Google Classroom, or via email
- ✓ Turning in completed coursework, including paper packets, on a given day

Please note, merely logging in to your student Odysseyware account **DOES NOT** count toward positive attendance.

If you ever need any help and want to talk with a teacher, we have a teacher online in “office hours” every Monday through Thursday from 7:30 AM to 5:00 PM. Jump on and get some help with your assignments!

If you as a student and/or family are having struggles with making regular attendance a priority, let us know. We are here to help in any way we can to make our program accessible and engaging.

Three >>>

Every Day Matters: Checking in With the Attendance Office



Winter Lakes High School
Office Hours

Do you have a question? Are you stuck? Do you need help with an assignment?

There's a *WLHS* teacher waiting to talk to you from

7:30am—5:00pm Mon—Thurs

Go to your *WLHS* Google Classroom account.

If you've not joined this classroom yet or are having trouble getting into your WLHS google account, please call the office or contact your learning specialist contact.

Click onto the **“Meet Link”**

You'll be able to join via video or via voice chat.
You can also type a question into the daily comment box.

*There's always a teacher available from
7:30am—5:00pm
Mondays through Thursdays.*



Coos Drop/Youth Era: Events and Resources




VIRTUAL SUPPORT SIGN UP FORM

EMPOWERMENT HAPPENS HERE

Youth Era's Coos Drop is staffed by Youth Peer Support Specialists who help young people Under 25 empower themselves and transition into adulthood. The Drop is a fun, safe space for youth to feel heard, supported, and capable of creating change in their own lives in their communities

[TINYURL.COM/COOS-DROP-SIGNUP](https://tinyurl.com/coos-drop-signup)

[YOUTHERA.ORG/COOS-DROP](https://youthera.org/coos-drop)



What is Youth Era even? Youth Era is a nationwide movement, working to empower youth to take control of their lives and their futures.

Though the Coos Drop location in North Bend is currently closed due to COVID restrictions, their dedicated local staff continue to work hard to bring their services to you digitally.

There's something for everybody! Mark your calendars and set your reminders to you don't miss a single virtual meet!

Visit youthera.org or www.facebook.com/thecoosdrop for more information.



Bringing Youth Mental Wellness to Discord During Covid 19!

Ask Me Anything

With Youth Therapist
Marie from CH&W



Every other Wednesday
from 5:00 pm - 6:00 pm

Lets chit chat about self care, life, art, queer stuff,
"therapy sounds weird what happens in it anyways?",
and getting support during this challenging chapter of our lives.

[TinyUrl.com/YEdiscord](https://tinyurl.com/YEdiscord) #self-care-chit-chat



Open to youth under 25

STUDENT SUPPORT GROUP

GIVEAWAYS!

MEETING PARTICIPANTS
WILL HAVE THE CHANCE
TO WIN GIFT CARDS!

EVERY THURSDAY 5:00 PM - 6:00 PM

Join us on Zoom to chat, get organized, support
each other through online learning, get tech
support, get help finding local tutors and other
education resources

MESSAGE GABI YOUTHERA OR KAYLA
JACKSON YE ON FACEBOOK FOR THE SIGNUP
FORM AND ANY QUESTIONS YOU HAVE!



YOUTHERA.ORG TINYURL.COM/YEDISCORD



**HERE'S WHERE TO FIND
THE COOS DROP TEAM**



VIRTUAL PEER SUPPORT



facebook

[FACEBOOK.COM/THECOOSDROP/](https://www.facebook.com/thecoosdrop/)
- BRITNEY FORBES YE
- GABI COLTON YOUTHERA

JOIN US!

Safe Space

YOUTH 14 - 25

JOIN ME ON



DISCORD

TINYURL.COM/DROPDISCORD

Instagram

@BFORBESYE
@GABI_YOUTHERA



gabiyouthera

Snap or screenshot to add



PRESENTED BY @THEYOUTHERA @

Join Our Virtual LGBTQ+ Empowerment Group

HOSTED ON ZOOM, WEEKLY ON WEDNESDAYS
FROM 3:45 PM TO 5:15 PM PACIFIC TIME
OPEN TO EVERYONE AGES 13 TO 25



CHANCE TO EARN
A \$20 USD GIFT
CARD EACH WEEK!



1ST MEETING IS SEPT. 23RD, 2020
CONTACT MPROHASKA@YOUTHERA.ORG TO JOIN!

 MIKE	 MIA & JESUS	 NICK	 ALBERTO
MONDAY - FRIDAY 12 PM - 2 PM & 3 PM - 5 PM PST	MONDAY - THURSDAY 10 am - 12 pm PST	TUESDAY & THURSDAY 8 AM - 10 AM PST	FRIDAYS 10 am - 12 pm PST
YOUTH ERA TWITCH STREAM SCHEDULE		YOUTH ERA	
		TWITCH.TV/YOUTHERA	
		!PEER SUPPORT PROVIDED IN CHAT	

REMINDERS & NOTICES



Selective Service **Registration for Young Men** **18-25**

Are you a young man between the ages of 18 and 25? Don't forget to register with the Selective Service.

Visit <https://www.sss.gov/> for more information and to complete your registration online

Are you 18? Register to Vote!

Visit <https://vote.gov/> to register to vote or update your current voter registration.

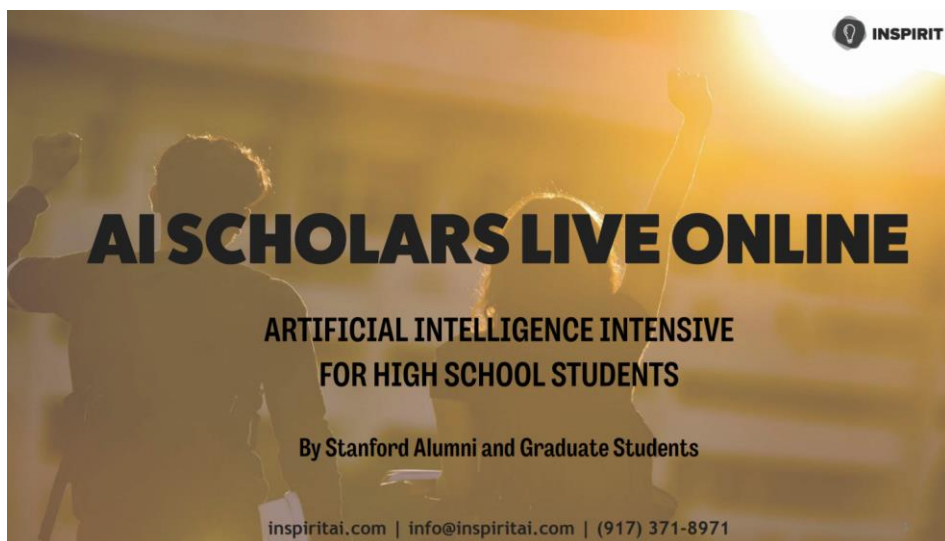
SAT Exams

SAT Exams are back on! Southwestern Oregon Community College will be hosting two sessions on May 8th and June 5th.

Visit <https://www.collegeboard.org/> or contact Southwestern at (541)888-2525 for more information.

ATTN: Homeschool **Families!!! 8th – 12th Grade**

If you consider yourselves a "Homeschool" family, please contact the WLHS office at (541)824-0115 to schedule an appointment to chat with Mrs. Sweeney to update your learning plan.



This is not a Coquille SD8 sponsored opportunity – Contact Ms. Trottier at ltrottier@csd8.info in you need help with the application process.

**Planning on
Attending
SWOCC Next
Fall??? Pre-
Registration is
Right Around the
Corner!**

Keep your eyes on your calendars this April for SWOCC pre-registration for the 2021 Fall semester!



COQUILLE LIBRARY Book Club

Read a book of your choice related to our monthly theme, then join us via Zoom on the last Friday of the month to discuss and share!

Meeting ID: 938 2439 3778

Password: Library

January - Future Technology

July - Island Getaway

February - Retellings

August - Magic

March - Race & Ethnicity

September - Gender

April - Short Stories

October - The Dark

May - History

November - Religion

June - Biography

December - Cool & Comfy