

# Winter Lakes *Newsletter*

Winter Lakes

High School >>>

1501 W Central Blvd  
Coquille, OR 97423  
(541) 824-0115



Volume Two-Issue Nine

MAY 4, 2021



<<<Winter Lakes

Elementary School

1742 North Fir St  
Coquille, OR 97423  
(541) 396-2414

[Coquille.k12.or.us](http://Coquille.k12.or.us)

[Facebook.com/WinterLakes](https://Facebook.com/WinterLakes)

Instagram: @coquilleschools

## IN THIS ISSUE >>>

- ❖ MARK YOUR CALENDARS!: Important Dates for May & June
- ❖ SENIORS: Are You Ready to GRADUATE?!?
- ❖ What Does Graduation Look Like for us This Year?
- ❖ May 3 – May 7 is Teacher Appreciation Week
- ❖ Students' Corner: A Place for Student-Submitted Works
- ❖ May is Mental Health Month
- ❖ Sleep and Your Health
- ❖ Mind Out Loud Virtual Event: Discuss Mental Health & be Inspired to Live an Authentic Life
- ❖ State Testing is Resuming!
- ❖ Opportunities to Work AND Learn this Summer!
- ❖ Announcements & Reminders

## Dear Families, *A Letter From Mrs. Nelson, WLE Principal*

The students at Winter Lakes Elementary are excitedly awaiting the arrival of our newest play structure. This new structure will complete our playground with four unique climbing structures that will continue to provide our students with outdoor fun exercise while improving their agility and upper body strength. The structure is designed to benefit all kids from kindergarten to seventh grade.



# CLASS OF 2021



## MARK YOUR CALENDARS! IMPORTANT DATES FOR MAY AND JUNE

Winter Lakes High School will hold four separate “miniature” graduation ceremonies on June 3<sup>rd</sup>, 4<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup>.

***We will contact you when  
it's time to schedule a  
date!***

### ❖ MAY IS MENTAL HEALTH MONTH

- ❖ MAY 3 – 7: National Teacher Appreciation Week
- ❖ MAY 9: Mothers’ Day
- ❖ MAY 21: Progress Report Day
- ❖ MAY 31: NO SCHOOL – Memorial Day
- ❖ JUN 3, 4, 10, & 11: WLHS Graduation Ceremonies
- ❖ JUN 10: LAST DAY OF SCHOOL
- ❖ JUN 21 – JUL 29: Summer School

## May/June 2021

| SUN               | MON                                | TUES   | WED | THUR   | FRI                          | SAT |
|-------------------|------------------------------------|--------|-----|--|------------------------------|-----|
| 2                 | 3                                  | 4      | 5   | 6  | 7                            | 8   |
|                   |                                    |        |     |  |                              |     |
| 9<br>Mothers’ Day | 10                                 | 11     | 12  | 13   | 14                           | 15  |
| 16                | 17                                 | 18     | 19  | 20   | 21<br>PROGRESS<br>REPORT DAY | 22  |
| 23                | 24                                 | 25     | 26  | 27   | 28                           | 29  |
| 30                | 31<br>NO SCHOOL<br>MEMORIAL<br>DAY | JUNE 1 | 2   | 3<br>WLHS<br>Graduation #1                           | 4<br>WLHS<br>Graduation #2   | 5   |
| 6                 | 7                                  | 8      | 9   | 10<br>WLHS<br>Graduation #3<br>LAST DAY<br>OF SCHOOL | 11<br>WLHS<br>Graduation #4  | 12  |

One >>>

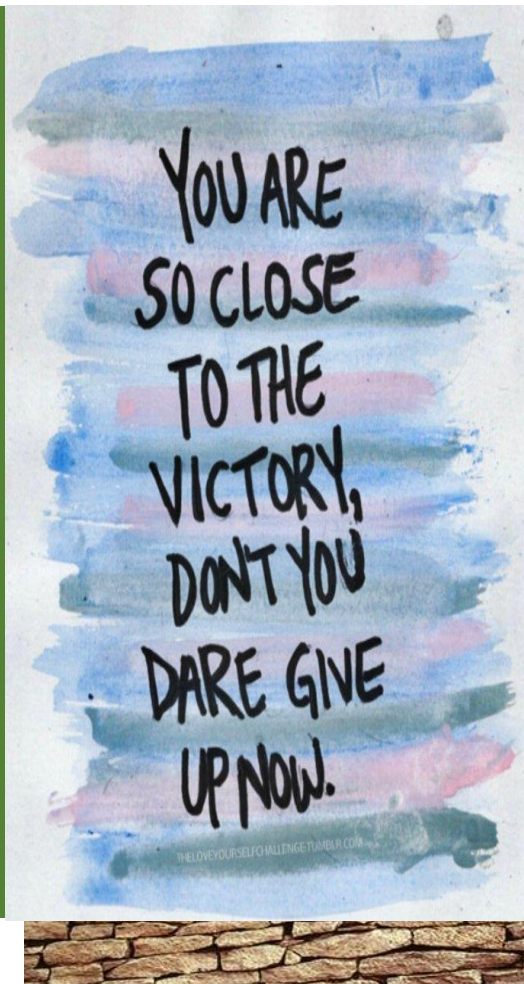
## SENIORS: Are you Ready to Graduate?!?

As we continue to approach the end of the 2020/21 school year, for many of you, it is the end of a very long road to that finish line also known as “Graduation”. We applaud each and every one of you for seeing this journey through to the very end!

By now, you should have a pretty good idea of where you are at on your individual path toward completing your diploma. If you are still unsure, contact your Learning Specialist right away to do a credit review.

For those of you who are now all done, or even very close to being done, congratulations!

We know that many of you have been looking forward to your graduation ceremony for a long time. In light of recent changes, we now get to offer something that looks a little more like a traditional graduation ceremony. As you finish your credit requirements, our Principal, Mrs. Sweeney will do a final credits review and then you will be contact your Learning Specialist and the front office to schedule your date!



### May 3 – 7: Teacher Appreciation Week

Teachers have a tough job. They strive every day to be and do everything for their students, shaping and guiding them toward their future dreams. They create a lasting impact that their students carry with them for a lifetime .

Take a moment this week to stop and thank the teachers who are making those critical impacts in your own life!



Two >>>

## What Does Graduation Look Like For Us This Year?



We are incredibly happy this year to offer a graduation option that looks and feels a lot more normal. When your Learning Specialist calls you with the good news, the front office will be contacting you very shortly after to talk about which date you would prefer. We are offering four separate dates: June 3<sup>rd</sup>, 4<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> at 6:30 PM.

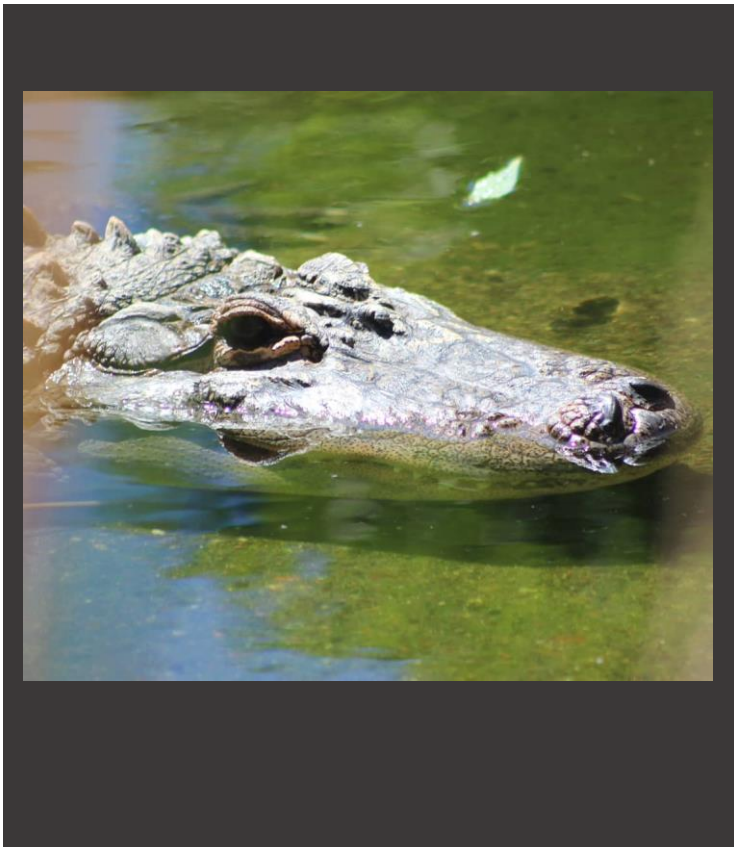
The ceremony will be held in the WLHS Commons Room. Each graduate will be permitted no more than TWO guests to accompany them in the building. Each graduate will be offered a parking space outside to reserve for any additional guests who would watch from outside. Each space will be limited to however many guests can safely fit and travel in that vehicle.

We have an enormous variety of sizes and colors of cap and gown that you will be welcome to borrow for the ceremony. If you wish to purchase a cap and gown to keep, visit <https://minersgrad.com/>.

Also, don't forget to print and send announcements to your friends and family! Walmart, Shutterfly, or Myrtle Point Printers are a few good places to use.



# STUDENTS' CORNER: A Place for Student-Submitted Works!



Photography by K. Martindale – 12<sup>th</sup> Grade





## NATIONAL RESOURCES

- ✓ Mind Out Loud  
<https://mindoutloud.org/>
- ✓ MHA – Mental Health America  
<https://www.mhanational.org/staying-mentally-healthy>
- ✓ GritX  
<https://www.gritx.org/>

## LOCAL RESOURCES

- ✓ Coos Health & Wellness  
<https://cooshealthandwellness.org/>
- ✓ All Tribes Mental Health Services  
<https://www.alltribesmentalhealth.com/>
- ✓ KAIROS  
<https://www.kairosnw.org/>
- ✓ Waterfall Community Health  
<https://www.wfall.org/>

# May is Mental Health Month

72 years ago, a national movement was created to raise awareness about the importance of mental health, and the profound impact that it has on our day-to-day lives. 1 in 5 people will experience a mental health issue, illness, or crisis in their lifetime. The COVID 19 pandemic has had a traumatic impact on the mental health of all humans, and the spotlight on mental health has never been brighter.

Living well and taking charge of our mental health is a power that we all have. From small, intentional steps such as a walk outside every day, to regular check-ins with your mental health counselor, it all makes a difference!

## LIVE WELL

- ☀ Remember that you have control over living well
- ☀ Find a routine that works for you that includes a healthy diet, exercise and regular sleep patterns
- ☀ Stay close to your support network. Engage family, friends, teammates and your faith community. Think about joining an online community
- ☀ Be realistic and mindful of your needs and know your limits



## GETTING THROUGH IT

- Try staying away from drugs and alcohol. This is not always easy, so find strategies that work. Using drugs or alcohol to feel better is harmful to you.
- If you use alcohol or drugs, be honest and tell your therapist or doctor because it affects your care plan.
- Stay positive. Surround yourself with positive messages, people and activities. This will help you to feel better.

Five >>>

## Sleep & Your Health



Do you get enough sleep? You may be surprised to hear this, but probably not!

57% of Elementary School students and a whopping 72% of High School students DO NOT get enough sleep! (2015, cdc.gov)

Adequate sleep is critical to success in school and an overall healthy life. Yet most Elementary School students are sleeping less than 9 hours per night and most High School students are sleeping less than 8 hours per night. This is leading to a higher risk of health and behavior problems, as well as lower immune system responses, higher risk of injury, and dropping grades due to lack of focus in school.

Here are some habits that can improve your sleep health:

- Set a consistent bed time each night
- Create a quiet, dark, relaxing environment in the bedroom
- Establish a “technology curfew” and put away your electronic devices
- Avoid large meals and caffeine before bedtime
- Get some exercise during the day to help you fall asleep more easily at night

Visit <http://sleepeducation.org/healthysleep/sleep-recharges-you-teen-sleep-duration/school> for more information and tips!



# Mind Out Loud FREE Online Virtual Event

Join the discussion about mental health and be inspired to live an authentic life!  
This FREE virtual event is being hosted for students ages 13 and up. Go here to register:  
[https://wellnesstogether.zoom.us/webinar/register/WN\\_nmnWgGXzTMup8qpMO7Z\\_bA](https://wellnesstogether.zoom.us/webinar/register/WN_nmnWgGXzTMup8qpMO7Z_bA)

For more information and resources, visit <https://mindoutloud.org/>



free online student event

**mind out loud**

May 4th - 6th  
3:30 pm - 5:00 pm PDT

WellnessTogether.org  
School Mental Health

san diego county office of EDUCATION  
FUTURE WITHOUT BOUNDARIES™

California Department of EDUCATION

Mind Out Loud promotes student mental health, reduces stigma, and provides resources for suicide prevention in a safe and inclusive environment.

## FEATURED GUESTS

### Angie Thomas

"The Hate U Give: Finding Your Activism & Turning the Political into the Personal"



### Max Stossel

"We've Been Sneaking Into Your Brains"



Shane Harper



Propaganda



DJ Bobbito  
The Chef



Nahoa  
Life

Six >>>



**State Testing is  
Resuming for Oregon  
Students!**

The Oregon Department of Education has revived its state testing program for this Spring.

## WINTER LAKES ELEMENTARY – 3<sup>rd</sup> THROUGH 7<sup>TH</sup> GRADES

Testing will be held at WLE from 9:00 AM to 11:30 AM on the following dates:

- Monday, May 10
- Tuesday, May 11
- Wednesday, May 12
- Thursday, May 13

Contact Mrs. Singh in the WLE front office to reserve your date!

## WINTER LAKES HIGH SCHOOL – 8<sup>TH</sup> AND 11<sup>TH</sup> GRADES

Testing will be held at WLHS from 9:00 AM to 11:30 AM on the following dates:

- Wednesday, May 12<sup>th</sup>
- Wednesday, May 19<sup>th</sup>
- Wednesday, May 26<sup>th</sup>
- Wednesday, June 2<sup>nd</sup>
- Wednesday, June 9<sup>th</sup>

Contact Mrs. Snively or Ms. FitzHenry in the WLHS front office to reserve your date!

Seven >>>

## Opportunities to Work AND Learn This Summer!



COLLEGE OF ENGINEERING

School of Civil and Construction Engineering

# OSU SUMMER TRANSPORTATION INSTITUTE

July 26-30,  
2021  
9AM – 4PM

Technology is changing the way we get around, with connected and automated vehicles, electric scooters and bikes, and ride-sharing apps like Uber and Lyft. As transportation systems grow larger and more complex, big changes are also happening in how we plan, design, construct, operate, and maintain them. Join us July 26-30 at Oregon State University as we explore the infrastructure of the future.

### FIELD TRIPS

- Virtual Tour of OSU's Marine Studies Building in Newport
- Virtual tour of the Corvallis Airport

### HANDS-ON ACTIVITIES

- Local bike tour
- Opportunity to fly drones
- Design sessions to form solutions to real-world problems
- Evacuation modeling activity

### ELIGIBILITY & REGISTRATION

- Open to Oregon students entering grades 9-12 in fall of 2021
- FREE to participating students thanks to the generous support from the Federal Highway Administration and ODOT.
- Acceptance into the program is based upon an application at [tinyurl.com/OSU2021STI](https://tinyurl.com/OSU2021STI)
- Registration questions? Contact [STEM.academy@oregonstate.edu](mailto:STEM.academy@oregonstate.edu) or 541737-8139
- Lunch provided daily



**Oregon State**  
University

LEARN MORE

<https://stemacademy.oregonstate.edu/high-school-summer-camps>





## **2021 Youth Litter Patrol (YLP) Program Join the ODOT team on a litter crew!**

The YLP program was founded in 1977 to assist in cleaning up highway rights of way. This is a great opportunity to work outdoors in a team environment and have a role in maintaining state highways and the environment as well as learn about career opportunities at ODOT!

Litter crews primarily pick up litter along state highways although other tasks may be assigned as time allows. Litter crews usually have a crew leader with two or more crew members.

You must:

- Have a basic knowledge of spoken and written English.
- Be able to pick up and bag litter along highways.
- Be able to lift and carry filled bags.
- Be willing to work in all types of weather conditions in a safe manner along roadways with varying levels of traffic.

Litter crews are hired as temporary employees and are not eligible for vacation, personal or holiday leave. Crews may work full-time or part-time and hours assigned may vary. Jobs are available in a variety of locations throughout the state. Most positions typically start mid-June and may last 6-12 weeks but it varies by location.



### **Crew Members: \$14.75/hour**

You must be 16 years or older. You may apply prior to your 16<sup>th</sup> birthday however you must be at least 16 years old on the first day of your assignment. Crew members must pass a criminal background check.

### **Crew Leaders: \$15.20/hour.**

You must be 18 years or older. You may apply prior to your 18<sup>th</sup> birthday however you must be 18 or older on the first day of your assignment. Crew leaders must have a valid driver's license and an acceptable driving record. Crew Leaders must pass a criminal background and driver license checks.

To apply online, visit [www.odotjobs.com](http://www.odotjobs.com) and search for "litter patrol."

INFORMATION CONTAINED IN THIS ANNOUNCEMENT IS SUBJECT TO CHANGE DUE TO LEGISLATIVE ACTION AND PROGRAM FUNDING AVAILABILITY. ODOT IS AN AFFIRMATIVE ACTION/EQUAL OPPORTUNITY EMPLOYER COMMITTED TO A DIVERSE WORKFORCE.





# Survey / GIS

## SUMMER CAMP

ODOT Sponsored Event



Oregon Tech gives students the skills to be a land surveyor or geospatial professional by learning through using high tech geospatial technology to collect data in the field and analyze the great outdoors.

**At Oregon Tech, the study of Geomatics combines theory, problem-solving and field work to train students for an exciting career.**

Come join us for this three-day summer event to explore how Geomatics students are using surveying and GIS technology to gain experience and understanding of career paths that offer great salaries and where job opportunities are plentiful.

**June 15 - 17**

**FREE** to Participants!

**For High  
School Students**

Sign Up at:  
[oit.edu/GIScamp](http://oit.edu/GIScamp)

**Carl Thomas**  
Educational Partnerships & Outreach  
541-885-0193  
[carl.thomas@oit.edu](mailto:carl.thomas@oit.edu)

## ANNOUNCEMENTS

&

## REMINDERS



Mark your calendars for registration!

**AUGUST 23 & 24**, we will be making our online portal available to our families to re-enroll your students for the 21/22 school year.

Paper packets will be made available to those families that are not able to utilize the online portal system.

The registration fee for the 21/22 school year will be \$20 and will remain payable by cash, check, or card.

### Did you read the whole newsletter?

What kind of bird is pictured on the Students' Corner page? Answer correctly for a chance to win a prize!

WLE students email your answer to [rsingh@csd8.info](mailto:rsingh@csd8.info) from your student Gmail account.

WLHS students email your answer to [sfitzhenry@csd8.info](mailto:sfitzhenry@csd8.info) from your student Gmail account.



### Aliyah White Finishes Strong at Gymnastics Regionals

WLHS student, Aliyah White, placed 8<sup>th</sup> on the balance beam at the Gymnastics Plus regionals. She also tied for 9<sup>th</sup> in bars, placed 10<sup>th</sup> on the floor, and tied for 16<sup>th</sup> in the vault, placing her in 10<sup>th</sup> place overall. Way to go Aliyah!!!



Summer School sign-ups will be open soon!

Summer School will be open to current 9<sup>th</sup> through 12<sup>th</sup> grades for the purpose of credit recovery. Current 7<sup>th</sup> and 8<sup>th</sup> grades are invited to enroll for Summer Enrichment.

We are pleased to offer both online-only and on-campus options for our 9<sup>th</sup> through 12<sup>th</sup> grades. You will be prompted to select one or the other on the sign up form. For 7<sup>th</sup> and 8<sup>th</sup> grades, we are offering on-campus enrichment activities.

Keep an eye on your email inbox over the next couple of weeks for a link to the sign-up form!



# Be You

## A virtual LGBTQ+ group

*Come for support,  
questions, to meet new  
people, or to get resources*

**Thursdays from 4-5PM**

*Open to ages 14-18  
Must be a student at Coquille Jr/Sr High or Winter Lakes  
High*

**For more information contact Jamie LeDoux at  
jledoux@csd8.info**



### **Congratulations NHS Inductees!**

Winter Lakes High School is very proud to announce the induction of its newest members to the National Honor Society!

Congratulations Emily Wilson and Shaelee Williams!



Visit <https://www.youthera.org/coos-drop> to learn more about how Youth Era and Coos Drop are partnering to help YOU empower yourself and successfully transition into adulthood.

### **WLE Students Planning to Transition to WLHS Next Year?? Join Us for Your High School Orientation!**



Stop by the WLHS campus Wednesday, May 19 at 9AM for a tour of the building and to meet some of the new teachers you will be working with as a WLHS student next Fall!

A virtual tour will be made available to those students who are unable to attend in-person.

Contact the front offices at WLE or WLHS if you have any questions!



# Coquille

School District #8

## PARENT CAFE

Tuesday, May 4, 2021  
6 – 7 p.m.

Spanish  
interpreter  
will be  
available.

Join via Zoom

<https://sces-k12-or-us.zoom.us/j/4302757708>

Find out how the  prioritize safety & security  
**Coquille**  update & upgrade every school  
School District's  improve Coquille HS seismic stability  
**BOND**  expand student opportunities  
would:

Contact Superintendent Sweeney  
at [tsweeney@coquille.k12.or.us](mailto:tsweeney@coquille.k12.or.us)  
if you have any questions.