

WINTER LAKES SCHOOL NEWSLETTER

Volume #3 - Issue #6

February 2, 2022

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WINTER LAKES HIGH SCHOOL

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

WINTER LAKES ELEMENTARY SCHOOL

1742 N Fir Street
Coquille, OR 97423
(541)396-2414

Coquille.k12.or.us
Facebook.com/WinterLakes
Instagram: @coquilleschools

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 so I sign up? Contact Mr. Rilatos at KRilatos@csd8.info

We partner with a great Talent Advisor to provide you with resources and support and help you be JOB READY.



Coos County
Charissa Stokes
(541) 751-3970
cstokes@scbec.org



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

If you have questions or would like to get involved, reach out! (541)824-0115.



Don't forget,
there is **NO SCHOOL** Monday,
February 21st, 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 4:** NO SCHOOL
- **FEB 7:** NO SCHOOL
- **FEB 11:** NO SCHOOL – WLHS Progress Reports
- **FEB 18:** NO SCHOOL
- **FEB 21:** NO SCHOOL – Presidents Day
- **FEB 25:** NO SCHOOL
- **FEB 25:** Pretty In a Minute “Mini Hair Show” @ 11:00 AM (Speak to Ms. Goble for more information!)
- **FEB 28 – MAR 5:** National Eating Disorders Awareness Week

FEBRUARY 2022						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2  Groundhog Day	3	4 NO SCHOOL	5
6	7 NO SCHOOL	8	9	10	11 NO SCHOOL Progress Reports	12
13	14 	15	16	17	18 NO SCHOOL	19
20	21 NO SCHOOL Presidents Day	22	23	24	25 Mini Hair Show @ 11:00 AM NO SCHOOL	26
27	28 National Eating Disorder Awareness Week Feb 28 – Mar 5.	February is TEEN DATING VIOLENCE Awareness Month				

SCHOLARSHIP CENTRAL



PROMISING FUTURES SCHOLARSHIP

Seniors who are interested in a major relating to school business management are invited to apply for the Promising Futures Scholarship.

School business encompasses a wide variety of duties including accounting, financial planning, business enterprise, benefits & payroll, and public administration.

Visit oasbo.com/page/promisingfutures for more information and to submit your application! Deadline is April 29, 2022.

The Ford Family Foundation Scholarship

The Ford Scholars Program is for graduating high school seniors who have never enrolled full time in a 2- or 4-year college and are seeking a bachelor's degree. This scholarship was designed for students who have significant financial barriers to college.



To apply, submit your FAFSA at studentaid.gov/h/apply-for-aid/afsa then go to tfff.org to submit your Ford Family Foundation Application. Deadline is March 1, 2022.



ZONTA Club of The Coos Bay Area Scholarship

The Coos Bay area Zonta Service Foundation and the Zonta Club of the Coos Bay Area are affiliated with Zonta International, a leading global organization professionals empowering women worldwide through service and advocacy.

In the 2022-2023 scholarship cycle they will be awarding several thousands of dollars in scholarships/awards.

Visit <https://zontacoosbayarea.org/scholarships/> to apply. Deadline is March 1, 2022

The Port of Coos Bay Scholarship Program

The Port of Coos Bay is seeking to award up to three \$500 scholarships to local graduating seniors, living within or attending school in the Port district, who are pursuing education advancement at an Oregon trade school, community college, or university.



All eligible students are encouraged to apply, though special consideration may be given and possible exceptions to the Oregon school requirement will be considered, for students seeking educational advancement in trades or skills related to maritime, rail, or trade and logistics industries.

Go to <https://www.portofcoosbay.com/community-giving> for more information. Deadline is April 1, 2022 at 5:00 PM.

**EARN
CREDIT
FOR
WORKING!**

Do you have
a job? Earn
high school
credit for
hours
worked!

Check with
Mr. Rilatos
to see how!



The Coalition of Oregon School Administrators Scholarships

Each year COSA sponsors or assists in processing five \$1,000 scholarships. These scholarships are awarded to Oregon seniors planning to attend 2- or 4-year college or university, trade, or professional/technical school. The application must be postmarked by March 1, 2022

Each year the Oregon Association of Secondary School Administrators (OASSA) awards two \$1,000 scholarships to graduating seniors from Oregon public high schools. These scholarships are for a son, daughter, or dependent child of an OASSA member who meet the criteria listed on the application. The application must be postmarked by March 16, 2022.

COSA also assists in processing scholarship for the Oregon Small Schools Association (OSSA). The \$1,000 scholarships are for students of OSSA member districts. Applications must be submitted by March 15, 2022.

For more information, and to access application materials for any of the three scholarships, visit <https://www.cosa.k12.or.us/resources#scholarships>

**NEED MONEY
FOR COLLEGE?**

- ✓ FILE YOUR FAFSA/ORSAA
FREE APPLICATION FOR FEDERAL STUDENT AID
OR THE OREGON STUDENT AID APPLICATION
- ✓ APPLY FOR GRANTS +
THE OREGON PROMISE
- ✓ FILL OUT THE OSAC
SCHOLARSHIP APP

OREGONSTUDENTAID.GOV
OFFICE OF STUDENT ACCESS AND COMPLETION (OSAC)



Want to take a shot at a piece of more than \$18 million in FREE scholarships to help pay for college?

SUBMIT YOUR OSAC APPLICATION!!!

Visit:

<https://app.oregonstudentaid.gov/Catalog/Default.aspx>
for a complete catalog of available scholarship programs
and to submit your application.

For more information about these and many other scholarship opportunities, contact Christine Regan at WLHS at (541)824-0115 ext. 7205 or CRegan@csd8.info

CAREER EXPLORATION OPPORTUNITIES



HIGH SCHOOL STUDENTS

Come Join Our Team!

Apply to become a **Student Volunteer** at Bay Area Hospital. Gain valuable work experience, plan your future career, and help your community. Workplace experience credit or elective credit offered by some schools.

For questions, contact Dolores Miller at 541-751-2802 or Dolores.miller@bayareahospital.org.

"Creating future healthcare professionals"



Oregon Tradeswomen's Annual Career Fair is an interactive, trades-related Career Event highlighting apprenticeship and debt-free career options for lucrative careers in the skilled construction trades. It is one of the most exciting and engaging career fairs in our region dedicated to the construction industry!

Oregon Tradeswomen's Career Fair connects thousands of students and job seekers to the wide variety of exciting careers in the skilled construction trades and supports local industry and businesses to find qualified skilled workers.

While focused on presenting these career options to female-identified job seekers, Oregon Tradeswomen's Career Fair is open to everyone! Most workshops are managed by tradeswomen, demonstrating the power and potential of a truly diverse workforce.

DATE: Saturday, May 14th – 9:00 AM to 3:00 PM – Everyone welcome for free – No registration required

LOCATION: NECA/IBEW Electrical Training Center – 16021 NE Airport Way – Portland, OR 97230

INTERNSHIPS, INTERNSHIPS, AND MORE INTERNSHIPS!!!

Are you actively considering your career options for post high school? Recruit Hippo is your local resource to get you connected and exploring your future place in the work force! Go to <https://www.recruithippo.com/views/listInternships2Condensed-1.php> to review all of the exciting local internship opportunities that are available right now!

For more information, talk to Mr. Rilatos or contact Charissa Stokes at (541)751-3970 or cstokes@scbec.org



CAMPUS RULES

A Few Items to Remember

- ALL tobacco products are strictly forbidden on campus, including vapes.
- ALL weapons (including pocket knives) are strictly forbidden on school property.
- During the school day, there is to be NO loitering outside. You will be asked to leave campus.
- Winter Lakes School is a CLOSED campus. Leaving campus at any time means that you will be asked to leave if you try to return.
- Please do not loiter outside of nearby homes or businesses.



Rates of suicide and overdoses were at historic levels before the pandemic hit and Americans are saying their mental health is suffering more than their physical or financial health due to COVID-19.

Our country has never witnessed a public health and economic event of this proportion in recent history.

The pandemic has and will continue to take its toll, especially on Americans' emotional well-being.

While no home is immune from the stress and anxiety in these unprecedented times, it's magnified even more in households struggling to make ends meet, especially among our nation's most vulnerable citizens including LGBTQ youth, minority populations, front-line workers, or those experiencing job loss and financial strain.

Social connectedness is key, and all Americans can play a role in supporting others.

Research indicates that a sense of belonging and social connectedness improves physical, mental, and emotional well-being. In fact, connectedness is a proven protective factor against suicide.

By acting now and uniting together, we can emerge stronger than we were before.

WE'VE GOT THIS

Useful contacts for someone who's not OK

- Coos County Crisis Line – (541)751-2550
- COVID-19 Disaster Distress Hopeline – (800)985-5990 or text "TalkWithUs" to 66746
- Crisis Text Line – Text "SOS" to 741741
- Deaf/Hard of Hearing – Text "WalkWithUs" to 66746
- LGBTQ – (866)488-7386 or text "START" to 678678
- National Suicide Prevention Lifeline – (800)273-8255
- Nacional de Prevencion del Suicidio – (888)628-9454
- Spanish Speakers – Text "Hablanos" to 66746
- Bay Area Hospital Emergency Room – 1775 Thompson Road, Coos Bay
- Coquille Valley Hospital – 940 East 5th Street, Coquille
- Coos Crisis Resolution Center – (541)266-8480
- Coos Health & Wellness Mobile Crisis Service – (541)266-6800



WHO AM I?: Getting to Know Our Wonderful Teachers & Staff

Bruce Rasmussen

Mr. Rasmussen is one of Winter Lakes High School's most multi-faceted teachers, leading our Simulators, Drones, Video Production, AND Science classes!

He runs his own YouTube channel with almost 900 subscribers.

To get jazzed for his day, Mr. Rasmussen enjoys two cups of coffee to ensure he has a good day helping lots of students and getting everything Mrs. Sweeney asks for done.

His hidden talent is that he is a drummer.

His dream vacation would be to cruise on a river boat from Lewiston to Portland. His "trapped on a desert island" books are *Fiddler on the Roof* and the Bible.

If he could take his students on a field trip anywhere, Mr. Rasmussen would take them to the Smithsonian Museums.

If he could pass on any wisdom to his students, his thoughts are "people that work together prosper and those that fight each other falter".

PRETTY IN A MINUTE

ATTENTION FUTURE COSMETOLOGISTS! Join us on Friday, February 25th at 11:00 AM in Ms. Goble's salon with our special guest teacher TJ Reed for a two-hour lesson in mastering hot tools styling techniques.

Students will learn through demonstration, the technology and performance of Pretty In a Minute Hot Styling Tools (Classic Straghtener, 1 and 2-inch Keratin Straighteners, and 3 in 1 Curling Wand Set).

Students will learn the importance of temperature control, hair integrity, and texture considerations when styling with hot tools.

Students learn by demonstration and hands-on opportunity, trend techniques: Smoothing, Beach Waving, Curling, and Wet to Dry Styling using Pretty In a Minute Hot Styling Tools

Students will have a Q&A session as well as hands-on practice time with their educator.

Please contact Ms. Goble for more information: (541)824-0115 ext. 7009 or BGoble@csd8.info

TRIGGER WARNING: THIS PAGE CONTAINS SENSITIVE MATERIAL

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 that 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 counselor, teacher, or other school employee. Together we can break the cycle.

Visit loveisrespect.org for more information.



National Eating Disorder Awareness Week February 28 – March 5, 2022

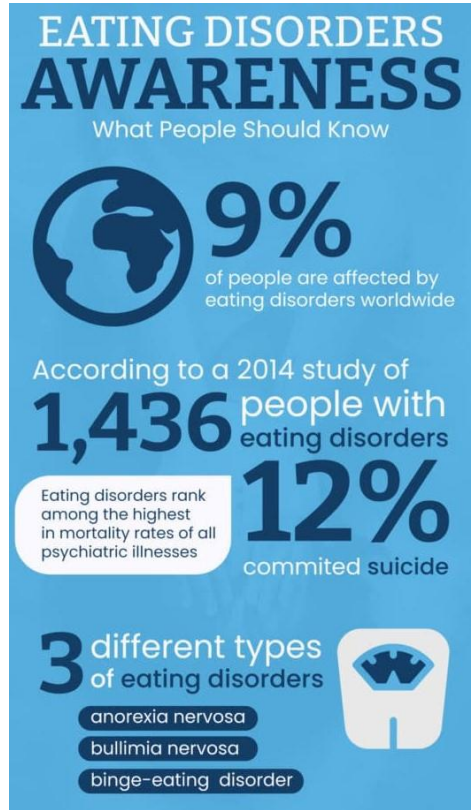
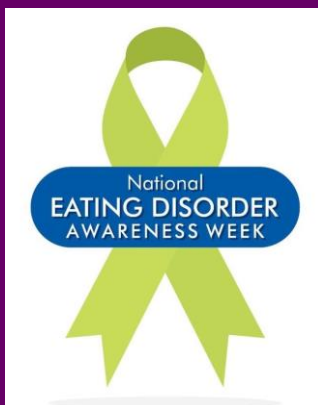
Eating disorders are extremely serious mental health conditions that affect countless people, teens included.

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 has an eating disorder, please talk to a counselor, teacher, or other trusted adult. Getting help right away is essential.

Visit aedweb.org for more information.



REMINDERS & NOTES

The History (and Mystery!) of Valentine's Day

History still debates to this day the origins of our very own annual celebration of all things love. From Christian theories of at least three martyred saints to Pagan myths involving Faunus, the Roman god of agriculture, the beliefs are as varied as the grains of sand on a beach!

February 14th was declared St. Valentine's Day in the 5th century by Pope Gelasius. However, it did not become traditionally associated with love until 1375 when the poet, Geoffrey Chaucer, recorded it as a day of "romantic celebration" with his poem *Parliament of Foules*.

Since then, Valentine's Day's dark and mysterious beginnings have evolved into a modern celebration involving cupids, hearts, and the exchanging of an estimated 145 million love tokens and cards annually. Valentine's Day is celebrated in the United States, Canada, Mexico, The United Kingdom, France, and Australia.

Don't forget to share some love with your Valentine on February 14th!

(Source: History.com)

Winter Lakes Schools would like to extend HUGE congratulations to our own Mrs. Cagley, who recently brought a healthy new little one into the world!! Mrs. Cagley is a teacher at our Winter Lakes Elementary campus. She is currently at home enjoying her family, with a long-term substitute teacher in her place. CONGRATULATIONS CAGLEY FAMILY!!!



Are you 18? REGISTER TO VOTE!

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



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](http://boxtops4education.com) for more information!