



February 23, 2016

To Whom It May Concern:

RE: Alana Moore

On behalf of Alana Moore, Crescent Valley High School would like to submit a hardship for a grade deficiency first semester.

Alana is a senior and would like to participate with the orchestra this winter. Alana has been a full time student at Crescent Valley over the past three and a half years. Her transcripts show how great she has done over the years and that something has happened this year.

Alana's Mom, Carla Parke, has written explaining what she has been dealing with this year. Also her counselor and Alana herself explain what it has been like to deal with her depression.

If you have any questions please give me a call.

Thanks

A handwritten signature in cursive script that reads "Craig Ellingson".

Craig Ellingson
Athletic Director
Crescent Valley High School
541-740-1509 – Cell
541-757-5765 – Work

UNOFFICIAL TRANSCRIPT

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2/23/2016

Student Name: Moore, Alana Ashling			
Legal:	Moore, Alana		
Preferred:			
Address: 3790 NW Oleander Ave Corvallis OR 97330			
Social Security #:	Cohort Year:	Gender:	Phone:
XXX-XX-7752	1213	FEMALE	541-740-5794
Birth Place: Corvallis, OR		Date of Birth: 7/14/1998	
Parent/Guardian: Parke, Carla - LIVES WITH Moore, Jamie - LIVES WITH			

Status: E1
09/09/2015

School Name/Address:
CRESCENT VALLEY HIGH SCHOOL
4444 NW HIGHLAND DR
Corvallis, OR 97330-9735
Phone: (541)757-5801 Fax: (541)757-5816
Counselor: Bay, Annika
Advisor: Lahman, Chris

GRADE LEGEND:		S1 CRESCENT VALLEY HIGH SCHOOL 01/28/15		PLAN-C0 BASIC PLAN FOR GRAD YEAR 2016					
12/13 THRU 15/16		AP Chemistry	B	.50 SN	-----UNITS-----				
A - MASTERY OF SUBJECT		AP US History	A	.50 UH	AREA	REQUIRE	COMPLETE	W/PROG	REMAIN
B - GOOD QUALITY WORK		Camerata Orchestra	A	.50 EL	LA LANGUAGE ARTS	4.00	3.50	4.00	.00
C - AVERAGE WORK		Hon American Lit	A	.50 LA	GS GLOBAL STUDY	1.00	1.00		.00
D - COMPLETED MINIMUM ONLY		Physics	B	.50 SN	UH US HISTORY	1.00	1.00		.00
F - FAILURE		Pre-Calculus	A	.50 MA	GV GOVERNMENT	.50	.50		.00
N - NO PASS		UNITS: 3.00	GPA: 3.67	CUM: 3.83	SS SOCIAL STU 12	.50	.00	.50	.00
P - PASS		S2 CRESCENT VALLEY HIGH SCHOOL 06/12/15	MA MATHEMATICS	3.00	3.00				.00
ACADEMIC HISTORY:		Academic Options 11	P	.25 EL	SN SCIENCE	3.00	3.00		.00
S1 CRESCENT VALLEY HIGH SCHOOL 01/31/13		AP Chemistry	A	.50 EL	PE PHYSICAL ED	1.00	1.00		.00
Concertato Orchestra	A .50 AT	AP US History	A	.50 UH	BH BASIC HEALTH	.50	.50		.00
Digital Fine Arts	A .50 AT	Camerata Orchestra	A	.50 EL	HE HEALTH ELEC	.50	.50		.00
German 1	A .50 AT	Career Development 11	N	.00	AT APP/FINE ARTS	3.00	3.00		.00
Hon Geometry	C .50 MA	Hon American Lit	A	.50 LA	EL ELECTIVE	5.50	6.25	7.75	OVERFLW
Hon Intro to Lit	A .50 LA	Physics	A	.50 EL	CD CAREER DEV	.50	.25	.38	.12
Life Sci Investigate	A .50 SN	Pre-Calculus	A	.50 MA	** TOTALS	24.00	23.50	26.13	.12
Music Theory	A .50 AT	UNITS: 3.25	GPA: 4.00	CUM: 3.85	YR: 3.85				
UNITS: 3.50	GPA: 3.71	CUM: 3.71							
S2 CRESCENT VALLEY HIGH SCHOOL 06/12/13		S1 CRESCENT VALLEY HIGH SCHOOL 02/03/16	-----						
Academic Options	P .25 EL	AP Calculus AB	N	.00	Essential Skills in Reading MET, 04/21/2014.				
Adv Music Theory	A .50 EL	AP English:Lit & Comp	D	.50 LA	Essential Skills in Writing MET, 04/29/2015.				
Career Development 09	P .12 CD	AP Govt & Politics	C	.50 GV	Essential Skills in Mathematics MET, 04/23/2013.				
Concertato Orchestra	A .50 AT	AP Physics	F	.00					
German 1	A .50 AT	Camerata Orchestra	A	.50 EL	ENROLLMENT HISTORY:				
Hon Geometry	C .50 MA	Health 2:Resp Choices	B	.50 HE	PRES	ABS	GD		
Hon Intro to Lit	A .50 LA	UNITS: 2.00	GPA: 2.00	CUM: 3.65	09/09/15 - CURRENT CRESCENT VALLEY	73.0	25.0	12	
Life Sci Investigate	A .50 SN				09/09/15 - 09/12/15 CORVALLIS HIGH SCHO	.0	.0	12	
Phys Ed 1:Fitness Conc	A .50 PE				09/03/14 - 06/12/15 CRESCENT VALLEY HIG	149.0	25.0	11	
UNITS: 3.87	GPA: 3.71	CUM: 3.71	YR: 3.71		09/03/14 - 06/12/15 CORVALLIS HIGH SCHO	.0	.0	11	
					09/04/13 - 06/13/14 CRESCENT VALLEY HIG	166.0	4.0	10	
					09/05/12 - 06/12/13 CRESCENT VALLEY HIG	158.0	12.0	09	
S1 CRESCENT VALLEY HIGH SCHOOL 01/30/14		WORK IN PROGRESS:	-----						
Algebra 2	A .50 MA	S2 AP English:Lit & Comp	.50 LA		IMMUNIZATION:				
Camerata Orchestra	A .50 EL	S2 Differential Calc	.50 EL		D/T: COMPLETE				
Chemistry	A .50 SN	S2 Career Development 12	.13 CD		10/98 12/98 2/99 12/99 11/03 11/10				
German 2	A .50 EL	S2 Academic Options 12	.25 EL		POLIO: COMPLETE				
Health 1:Human Develop	A .50 BH	S2 Teacher Assistant	.25 EL		10/98 12/98 12/99 11/03				
Hon Int'l Literature	A .50 LA	S2 AP Govt & Politics B	.50 SS		MEASLES: COMPLETE				
Hon Int'l Studies	A .50 GS	S2 Camerata Orchestra	.50 EL		10/99 11/03				
UNITS: 3.50	GPA: 4.00	CUM: 3.81			MUMPS: COMPLETE				
S2 CRESCENT VALLEY HIGH SCHOOL 06/13/14					10/99 11/03				
Academic Options	P .25 EL				RUBELLA: COMPLETE				
Algebra 2	A .50 MA				10/99 11/03				
Camerata Orchestra	A .50 EL				HEP B: COMPLETE				
Career Development 10	P .13 CD				10/98 12/98 2/99				
Chemistry	A .50 SN				VARIC: COMPLETE				
German 2	A .50 EL				10/99				
Group Fitness	A .50 PE				HIB: COMPLETE				
Hon Int'l Literature	A .50 LA				10/98 12/98 2/99 12/99				
Hon Int'l Studies	A .50 GS								
UNITS: 3.88	GPA: 4.00	CUM: 3.86	YR: 4.00						
S1 CORVALLIS HIGH SCHOOL 01/28/15									
Corvallis, OR									
German 3	A .50 EL								
UNITS: 0.50	GPA: 4.00	CUM: 3.83							

RANK IN CLASS 79 OF 225 AS OF 02/23/2016

CUM GPA: 3.65

Moore, Alana
Grade Level :12
2015-2016 YR

Class	Career
ADV(Y) Advisor 12 (Attend)	MP Yearlong
AO(Y) Academic Options 12	
CT(Y) Career Development 12	93/N

2015-2016 YR

Class	Semester 1	Semester 2
P1(Y) AP Physics	MP Semester 1 43.3/F	MP Semester 2 Inactive
P3(Y) Differential Calc	Inactive	100.0/A
P3(Y) AP Calculus AB	0.0/N	Inactive
P4(Y) Teacher Assistant	Inactive	
P4(Y) Health 2:Resp Choices	83.6/B	Inactive
P5(Y) Camerata Orchestra	99.5/A	
P6(Y) AP Govt & Politics	70.4/C	Inactive
P6(Y) AP Govt & Politics B	Inactive	23.8/F
P7(Y) AP English:Lit & Comp	65.5/D	66.7/D

To whom it may concern,

I am writing this letter in regards to my daughter, Alana Moore, who is hoping to participate in the Oregon State Ensemble Contest. I would like to ask that an eligibility exception be made on her behalf due to extenuating circumstances that affected her ability to complete the required number of credits last semester that she would have needed to participate.

First, she was ill several times early in the semester. She missed several weeks of school cumulatively, and this put her off to a bad start. She was taking a rigorous course load, including AP Physics, AP Calculus, AP Government and AP English. Since she started falling behind early in the semester, it became difficult for her to catch up.

Then, unfortunately, in the middle of the semester, her grandfather passed away. Her father was out of town for a couple weeks during his illness and death. This caused further disruption of her studies, as she was distracted and had difficulty focusing on school work while mourning her loss.

Because she was taking difficult classes, she was never able to fully recover from the setbacks. She split her time trying to keep up in all of her courses, when she probably should have dropped one.

Alana is normally an exceptional student, with straight A's in middle school and almost all A's in her classes in high school. She is involved in several extracurricular activities as well. She founded the Science Learning Center at her high school, is on the Student Council as the schools Technology Representative, plays in the CYS orchestra, is a member of her high school Tech Club, and was on the robotics team for 3 years.

She has participated in the OMEA solo and ensemble contests for the past three years. Last year she and her duet partner, Jasmin Yang, won 3rd place in the state for their violin duet.

She has been practicing with her trio since last summer in preparation for this year's State Ensemble contest. They have been working very hard, practicing together often.

I am asking that you please make an exception on her behalf due to extenuating circumstances, and allow her to participate in this year's State Ensemble contest.

Thank you for your time and consideration,

Carla Parke

Heather Tromp LPC, NCC

February 19, 2016

To Whom It May Concern,

I am writing on behalf of Alana Moore. I am a counselor with Trillium Family Services working in Crescent Valley High School as Prevention Specialist for students with mental health crisis. I have been seeing Alana over the past two months. She is struggling with significant symptoms of depression that are interfering with her abilities to function with her daily life as she has in the past. Alana is making some life changes to address this increased stress and resulting depression. I wanted to verify that her last semester academic performance has been negatively affected by situations out of her control. Her emotional response to this stress is being addressed and it is reasonable to expect that she will show improvements in the coming months.

If you have questions please contact me on my work cell, 541-231-2323. Thank you.

Sincerely,

A handwritten signature in blue ink that reads "Heather Tromp LPC, NCC". The signature is fluid and cursive, with "Heather" and "Tromp" being the most prominent parts.

Heather Tromp LPC, NCC

To whom it may concern,

I am writing to request eligibility to participate in OSAA affiliated events, due to circumstances of hardship. During the first semester of this year, my senior year, I started to experience heightened cases of anxiety. I began to have intrapersonal struggles, and experienced minor panic attacks that were triggered by high levels of stress. I started feeling extremely unmotivated, as these panic episodes would interrupt normal activities I would normally do on a daily basis. My anxiety, which is most likely a case of General Anxiety Disorder, disrupted my ability to finish homework, to study, and my participation in all of my extracurricular activities.

While I've always struggled with minor anxiety, it escalated at the beginning of my senior year and I did not know how to manage it. Because of this, my grades dropped drastically, as well as my attendance. Since I felt that I was no longer able to function normally due to my mental blockage, I decided to reach out for help. In order to combat this, I now see an in-school therapist who has offered a lot of moral support, and has helped me overcome many of the factors that were holding me back from succeeding in my coursework and functioning normally.

I have decided to lighten my course-work during my second semester of my senior year. I have dropped my AP Science class, and I also switched into a different Calculus class that will be more accommodating to my needs and allow me to focus on school-work in a low stress environment.

I've met with all of my teachers who have been very understanding of these unexpected conditions, and have had their support in trying to catch back up in my school work. I have already started to become more emotionally stable, and I have a plan to cope with these symptoms better in the future.

In addition to dealing with this anxiety, my family lost a loved one which largely disrupted my ability to concentrate on my studies. My family and I have been supporting each other through this unfortunate event.

Due to these unexpected stressors and my heavy coursework, I was unable to pass the two and a-half credits necessary to participate in OSAA based activities. I would very much appreciate if these conditions could be considered.

Thank you very much for your time,



Alana Moore