



THS E-NEWS

January 26, 2018

ANNOUNCEMENTS

- The School Counseling staff will be offering an informational CCP meeting on February 13 at 5:00 pm in the PAC. This meeting will provide an overview of the program, how to apply and the deadlines. Representatives from local universities will be in attendance to provide college specific information.
- Attention musicians, performing artists, poets, singers, songwriters and comedians: the Setting Stone Winter Coffee House will be held on Friday, Feb. 9. Sign ups are outside of Mr. Aerni's room.
- For those who applied to Butler Tech, check your email for an invitation for an interview. It's not too late to apply at www.butlertech.org. **Deadline is January 31.**
- **Are you interested in options for after-school training that pays you instead of paying them?** On March 1, Butler Tech is hosting reps from many local unions who sponsor training through paid sponsorship. Please see your counselor if you are interested in attending.
- **Parents of AP students:** Mrs. Peter visited classrooms the week of January, 22 and distributed AP bulletins that contain important information about the AP program and exams. Please see your counselor if you are interested in attending.

THS CALENDAR OF EVENTS

Jan. 28 – Feb. 3, 2018

Sunday, Jan. 28

2:30pm

THS Varsity Hockey vs. Sycamore H.S. (Home)

Monday, Jan. 29

5:30pm-9:00pm

Board Work Session (Media Center)

Tuesday, Jan. 30

4:30pm

THS Wrestling vs. Edgewood and Madison **(home) Senior Night.**

Wednesday, Jan. 31

6:00pm

THS JV Girls Basketball vs. Edgewood (home)

7:30pm

THS Varsity Girls Basketball vs. Edgewood (home)

Thursday, Feb. 1

6:00pm-7:00pm

Lacrosse Meeting (Cafeteria)

Friday, Feb. 2

4:30pm

***Interim Grades Due

THS Freshman Basketball vs. Mount Healthy (away)

6:00pm

THS JV Basketball vs. Mount Healthy (away)

7:30pm

THS Varsity Basketball vs. Mount Healthy (away)

7:30pm

THS Varsity Hockey vs. Centerville (South Metro) Dayton

Saturday, Feb. 3

1:00pm

THS JV Girls Basketball vs. Northwest (home)

2:30pm

THS Varsity Girls Basketball vs. Northwest (home)

4:30pm

THS Freshman Basketball vs. Edgewood (home)

6:00pm

THS JV Basketball vs. Edgewood (home)

7:30pm

THS Varsity Basketball vs. Edgewood (home)



Dear Students and Parents,

You just received your Practice ACT® test score...Now What?!

1. **Don't freak out!!!** Remember this score doesn't define you, and you have the power to change it.
2. **Sign up for the upcoming Boot Camp**, and boost your score! Seats are limited, and courses fill up quick!

5-Week BOOTCAMP – Prepares for ACT® Test on February 27th 2018
@ Talawanda High School

Why TorchPrep?

TorchPrep increases ACT® scores

TorchPrep works around your busy schedule

From academic rigor to test anxiety...TorchPrep takes care of it all

TorchPrep courses are high-energy and engaging

Thursdays: 1/25/18, 2/1/18, 2/8/18, 2/15/18, 2/22/18 6PM-9PM

Saturdays: 1/27/18, 2/3/18, 2/10/18, OFF, 2/24/18 10AM-2PM

Early Registration Deadline: 1/16/2018

SIGN UP HERE

Have Questions?

www.torchprep.com | 888.382.8174 | Info@torchprep.com

2017-2018 ACT® TEST DATES



2017 Test Dates Deadlines	SEP 9	OCT 28	DEC 9
Registration	AUG 4	SEP 22	NOV 3
Late Registration	AUG 5-18	SEP 23-OCT 6	NOV 4-17
Photo Upload	SEP 1	OCT 20	DEC 1

Register at
act.org

2018 Test Dates Deadlines	FEB 10*	APR 14	JUN 9	JUL 14*
Registration	JAN 12	MAR 9	MAY 4	JUN 15
Late Registration	JAN 13-19	MAR 10-23	MAY 5-18	JUN 16-22
Photo Upload	FEB 2	APR 6	JUN 1	JUL 6

School code: _____

The **ACT**®



Empowering Parents To Raise Their Children To Be Substance-Free

Talk early and often about alcohol, tobacco and other drugs. Even when it gets tough.



Click here to print a PDF of this article so you can start a conversation with your child

Talking regularly with youth about the dangers of alcohol, tobacco and other drugs reduces their risk of using in the first place.

Know! encourages you to share this Parent Tip with friends and family.

Learn more at:
PreventionActionAlliance.org

Know! is a program of:

Prevention
Action Alliance



Link to the Parent Tip on the Prevention Action Alliance Facebook page



Link to the Spanish Parent Tip archives

Prevention Action Alliance
6171 Huntley Road, Suite G
Columbus, Ohio 43229
PH: (614) 540-9985
FX: (614) 540-9990

Start Talking!

Building a Drug-Free Future



Know! What You Can Do To Improve Your Mental Health

With the start of each New Year, people commonly vow to improve their physical health, including diet, nutrition, and exercise. While this is a vital measure to take, it is equally important to resolve to improve one's mental and emotional health as well.

A healthy mind is fundamental to a person's overall well-being, regardless of age. Our mental state affects how we think, feel, and act. Mentally healthy people are better positioned to:

- Realize their full potential
- Cope with the stresses of life
- Work productively at school or on the job
- Relate positively to others
- Make good decisions
- Make meaningful contributions to their communities

In this New Year, here are 10 Things You (teens and adults) Can Do for Your Mental Health (shared by The University of Michigan – Student Life University Health Service, *adapted from the National Mental Health Association/National Council for Community Behavioral Healthcare*):

1. **Value Yourself:** Treat yourself with kindness and respect and avoid self-criticism. Make time for things you enjoy.
2. **Take Care of Your Body:** Eat more nutritiously, drink more water, exercise, get plenty of sleep, and avoid tobacco.
3. **Surround Yourself with Positive People:** Happiness is contagious, so is negativity – which will only bring you down.



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Keep company with people who choose to laugh more than they complain and focus on the positives in life.

4. **Give of Yourself:** Seek out volunteer opportunities at churches and/or organizations that interest you, or simply take advantage of the endless opportunities to help family, friends, and neighbors. It is uplifting to help others.

5. **Learn How to Deal with Stress:** Stress is a normal part of life and the sooner one learns how to cope with it in a positive way, the better. Different things work for different people, but in general some common stress reducers include physical exercise, deep breathing exercises, visualization, journaling, playing with a pet, or taking a good old-fashioned walk outside.

6. **Quiet Your Mind:** Meditation, prayer, and mindfulness are known to help people feel calm and relaxed, and can improve one's outlook on life.

7. **Set Realistic Goals:** Decide what you want to achieve in school, work, or personal life and write it down. Then, plan out the steps needed to make those goals a reality. Aim high, but be realistic and don't overschedule yourself.

8. **Break Up the Monotony:** Routines are good, but a change of pace now and then is even better. Take a walk in a different park, shoot some hoops instead of doing your daily run, come up with a different spot to hang with friends, try a new food or restaurant, etc.

9. **Avoid Alcohol and Other Drugs:** For youth, this is a given. Alcohol is illegal for those under 21 and a danger in many ways. For some adults, alcohol in moderation is okay. While some people turn to alcohol and other drugs to self-medicate, the opposite is likely to occur as self-medicating will only make the situation worse.

10. **Get Help When Needed:** Seeking help is a sign of strength – not weakness. People who get appropriate care can and do recover from mental illness and addiction and lead happy, healthy, productive, and rewarding lives.

It's a new year—a clean slate, a chance for new beginnings, and a time to push away the negatives, focus your energy on the positives, improve your mental and emotional health, and find balance in life.

Sources: [U.S. Department of Health & Human Services - MentalHealth.gov](http://U.S.DepartmentofHealth&HumanServices-MentalHealth.gov): What is Mental Health? Aug. 29, 2017. [The University of Michigan – Student Life University Health Service](http://TheUniversityofMichigan-StudentLifeUniversityHealthService), adapted from the [National Mental Health Association/National Council for Community Behavioral Healthcare](http://NationalMentalHealthAssociation/NationalCouncilforCommunityBehavioralHealthcare): [Ten Things You Can Do for Your Mental Health](http://TenThingsYouCanDoforYourMentalHealth).

Visit starttalking.ohio.gov to get the conversation going !!!

"Every parent should attend this class - starting early is better. It's said there is not a manual on how to raise children. In my opinion, this program and book are the closest I have seen." Former Parent Participant

**TSD APPROVED
for distribution**

DO YOU HAVE QUESTIONS ABOUT HOW TO RAISE A CHILD IN TODAY'S WORLD?

**TSD APPROVED
for distribution**

Join us this Spring for a life changing opportunity for your family!



An opportunity for parents of school-aged children who would you like concrete ideas on how to deal with some of the most difficult parenting questions.



An opportunity for middle and high school students that promotes increasing school performance, reducing disruptive behaviors and improving self-concept and emotional health.

**Talawanda sessions begin on Tuesday,
March 6th and run for 10-weeks. FREE
dinner and childcare are available.**

Call 513.273.3390 to register!



AFS INTERCULTURAL PROGRAMS

Do your part for world peace! AFS Intercultural Programs welcomes high school exchange students from 90 countries to live with host families while attending high school in the Greater Cincinnati area. We are currently placing students for the upcoming year, both first semester and full-year students.

For information on becoming an AFS host family, contact Kristi Campbell at 513-867-8132 or kristicampbell66@gmail.com. For more general information on all of our programs, check out www.afsusa.org.

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JANUARY | 2018

Talawanda High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Happy New Year! No School	2 No School	3 No School	4 Rotini with Meat Sauce or Meatballs Garlic Roll Side Salad Chilled Fruits	5 Popcorn Chicken Bowl Mashed Potatoes with Gravy & a Roll Corn Chilled Fruits
8 Omelet with Bacon and Spicy Spuds Biscuit Chilled Fruits	9 Orange Chicken with Rice Broccoli Chilled Fruits	10 Taco Salad or Soft Taco with Taco meat Refried Beans Lettuce, Tomato & Cheese, Chilled Fruits	11 Lasagna Roll Ups Tossed Salad Garlic Bread Fresh & Chilled Fruits	12 Chicken Nugget & Roll Mashed Potatoes with Gravy Green Beans Chilled Fruits
15 Martin Luther King Jr. Birthday No School	16 Grilled Cheese Chili Soup Pickle Spear Chilled Fruits	17 Pork BBQ on a Bun Baked Fries Cole Slaw	18 Rotini with Meat Sauce Garlic Roll Side Salad	19 Chicken Strips & Roll Mashed Potatoes with Gravy Carrots Fresh & Chilled Fruits
22 Corn Puppies Baked Beans Coleslaw Chilled Fruits	23 Chili Fries Soft Pretzel Side Salad Chilled Fruits	24 Grilled Hot Ham and Cheese Sandwich Homemade Veggie Soup Salad Chilled Fruits	25 Cincinnati Chili with Spaghetti, Crackers Kidney Beans, Cheese & Onion Tossed Salad Chilled Fruits	26 Chicken Parmesan on a Bun Baked Fries Salad Chilled Fruit
29 Meatballs on a Sub Marinara Sauce Baked Fries Side Salad Chilled Fruits	30 Enchilada with sauce Rice with Black Bean and Corn Salad Chilled Fruits	31 Taco Salad – Taco Meat & Tortilla Chips Cheese, Lettuce, Tomato & Salsa Fresh & Chilled Fruits		

News

Lunch \$3.10 - \$3.50

Specialty Bar \$4.10

Students who qualify for reduced meals pay \$.40; those who qualify for free meals receive lunch at no cost.

Breakfast Available for

ALL Students Daily!

Breakfast costs \$1.00.

Students who qualify for reduced meals pay \$.30; those who qualify for free meals receive breakfast at no cost.

Daily Offerings Include:

*White & Flavored Milk

*Fruit & Veggie Bar

*Build Your Own Chef Salads

*Turkey, Ham, Buffalo Chicken or

Chicken Salad Sandwiches

*Hamburgers, Cheeseburgers, Pizza,

& Cheesy Bread Sticks with Marinara Sauce

*Grilled Chicken Sandwich (Monday & Wednesday)

*Fish Sandwich (Friday)

*Bagel with Hummus

*Nacho Meal (Thursday)

Menu Items are Subject to Change

This institution is an equal opportunity provider.

Talawanda's Food & Nutrition Services Department