



THS E-NEWS

October 26th, 2018

ANNOUNCEMENTS

- Yearbooks are still on sale for \$55.00 until October 27th! Please visit www.jostens.com to order yours today! If anyone has any pictures of events they would like to share with the yearbook staff, please email them to yearbook@talawanda.org! Senior pictures can be emailed to yearbook@talawanda.org. The deadline to submit them is March 1st! If your picture isn't received by the staff, they will use your ID badge picture instead.
- A Brave 5K! Saturday, Nov. 10, Oxford Community Park, 9:00 a.m. See attached flier for more info.

Guidance Announcements

- Applications for nominations to the U.S. Service Academies are now open for seniors seeking admission during the summer of 2019. The deadline is October 31st so see your counselor for details.

THS CALENDAR OF Events

Oct. 28th to Nov. 3rd, 2018

Monday, October 29th

2:45 – 5:30pm	Fall Show Rehearsal, Band room
4 – 6:30pm	Branding, Media Center

Tuesday, October 30th

10:30 – 11:30am	Muskingum Univ - Gary Atkins
2:30 – 4pm	Academic Team Meeting, 424
2:30 – 3:30pm	Best Buddies Trick-or-Treat
2:45 – 6:30pm	Fall Show Rehearsal, Band room
5 – 8pm	Fall Banquets- Boys & Girls Soccer, Field Hockey, Volleyball, Girls Tennis, PAC & Cafeteria

Wednesday, October 31st

1:45 – 2:15pm	Room use: YIT, Staff lunchroom
2 – 5:30pm	Fall Show Rehearsal, THS PAC

Thursday, November 1st

10:30 – 11:30am	TorchPrep Results Assembly, PAC
10:30 – 11:30am	Univ of Cincinnati - Lindsey Thompson
11am – 12:30pm	Army Recruiter, Cafeteria
2:30 – 4pm	Academic team, 424
2:45 – 5:30pm	Fall Show Rehearsal, THS PAC
4:30 – 7pm	Literacy Program, Media Center
6 – 8pm	Fall Banquets- Football, Cross Country, Cheerleading, Girls & Boys Golf, PAC & Cafeteria

Friday, November 2nd

8 – 9am	Honor Roll Breakfast 9/10, Cafeteria
9 – 10am	Honor Roll Breakfast 11/12, Cafeteria
2:30 – 8pm	Marathon Weekend - Building sets total stage occupied, THS PAC

Saturday, November 3rd

7:30am – 10pm	Marathon Weekend, THS PAC
---------------	---------------------------

9am	Cross Country, State Meet, Columbus
-----	-------------------------------------



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 article on the Prevention Action Alliance Facebook page



Link to the Spanish 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! The Link Between Alcohol and Sexual Assault



Alcohol is NEVER an acceptable excuse for sexual assault. Alcohol is, however, the substance used most frequently to assist in sexual assault. The connection between the two is complex.

A false assumption exists that when alcohol is involved in a sexual assault, it somehow lessens the crime—as if the perpetrator is somehow less responsible for his or her actions if he or she had been drinking, and the victim is somehow more responsible if he or she had been drinking. This is wrong. There is zero evidence showing that drinking causes a person to commit such an act. There is research however, to show that alcohol is used to target victims and then used by perpetrators as an excuse for their actions.

Alcohol is our nation's number one health problem among both youth and adults. By the age of 15, about one in three teens will have had at least one alcoholic drink, and by 18 more than half of all teens will have experimented with alcohol. Research proves time and again that when drinking begins at younger ages, those youth are more likely to have problems with drinking later in life.

In previous Know! Tips, it has been discussed that alcohol is responsible for a number of negative physical and mental health consequences, can harm relationships, and leads to problems in school and work. However, it does not hold up as a defense for criminal behavior – no blame for the assault should be put on the survivor, regardless of whether they drank prior to the assault.

Alcohol isn't responsible for a person's choices, but it does play a role in poor decision making, including criminal behavior. The link between alcohol and sexual assault is clear. Because of this, we need to discuss that link when we talk to our kids about alcohol.

Key stats to KNOW! when discussing alcohol, sexual assault, and the connection between them:

- 1 in 4 girls will become a victim of sexual assault in their lifetimes.
- Between 75-85% of sexual assault victims know their



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

Empowering Parents To Raise Their Children To Be Substance-Free



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

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

- assailant—they are not strangers.
- 18% of girls and 3% of boys will become victims of a sexual assault or abuse at the hands of another adolescent by the time they turn 17.
- Half of all sexual assaults involve alcohol—consumed by the victim, the perpetrator, or both.
- 1 in 10 high school drinkers and 1 in 8 high school binge drinkers report being physically forced to have sexual intercourse.

Research conducted by the [National Institute on Alcohol Abuse and Alcoholism](#) shows that while there is not a direct cause and effect, alcohol may contribute to sexual assault through multiple pathways. Alcohol use by a potential assailant can lead to increased aggressive behavior and a decreased ability or concern when interpreting a female's (or male's) sexual interest accurately. Females who had been drinking when an assault took place reported that their intoxication caused them take risks that they would normally avoid and made it more difficult for them to resist an assault or sexual advance.

The impact of sexual assault during adolescence can be severe and long-lasting. Victims are at increased risk for depression, anxiety, and post-traumatic symptoms, and tragically are at a higher risk for being assaulted again. Such trauma in adolescence also places youth at a greater likelihood for making hazardous life choices, which oftentimes lead to substance abuse, eating disorders, and risky sexual behaviors.

Society largely tends to send the message that drinking is a rite of passage for youth and that alcohol provides innocent and harmless fun. This couldn't be further from the truth - adolescents and alcohol are a toxic mix. Allowing or turning a blind eye to underage drinking is not only illegal, but a disservice to your child or any young person involved—and potentially sets the scene for an assault to occur.

In the tip to follow, we will provide tips for talking to our daughters and sons about the dangers of drinking, the link between alcohol and assault, and we'll share information they need to KNOW! to avoid becoming a victim or perpetrator of sexual assault.

Sources: [Centers for Disease Control: Alcohol and Public Health – Underage Drinking. Oct. 20, 2016.](#) [The Conversation: David Finkelhor, Professor of Sociology, University of New Hampshire and Ateret Gewirtz-Meydan, Postdoctoral researcher, University of New Hampshire: Sexual assault among adolescents: 6 facts. September 21, 2018.](#) [John Hopkins, Bloomberg School of Public Health, Center on Alcohol Marketing and Youth \(CAMY\): Drinking and Risky Sexual Behavior. Journal of Adolescent Health: The Lifetime Prevalence of Child Sexual Abuse and Sexual Assault Assessed in Late Adolescence: September 2014 Volume 55, Issue 3, Pages 329–333.](#) [National Institute on Alcohol Abuse and Alcoholism \(NIAAA\): Antonia Abbey, Ph.D., Tina Zawacki, M.A., Philip O. Buck, M.A., A. Monique Clinton, M.A., and Pam McAuslan, Ph.D. – NIAAA: Alcohol and Sexual Assault. National Institute of Justice: Alcohol Use Increases the Risk of Sexual Assault. Social Science and Medicine: Heather Turner, David Finkelhor, Richard Ormrod The effect of lifetime victimization on the mental health of children and adolescents. Student Life, Sexual Assault Prevention and Awareness Center, University of Michigan: Alcohol & Sexual Assault.](#)



A Brave 5K

Saturday, Nov. 10
Oxford Community Park
9:00 a.m.

Registration and pick-up near concession stand between baseball fields by the Fairfield Rd. entrance.

Early registration deadline to guarantee a t-shirt is Oct. 26.

[Register on-line: www.raceentry.com/races/a-brave-5k/2018/register](http://www.raceentry.com/races/a-brave-5k/2018/register)

Or use the attached registration form.

Sponsored by Talawanda Cross Country/Track & Field

More information at www.abrave5k.com

ATHLETIC SPORTS PASSES

2018-2019

ALL SPORTS PASS

Good for **ALL** sports, **ALL** year, at **BOTH T.H.S. and T.M.S**

INDIVIDUAL All Sports Pass:

Student.....\$75.00

Adult.....\$130.00

FAMILY All Sports Pass.....\$250.00

(Immediate family members only, maximum 5 passes)

(Each additional family pass \$20)

Greater Oxford area Senior Citizen's. The Talawanda School District would like to provide an opportunity for senior citizens within the community to participate in our school activities. We would like to take this opportunity to show our gratitude for all your years of support to the Talawanda community by providing The Braves Card. With this card you will receive free admission to all Talawanda sponsored athletic and musical events.



❖ Yearbooks are now on sale for the lowest price of the year - \$55.00! They can be ordered online at www.jostens.com or you can fill out an order form from Mr. Zimmerman in room 301 at the High School! The price goes up soon, so order today!

❖ Seniors - Your senior pictures are due to Mr. Zimmerman for the yearbook by March 1st, 2019. Please email a file larger than 1 MB to zimmermana@talawanda.org to make sure you get in the book one last time at Talawanda! If you cannot afford senior pictures but would still like some professional looking photographs for your family, please see Mr. Zimmerman in room 301 and the yearbook staff will be happy to help!

Order Your Yearbook Now!

Click to edit

November 2018

TALAWANDA HIGHSCHOOL

Ice Cold Milk
offered Daily:
1% White 12
FF Chocolate 23
FF Strawberry 22

Monday

Tuesday

Wednesday

Thursday

Friday

[Click Here](#)

APPLY FOR 2018-2019 **FREE** LUNCH
APPROVAL IF YOU HAVEN'T DONE IT
YET!

Remember...

Steak Station!

**Create Your Sizzling
Sandwich. Choose from
a Variety of Toppings;
Including Cheese &
Veggies.**

5	Meatball Sub French Fries Fruit Bar	6	No School	7	Home style Meatloaf Mashed Potatoes with gravy Glazed Carrots Whole Grain Dinner Roll Fruit Bar	8	Rotini Bake with Meat Sauce & Cheese Romaine Salad Fruit Bar	9	Chicken Strips Mashed Potatoes with gravy Whole Grain Dinner Roll Fruit Bar
12	Crunchy-Battered Corn Dog Baked Beans French Fries Fruit Bar	13	BBQ Pulled Pork Sandwich French Fries Coleslaw Fruit Bar	14	Grilled Cheese Sandwich Tomato Soup Crackers Fruit Bar	15	Italian Lasagna Tossed Salad Garlic roll Fruit Bar	16	Turkey and gravy Mashed Potatoes Sweet Corn Whole Grain Dinner Roll Pumpkin Cookie Fruit Bar
Please find carbohydrate counts on our school web site interactive menu									
19	Beef & Bean Burrito French Fries Sour Cream Fruit Bar	20	Whole Grain Chicken and Cheese Quesadilla Sweet Corn Red Peppers French Fries Sour Cream Fruit Bar	21		22		23	
No School...Thanksgiving Break!... No School... Thanksgiving Break!									
26	Orange Chicken Broccoli Florets Whole Grain Asian Rice Fruit Bar	27	Crunchy Tacos 2 Or Soft Tacos 2 with Shredded Cheese Shredded Lettuce Sour Cream Sweet Corn & Diced Tomatoes Fruit Bar	28	Chicken Enchilada with cheese, corn, and black beans Sour Cream Mexican Rice Fruit Bar	29	Cincinnati Chili Spaghetti Romaine Salad Oyster Crackers Fruit Bar	30	Chicken Nuggets Mashed Potatoes with gravy Carrot Sticks Whole Grain Dinner Roll Fruit Bar

This Institution is an equal opportunity provider.

**Breakfast offered
daily:**

fresh hot or cold options.

Start your day the smart way
with school Breakfast.

Free or reduced lunch applies to
breakfast as well!

eZPay

Meal Fees

[Click Here](#)