



THS E-NEWS

January 19, 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.
- The Talawanda Hockey team would like to invite Best Buddies and all THS students to Goggin for ice skating on Saturday, January 20 from 7:10-9:10pm. Students get to skate for free and skate rentals are \$3.25.
- 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**.
- Any freshman or sophomores who are interested in attending Butler Tech must apply online at butlertech.org

THS CALENDAR OF EVENTS

January 22 - 27, 2018

Sunday, Jan. 21

4:00pm-5:00pm

Butterfield 4-H Meeting (Cafeteria)

Monday, Jan. 22

4:00pm-6:00pm

5:30pm-7:30pm

7:00pm-9:00pm

THS Bowling vs. Cincinnati Christian School (home)

THS Girls JV Basketball vs. Wilmington (away)

THS Girls Varsity Basketball vs. Wilmington (away)

Tuesday, Jan. 23

11:07am-12:37pm

6:00pm-7:00pm

4:00pm-6:00pm

4:30pm-6:30pm

6:00pm-8:00pm

7:30pm-9:30pm

School of Advertising Arts Lunchroom Visit (Cafeteria)

Class of '22 Parent Meeting (Cafeteria and PAC)

THS Bowling vs. Ross (away)

THS Boys Freshman Basketball vs. Badin (away)

THS Boys JV Basketball vs. Badin (away)

THS Boys Varsity Basketball vs. Badin (away)

Wednesday, Jan. 24

7:00pm-9:00pm

4:30pm-6:30pm

She's Crazy Production (PAC)

Wrestling @ State Duels (away)

Thursday, Jan. 25

4:00pm-6:00pm

4:30pm-6:30pm

6:00pm-8:00pm

6:00pm-8:00pm

7:30pm-9:30pm

THS Bowling vs. Middletown Christian (home)

THS Freshman Basketball vs. Franklin County (home)

THS JV Basketball vs. Franklin County (home)

THS Girls JV Basketball vs. Union County (away)

THS Girls Varsity Basketball vs. Union County (away)

Friday, Jan. 26

4:30pm-6:30pm

6:00pm-8:00pm

7:30pm-9:30pm

7:45pm-9:45pm

***Mock Trial Districts

THS Freshman Basketball vs. Wm. Henry Harrison (home)

THS JV Basketball vs. Wm. Henry Harrison (home)

THS Varsity Basketball vs. Wm. Henry Harrison (home)

THS Varsity Hockey vs. La Salle H.S. (home)

Saturday, Jan. 27

12:00pm-2:00pm

1:00pm-3:00pm

2:30pm-4:30pm

6:00pm-8:00pm

6:45pm-8:45pm

THS Varsity Basketball vs. Franklin County (away) **Hoosier Gym**

THS Girls JV Basketball vs. Mount Healthy (away)

THS Girls Varsity Basketball vs. Mount Healthy (away)

THS Varsity Swimming SWOC championships - Miami

THS Varsity Hockey vs. Perrysburg (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 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! Social Media is Bringing Our Teens Down

According to data released by the Centers for Disease Control and Prevention, there was a 33% increase in the number of teens experiencing depression, a 23% rise in teen suicide attempts, and a 31% surge in the number of teens who died by suicide in the five years between 2010 to 2015. The National Suicide Prevention Lifeline Foundation says suicide is now the second leading cause of death for young people between the ages of 10 to 24.

What has gone wrong in the lives of our teens and why at such an alarming rate? Despite the critical nature of this question, there are no clear answers. There is, however, a great deal of speculation, and many say our kids' use of social media contributes this high suicide rate.

In a paper published in *Clinical Psychological Science*, researcher Jean Twenge and her colleagues found significant increases in depression, suicide attempts, and suicide in teens from every background in late 2012. At the same time, smartphone ownership crossed the 50% threshold. By 2015, just three years later the number of teens with access to smartphones grew to a whopping 73%.

Twenge says that not only did smartphone use and depression increase in tandem, but she and her research team also discovered that as teens spent more time online they were more likely to display at least one suicide risk factors. In fact, youth who spent five or more hours online each day were 71% more likely than those who spent only one hour a day online to have at least one suicide risk factor (depression, thinking about suicide, making a suicide plan, or attempting suicide). The researchers found that spending more than two hours a day online caused suicide risk factors to rise significantly.

There are several key elements of social media that can cause a teen – or person of any age for that matter – harm.

- Cyberbullying:** We've heard a lot on this topic: new-age, adolescent bullying that takes place on digital devices, mainly on cell phones, with the intent to embarrass, hurt, or humiliate another. It has become a common occurrence with nearly 43% of teens reporting having been bullied online at least once, according to DoSomething.org.
- Picture-Perfect Lives:** Teens spend hours upon hours scrolling through Instagram, Snapchat, and other social media feeds that feature images of their peers hanging out together and having the time of their lives, BFFs smiling and posing for the camera, and pictures from epic parties where only a select group was invited. It is no surprise that such images cause others to feel left out, disconnected, and ultimately unworthy.
- Social Isolation:** Social isolation is a major risk factor for depression and suicide. More time spent online means less time spent face-to-face with others, and less time spent doing activities that promote mental health, like



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with nearly 43% of teens reporting having been bullied online at least once, according to DoSomething.org.

2. **Picture-Perfect Lives:** Teens spend hours upon hours scrolling through Instagram, Snapchat, and other social media feeds that feature images of their peers hanging out together and having the time of their lives, BFFs smiling and posing for the camera, and pictures from epic parties where only a select group was invited. It is no surprise that such images cause others to feel left out, disconnected, and ultimately unworthy.

3. **Social Isolation:** Social isolation is a major risk factor for depression and suicide. More time spent online means less time spent face-to-face with others, and less time spent doing activities that promote mental health, like getting exercise, volunteering, meeting new friends, and participating in group activities.

4. **Sleep Deficit:** Inadequate sleep is another major risk factor for depression and suicide. Youth who spend a great deal of time on their phones are more likely than others not to be getting the sleep they need. Texts, instant messages, and other signals to pick up that phone come in all hours of the night and may be too tempting to avoid.

At this point, you may be considering returning a cell phone purchased as a gift for your teen, but you should know that we're not necessarily encouraging that. What we are encouraging is that you to keep an eye out for the New Year Know! Tip to follow, as we'll provide important steps you can take to help protect your child from a potential downward smartphone spiral.

In the meantime, if you have mental health concerns regarding your child, don't hesitate to reach out to your pediatrician or call the National Suicide Prevention Lifeline (1-800-273-TALK [8255]).

Sources: [Clinical Psychological Science: Increases in Depressive Symptoms, Suicide-Related Outcomes, and Suicide Rates Among U.S. Adolescents After 2010 and Links to Increased New Media Screen Time](#). Nov. 14, 2017. By Jean M. Twenge, et. al.

[The Washington Post: Teenage depression and suicide are way up — and so is smartphone use](#). Nov. 19, 2017. By Jean M. Twenge.

[DoSomething.org: 11 Facts You Should Know About Cyber Bullying](#).

[The National Suicide Prevention Lifeline: Youth](#).

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



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