



# THS E-NEWS

December 14, 2017

**Find some time to study  
this weekend...**

**Semester Exams begin  
next week!**

**Our Exam schedule will be as  
follows:**

## **Tuesday, December 18**

- 1st - 7:15-7:57
- 2nd - 8:01-8:42
- 3rd - 8:46-9:27
- 4th - 9:31-10:12
- 6th - 10:16-10:57
- 5A - 11:01-11:31
- 5B - 11:31-12:01
- 5C - 12:01-12:31
- 7th Period Exam - 12:35-2:20

## **Wednesday, December 19**

- 1st Period Exam - 7:15-9:00
- Break - 9:00-9:15
- 2nd Period Exam - 9:15-11:00

## **Thursday, December 20**

- 3rd Period Exam - 7:15-9:00
- Break - 9:00-9:15
- 4th Period Exam - 9:15-11:00

## **Friday, December 21**

- 5th Period Exam - 7:15-9:00
- Break - 9:00-9:15
- 6th Period Exam - 9:15-11:00

## Swimming News!

The swim & dive teams opened their seasons Tuesday night by hosting a tri-meet with Middletown, St. Xavier, and Ursuline. The girls fell to Ursuline by a score of 201 - 92 but beat Middletown 92 - 19. The boys meanwhile, held their own with St. Xavier, winners of the last 10 state titles in swimming & diving, but ultimately fell 187 - 113. The boys did beat Middletown, though, by a score of 113 - 10. Individual event wins were picked up by Mercy Patterson in the 100 Back, Ben Crowder in the 100 Fly, Rhyan Meyers in the 50 Free, and Sam Hool in the 1 Meter Diving. The boys 200 Medley Relay team of John Anzano, Blake Madden, Ben Crowder, and Rhyan Meyers also started the meet strong by knocking off the St. X Medley Relay. And also a special congratulations to Mercy Patterson who in her very first individual swim for the high school team broke the school record in the 100 Fly. The swim & dive teams are back in the water on Friday December 14th when they host Butler & Wilmington in another tri-meet. Action begins at 6 PM at Miami's Rec Center.

# Training To Raise Your Test Score

Higher Scholarships | Access to College | Lower Stress

## Concerned About Your ACT or SAT score?

*Looking for a way to pay for college? Is your Math score bringing you down? Do you run out of time during the test? Are you struggling to hit benchmark? Does college admissions make your brain hurt?*

**TorchPrep will help!** Their flexible, effective, and engaging training will raise your score and open doors to your future.

### Why TorchPrep?

TorchPrep increases ACT and SAT 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

### All TorchPrep Courses Include

27 hours of Training  
4 Full-Length Simulated Tests  
Customized Study Plan  
TorchPrep Training Manual  
Testing Watch  
***\*Guaranteed Score Increase\****

*P.S. Other training options include: group training for the SAT & private tutoring for the ACT!  
Visit [www.torchprep.com](http://www.torchprep.com) to learn more.*

## Courses preparing for February 20<sup>th</sup> ACT test

### **4-WEEK BOOT CAMP**

OAK HILLS | MOELLER | ST X | ELDER | WYOMING | MASON | FAIRFIELD

Courses Begin: Week of January 21

8 Total Sessions

*Early Registration Deadline: 1/14/2019*

# **THS CALENDAR OF Events**

## **Dec. 16th to Dec. 22nd**

### **Sunday, December 16th**

TBD                      Varsity Hockey vs. TBD (away)

### **Monday, December 17th**

3 – 6pm                      DISTRICT TECH MEETING, THS Collaborative Room (Rm300)

3 – 6pm                      DISTRICT TECH MEETING, THS Media Center (Rm 100)

9:30pm                      School Board Meeting, PAC

7:30pm                      Girls Varsity Basketball vs. Valley View (away)

### **Tuesday, December 18th**

**7th Period Exam, 12:35-2:20**

11am – 12:30pm              Navy recruiter, Cafeteria

2:30 – 4pm                      Room use- Academic team, 424

7:30pm                      Boys Varsity Basketball vs. Little Miami (home)

### **Wednesday, December 19th**

Field Trip- Marston, 5th graders here.

**1st Period Exam, 7:15-9:00**

**2nd Period Exam, 9:15-11:00**

7:30pm                      Girls Varsity Basketball vs. William Henry Harrison (home)

### **Thursday, December 20th**

**3rd Period Exam, 7:15-9:00**

**4th Period Exam, 9:15-11:00**

2:30 – 4pm                      Academic team, 424

4:30 – 7pm                      Literacy Program, Media Center

### **Friday, December 21st**

End of 2nd Quarter, Grades Due by 3

**5th Period Exam, 7:15-9:00**

**6th Period Exam, 9:15-11:00**

7:30pm                      Boys Varsity Basketball vs. William Henry Harrison (home)

9:45pm                      Varsity Hockey vs. Mason (home)

### **Saturday, December 22nd**

TBD                      Varsity Swimming Butler Invite (away)

7:15pm                      Boys Varsity Basketball vs. Monroe (away)

7:30pm                      Girls Varsity Basketball vs. Mount Healthy (away)



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](http://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! To Give and Receive the Gift of Kindness



Tis the season for giving; and among the greatest gifts one can give to another is kindness. It need not cost a thing. One single act of kindness has the potential of inspiring others and creating a rippling effect that keeps on giving. Research shows that we are hard-wired to be kind, some people more than others. But even if your tween/teen is not the most loving or kindest of creatures at this stage in their development, there is hope. Research shows that this character trait—which many believe is the key to happiness and success—can be taught and nurtured as well. That is why we must role model kindness daily and teach our sons and daughters to be the best versions of themselves that they can be.

The bonus of kindness is that the receiver is not the only one to reap the benefits. The giver stands to benefit in a number of ways, including:

- Increased feelings of happiness and satisfaction.
- Decreased feelings of stress and depression.
- Increased acceptance among peers and a greater sense of belonging.
- Improved self-esteem and self-worth.
- Enhanced immune system and ability to concentrate.
- Greater sense of gratitude.

Some of these positive effects stem from the release of endorphins (feel-good hormones secreted within the brain and nervous system) and the increased production of serotonin (a naturally occurring chemical in the brain that has a calming, mood regulating, and anti-anxiety effect). These chemical releases may occur when a gift of kindness is given or received. But even observing an act of kindness may benefit with a rise in serotonin levels—and therefore experience feelings of increased energy, followed by calmness and serenity. Whether the giver, the receiver, or the witness—kindness becomes a win-win-win situation.

Furthermore, when youth experience greater feelings of self-worth, self-esteem, belonging, connectedness, and an overall increased sense of well-being, they are at reduced risk for engaging in risky behaviors, like drinking, smoking, and using other drugs.



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The significance and value of kindness is immeasurable. How can we foster it in our children? Aside from role modeling, we can encourage them to take action and extend kindness to others. Here are some simple but powerful ways to be kind:

- Give someone a genuine compliment.
- Talk to someone new at school.
- Write a note to let someone know they are loved and appreciated.
- Randomly thank a teacher to show your gratitude.
- Deliver a surprise basket of cookies to a neighbor.
- Say thank you—a lot—and really mean it.
- Hold the door for someone.
- Invite someone to join you and your friends at your lunch table.
- Shovel an elderly person's drive – without anything in return.
- Help someone clean up an embarrassing spill.
- Look people in the eyes, smile and say "hello"—often.

When someone expresses genuine care for another, no matter how simple or elaborate, it is a gift of kindness. There is no limit to the number of ways our youth can be kind, in this giving season and beyond. We must teach them through our words and more importantly our actions that they must keep their eyes and hearts open and seize the many opportunities around them to extend kindness.

Sources: [Lisa Currie. Eutopia.org: Why Teaching Kindness in Schools Is Essential to Reduce Bullying. August 10, 2015.](http://Eutopia.org) [Daniel Goleman. Washington Post. Wired for kindness: Science shows we prefer compassion, and our capacity grows with practice. June 23, 2015.](http://WashingtonPost.com) [InspireMore.com: 10 Powerful \(And Easy\) Ways To Be Kind To Others. May 15, 2015.](http://InspireMore.com) [Marilyn Price-Mitchell Ph.D. The Moment of Youth Acts of Kindness: Key to Happiness for Children & Teens - Four simple steps to increase children's happiness. January 2, 2013.](http://MarilynPrice-Mitchell.com) [Underground Health Reporter: The Act of Kindness and it's Positive Health Benefits. 2018.](http://UndergroundHealthReporter.com)



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**Martin Luther King Jr.  
Creative Arts Exposition  
Monday, January 21, 2019**

**TSD APPROVED  
for distribution  
not affiliated with TSD**



**WHAT:** The Oxford NAACP is seeking submissions of visual and/or literary arts to celebrate the anniversary of the birthday of Dr. Martin Luther King, Jr. and February-Black History Month. Submissions may be inspired by the life of Martin Luther King, Jr., or topics of civil and human rights in general. All students who submit an entry will be recognized for their efforts. Gift cards will be awarded to the top entries. A panel of judges will select entries from each grade level, to be on display at the celebratory event. This event is co-sponsored by: the Talawanda School District, Miami University, City of Oxford, Oxford Citizens for Peace & Justice, Oxford Community Arts Center, Smith Library of Regional History and the McGuffey Montessori School.

**Everyone is welcome to the Exposition!**

**January 21, 2019, MU-Shriver Center-Heritage Room, Oxford**

Complimentary continental breakfast will be served at 10 a.m. and the program begins at 11 a.m.

**WHO:** Any student residing in the Talawanda School District, kindergarten through high school may submit up to 2 entries.

**HOW:** All entries should reflect the student's original ideas and/or feelings about: The inspiration of Dr. Martin Luther King, Jr.

**Visual:** 1 sheet of paper/canvas, no larger than 11" x 14", any flat medium such as crayon, pencil, chalk, marker, water color, acrylic paint, original photo, or finger paint (no glitter or oil paint please).

**Written:** 1 page, 8-1/2" x 11" paper, lined or unlined; typed or handwritten, with a poem, essay, story, report, letter or song.

**Combination:** 1 page, 8-1/2" x 11" paper, with illustrations and a written submission (for example, primary story paper, with space for a drawing at top and lines for writing below).

**WHEN:** Entries must be submitted no later than 2 p.m., Thursday, January 17, to any of the Talawanda School offices or mailed to: Oxford NAACP, P.O. Box 70, Oxford, OH 45056. Entries will be returned to students in February.

We encourage students, parents, and teachers to learn more about the life and contributions of Martin Luther King, Jr., the history of the Civil Rights Movement and about the history of the Oxford, Ohio connection with the 1964 Freedom Summer events. All of these things can provide inspiration for the students' entries. Resources available at: <http://talawanda.net/>.

For further information, please contact Ann Wengler, Oxford NAACP: 513.255.5171, [wengleak@miamioh.edu](mailto:wengleak@miamioh.edu)

(Please complete and attach a copy of this form to the back of each entry.)

**MLK Creative Arts Exposition Entry Form**

Student's first & last name			
	First	Last	
School, Grade & Teacher			
	School	Grade	Teacher's name
Title of work (not required)			
Parent/Guardian Name			
	Printed	signature**	
Adult contact phone #			

(This will only be used to contact parent, if student's work is selected as a winning entry).

\*\*Parent's signature indicates consent for student's work & name to be displayed at Oxford Community Art Center.

Entries must be submitted no later than **2 p.m., Thursday, January 17**, to any of the Talawanda School offices or mailed to: Oxford NAACP, P.O. Box 70, Oxford, OH 45056.

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# December 2018

## TALAWANDA HIGH SCHOOL

Monday

Tuesday

Wednesday

Thursday

Friday

3 Whole Grain Chicken  
and Cheese  
 Quesadilla  
Sweet Corn  
Grilled Peppers &  
Onions  
French Fries  
Fruit & Veggie Bar

4 Pizzeria Style Steak  
Hoagie on Bun  
French Fries  
Fruit & Veggie Bar



This Institution is an equal opportunity provider.

5 Chicken strip Wrap  
Baked Beans  
French Fries  
Fruit & Veggie Bar



6 Rotini Bake with  
Meatballs & Cheese  
Tossed Salad  
Garlic Toast  
Fruit & Veggie Bar



7 Crispy Popcorn  
Chicken, WG  
Mashed Potatoes  
with gravy  
Corn Muffin  
Fruit & Veggie Bar



10 Crunchy-Battered  
Corn Dog  
Baked Beans  
French Fries  
Fruit & Veggie Bar



11 Salisbury Steak  
Mashed Potatoes  
with gravy  
Corn Muffin  
Fruit & Veggie Bar

12 BBQ Pulled Pork  
Sandwich  
Coleslaw  
French Fries  
Fruit & Veggie Bar

13 Rotini Bake with  
Meatballs & Cheese  
Romaine Salad  
Garlic Toast  
Fruit & Veggie Bar



14 Chicken Strips  
Mashed Potatoes  
Steamed Carrots  
Whole Grain Dinner  
Roll  
Fruit & Veggie Bar

Please find carbohydrate counts on our school web site interactive menu

17 Baked Ham  
Au Gratin Potatoe  
Green Beans  
Whole Grain Dinner  
Roll  
Chewy Chocolate  
Chip Cookie  
Fruit & Veggie Bar

18 Grilled Cheese  
Sandwich  
Tomato Soup  
Crackers  
Fruit & Veggie Bar

19 Cooks Choice  
Fruit & Veggie Bar



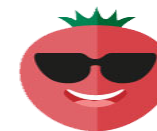
Exam Day

20 Cooks Choice  
Fruit & Veggie Bar



Exam Day

21 Cooks Choice  
Fruit & Veggie Bar



Exam Day



KWANZAA



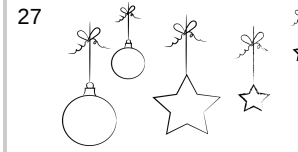
KWANZAA

No School..... Winter Break !



KWANZAA

No School..... Winter Break!



KWANZAA

No School..... Winter Break



KWANZAA

eZPay

Meal Fees

[Click Here](#)

**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!

Ice Cold Milk  
offered Daily:

1% White

Chocolate

FF Strawberry

**Spinach**

**Queso**

Now Available!!!

Every Other

Wednesday

**Remember...**

**Steak Station!**

**Create Your Sizzling**

**Sandwich. Choose from  
a Variety of Toppings;**

**Including Cheese & Veggies**