



THS E-NEWS

December 21, 2017

**Have a great Winter Break!
See you on January 7th!**

**On the 7th student schedules will be available in the cafeteria
BEFORE school starts.**

**Seniors- the Jostens order deadline has been
extended to 12/31/18!**

**After the 31st the cost for a cap and gown increases
to \$69.23 so place your order before the 31st!**

www.jostens.com or use the attached order form.

Swim News!

Friday night the Brave Swim and Dive Teams hosted Butler and Wilmington in a tri-meet at Miami's Rec Center. The girls defeated Butler by a score of 141 - 110 and the boys defeated Butler by a score of 132 - 114. Both teams also defeated Wilmington with the girls posting a 141 - 49 victory and the boys posting a 132 - 54 victory. The girls were led by Mercy Patterson, who came away with wins in both the 50 Free and 100 Free, and Kenna Mondello, who came away with wins in both the 100 Fly and 100 Back. On the boys side Ben Crowder won both the 200 Free and 100 Free. Also special congratulations to Hannah Lippincott, Morgan Stahr, Casey Johnston, and Max Baker for completing their first 500 Frees. The Brave will next take to the pool on Saturday when they compete in the Butler Invite, which will be held on the campus of Wright State University.

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 to learn more.*

Courses preparing for February 20th 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. 23rd to Jan. 12th

Sunday, December 23rd

No School--Winter Break

12:30pm Varsity Hockey Meeting, Goggin Ice Arena

Monday, December 24th

No School--Winter Break

Tuesday, December 25th

No School--Winter Break

Wednesday, December 26th

No School--Winter Break

TBD Varsity Hockey Tournament, Northlands (away)

Thursday, December 27th

No School--Winter Break

TBD Varsity Hockey Tournament, Northlands (away)

Friday, December 28th

No School--Winter Break

TBD Varsity Hockey Tournament, Northlands (away)

Saturday, December 29th

No School--Winter Break

9:00am Varsity Wrestling Tournament, Middletown (away)

2:30pm Girls Varsity Basketball vs. Edgewood (home)

Sunday, December 30th

No School--Winter Break

Monday, December 31st

No School--Winter Break

Tuesday, January 1st

No School--Winter Break

Wednesday, January 2nd

No School--Winter Break

TBD Varsity Bowling Marian Lanes Tournament (away)

Thursday, January 3rd

No School--Winter Break

Friday, January 4th

No School--Winter Break

Professional Development day for teachers

7:00pm Varsity Hockey vs. Beaver Creek (home)

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

Saturday, January 5th

No School--Winter Break

1:30pm Varsity Swimming, Braves Invite (home)
2:30pm Girls Varsity Basketball vs. Northwest (away)
6:45pm Varsity Hockey vs. Sycamore (home)

Sunday, January 6th

No School--Winter Break

12:30pm Varsity Hockey vs. Perrysburg (away)

Monday, January 7th

7:30 – 9:30pm Room use- School Board meeting (organizational), PAC

4:00pm Varsity Bowling vs. Little Miami (away)

Tuesday, January 8th

Report Cards Sent

7am – 3pm Room use- Peter for Feven, 503
2:30 – 4pm Room use- Academic team, Schmid, 424

7:30pm Boys Varsity Basketball vs. Northwest (away)

Wednesday, January 9th

10:30am – 12pm Room Use- Marine Recruiter, Cafeteria
1:30 – 3pm Room Use- FFA Meeting, Roberts, PAC
3:30 – 6:30pm Room use- Academic Teams, Schmid, 424
7 – 9pm Room Use- Athletic Boosters, Media Center

4:00pm Varsity Academic vs. Mount Healthy (home)
7:30pm Girls Varsity Basketball vs. Ross (away)

Thursday, January 10th

8 – 11:30am Room use- Peter for Faven, 503
2:30 – 4pm Room use- Academic team, Schmid, 424
4:30 – 7pm Room use- Literacy Program, Media Center

4:00pm Varsity Bowling vs. Harrison (away)
6:00pm Varsity Swimming vs. Harrison/Fairfield (home)

Friday, January 11th

TDB Varsity Swimming vs. Hamilton (away)

Saturday, January 12th

9:00am Varsity Wrestling Tournament, Middletown (away)
1:00pm Varsity Swimming vs. Miamisburg (away)

TALAWANDA HIGH SCHOOL

CLASS OF 2019 IMPORTANT GRADUATION ORDERING INFORMATION

PRICE CAP, GOWN, TASSEL & STOLE \$46.95

THE COST FOR THE CAP, GOWN, TASSEL & STOLE UNIT *ONLY* (CAP&GOWN UNIT) IS \$46.95 (plus 6.5% sales tax) total \$50.00 AND CAN BE ORDERED ONLINE @JOSTENS.COM. ORDER ON TIME AND SAVE \$; COST AFTER 12/15/18 DEADLINE IS \$69.23.

*WHEN ORDERING YOUR CAP&GOWN UNIT, PLEASE NOTE THAT THE DEFAULT COLOR IS ROYAL BLUE FOR MALES AND WHITE FOR FEMALES. IF THIS IS NOT YOUR PREFERENCE, INDICATE COLOR (BLUE OR WHITE) NEXT TO YOUR HEIGHT AND WEIGHT ON ORDER FORM; ALL TASSELS ARE ROYAL BLUE, RED & WHITE. * THE GOWN IS A RENTAL AND WILL BE RETURNED IMMEDIATELY AFTER GRADUATION; WITH STUDENT KEEPING THE CAP, TASSEL AND STOLE.

WHY ARE WE ORDERING SO EARLY?

SENIORS WILL RECEIVE THEIR SENIOR APPAREL, ACCESSORIES, ETC...SHIPPED TO HOME ADDRESS WITHIN 7-10 BUSINESS DAY; ENSURES TIMELY DELIVERY IN SPRING OF OFFICIAL GRADUATION ANNOUNCEMENTS, NAMECARDS, ETC. AND CAP AND GOWN UNIT IN APRIL/MAY 2019.

HOW AND WHEN CAN I ORDER?

YOU CAN ORDER ONLINE @JOSTENS.COM OR AT SCHOOL ON ORDER DAY. FOR ADDITIONAL GRADUATION INFORMATION AND UPDATES FOLLOW US ON TWITTER @jostensjtanner.

PAYMENT OPTIONS: PAY IN FULL AT TIME OF ORDER; MINIMUM (nonrefundable) \$75.00 DEPOSIT; OR J-PAY: THREE EQUAL MONTHLY CREDIT CARD PAYMENTS (J-PAY AVAILABLE ON ORDERS OVER \$125.00 BEFORE TAX/HANDLING): SELECT J-PAY NEXT TO CREDIT CARD INFORMATION. WE ACCEPT CASH, CREDIT CARDS, MONEY ORDERS OR CHECKS MADE PAYABLE TO JOSTENS. IF PAYING WITH A DEPOSIT ONLY, WE OFFER CONVENIENT ONLINE PAYMENTS AT ORDERS.JOSTENS.COM; ALL ORDERS MUST BE PAID IN FULL NO LATER THAN MARCH 2019.

DO I HAVE TO ORDER A PACKAGE?

WHILE MOST SENIORS FIND IT CONVENIENT TO ORDER A PACKAGE, IT IS CERTAINLY NOT REQUIRED. YOU MAY ORDER ITEMS INDIVIDUALLY; SEE ENCLOSED GRADUATION ORDER FORM. THE MOST POPULAR PACKAGE HAS BEEN THE "MASCOT PACKAGE" (FLYER ENCLOSED) WHICH INCLUDES A FREE!! CAP, GOWN, TASSEL & STOLE.

IS THERE A DEADLINE TO ORDER? 12/15/18

YES, THE DEADLINE TO ORDER IS NO LATER THAN DECEMBER 15, 2018 TO ENSURE CURRENT PRICING, AVAILABILITY AND TIMELY DELIVERY. THE COST FOR THE CAP&GOWN UNIT AFTER THE 12/15/18 DEADLINE IS \$69.23.

PARTIAL UNITS

NEED A CAP, TASSEL & STOLE ONLY? \$40.00 (includes sales tax) not available online.

TASSEL & STOLE ONLY? \$35.00 (includes sales tax) not available online.

TASSEL ONLY; \$12.78 (includes sales tax) and can be ordered online.

PARTIAL UNITS NOT AVAILABLE ONLINE; PLEASE MAIL ORDER WITH PAYMENT TO OUR LOCAL PO BOX 43223 OR CONTACT OUR OFFICE @561-3225 AND PLACE ORDER WITH CREDIT CARD; UNITS REGARDLESS OF ORDERING METHOD ARE DELIVERED AND DISTRIBUTED PER SCHOOL IN APRIL/MAY 2019.

THANK YOU AGAIN JOSTENS * PO BOX 43223, CINCINNATI OHIO 45243
tannerj@jostens.com (513) 561-3225 * 1-800-854-7464 * TWITTER @jostensjtanner

GRADUATION ORDER FORM • CLASS OF 2019

Joesten

☐ Male ☐ Female Height inches Weight lbs.

☐ Parent or Guardian, mark here if you do not want to receive future promotional offers from Joesten.

☐ Parent or Guardian, mark here if you agree that we may call and text you to receive order updates and balance due and payment reminders. Joesten may call and text you (and third parties may call and text you on our behalf) for all non-marketing purposes including with the use of an autodialer or pre-recorded voice, at any phone number(s) you provide or that we may obtain for you. These calls and texts may include but are not limited to order updates and balance due and payment reminders. I understand that my consent is not required and is not a condition of purchasing any goods or services from Joesten.

Step 1 • Choose your Announcement Package (or create your own package in Step 2)

Senior Package	Essential Package	Mini Package
\$255.85	\$242.35	\$167.65
<p>Senior Package DOES NOT include Cap&Gown Unit. ADD below Step 3; see attached flyer for pricing.</p> <p>45 Official School Announcements with matching</p> <ul style="list-style-type: none"> Choice of Name Cards <input type="checkbox"/> Foil <input type="checkbox"/> National Honor Society <input type="checkbox"/> National Student Council Tissue Overlay Envelope Seals Return Address Labels <p>25 Choice of Thank Yous</p> <ul style="list-style-type: none"> <input type="checkbox"/> Foil <input type="checkbox"/> Multicolor <input type="checkbox"/> Senior Stationery <input type="text"/> <p>1 Class of Pullover Hoodie*</p> <ul style="list-style-type: none"> <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL <input type="checkbox"/> Upgrade to Women's 1/4 Zip Pullover* \$7.00 <input type="checkbox"/> Upgrade to Performance Hoodie* \$7.00 <p>1 T-Shirt 2 Pack*</p> <ul style="list-style-type: none"> <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL <input type="checkbox"/> 4XL <p>1 Choice of Jewelry</p> <ul style="list-style-type: none"> <input type="checkbox"/> Classic Key <input type="checkbox"/> Rose Quartz <input type="checkbox"/> Gold <input type="checkbox"/> Crest Bracelet <input type="checkbox"/> Silver <input type="checkbox"/> Compass Charm Bangle Initials: <input type="text"/> <input type="checkbox"/> Ring Pendant Necklace 	<p>Essential Package DOES NOT include Cap&Gown Unit. ADD below Step 3; see attached flyer for pricing.</p> <p>35 Official School Announcements with matching</p> <ul style="list-style-type: none"> Choice of Name Cards <input type="checkbox"/> Foil <input type="checkbox"/> National Honor Society <input type="checkbox"/> National Student Council Tissue Overlay Envelope Seals Return Address Labels <p>25 Choice of Thank Yous</p> <ul style="list-style-type: none"> <input type="checkbox"/> Foil <input type="checkbox"/> Multicolor <input type="checkbox"/> Senior Stationery <input type="text"/> <p>1 Class of Pullover Hoodie*</p> <ul style="list-style-type: none"> <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL <input type="checkbox"/> Upgrade to Women's 1/4 Zip Pullover* \$7.00 <input type="checkbox"/> Upgrade to Performance Hoodie* \$7.00 <p>1 T-Shirt 2 Pack*</p> <ul style="list-style-type: none"> <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL <input type="checkbox"/> 4XL <p>1 Choice of Jewelry</p> <ul style="list-style-type: none"> <input type="checkbox"/> Classic Key <input type="checkbox"/> Rose Quartz <input type="checkbox"/> Gold <input type="checkbox"/> Crest Bracelet <input type="checkbox"/> Silver <input type="checkbox"/> Compass Charm Bangle Initials: <input type="text"/> <input type="checkbox"/> Ring Pendant Necklace 	<p>Mini Package DOES NOT include Cap&Gown Unit. ADD below Step 3; see attached flyer for pricing.</p> <p>25 Official School Announcements with matching</p> <ul style="list-style-type: none"> Choice of Name Cards <input type="checkbox"/> Foil <input type="checkbox"/> National Honor Society <input type="checkbox"/> National Student Council Tissue Overlay Envelope Seals Return Address Labels <p>25 Choice of Thank Yous</p> <ul style="list-style-type: none"> <input type="checkbox"/> Foil <input type="checkbox"/> Multicolor <input type="checkbox"/> Senior Stationery <input type="text"/> <p>1 T-Shirt 2 Pack*</p> <ul style="list-style-type: none"> <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL <input type="checkbox"/> 4XL <p>1 2019 Key Ring*</p> <p>1 Stacked Tassel</p>
<p>Add to your package: (choose style & sizes below)</p>		
<p>\$</p>		

Step 2 • Create your own package (or add to your Announcement Package)

1	Official School Announcements	<input type="radio"/> 25 \$33.75	<input type="radio"/> 35 \$47.25	<input type="radio"/> 50 \$67.50	<input type="radio"/> 75 \$101.25	add'l <input type="checkbox"/> QTY \$1.35 ea.	\$	
2	Foil Border Name Cards	<input type="radio"/> 50 \$27.95	<input type="radio"/> 100 \$31.95	<input type="radio"/> 150 \$35.95	<input type="radio"/> 200 \$39.95		\$	
3	National Student Council Name Cards	<input type="radio"/> 50 \$27.95	<input type="radio"/> 100 \$31.95	<input type="radio"/> 150 \$35.95	<input type="radio"/> 200 \$39.95		\$	
4	National Honor Society Name Cards	<input type="radio"/> 50 \$27.95	<input type="radio"/> 100 \$31.95	<input type="radio"/> 150 \$35.95	<input type="radio"/> 200 \$39.95		\$	
5	Standard Name Cards	<input type="radio"/> 50 \$22.95	<input type="radio"/> 100 \$26.95	<input type="radio"/> 150 \$30.95	<input type="radio"/> 200 \$34.95		\$	
6	Tissue Overlay	<input type="radio"/> 25 \$8.25	<input type="radio"/> 50 \$16.50	add'l <input type="checkbox"/> at rate \$8.25 ea.			\$	
7	Return Address Labels	<input type="radio"/> 60 \$13.95	<input type="radio"/> 120 \$17.95	<input type="radio"/> 180 \$22.95	<input type="radio"/> 240 \$27.95		\$	
8	Envelope Seals (Includes Monogram & Yeardate)	<input type="radio"/> 50 \$12.95	<input type="radio"/> 100 \$25.90	<input type="radio"/> 150 \$38.85	<input type="radio"/> 200 \$51.80		\$	
9	Photo Cards †	<input type="radio"/> 25 \$25.00	<input type="radio"/> 30 \$30.00	<input type="radio"/> 35 \$35.00	<input type="radio"/> 40 \$40.00	<input type="radio"/> 45 \$45.00	<input type="radio"/> 50 \$50.00	\$
10	Personalized Thank You Notes	Set of 50 <input type="checkbox"/> at rate \$23.95					\$	
11	Thank You Notes	Set of 25 \$12.95	<input type="checkbox"/> at rate Foil	<input type="checkbox"/> at rate Multi Color	<input type="checkbox"/> at rate Senior Stationery	Color Code	\$	
12	<input type="checkbox"/> QTY T-Shirt 2 Pack* \$26.95	<input type="checkbox"/> QTY Dusky Blue Tri-Blend T-Shirt* \$22.95				S M L XL 2XL 3XL 4XL	\$	
13	<input type="checkbox"/> QTY Senior Jersey* \$32.95	<input type="checkbox"/> QTY Long Sleeve Hooded T-Shirt* \$32.95				XS S M L XL 2XL 3XL	\$	
14	<input type="checkbox"/> QTY Pullover Hoodie* \$42.95	<input type="checkbox"/> QTY Women's 1/4 Zip Pullover* \$49.95				S M L XL 2XL 3XL	\$	
15	<input type="checkbox"/> QTY Performance Hoodie* \$49.95					XS S M L XL 2XL 3XL	\$	
16	<input type="checkbox"/> QTY Sweatpants* \$32.50	<input type="checkbox"/> QTY Joggers* \$32.50				S M L XL 2XL 3XL	\$	
17	<input type="checkbox"/> QTY Performance Sweats* \$40.95					XS S M L XL 2XL 3XL	\$	
18	<input type="checkbox"/> QTY Performance Shorts* \$22.95	<input type="checkbox"/> QTY Women's Performance Shorts* \$22.95				S M L XL 2XL 3XL	\$	
19	<input type="checkbox"/> QTY Senior Bag* \$14.95	<input type="checkbox"/> QTY Water Bottle* \$17.95	<input type="checkbox"/> QTY Socks* \$14.95	S/M L/XL			\$	
20	<input type="checkbox"/> QTY Compass Charm Bangle \$27.95	<input type="checkbox"/> QTY Rose Quartz Necklace \$27.95	<input type="checkbox"/> QTY Ring Pendant Necklace \$27.95	<input type="checkbox"/> QTY Crest Bracelet \$27.95			\$	
21	<input type="checkbox"/> QTY Classic Key Necklace \$27.95	<input type="radio"/> Gold <input type="radio"/> Silver (for Classic Key Only)	Initials for Classic Key _____				\$	
22	<input type="checkbox"/> QTY Status Tassel \$17.95	<input type="checkbox"/> QTY Shadow Status Tassel \$17.95	<input type="checkbox"/> QTY Shadow Stacked Tassel \$17.95	<input type="checkbox"/> QTY Stacked Tassel \$17.95			\$	
	<input type="checkbox"/> QTY Souvenir Tassel \$12.00	<input type="checkbox"/> QTY Mascot Tassel \$17.95						
23	<input type="checkbox"/> QTY 2019 Key Ring* \$12.95	<input type="checkbox"/> QTY Metallic Tassel Key Ring* \$18.75	<input type="checkbox"/> QTY Mini Tassel Key Ring \$14.95	<input type="checkbox"/> QTY Mascot Mini Tassel \$17.00			\$	
24	<input type="checkbox"/> QTY Tassel Keepsake Frame* \$35.95	<input type="checkbox"/> QTY Beanie* \$15.95	<input type="checkbox"/> QTY Senior Memory Book* \$23.95				\$	
25	<input type="checkbox"/> QTY Deluxe Grad Frame* \$40.95	<input type="checkbox"/> QTY Diploma Frame \$25.95	<input type="checkbox"/> QTY Appreciation Frame \$29.95	<input type="radio"/> English <input type="radio"/> Spanish			\$	

Step 3 • Cap & Gown Unit See Flyer for pricing

☐ Male ☐ Female

Cap & Gown Sizing: Height Weight

- Items marked with an asterisk (*) will ship to your home in approx. 4 - 6 weeks.
- ‡ Design Photo Products online. Valid email required.

Individual Products Total \$

STAT	SHSTA	SHSTK	STK	SOLV	MASC	MTKR	NMT
------	-------	-------	-----	------	------	------	-----

Payment

Jostens c/o Jeff Tanner
PO Box 43223
Cincinnati, Ohio 45243
tannerj@jostens.com

(513) 561-3225

Online ordering available at
lostens.com

Order Use Only - Special instructions: QPSN QKPD QNHG QOK2P JP QW

Payment options are available to make your purchase affordable. Ask your Jochem representative for details.

For more information about your product purchase, visit www.fosters.com

Type of Payment: ☒ Credit Card ☐ Cash ☐ Money Order ☐ Check ☐ Check # _____[illegible][illegible]

Amount to be charged:	Paid in Full	Down payment	Justins J-Pay [®]	This is a promotional product. Credit payments may be charged before a
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LIMITED WARRANTY & CANCELLATION POLICY: Intermittent will replace product purchased on 12/1/2014 or later with a new product of equal or greater value if the product is found to be defective within 90 days of purchase. This warranty is limited to the product and does not cover labor or other charges. Intermittent is not responsible for any damage to property or personal injury resulting from the use of the product. Intermittent is not responsible for any damage to property or personal injury resulting from the use of the product. Intermittent is not responsible for any damage to property or personal injury resulting from the use of the product.

Name: _____

Signature _____

SENDING ADDRESS: _____

Street Address _____

City _____ State _____ Zip Code _____

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Product total	\$	
Add S & H	\$	10.00
Subtotal	\$	
Add Tax	\$	
Total	\$	
Amount Paid	\$	
Balance Due	\$	

"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

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

TSD APPROVED
for distribution
not affiliated with TSD

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



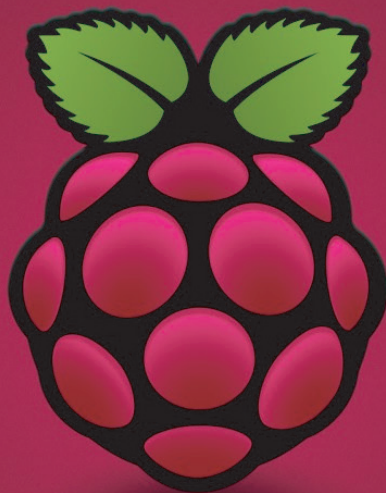
An opportunity for parents of school-aged children who would like concrete ideas on how to deal with some of the most difficult parenting questions.



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

Talawanda sessions begin on Thursday, March 7th and run for 10-weeks. FREE dinner and childcare are available.

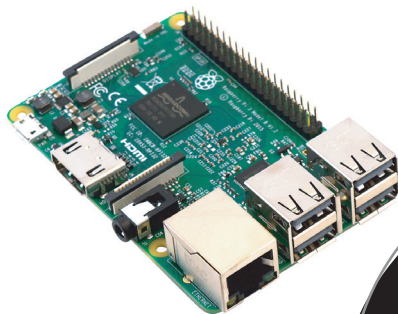
Call 513.273.3390 to register!



Raspberry Pi Showcase

Wednesday, January 16
6:00 - 7:00 p.m.

Local high school students will showcase the raspberry pi devices they built for various purposes. Students will explain their computer creations and demonstrate the effectiveness of their models.



All ages





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! Beyond the Holiday Blues



'Tis the season to be jolly; It's the most wonderful time of the year; It's the happiest season of all. That's what we hear. But what if your teen isn't feeling jolly, wonderful, or even the slightest bit happy? He or she may be experiencing the holiday blues. Unfortunately, just like moms, dads, and other adults, young people are not immune from feeling sad, lonely, anxious, and depressed during the holiday season.

There are countless reasons why young people may feel especially down during the holidays, including:

- Their parents are divorced or are getting divorced.
- A parent or close family member is looking at a military deployment.
- A grandparent or other loved one has been lost.
- They've experienced a breakup recently.
- They've had a falling out with a close friend.

Instead of joyful, they may be feeling lonely and isolated and find themselves longing for the happy holidays they used to have. Social media can support those negative feelings, especially when their peers appear to be having the time of their lives, smiling with friends and family at parties and gatherings, or possibly showing off the gifts they've received. And because not all children receive the type of gifts bestowed upon their peers, that too can cause young people to feel like they are missing out. For some teens, feeling down may be about needing more sunshine than what their area of the world provides them. Seasonal Affective Disorder (SAD) is a common type of depression that hits hardest during the fall and winter months, and it's known to zap your energy and make you feel depressed.

While we can't necessarily make everything merry for our youth, there are some things we can do to help during the holidays:

Encourage them to step out into the sunshine at least 20 minutes each day. Even if they have to bundle up, they should experience a lift in mood and spirit.

- Let them know it is ok to feel what they're feeling, even if they don't feel like celebrating. Remind them that the holiday season will



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

- soon pass, and that things will get better and brighter.
- If old traditions bring up painful memories for your child, create new ones. There are no rules as to how you should spend the holidays. Talk about it with your child and see what you can come up with together.
- Regardless of family finances, encourage them to GIVE. It need not involve their wallet or yours. It is uplifting and feels good to give to others, and there are so many opportunities, especially during the holidays. They can volunteer at a soup kitchen, wrap gifts for a busy mom, spend time talking to an elderly neighbor, or visit a nursing home. Forget the extravagant presents, the gift of giving oneself to others is the true meaning and reason of the holiday season.
- Help them count their blessings. Remind them of all the positives in their life and talk about the importance of moving and focusing forward.

Say the holidays come and go, yet your teen still appears to be down. The question then becomes, is it more than SAD? Is it depression?

More than 1 in 7 teens experience depression each year, and studies show that high number is on the rise. By definition, a major depressive episode lasts for at least two weeks and is defined by depressed mood, loss of interest or pleasure, and problems with sleeping, eating, concentration, energy, and self-image.

According to the *American Academy of Child & Adolescent Psychiatry (AACAP)*, common symptoms of depression in children and adolescents include:

- Feeling or appearing depressed, sad, tearful, or irritable.
- Not enjoying things as much as they used to.
- Spending less time with friends or in after school activities.
- Changes in appetite and/or weight.
- Sleeping more or less than usual.
- Feeling tired or having less energy.
- Feeling like everything is their fault or that they are not good at anything.
- Having more trouble concentrating.
- Caring less about school or not doing as well in school.
- Having thoughts of suicide or wanting to die.
- Frequent headaches or stomach aches.
- Depressed adolescents may use alcohol or other drugs as a way of trying to feel better.

Depression not only takes a toll on a young person's life, but it can lead a child to think about or plan for suicide, which is currently the leading form of death for youth ages 10-24.

Experts say that if you suspect your child may be depressed, try asking him or her how they are feeling and if anything is bothering them. When asked directly, some young people are surprisingly forthcoming with their answer. Any indication of deep sadness or self-harm should be taken seriously and help should be sought out immediately. According to the *National Alliance on Mental Illness (NAMI)*, even short-term problems should be taken seriously, because they too can cause long-term mental health conditions.

If you or someone you know needs professional help, contact your child's



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Prevention
Action Alliance

Prevention Action Alliance
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pediatrician, school counselor, or a qualified mental health professional, or call the National Suicide Prevention Lifeline at 1-800-273-8255 or visit online at SuicidePreventionLifeline.org.

Sources: [American Academy of Child & Adolescent Psychiatry \(AACAP\), Depression in Children and Teens: Facts for Families, Oct. 2018](#), [The Dana Foundation, Brenda Patoine, Holiday Blues: Getting the Facts, Forgetting the Myth, Dec. 2015](#), [National Alliance on Mental Illness \(NAMI\), Laura Greenstein, Tips for Managing the Holiday Blues, Nov. 2015](#).

JANUARY

TALAWANDA HIGHSCHOOL

Fresh, Healthy and
Good for You!



Remember...

Steak Station!

**Create Your Sizzling
Sandwich. Choose
from**

**a Variety of Toppings;
Including Cheese &
Veggies**

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!

What Makes a Lunch

Select 3-5 Components



One must be a



Monday

Tuesday

Wednesday

Thursday

**See Our Daily Express Menu
Here**
THS Menu Express

eZPay

Meal Fees

[Click Here](#)

**Every day
Veggies!**

Carrots, Red peppers
Cucumbers, Broccoli
Garnazo beans, Celery



No School..... Winter Break !

No School..... Winter Break!

No School..... Winter Break

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



Meatloaf Patties
Mashed Potatoes
with gravy
Whole Grain Dinner
Roll
Steamed Carrots
Fruit & Veggie Bar

9 Chicken strip Wrap
French Fries
Fruit & Veggie Bar

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



11 Chicken Nuggets
Mashed Potatoes
with gravy
Whole Grain Dinner
Roll
Green Beans
Fruit & Veggie Bar

14 Meatball Sub
French Fries
Romaine Salad
Fruit & Veggie Bar



15 BBQ Pulled Pork
Sandwich on a Whole
Grain Bun
Coleslaw
Baked Beans
Fruit & Veggie Bar

16 Grilled Cheese
Sandwich
Tomato Soup
Crackers
Dill Pickle Spear
Fruit & Veggie Bar



17 Italian Lasagna
Tossed Salad
Garlic roll
Fruit & Veggie Bar

18 Popcorn Chicken
Smackers
Mashed Potatoes
with gravy
Sweet Corn
Fruit & Veggie Bar

Please find carbohydrate counts on our school web site interactive menu



22 Soft Tacos 2
W Shredded Lettuce
Beef Taco Meat
Sweet Corn
& Diced Tomatoes
Fruit & Veggie Bar

23 Beef Enchilada Wrap
with black beans, corn,
lettuce, tomato, and
cheese
Sour Cream
Brown Rice
Fruit & Veggie Bar

24 Cincinnati Chili
Spaghetti
Light kidney Beans
Oyster Crackers
Fruit & Veggie Bar

25 Chicken Strips
Mashed Potatoes
with gravy
Sweet Peas
Whole Grain Dinner
Roll
Fruit & Veggie Bar

This Institution is an equal opportunity provider.

28 Whole Grain Chicken
and Cheese Quesadilla
Sweet Corn
Red Peppers
Sour Cream
French Fries
Fruit & Veggie Bar



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

30 Chicken Fajitas
W Shredded Lettuce
Grilled Peppers &
Onions
Shredded Cheddar
Cheese
& Diced Tomatoes
Sour Cream
Fruit & Veggie Bar

31 Rotini Bake with Meat
Sauce & Cheese
Garlic Toast
Romaine Salad
Fruit & Veggie Bar

[Click Here](#)

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