



# ***T'HS E-NEWS***

***December 15, 2017***

**(No E-News next week)**

## **ANNOUNCEMENTS**

- Winter break begins next week! Break begins after exams on Wednesday. School will resume on Thursday, January 4, 2018. Everyone have a wonderful, safe break!
- The lost and found is overflowing! If students are missing anything, be sure to check the lost and found before it goes to the Family Resource Center next week!
- Sophomores, the application system for Butler Tech is open. Go to [www.butlertech.org](http://www.butlertech.org) to apply. If you have questions, see Mrs. Peter.
- Seniors, the deadline for ordering caps and gowns from Jostens at a discounted rate is approaching. Prices increase if orders are not made by December 30. Orders can be made online at [jostens.com](http://jostens.com).
- Anyone interested in playing football during the 2018 season, there will be a short meeting Tuesday at 11:15am in the field house. This will cover the off-season schedule and expectations. It is important that everyone can be there so the team can hit the ground running in January.
- The end of semester exam schedule is as follows:
  - Monday, December 18
    - 1<sup>st</sup> Period: 7:15am-9:00am
    - 2<sup>nd</sup> Period: 9:15am-11:00am
  - Tuesday, December 19
    - 3<sup>rd</sup> Period: 7:15am-9:00am
    - 4<sup>th</sup> Period: 9:15am-11:00am
  - Wednesday, December 20
    - 5<sup>th</sup> Period: 7:15am-9:00am
    - 6<sup>th</sup> Period: 9:15am-11:00am

# THS CALENDAR OF EVENTS

## 12/17/17-1/6/18

### **Sunday, Dec. 17**

TBA

9:00am

Varsity Hockey—OPEN DATE (Away)

Boy's Varsity Wrestling @ Coaches Classic (Away)

### **Monday, Dec. 18**

7:15am-9:00am

9:15am-11:00am

11:30am-2:30pm

7:30pm-9:30pm

4:00pm

1<sup>st</sup> Period Exam

2<sup>nd</sup> Period Exam

Mock Trial Practice (Room 417)

School Board Meeting (PAC)

Coed Varsity Bowling vs. Ross (Home)

### **Tuesday, Dec. 19**

7:15am-9:00am

9:15am-11:00am

11:30am-2:30pm

4:30pm

5:45pm

7:15pm

3<sup>rd</sup> Period Exam

4<sup>th</sup> Period Exam

Mock Trial Practice (Room 417)

Boy's Freshman Basketball vs. Eaton (Away)

Boy's JV Basketball vs. Eaton (Away)

Boy's Varsity Basketball vs. Eaton (Away)

### **Wednesday, Dec. 20**

7:15am-9:00am

9:15am-11:00am

4:00pm

6:00pm

7:30pm

\*\*\***END OF FIRST SEMESTER**

5<sup>th</sup> Period Exam

6<sup>th</sup> Period Exam

Coed Varsity Bowling vs. Lakota East (Away)

Girl's JV Basketball vs. Mt. Healthy (Home)

Girl's Varsity Basketball vs. Mt. Healthy (Home)

### **Thursday, Dec. 21**

5:00pm

Coed Varsity Swimming—Braves Invitational (Home)

### **Friday, Dec. 22**

4:30pm

6:00pm

7:30pm

Boy's Freshman Basketball vs. Harrison (Away)

Boy's JV Basketball vs. Harrison (Away)

Boy's Varsity Basketball vs. Harrison (Away)

### **Tuesday, Dec. 26**

9:30am

5:30pm

Varsity Hockey—Oberlinger Tourney (Away)

Varsity Hockey—Oberlinger Tourney (Away)

### **Wednesday, Dec. 27**

9:30am

5:30pm

Varsity Hockey—Oberlinger Tourney (Away)

Varsity Hockey—Oberlinger Tourney (Away)

**Thursday, Dec. 28**

10:00am  
3:00pm  
7:30pm

Girl's Varsity Bowling—Holiday Tourney (Away)  
Boy's JV Basketball vs. Miami Valley (Away)  
Boy's Varsity Basketball vs. Miami Valley (Away)

**Friday, Dec. 29**

TBA  
TBA  
10:00am

Boy's Varsity Basketball—Madison Holiday Tourney (Away)  
Boy's JV Basketball—Madison Holiday Tourney (Away)  
Boy's Varsity Bowling—Holiday Tourney (Away)

**Saturday, Dec. 30**

9:00am  
1:00pm  
2:30pm

Boy's Varsity Wrestling @ Ross Quad (Away)  
Girl's JV Basketball vs. Fairfield (Home)  
Girl's Varsity Basketball vs. Fairfield (Home)

**Wednesday, Jan. 3**

3:30pm-5:00pm  
7:00pm-9:00pm  
6:00pm  
7:30pm

Mock Trial Practice (Room 417)  
Athletic Booster Meeting (Media Center)  
Girl's JV Basketball vs. Edgewood (Away)  
Girl's Varsity Basketball vs. Edgewood (Away)

**Thursday, Jan. 4**

4:00pm  
6:30pm

**\*\*\*STUDENTS RETURN FROM BREAK\*\*\***  
Coed Varsity Bowling vs. Little Miami (Home)  
Coed Varsity Swimming—OPEN DATE (Home)

**Friday, Jan. 5**

TBA  
4:30pm  
6:00pm  
6:20pm  
7:30pm

Coed Varsity Swimming—OPEN DATE, Fitton YMCA (Away)  
Boy's Freshman Basketball vs. Edgewood (Away)  
Boy's JV Basketball vs. Edgewood (Away)  
Varsity Hockey vs. Moeller (Away)  
Boy's Varsity Basketball vs. Edgewood (Away)

**Saturday, Jan. 6**

TBA  
9:00am  
9:00am  
1:00pm  
2:30pm  
4:30pm  
6:00pm  
7:15pm  
7:30pm

Coed Varsity Swimming—OPEN DATE, Milford Invite (Away)  
Boy's Varsity Wrestling @ Simon Kenton Invite (Away)  
Coed Varsity Bowling—SWOC/ECC (Away)  
Girl's JV Basketball vs. Northwest (Away)  
Girl's Varsity Basketball vs. Northwest (Away)  
Boy's Freshman Basketball vs. Northwest (Home)  
Boy's JV Basketball vs. Northwest (Home)  
Varsity Hockey vs. Mason (Away)  
Boy's Varsity Basketball vs. Northwest (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!

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**5-Week BOOTCAMP** – Prepares for ACT® Test on February 27<sup>th</sup> 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

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*Early Registration Deadline: 1/16/2018*

## **SIGN UP HERE**

Have Questions?

[www.torchprep.com](http://www.torchprep.com) | 888.382.8174 | [Info@torchprep.com](mailto: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 the 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! 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.

1. **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](http://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



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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](http://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](mailto:kristicampbell66@gmail.com). For more general information on all of our programs, check out [www.afsusa.org](http://www.afsusa.org).

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**Martin Luther King Jr.  
Creative Arts Exposition  
Monday, January 15, 2018**



**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, Oxford Citizens for Peace & Justice, Oxford Community Arts Center, Smith Library of Regional History and the McGuffey Foundation School.

**Everyone is welcome to the exposition!**

**New LOCATION! January 15, 2018, 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, preschool 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 11, 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 <u>only</u> 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 11, to any of the Talawanda School offices or mailed to: Oxford NAACP, P.O. Box 70, Oxford, OH 45056.



# JANUARY | 2018

## Talawanda High School

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