



THS E-NEWS

December 8, 2017

ANNOUNCEMENTS

- 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!
- End of course exams will take place Monday, Dec. 11th through Thursday, Dec. 14th. Students have been notified if they have to take an exam.
- Sophomores, the application system for Butler Tech is open. Go to www.butlertech.org to apply. If you have questions, see Mrs. Peter.
- For all junior and senior girls-CIQS 2018 will be on January 9. Sign ups will be in the guidance office by Mrs. Roy. The first 20 girls will be permitted along with a waiting list of 10 in case of replacements. If there are any questions regarding CIQS, please contact Mrs. Morrish and Mr. Davie.
- 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 16. A Jostens representative will be here Friday, December 15th at 6:45am to take orders. Orders can also be made online at jostens.com.
- Sophomores, Jostens will be here Friday, December 15th at 6:45am to distribute class rings. Be sure to pick yours up if you ordered one!
- The end of semester exam schedule is as follows:
 - Friday, December 15-- 7th Period Exam at end of school day.
 - 7th Period: 12:35pm-2:20pm
 - Monday, December 18
 - 1st Period: 7:15am-9:00am
 - 2nd Period: 9:15am-11:00am
 - Tuesday, December 19
 - 3rd Period: 7:15am-9:00am
 - 4th Period: 9:15am-11:00am
 - Wednesday, December 20
 - 5th Period: 7:15am-9:00am
 - 6th Period: 9:15am-11:00am

THS CALENDAR OF EVENTS

12/10/17-12/16/17

Sunday, Dec. 10

1:00pm

Varsity Hockey vs. Beavercreek (Home)

Monday, Dec. 11

4:00pm

Coed Varsity Bowling vs. Edgewood (Away)

6:00pm

Girl's JV Basketball vs. Indian Hill (Home)

7:30pm

Girl's Varsity Basketball vs. Indian Hill (Home)

Tuesday, Dec. 12

7:00pm-9:00pm

6th Grade Choir Concert (PAC)

4:30pm

Boy's Varsity Wrestling vs. Mt. Healthy (Home)

4:30pm

Boy's Freshman Basketball vs. Goshen (Away)

6:00pm

Boy's JV Basketball vs. Goshen (Away)

6:30pm

Coed Varsity Swimming vs. Hagerstown (Home)

7:30pm

Boy's Varsity Basketball vs. Goshen (Away)

Wednesday, Dec. 13

1:35pm-3:00pm

FFA Meeting (PAC)

Thursday, Dec. 14

7:00pm-9:00pm

THS Choir Concert (PAC)

4:00pm

Coed Varsity Bowling vs. Northwest (Home)

Friday, Dec. 15

6:45am-7:30am

Jostens Visit for Ring Distribution and Graduation Orders (PAC)

12:35pm-2:20pm

7th Period Exam

4:30pm

Boy's Freshman Basketball vs. Little Miami (Away)

6:00pm

Boy's JV Basketball vs. Little Miami (Away)

6:30pm

Coed Varsity Swimming vs. Miamisburg (Home)

7:30pm

Boy's Varsity Basketball vs. Little Miami (Away)

8:00pm

Varsity Hockey—OPEN DATE @ Kent State (Away)

Saturday, Dec. 16

TBA

Coed Varsity Swimming—OPEN DATE @ Wright State (Away)

9:00am

Boy's Varsity Wrestling @ Coaches Classic (Away)

9:00am

Boy's JV Wrestling @ Bethel Tate Invite (Away)

12:00pm

Varsity Hockey—OPEN DATE @ Kent State (Away)

1:00pm

Girl's JV Basketball vs. Harrison (Home)

2:30pm

Girl's Varsity Basketball vs. Harrison (Home)

9:00pm

Varsity Hockey—OPEN DATE @ Kent State (Away)



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 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

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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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 !!!

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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

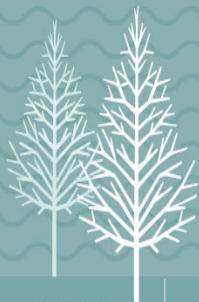
(Please complete and attach a copy of this form to the back of each entry.)

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.

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DECEMBER | 2017

Talawanda High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Popcorn Chicken Bowl Mashed Potatoes with Gravy & a Roll Corn Fresh & Chilled Fruits
4 Omelet with Bacon and Spicy Spuds Biscuit Fresh & Chilled Fruits	5 Orange Chicken with Rice Broccoli Fresh & Chilled Fruits	6 Taco Salad or Soft Taco with Taco meat Refried Beans Lettuce, Tomato & Cheese Fresh & Chilled Fruits	7 Lasagna Roll Ups Tossed Salad Garlic Bread Fresh & Chilled Fruits	8 Chicken Nugget & Roll Mashed Potatoes with Gravy Green Beans Fresh & Chilled Fruits
11 Meatballs on a Sub Baked Fries Tossed Salad Fresh & Chilled Fruits	12 Grilled Cheese Chili Soup Pickle Spear Fresh & Chilled Fruits	13 Cheezy Chicken Fajitas with Black Bean Corn Salsa Lettuce & Tomato Sour Cream Fresh & Chilled Fruits	14 Rotini with Meatballs Garlic Roll Side Salad Fresh & Chilled Fruits	15 Holiday Dinner Turkey with Mashed Potatoes & Gravy Dressing with a Roll Green Beans Dessert Fresh & Chilled Fruits
18 Good luck with final exams!	19 Good luck with final exams!	20 Good luck with final exams!	21 Have a wonderful winter break!	22 Winter Break
25 Winter Break	26 Winter Break	27 Winter Break	28 Winter Break	29 Happy New Year! See you on January 4 th !

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