



# THS E-NEWS

March 1, 2019

## ANNOUNCEMENTS

- Congrats to Ethan Hamilton- National Merit Finalist!
- EOC testing week will be April 8-12, more details to come...
- Career Help Needed! Parents, this spring we have opportunities for you to be involved in the career development of Talawanda students. The week of April 29th, juniors in Career and College Readiness (CCR) will be participating in mock job interviews. On the afternoon of Wednesday 5/8 freshmen students will be hearing from speakers about career fields in a classroom setting. If you are interested in helping with either of these opportunities, please contact Teresa Peter at [petert@talawanda.org](mailto:petert@talawanda.org).
- Want to know what's going on in the community? Look here:  
<https://bit.ly/2g31xqC>

## *Senior News*

- Seniors should have received a short survey via email regarding their high school diploma. Please fill out the form either by email, or there are hard copies in the main and guidance office. This information is needed for graduation.
- All fees must be paid in order to participate in graduation on May 23, 2019. You can pay your student's fees online via EZ-Pay: <http://www.spseipay.com/Talawanda>, by mail with check or money order, or pay cash, check, or money order in the main office from 7:00am-2:30pm .



# Swim News!

Last week the state swim & dive championships were held in Canton, OH.

The boys 200 Medley Relay team of John Anzano, Blake Madden, Ben Crowder, and Rhyan Meyers placed 23rd in the state. Mercy Patterson placed 24th in the state in her 100 Back and Samuel Hool placed 7th in the 1 Meter Diving event. Sam's efforts allowed the boys team to officially finish in a tie for 32nd place.

Not bad when you consider there are 131 swimming and diving teams in Division 1!

# THS CALENDAR OF Events

## March 3rd to March 9th

### **Sunday, March 3rd**

No events scheduled

### **Monday, March 4th**

2:45 – 6:30pm Spring Show Rehearsal, THS PAC  
5:30 – 7:30pm Spring Parent/Athlete Meeting, Cafeteria

### **Tuesday, March 5th**

12:45 – 1:45pm Presentation by author Wil Haygood, PAC  
2:45 – 6pm Spring Show Rehearsal, THS PAC  
2:45 – 4:15pm Luna Cares, Media Center

### **Wednesday, March 6th**

2 – 5:30pm Spring Show Rehearsal, THS PAC  
2 – 5:30pm Spring Show Rehearsal, Band room  
7 – 9pm Athletic boosters, Media Center  
7 – 8pm 7th & 8th Grade Band Concert, PAC

### **Thursday, March 7th**

11am – 12:30pm Army Recruiter, Cafeteria  
2:45 – 6pm Spring Show Rehearsal, Band Room  
4:30 – 7pm Literacy Program, Media Center  
6:30 – 8:30pm Athletic college recruiting meeting, PAC

### **Friday, March 8th**

Field trip- Steel band to Senior Center, 12-2:30  
Field trip- Key Club Convention, leave 4p Fri. back 2p Sun.

2:45 – 6:30pm Spring Show Rehearsal, THS PAC  
7 – 8pm 7th & 8th Grade Choir Concert, PAC

### **Saturday, March 9th**

Field trip- Key Club Convention, leave 4p Fri. back 2p Sun.

9am – 5pm Crew Day, THS PAC

1:00pm Varsity Lacrosse vs. Franklin (away)





*Educational Tours*

We're headed to

# ITALY

Cuisine & Culture in Northern Italy

JUNE 2020

#### MEETING INFORMATION

Don't miss the opportunity to help your child discover the world. Ready to learn more? Come to my mandatory parent meeting for all the details.

MEETING TIME & DATE: Thursday, March 7th at 7:00 PM

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MEETING LOCATION: Classroom 611

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GROUP LEADER: Ms. Gregory

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#### WILL YOU BE ATTENDING?

Please RSVP to let me know if you can make it, can't make it, or are interested but won't be able to attend. This way, I'll be sure to have enough materials and space for everyone.

RSVP: <https://rsvp.eftours.com/ffdaw2x>

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***"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?**

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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!**



## ***Talawanda's Health Coordinating Council***

***Purpose: To create a healthier community by addressing non-academic barriers to learning, building upon family and community strengths, and involving families and other community members in all phases of student success.***

This week, the Talawanda Health Coordinating Council would like to share information with families related to **"Vaping & Marijuana"**.

***The Partnership for Drug Free Kids*** has created an excellent resource to help families have these conversations. We hope this information is helpful to you.

It is also important to share that use or possession of any part of the vaping/e-cigarette device is a violation of the Talawanda Code of Conduct and could result in disciplinary consequences as well for students.

**Remember...caring adults can have a powerful positive influence over young people's choices around substance use!**

This week's topic:

### **Vaping & Marijuana**

<https://drugfree.org/parent-blog/know-kid-vaping-marijuana/>





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! The Facts on Youth Suicide



Suicide is now the second leading cause of death among youth and young adults ages 12-24, second only to accidental death; and for every suicide, there are 100-200 suicide attempts. This is a vital topic we must be discussing, and revisiting regularly, with our youth.

In the previous tip, [Know! Momo and her Deadly Challenge to our Youth](#), we talked with suicide prevention experts about an internet “game” with potentially harmful, even deadly consequences, and how it is targeting teens.

In this tip we continue the conversation with Shawna Hite-Jones and Austin Lucas of the Ohio Suicide Prevention Foundation to learn more.

***Q. Teen suicide rates have been steadily increasing since 2007. Why the rise and how much of a role does social media play?***

A. That is the million dollar question. The unfortunate reality is that we don't have one direct reason we can point to for the increased rates of youth suicide. There is research out there looking at the link between social media and suicide, and bullying and suicide. We do know that youth who spend more time on social media report higher levels of depression. But even at that level, it is just a link. Same with bullying and suicide. Youth do have a lot more pressures today. There are concerns regarding the expectations for youth succeed in terms of grade-point averages even above the 4.0. There are concerns as far as expectations for youth to be in a million different activities. Is all that contributing to it as well, because they are not learning how to manage all the stress that is present in their lives? There is also some theorizing going on as to whether or not there is increased acceptance of suicide in our youth that wasn't there before. Are they seeing it as a more acceptable action than they used to?

***Q. Are some children at greater risk for suicide than others?***

A. Yes. There are many factors that put a child at greater risk. We look at the experience of childhood abuse; we look at not having a positive role model in one's life, not having parents present in one's life; and we look especially



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at undiagnosed and untreated mental health conditions like depression. We reference the statistic that 90% of individuals who die by suicide have some type of mental health condition at the time of death. Sometimes it has been diagnosed, but many times it hasn't.

According to the Suicide Prevention Resource Center, other major risk factors include:

- Prior suicide attempt(s)
- Substance abuse
- Mood disorders
- Access to lethal means

Keep in mind, risk factors are not warning signs. Hite-Jones points out that a youth can have a number of risk factors and not experience depression or suicidal thoughts. She also point out that most people who do have a mental health condition, when actively managed, go on to engage in and enjoy life.

As for major protective factors, the Suicide Prevention Resource Center shares the following:

- Effective mental health care
- Connectedness to individuals, family, community, and social institutions
- Problem-solving skills
- Contacts with caregivers

The experts at the Ohio Suicide Prevention Foundation say while teens are known for being moody, we (as parents, teachers and other important people in the lives of youth) must learn the warning signs of suicide so that we are aware when it may be something more.

The major warning signs for suicide include:

- Threatening to hurt or kill oneself
- Seeking a means to kill oneself
- Hopelessness
- Increasing alcohol or drug use
- Dramatic mood changes

These warning signs indicate that someone may be at immediate risk for suicide and you should seek help without delay.

[Click here for additional warning signs that may not be so obvious](#), along with a comprehensive list of risk factors.

Contrary to popular belief, talking with your child about suicide will not "put the idea of killing suicide into their head." Lucas says research proves the opposite and that bringing it up and asking directly, "Are you thinking about taking your life," can actually relieve the child's anxiety and for them, it feels good to know someone cares enough to ask the question. He says it opens up the conversation for intervention and gives the opportunity for referral to mental health resources.

If you feel your child is considering self-harm or experiencing suicidal thoughts, please connect with the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), contact the Crisis Text Line by [texting 4HOPE](#) to 741741, or go to <https://suicidepreventionlifeline.org/> for information or to chat online with a professional. The Lifeline provides 24/7, free and





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confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Source: [Ohio Suicide Prevention Foundation](#). [Centers for Disease Control and Prevention: Suicide rates rising across the U.S., 2018](#). [Suicide Prevention Resource Center](#), & Rodgers, P. (2011). [Understanding risk and protective factors for suicide: A primer for preventing suicide](#). Newton, MA: Education Development Center, Inc. [American Foundation for Suicide Prevention: Risk Factors and Warning Signs](#).

# March 2019

## TALAWANDA HIGHSCHOOL

ezPay

Meal Fees

Remember...  
Click Here

Steak Station!

Create Your Sizzling  
Sandwich. Choose from

a Variety of Toppings;  
Including Cheese & Veggies

Ice Cold Milk

offered Daily:

1% White 12

FF Chocolate 23

FF Strawberry 22

Monday

[Click Here](#)

APPLY FOR 2018-2019

FREE LUNCH

APPROVAL IF YOU

HAVEN'T DONE IT YET!

Tuesday

See Our Daily

Express

Menu Here

THS Menu

Express

Wednesday

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!

Thursday

Fresh, Healthy and  
Good for You! Veggies!



Carrots, Red  
peppers  
Cucumbers, Broccoli  
Garnazo  
beans, Celery

Friday

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

4 BBQ Pulled Chicken  
Wrap  
or Buffalo Chicken  
Wrap  
Shredded Lettuce  
& Diced Tomatoes  
French Fries  
Fruit & Veggie Bar



5 Salisbury Steak  
Mashed Potatoes  
with gravy  
Whole Grain Dinner  
Roll  
Sweet Corn  
Fruit & Veggie Bar

6 Sausage Pattie  
Hashbrowns  
Waffle Bar  
with Blueberry  
topping  
or Strawberry  
Topping  
Fruit & Veggie Bar



7 Italian Lasagna  
Romaine Salad  
Garlic Toast  
Fruit & Veggie Bar



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

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

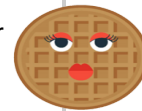


12 Shredded Pot Roast  
Mashed Potatoes  
Whole Grain Dinner  
Roll  
Mixed Veggies  
Fruit & Veggie Bar

13 BBQ Pulled Pork  
Sandwich on a Whole  
Grain Bun  
French Fries  
Coleslaw  
Fruit & Veggie Bar



14 Chili Mac  
Tossed Salad  
Garlic Toast  
Fruit & Veggie Bar



15 Crispy Popcorn  
Chicken  
Mashed Potatoes  
Whole Grain Dinner  
Roll  
Sweet Corn  
Fruit & Veggie Bar



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

19 Chicken fajita Wrap  
with black beans,  
corn, lettuce, tomato,  
sour cream, and  
cheese  
Fruit & Veggie Bar



20 Corn Puppies  
Baked Beans  
French Fries  
Fruit & Veggie Bar

21 Rotini Bake with Meat  
Sauce & Cheese  
Romaine Salad  
Garlic roll  
Fruit & Veggie Bar



22 Chicken Parmesan  
on WG Bun  
French Fries  
Fruit & Veggie Bar

Please find carbohydrate counts on our school web site interactive menu

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

26 2 Soft Tacos with  
taco meat, lettuce,  
tomatoes and cheese  
Sour Cream  
Sweet Corn  
Fruit & Veggie Bar



27 Chicago Style Hot  
Dog  
French Fries  
Fruit & Veggie Bar

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



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

This Institution is an equal opportunity provider.

