



THS E-NEWS

March 15, 2019

ANNOUNCEMENTS

- Parents of student who were nominated for the Hope Squad are reminded of the meeting on Wednesday 3/20 in the cafeteria.
- Grade cards will be sent home Tuesday the 19th and don't forget honor roll breakfast on the 29th
- The Oxford Parks and Recreation department would like your thoughts about the possibility of designing a Teen Center within the TRI Community Center. Students who are in grades 6th-12th would be welcome to use the teen center. Our vision for the Teen Center would include game systems, arcade style games, "plug n play" systems, flat screen TVs, a study area and a sound system for music. We are looking forward to designing a safe place for teens in the community to have fun, be active, and hang out with friends. Please take the time to answer these questions honestly. Your input is important and appreciated!
- Athletics Boosters will be hosting a Golf Scramble on May 5th. See attached flier for more info.
- THS Prom will be May 4, 2019 at the Shriver Center on Miami's campus. Tickets will go on sale the week of April 15. Each Junior or Senior may purchase 2 tickets. Guests who are not THS students need to be registered with the main office-- contact Mrs. Stivers for details.
- EOC testing week will be April 8-12, more details to come...
- Want to know what's going on in the community? Look here:
<https://bit.ly/2g31xqC>

Senior News

- **Buy a senior ad in the 2018-19 Yearbook!**
The prices range from \$19.95 for an 1/8 page ad all the way up to \$139.95 for a full page. You can even share the space and split the cost with multiple graduating seniors. Contact yearbook@talawanda.org for more information. **The deadline to place your order is Friday, May 10th.**
- **THE LAST DAY TO ORDER A YEARBOOK IS MAY 25TH! GET YOURS TODAY AT: www.jostens.com**
- Seniors should have received a short survey via email regarding their high school diploma. Please fill out the form, 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.spsezpay.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.



THS CALENDAR OF Events

March 17th to March 23rd

Check www.talawandaathletics.org for athletic events.

Sunday, March 17th

4 – 5pm 4H, Cafeteria

Monday, March 18th

Field trip- Career/College Jrs to 5151 Morning Sun Rd., 7:30-10:30a

Field trip- Career/College Jrs to W. Park Pl./LCNB., 7:30-10:30a

2:45 – 6:30pm Spring Show Rehearsal, THS PAC

Tuesday, March 19th

Report Cards Sent Home

Field trip- Setting Stone to NYC

Field trip- Career/College Jrs to LCNB/W. Park Place, 7:30-10:30a

11am – 12:30pm Jostens, Grad Announcement orders delivered during lunch

11am – 12:30pm	Navy recruiter, Cafeteria
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2:30 – 3:20pm FFA Online testing, Media Center

2:45 – 6pm Spring Show Rehearsal, PAC

Wednesday, March 20th

Field trip- Setting Stone to NYC

1:45 – 2:35pm Student athlete meeting, Media Center

2 – 5:30pm Spring Show Rehearsal. PAC

6:45 – 8pm Hope Squad Parent Meeting, Peter, Cafeteria

Thursday, March 21st

Field trip- Setting Stone to NYC

2:45 – 6pm Spring Show Rehearsal, PAC

4:30 – 7pm Literacy Program, Media Center

Friday, March 22nd

Field trip- Setting Stone to NYC

2:45 – 6:30pm Spring Show Marathon Weekend, THS PAC

Saturday, March 23rd

8:30am – 8:30pm Spring Show Marathon Weekend, THS PAC

SPREAD THE WORD TO END THE WORD

**Join Best Buddies on Tuesday, March 19 to
celebrate “Spread the Word to End the Word”
and World Down Syndrome Day!**



www.worlddownsyndromeday.org/lots-of-socks

- **We will have posters to sign during tutorial for students to take the pledge to stop using the “R” word.**
- **Wear crazy, mismatched socks to school to celebrate World Down Syndrome Day!**

Help Best Buddies spread inclusion at THS!

TALAWANDA ATHLETIC BOOSTERS
6th Annual Golf Outing



Sunday, May 5, 2019 - Shotgun start at 1:00 pm
Indian Ridge Golf Club
2600 Oxford-Millville Rd. Oxford, OH 45056

ONLINE Registration – talawandaboosters.org

Entries must be received by April 25th, 2019

Cost: **\$75** per golfer. Includes 18 holes of golf, golf cart, range balls, lunch and dinner, and 2 drink tickets

Prizes presented for 1st and 2nd place teams, contests (closest to the pin, longest drive and longest putt). Mulligans, putting strings, skins, and split the pot will also be available.

Team Name: _____

Golfer Name: _____ Cell: _____

Golfer Name: _____ Cell: _____

Golfer Name: _____ Cell: _____

Golfer Name: _____ Cell: _____

Please check one of the following below:

____ I would like to participate in the Golf Scramble (\$75/Person) or (\$300/Team) - circle one

____ I would like to be a Golf Hole Sponsor for \$100.

Total amount of money sent in _____

***If you would like to sponsor a golf hole, the cost is \$100. Your business or family name will be displayed on one tee box on the course.**

Name you would like on sponsor sign: _____

Please mail your completed entry form/sponsor hole request and full payment to:
Talawanda High School, 5301 University Park Blvd. Oxford, OH 45056

Checks payable to: Talawanda Athletic Boosters

Any questions please contact:
Wes Cole – colew@talawanda.org

**BE SOMEONE'S
HERO. DONATE
BLOOD.**

April 1st - April 26th

Get your limited-edition
"HERO" tumbler style travel
mug when you register to give
blood with Community Blood
Center April 1 - April 26th!



**Talawanda
High School
Blood Drive**



Community
Blood Center

GivingBlood.org

1-800-388-GIVE

**Friday,
April 12th
8:00am–12:00pm**

**Schedule your
appointment with
Mrs. Gregory by
April 5**

***ALL students need
signed permission
form,**

**16 yr olds need
TWO forms**

**All donors need
photo ID**

Animal Shelter Donation Collection



*We are lending 2 extra paws to the animals in need to
make their life as special as they make ours!*

We are taking donations from March 15th to
March 29th

Leave donations in the boxes in the
main office.

You won't be helping us; you'll be helping
them!

TSP APPROVED
for distribution



Item Ideas to Donate:

- Towels- New or used
- Canned puppy/kitten food
- Canned Dog/Cat food
- Cat toys
- Cat and dog treats
- Kuranda dog beds-www.kuranda.com
- Gas Gift-Cards- Pet Mobile
- Paper Towels
- Rubbing Alcohol-70%
- Hydrogen Peroxide
- Puppy Pads
- Distilled water
- Fabuloso (cleaner)
- Down Dish Soap
- Clorox Bleach
- Looped-end Map Heads
- Clorox Disinfecting Wipes
- Arm and Hammer cat litter deodorizer
or Baking Soda
- Powder Laundry Detergent
- Liquid Laundry Detergent
- Paper Towels
- Dryer Sheets
- Fabric Softener
- Deck Scrub brushes
- 33 gallon or larger Trash Bags
- 75 and 100-foot commercial garden
hoses
- Magic Erasers
- Pet-Friendly Salt (for snow and ice)

Setting Stone



The Winter Setting Stone Coffee House was held on Friday, February 22nd. This is Setting Stone's primary fundraiser. Setting Stone uses money raised at the event to finance the printing of its literary-art magazine, as well as maintaining its website, settingstone.org.

Setting Stone holds three Coffee Houses a year, and the final Coffee House this school year will be held on Friday, May 3rd.

The Oxford NAACP Education Committee is seeking nominations for the 2019 Diversity Educator of the Year.

The award will be presented to the recipient at the NAACP Freedom Fund Banquet on Sunday, April 7, 2019 at the MU Shriver Center. The honoree will receive a \$200 award to spend on educational materials which promote diversity awareness and are to be shared with all staff in the district. The criteria for the Diversity Educator of the Year is for any employee of the Talawanda School District or McGuffey Montessori School who:

- Promotes equality and fairness,
- Demonstrates appreciation for diversity,
- Exemplifies acceptance of all people, and
- Challenges others to broaden their perspectives.

Previous recipients have been:

2007	Amy Young
2008	Darlene Mahaney
2009	Ruth Pettitt
2010	Joe O'Flynn (also recognized Kelly Spivey, diversity administrator)
2011	Mel Edwards (also recognized Vicki Brunn, diversity administrator)
2012	Lois Meade
2013	Linda Bucher (also recognized Jason Merz, diversity administrator)
2014	Alison Bridge (Honorable Mention Kari Croucher and Teri Morris)
2015	Jamillah Hamidullah (also recognized Amy Macechko, diversity administrator and honorable mention to Suzie Katto and Stephanie Aerni)
2016	Kari King (also recognized Ashley Sammons, Jeannie Lefevers-Cummins & Nate Silberstein)
2017	Elise McWilliams
2018	Stephanie Pearson and Ryan Steffan

Letters of nomination, with a description of activities by the nominee, should be sent to Ann Wengler at AKWengl@aol.com or to 610 David Drive, Oxford, Ohio 45056. Nominations must be received by Friday, March 29, 2019.



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! Sleep is Fuel for Life



March 10th-16th is Sleep Awareness Week: How well is your child sleeping?

Sleep is food for the brain particularly for adolescents in the critical stages of physical, emotional, and intellectual development. Less than 15% of teens get the sleep their bodies and minds need to fuel that growth, and that's a big problem. Sleep deprivation poses a serious threat to our children's health, safety, and academic success.

For children 10 to 12 years old, the National Sleep Foundation recommends 9-12 hours of sleep each night; for 14 to 18-year-olds they need to be getting somewhere between 8-10 hours nightly.

To figure out what time they should be getting to sleep, you can work backwards from what time they need to go to bed. If your 11-year-old needs to be awake by 6 a.m., they should go to bed between 6 and 9 p.m.

When children are pre-teens, hitting that target is less of an issue. However, it can be quite challenging for a teen who gets up at 6 a.m. for school to get to bed by 9 p.m. It's tricky because not only do many teens' activities and homework prevent them from heading to bed that early, but so do their internal clocks.

Michael Breus, Ph. D., also known as The Sleep Doctor, says, "During adolescence, teens experience a biological shift to a later sleep-wake cycle. For teens, melatonin release occurs later in the evening—usually around 11 p.m.—and drops later in the morning." Melatonin is a hormone released in the brain that lets your body know when it is time to sleep and wake—which explains why adolescents fight to stay up later, but then have to be dragged out of bed for school in the early morning.

Even with the unique sleep-wake cycle teens experience, we must find a way to help them get the sleep they desperately need. Dr. Breus says youth who are short on sleep are at risk for a long list of intellectual, social, emotional, and behavioral problems.

The Sleep Doctor links insufficient sleep in teens to:



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Cognitive issues

- Trouble with memory
- Diminished focus and attention
- Difficulty learning
- Poor judgment and decision making
- Reduced ability to problem solve

Behavioral and social issues

- Greater tendency to engage in risky behaviors, including smoking, drinking, and drug use
- Hyperactivity
- Aggressiveness, more prone to violence
- Social withdrawal
- Difficulty getting along with others

Emotional issues

- Irritability and impaired moods
- More negative attitude and outlook
- Trouble controlling emotions
- Greater risks for depression, anxiety, and suicidal thoughts

Academic and performance issues

- Lower grades
- Poor academic performance
- More frequent absence and tardiness

Working to avoid these negative outcomes is important. Dr. Breus says it is key to engage your child in creating a sleep plan you both can live with. He also says it is essential to talk with your child about the importance of sleep and to help them understand that the things they want to accomplish in their lives are fueled by sleep. Let's take a look at what we can do to help them get the quantity and quality of sleep they need.

Here are the National Sleep Foundation's Top Ten:

1. Stick to a sleep schedule of the same bedtime and wake up time, even on the weekends (try to keep it within an hour of the usual wake time).
2. Practice a relaxing bedtime ritual, like reading or listening to quiet music.
3. If you have trouble sleeping, avoid naps, especially in the afternoon.
4. Exercise daily, but not too close to bedtime.
5. Evaluate your room. It should be cool, dark, and quiet.
6. Sleep on a comfortable mattress and pillow(s)—with clean sheets.
7. Avoid bright light in the evening and exposure yourself to sunlight first thing in the morning.
8. Avoid caffeine in the evening and large meals before bedtime.
9. Help your body shift into sleep mode. Spend the hour before bedtime winding down. Steer clear of electronic devices that stimulate the brain.
10. If you can't sleep, go into another room and do something relaxing until you feel tired.

When it comes to those pesky electronic devices, it is best to charge them in your room away from the bed at night to eliminate your child's temptation to reach out or respond to late night messages.

Getting proper sleep is vital, and healthy sleep habits can make all the difference in your teen's quality of life. If your child is experiencing trouble getting the quantity or quality of sleep they need, do not hesitate to contact



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your physician or specialist for help.

Sources: [Michael Breus, PhD, The Sleep Doctor: Teens Need More Sleep Than You Think. Mar.30, 2017.](#) [Michael Breus, PhD, The Sleep Doctor. Psychology Today: What Modern Science Says About Teen Sleep - Teenage sleep is a unique time in the sleep lifecycle. Jan 17, 2019.](#) [National Sleep Foundation: Healthy Sleep Tips.](#)

Edible Marijuana Dangers: How Parents Can Prevent Pot Poisoning

With marijuana (/English/ages-stages/teen/substance-abuse/Pages/Marijuana-Cannabis.aspx) now legal for medical or recreational use in more than half of U.S. states (<http://www.governing.com/gov-data/state-marijuana-laws-map-medical-recreational.html>), the availability of pastries, candy and other tempting treats infused with tetrahydrocannabinol (THC), the psychoactive ingredient in marijuana, is on the rise—and so is the accidental poisoning risk these products pose to children who get ahold of them.



Marijuana can be dangerous in all forms, both in the short term and the long term for children and adolescents. That is why the American Academy of Pediatrics released a clinical report on *Counseling Parents and Teens About Marijuana Use in the Era of Legalization* (<http://dx.doi.org/10.1542/peds.2016-4069>).

It's critical for parents to understand the way these edible pot products are packaged, the amount of drug they contain, how the drug is absorbed in the body, and how available they are to children and teens.

What are Marijuana Edibles?

Sold as "discreet" alternatives to smoking marijuana cigarettes, edible marijuana products often look just like regular sweets. Some popular products include:

- Baked goods, snack foods and desserts—including cookies, brownies, cupcakes, caramel corn and ice cream
- Chocolate bars, gummy candies, lollipops, fudge and other candies
- Sweetened beverages like sodas and lemonade

Effects of Edible Marijuana on Children & Teens

Despite their ordinary appearance, a single pot cookie or candy bar can contain several times the recommended adult dose of THC. Anyone who eats one of these edibles—especially a child—can experience overdose effects such as intoxication, altered perception, anxiety, panic, paranoia, dizziness, weakness, slurred speech, poor coordination, apnea, and heart problems.

For teens, regular marijuana use can impair memory and concentration, may interfere with learning, and is linked to lower odds of completing high school or obtaining a college degree. Regular use is also linked to psychological problems, poorer lung health, and a

higher likelihood of drug dependence in adulthood. One-time use can alter motor control, coordination and judgment, which may contribute to unintentional deaths and injuries.

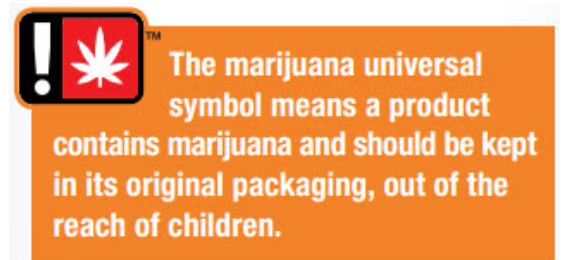
Delayed effects of edible marijuana linked to overdosing:

Edible marijuana products take longer than smoked marijuana to have an effect—usually 30-60 minutes after being eaten and absorbed by the digestive system; with the peak effect 3-4 hours after being eaten. Someone experimenting with marijuana edibles might not feel the effects as quickly as expected and eat large amounts in an attempt to "get high." This leads to overdosing.

In 2014, a 19-year-old college student on spring break died after eating a cookie purchased from a recreational pot shop in Colorado, where marijuana is legal. Friends told police he ate the whole cookie, which contained six "servings" of marijuana (10 mg THC) before he began acting oddly and jumped to his death from the balcony of the hotel.

Are Packaging Rules Enough?

After a reported rise (<https://www.ncbi.nlm.nih.gov/pubmed/24507243>) in the number of kids accidentally consuming marijuana in states where it is now legal, Colorado, Washington, Oregon and Alaska passed laws aimed at preventing pot poisoning. The regulations require products that contain marijuana have clear labeling with standardized serving sizes, for example, and child-proof packaging. But is that enough?



Marijuana candies, for example, are often made to look very similar to popular brand name candy and food products. For example, the package may resemble a Kit Kat® wrapper, but the title is slightly altered to "Keef Kat." Having these products in the home increases the risk of kids accidentally being exposed to marijuana.

In addition, even one standardized serving can have severe effects, especially on children.

A study (<http://jamanetwork.com/journals/jamapediatrics/fullarticle/2534480>) published in *JAMA Pediatrics* examined unintentional exposures to marijuana in Colorado, where marijuana was legalized for medical use in 2000 and for recreational use in 2012. The study found packaging regulations like these aren't enough to keep kids safe. Accidental pot poisoning cases in children under age 9 continued to rise after Colorado legalized marijuana use—even with packaging regulations. Edible marijuana products were involved in more than half the cases.

How to Keep Marijuana Edibles out of the Hands of Kids

- **Storage:** If there are marijuana edibles in your home, store them as you would medications (</English/safety-prevention/at-home/medication-safety/Pages/Medication-Safety-Tips.aspx>) and other potentially toxic products (</English/news/Pages/Tips-for-Poison-Prevention-and-Treatment.aspx>). Make sure

the products are in out-of-reach or locked locations, in child-resistant packaging or containers. Clearly label marijuana edibles, and store them in their original packaging.

- **Use and supervision:** Never consume marijuana edibles in front of children, either for medical or recreational purposes. Not only can seeing the products create temptation, but using them may impair your ability to provide a safe environment. Always put the marijuana edibles back into the child-resistant packaging and an out-of-reach location immediately after using them.
- **Talk to family members, friends and caregivers:** In the Colorado study (<http://jamanetwork.com/journals/jamapediatrics/fullarticle/2534480>) (referenced above), sources of the accidental marijuana exposure were most often a parent, but grandparents, other family members, neighbors, friends, and babysitters were also sources. Ask anyone whose home your children spend time in if they use marijuana edibles. If a relative, friend or caregiver does, make sure he or she stores them safely and does not use them in front of your children or while watching them.
- **Know what to do in an emergency:** If your child eats marijuana by accident, call the free poison control hotline—1-800-222-1222—as soon as possible for fast help. If symptoms seem severe, call 911 or go to an emergency room right away.

How to Talk to Older Children & Teens About Marijuana Edibles

Federal statistics (<http://www.monitoringthefuture.org/>) show that as more states legalize marijuana, fewer young people view it as harmful. But this perception doesn't line up with proven risks, especially from pot consumed in food.

- Talk to your kids about the potential harm of marijuana to their developing minds and bodies and stress the particular risks of marijuana edibles. The car can be an important place to have discussions or give them reminders before dropping off at parties, dances, sleepovers, etc. Treat these talks the same way you'd discuss other recreational substances that are legal yet potentially harmful to kids such as alcohol ([/English/ages-stages/teen/substance-abuse/Pages/Why-to-Have-the-Alcohol-Talk-Early.aspx](#)), tobacco ([/English/ages-stages/teen/substance-abuse/Pages/Teens-and-Smoking.aspx](#)) and e-cigarettes ([/English/ages-stages/teen/substance-abuse/Pages/E-cigarettes.aspx](#)).
- Remind them to never drive under the influence of marijuana, or ride in a car with a driver who is under the influence of marijuana. Adults and teens regularly get into serious and even fatal car accidents while under the influence of marijuana.
- Ask other parents and school officials in your community if they are aware of the dangers marijuana edibles pose to kids.
- Talk with your pediatrician for additional information and guidance.

Additional Information & Resources:

- Marijuana: What Parents Need to Know (/English/ages-stages/teen/substance-abuse/Pages/Marijuana-Cannabis.aspx)
- Legalizing Marijuana Not Good for Kids: AAP Policy Explained (/English/ages-stages/teen/substance-abuse/Pages/legalizing-marijuana.aspx)
- Counseling Parents and Teens About Marijuana Use in the Era of Legalization of Marijuana (<http://dx.doi.org/10.1542/peds.2016-4069>) (AAP Clinical Report)
- The Impact of Marijuana Policies on Youth: Clinical, Research, and Legal Update (<http://pediatrics.aappublications.org/cgi/doi/10.1542/peds.2014-4146>) (AAP Policy Statement)
- The Impact of Marijuana Policies on Youth: Clinical, Research, and Legal Update (<http://pediatrics.aappublications.org/cgi/doi/10.1542/peds.2014-4147>) (AAP Technical Report)

Last Updated 2/27/2017

Source Committee on Substance Use and Prevention (Copyright © 2017 American Academy of Pediatrics)

The information contained on this Web site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.



Contact Us

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Travel in China

July 16– July 31, 2019

Beijing · Dalian

11 days in Dalian-Chinese language and cultural instruction at Liaoning Normal University.

4 days in Beijing-visit some of China's most famous sites.



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2019 Chinese Bridge Summer Camp for American High School Students

The “Chinese Bridge Summer Camp” is sponsored by Hanban, the Confucius Institute Headquarter in China, in cooperation with various Confucius Institute in the U.S. for American high school students to experience Chinese language and culture in China for 2 weeks during summer.

This program aims to promote exchange between the youth of China and the United States. Since being launched in 2007, more than 8000 American high school students have been invited to participate in this summer camp in China. Confucius Institute at Miami University (CIMU) would like to invite the students from our local Chinese learning program to join 2019 Chinese Bridge Summer Camp program.

Program information

Dates

July 16 - July 31, 2019

Locations

Dalian (11 days) and Beijing (4 days)

All students will travel together. Travel schedule will be announced later.

Activities

During the program, students will

- 1) Study Chinese language and culture (paper-cutting, calligraphy, brush painting, tea ceremony, martial arts, etc.)
- 2) Participate in various sports and cultural activities (friendly basketball matches, international student get-togethers, host family experiences, etc.)
- 3) Visit points of interest of China’s long history and sites of natural beauty.

Application

Students currently enrolled in credited public/private high schools who meet the following qualities:

- 1) American citizen has great interests in Chinese language and culture.
- 2) Must be 15 and older; grades from 9 to 12 (entering 9th grade and graduating seniors).
- 3) Study Chinese more than 3 months or 40 hours.
- 4) All students must register HSK test (Chinese Proficiency Test) before booking flights and complete the HSK test before May 11, 2019. HSK test scores will determine Chinese language class placement level, but will not affect camp eligibility (*upon test completion, results valid for two years).
- 5) Healthy enough for international travel.

We are only permitted to send 20 students from our Confucius Institute, so student applications will be screened and a finalized group will be determined by qualification and program fit.

Program cost

Program Coverage

- 1) Confucius Institute Headquarters will assume all the costs for accommodations, local transportation, and all group activities and sightseeing for students during their stay in China.
- 2) Housing: Students will stay in college dorms in our partner school Liaoning Normal University.

Student Costs

- 1) International airfare – the average airfare cost in the previous years was around \$2,200.
- 2) Program Fee – \$200 program fee pay to Confucius Institute at Miami University.

- 3) GeoBlue International Health Insurance Fee required by the study abroad workshop policy at Miami University.
- 4) Passport (a valid passport expires 6 months after return to America from China) – about \$135.
- 5) Visa – about \$140.
- 6) HSK test fee - Level 1 is \$20 and there is a \$10 increase for each level up to level 6.

Application and selection procedure

Qualified applicants need to submit their application via an online website (the link will be provided soon). Each applicant needs to email a personal application letter and a recommendation letter from his/her Chinese teacher as attachments to CIMU. If one Chinese teacher has several applicants, they can present one recommendation letter together.

Orientation

a. Program Information Session

Two program information sessions will be provided to help students, parents, and teachers to learn more about the summer camp. During the sessions, basic information about the camp will be introduced and photos and videos made by the previous campers will be displayed. A Q&A session will be followed.

The information sessions will be held at Sycamore High School:

Information session:

Session 1: Thursday, March 7, 2019, 6:30-7:30 pm

Session 2: Tuesday, March 12, 2019, 6:30-7:30 pm

Location: Room 247 Sycamore High School (7400 Cornell Road, Montgomery, OH 45242)

b. Pre-travel orientation

This pre-travel orientation is for all students and parents/guardians who applied for the camp. This is the only orientation before participants' departure for Beijing. All detailed information about the camp will be provided at this orientation. Chinese visas and international air tickets will be ready by this date.

Time: TBD

Location: TBD

Contact

Name: Lan Li

Phone: 513-529-8665

Fax: 513-529-8666

E-mail: lil59@miamioh.edu

Address: Confucius Institute at Miami University, 017 MacMillan Hall, 531 E Spring St. Oxford, OH, 45056

2018 Chinese Bridge Summer Camp Chaperon Recruiting

APPLICATION

CHAPERON

Chaperons are required to meet the following qualities:

- 1) Respect and understand Chinese culture.
- 2) Good at communication and adaptable to new environments.
- 3) With K-12 teaching experiences.
- 4) Highly experience in student management.
- 5) Healthy enough for international travel.

Chaperons also need to perform the following duties:

- 1) Assist Confucius Institute in pre-departure training for students.
- 2) Participate in all summer camp activities with students and comply with requirements.
- 3) Take the primary responsibilities for the safety of students during summer camp.
- 4) Help students adapt the environment and provide guidance for them.
- 5) Accompany students in emergency situation and provide help to contact their families.
- 6) Collect students' feedbacks and hand in reports to Confucius Institute.

Chaperone applicants will be screened and one will be selected based on qualifications, the applicant who recruits more students will be selected when there are more than one qualified applicants.

APPLICATION AND SELECTION PROCEDURE

CHAPERON

Group teachers should also submit their resumes to CIMU. CIMU will conduct selections in accordance with the application materials and will inform all applicants with the final selection results in the middle of April.

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.

