



TMS E-News - 1/19/18

*In the afternoon, please use the parking spots to wait for your student.
DO NOT park along the curb as this blocks the flow of traffic.
PLEASE DO NOT use the entrance as an exit!*

Jan. 29-Feb. 1 - 8th Grade Butler Tech Visits

Jan. 30 - First week of Camp Glen Helen

Feb. 6-9 - Second week of Camp Glen Helen

College Credit Plus (CCP) can help students in grades 7-12 earn college and high school credits at the same time by taking college courses from community colleges or universities. The purpose of this program is to promote rigorous academic pursuits and to provide a wide variety of options to college-ready students. Taking a college course from a public college or university College Credit Plus is free. That means no cost for tuition, books or fees. If students choose to attend a private college or university, you may have limited costs.

The THS School Counseling staff will be offering an informational CCP meeting on February 13 at 5:00 pm in the PAC. This meeting will provide an overview of the program, how to apply and the deadlines. Representatives from local universities will be in attendance to provide college specific information.

See listed below:

- Cold and Flu Season
- Camp Glen Helen Scholarship Winner

January 25, 2018

Cold and flu season is upon us. According to the CDC we are in the peak of the flu season and still have about 8 weeks to go! Below we have listed a few of our school exclusion guidelines as well as some preventative tips. Please adhere to these guidelines and make note of the suggested habits. Let's work together to keep our school community and our homes as healthy as possible.

1. **Fever**- 100 degrees Fahrenheit or higher, the student will be sent home and should remain home 24 hours fever free without fever reducing medications.
2. **Diarrhea**- occurrence of more than one episode at school and/or with additional symptoms. The student can return to school after 24 hours symptom free.
3. **Vomiting**-occurrence of more than one episode of vomiting and associated with other symptoms. May return to school after 24 hours symptom free. Every attempt will be made to distinguish between regurgitating food and vomiting due to illness.
4. **Runny Nose**- Students who cannot control their secretions and /or have green/yellowish-brown secretions need to remain home until symptoms improve.
5. **Coughing**- Excessive coughing contributing to the inability of the student to participate in class work or is disruptive to other students.
6. If symptoms worsen or persist, see your healthcare provider to be evaluated. The flu can be serious for children.

Helpful tips for Staying Healthy:

1. Frequent hand washing is the **BEST** way to prevent and combat the spread of Germs. Wash hands with soap and water.
2. Avoid touching eyes, nose, and mouth.
3. If your child has any signs and symptoms of illness, please keep them home.
4. Cover coughs and sneezes with a disposable tissue or use elbow or arm if no tissue is available.
5. Do not share drinks, foods, or unwashed utensils.
6. Get plenty of rest, eat healthy foods, and drink lots of water and healthy drinks.
7. Avoid people that are sick and stay home when you are sick.
8. Disinfect surfaces that are prone to germs (ex. Phones, keyboards, door knobs, toothbrushes).

NOTE: It is not too late to get the flu vaccine!

Please inform the school of any contagious illness. If you have any questions or concerns, please do not hesitate to contact us.

Stephanie Johnson RN, BSN, LSN

Terri Horvath RN, TMS Clinic phone# 513-273-3314

Camp Glen Helen Scholarship Winner Announced

The TMS National Junior Honor Society is excited to announce that Gabrielle Hollon is the recipient of their first annual Camp Glen Helen scholarship. Gabrielle's winning essay was selected by the NJHS scholarship committee, and her trip to camp will be paid in full by NJHS.

This scholarship is made possible by the funds raised in September 2017 at the 6th Grade Welcome Dance. NJHS is happy to give back in this small way to our school community and hope that Gabrielle has an excellent time at Camp Glen Helen!



Pictured left to right are: NJHS scholarship committee members Abigail Fessel, Sara Howard, Ronni Fisher, and scholarship winner Gabrielle Hollon.

"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

**TSD APPROVED
for distribution**

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

**TSD APPROVED
for distribution**

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



An opportunity for parents of school-aged children who would you 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 and improving self-concept and emotional health.

**Talawanda sessions begin on Tuesday,
March 6th and run for 10-weeks. FREE
dinner and childcare are available.**

Call 513.273.3390 to register!



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

Prevention Action Alliance
6171 Huntley Road, Suite G
Columbus, Ohio 43229
PH: (614) 540-9965
FX: (614) 540-9990

Keep company with people who choose to laugh more than they complain and focus on the positives in life.

4. **Give of Yourself:** Seek out volunteer opportunities at churches and/or organizations that interest you, or simply take advantage of the endless opportunities to help family, friends, and neighbors. It is uplifting to help others.

5. **Learn How to Deal with Stress:** Stress is a normal part of life and the sooner one learns how to cope with it in a positive way, the better. Different things work for different people, but in general some common stress reducers include physical exercise, deep breathing exercises, visualization, journaling, playing with a pet, or taking a good old-fashioned walk outside.

6. **Quiet Your Mind:** Meditation, prayer, and mindfulness are known to help people feel calm and relaxed, and can improve one's outlook on life.

7. **Set Realistic Goals:** Decide what you want to achieve in school, work, or personal life and write it down. Then, plan out the steps needed to make those goals a reality. Aim high, but be realistic and don't overschedule yourself.

8. **Break Up the Monotony:** Routines are good, but a change of pace now and then is even better. Take a walk in a different park, shoot some hoops instead of doing your daily run, come up with a different spot to hang with friends, try a new food or restaurant, etc.

9. **Avoid Alcohol and Other Drugs:** For youth, this is a given. Alcohol is illegal for those under 21 and a danger in many ways. For some adults, alcohol in moderation is okay. While some people turn to alcohol and other drugs to self-medicate, the opposite is likely to occur as self-medicating will only make the situation worse.

10. **Get Help When Needed:** Seeking help is a sign of strength – not weakness. People who get appropriate care can and do recover from mental illness and addiction and lead happy, healthy, productive, and rewarding lives.

It's a new year—a clean slate, a chance for new beginnings, and a time to push away the negatives, focus your energy on the positives, improve your mental and emotional health, and find balance in life.

Sources: U.S. Department of Health & Human Services - MentalHealth.gov; What is Mental Health? Aug. 29, 2017. The University of Michigan - Student Life University Health Service; adapted from the National Mental Health Association/National Council for Community Behavioral Healthcare: Ten Things You Can Do for Your Mental Health.

Visit starttalking.ohio.gov to get the conversation going !!!



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Action Alliance**



Link to the Parent Tip on the Prevention Action Alliance Facebook page



Link to the Spanish Parent Tip archives

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Start Talking!

Building a Drug-Free Future



Know! What You Can Do To Improve Your Mental Health

With the start of each New Year, people commonly vow to improve their physical health, including diet, nutrition, and exercise. While this is a vital measure to take, it is equally important to resolve to improve one's mental and emotional health as well.

A healthy mind is fundamental to a person's overall well-being, regardless of age. Our mental state affects how we think, feel, and act. Mentally healthy people are better positioned to:

- Realize their full potential
- Cope with the stresses of life
- Work productively at school or on the job
- Relate positively to others
- Make good decisions
- Make meaningful contributions to their communities

In this New Year, here are 10 Things You (teens and adults) Can Do for Your Mental Health (shared by The University of Michigan – Student Life University Health Service, *adapted from the National Mental Health Association/National Council for Community Behavioral Healthcare*):

1. **Value Yourself:** Treat yourself with kindness and respect and avoid self-criticism. Make time for things you enjoy.
2. **Take Care of Your Body:** Eat more nutritiously, drink more water, exercise, get plenty of sleep, and avoid tobacco.
3. **Surround Yourself with Positive People:** Happiness is contagious, so is negativity – which will only bring you down.



Talawanda Lacrosse Club



*Talawanda Lacrosse Club is looking for
interested boys and girls from 6th through 8th grade!*

Lacrosse is a fast-paced, exciting spring sport that is a great option for kids who play hockey, football, soccer, or basketball, or those looking to try something new.

The first week of practice will be dedicated to introducing the sport to newcomers, beginning with lacrosse basics. This period is perfect for a new player interested in trying out the sport or current players wanting to improve their game. Best of all, the first week is offered at no charge!

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All experience levels are welcome. This team is not affiliated with Talawanda schools, and so anyone can play, regardless of their school district.

We are happy to accommodate other sports schedules.

Season Information

Practice begins: Monday, 19 February
Practice time: 4:30-5:45, Mon, Tues, Fri
Field location: Talawanda Middle School
Soccer Field
4030 Oxford Reily Rd
Oxford, OH 45056

Games begin in March and last through May 15th. Sticks and gloves only for the first week of practice. Loaner sticks and gloves will be available for those interested in trying out the sport. No weekend commitment.

Interested in playing? Would like additional info?
Call or email for more information.

Contact Information

Hank Stevens, Head Coach
Cell: 513-461-1704
Email: hstevens@miamioh.edu

Interested in working on your physical fitness?



Join the



Braves Fitness Club

- The Braves Fitness Club will meet on Tuesdays and Thursdays after school until 4:00 beginning October 26 and continuing through the end of February.
- We will meet in the new TMS Fitness Room.
- Exercises will include cardio, free weights, and fitness bands
- Any student planning to attend must arrange their own ride home from TMS at 4:00.
- Students do NOT have to commit to all dates. Come as your schedule allows.

Meeting Dates:

Thurs., Oct. 26	Tues., Oct. 31	Thurs. Nov. 2
Thurs., Nov. 9	Tues., Nov. 14	Thurs. Nov. 16
Tues., Nov. 21	Tues., Nov. 28	Tues., Dec. 5
Tues., Dec. 12	Tues., Dec. 19	Thurs., Jan. 4
Tues., Jan. 9	Thurs., Jan. 11	Tues., Jan. 23
Thurs., Jan. 25	Tues., Jan. 30	Thurs., Feb. 1
Tues., Feb. 6	Thurs., Feb 8	Tues., Feb. 13
Tues., Feb. 20	Thurs., Feb. 22	

★ Students *MUST RETURN* the attached permission slip to participate. Contact Mrs. Klenk with any questions - klenke@talawanda.org.

Attention Talawanda Middle School Families!

Save your Plastic Caps and Lids!

Please start saving your plastic caps and lids! The National Junior Honor Society (NJHS) is leading a bottle cap and plastic lid recycling initiative at TMS. The recycled bottle caps and lids will be collected until we have enough to **make a bench for TMS made completely of recycled lid and cap plastic** material we have collected!

Here is how you can help us:

- **Collect plastic bottle caps and plastic lids** (see list of acceptable caps and lids below)
- Feel free to collect large amounts at home and bring to school in grocery bags or ziploc bags - the whole bag can be placed in the collection bin
- **Please rinse** all lids and caps before bringing them to school
- Place lids and caps in a **collection bin** - there is one located in each grade level hallway and one in the cafeteria
- Collection will continue until we have enough to build a bench for TMS (Kramer and Marshall already have benches and Bogan is collecting this year for a bench!)
- Spread the word! Tell your friends, family, and neighbors and ask them to collect too!
- This benefits our community (recycling!), the school (we get a bench!), and you (you help make TMS a better place!)
- Questions? Contact NJHS Advisor Mrs. Murray murraym@talawanda.org

NJHS students will be responsible for collecting, cleaning, and sorting lids and caps here at school. This project is possible through the ABC Promise Partnership program at Green Tree Plastics, LLC. We appreciate your help in this project that promotes recycling and will benefit our school with a new bench!

ACCEPTABLE CAPS

medicine bottle caps	drink bottle caps
milk jug caps	flip-top caps (ketchup, mustard)
detergent caps	spout caps (mustard)
hair spray caps	spray paint caps
toothpaste tube caps	ointment tube caps
deodorant caps	caps w/ RECYCLE NUMBERS of (2) (4) (5)

ACCEPTABLE LIDS

cottage cheese container lids	cool whip container lids
mayonnaise jar lids	coffee can lids
yogurt lids	cream cheese container lids
peanut butter jar lids	butter container lids
ice cream bucket lids under 8"	Prescription bottles labels removed

TMS Makerspace

All students will be given the opportunity to visit the Makerspace this year during their GYM TUTORIAL TIME. Team A students will be able to create, invent & learn during the first trimester and Team B will be able to do so during second trimester. Our supplies in the Makerspace are limited at this time, so we are asking for donations. If you have questions, please email Mrs. Greene : greenem@talawanda.org. Thank you!!!!

Suggested Donations

STORAGE Containers	Circuits	Play-doh
Expo Markers	Batteries (all sizes)	Copper Foil Tape
Paint/Paint Brushes	LEGOS/K'NEX	littleBits
Colored Duct Tape	Card Stock	Chibitronics
Wood Scraps	Wood Glue	Sphero
Jewelry-making supplies	Glue guns/Glue Sticks	Qubits
Makey Makey	Craft Sticks	Yarn
Nails (Various Sizes)	Construction Paper	Aluminum Foil
Screws (Various Sizes)	TOOLS	Marbles
Science Kits	Ziploc Storage Bags	Foam Balls
Glue Sticks	Old Electronics	Tissue Paper
Broken Toys	Cups and plates	Wood Blocks
Rubber Stamps	Sizzix Machine	Q-tips
Cricut Machine	Small LED lights	Straws
Microphones	Small Motors	Pipe Cleaners
Fabric Scraps	Wires	Beads
Origami Paper	Cleaning Supplies	Clips
Rulers	Erector Sets	Clothes Pins
Stayflo	Sewing Machine	Dowel Rods
Buttons	Needles/Thread	Safety Pins
Magnets	Modge Podge	Any Craft Supply

TMS Clubs!!!

Please also visit our TMS web page to view clubs.

Yearbook Club

Plan, design yearbook

Advisors: Sharon Oberschlake and Suzanne Burch

oberschlakes@talawanda.org

burchs@talawanda.org

TMS Garden Club

We are building a new TMS garden to learn about where our food comes from, how to grow it in the most environmentally responsible way possible, and eventually share what we grow with the cafeteria salad bar or the Oxford Food Pantry. We will have our science classes test our soil, the STEAM club is helping build what we need, and we will research what grows best in our seasonal climate. We will have guest speakers in the winter including botanists, members of Miami's Slow Food Initiative, and various others.

Advisors: Amy Clay and Lindsay Krause

claya@talawanda.org

krausel@talawanda.org

Math Club

6th graders

Miami University tutors every Thursday after school to help students with the math content, common misconceptions and preparation. We currently have 46 students and about 14 Miami students participating.

Advisors: Don Gloeckner and Tammi Waite

gloecknerd@talawanda.org

waitet@talawanda.org

TMS Little Aggies

Open to 6-8th grades

Middle School Agricultural Program!

Leadership, agriculture, & fun to be had by all!

Advisor: Mike Derringer, THS FFA teacher

derringermt@talawanda.org

Middle School Contact: Steven Hricko

hrickos@talawanda.org

Drama Club

The purpose of the club is to put on an annual school musical.

Advisor: Kelly Case (assisted by Beth Fryer)

casek@talawanda.org

fryerb@talawanda.org

Peer Mediators

We meet Wednesdays during 7th and 8th grade tutorial

Students are being trained in conflict resolution and once they are fully trained, students will be able to help peers who are in conflict to resolve their issues peacefully using compromises and win/win solutions.

Advisor: Laura Jewett

jewettl@talawanda.org

Student Council (elected students)

Scheduled Meetings - Friday's after school

Gather student input hosts events, raise money, etc... to benefit TMS

Advisors: Steven Hricko and Samantha Koontz

hrickos@talawanda.org

koontzs@talawanda.org

Mathcounts Competition Team

A national middle school coaching and competitive mathematics program that promotes mathematics achievement through a series of fun and engaging "bee" style contests. The program provides engaging math programs to U.S. middle school students of all ability levels in order to build confidence and improve attitudes towards math and problem solving.

Advisor: Lori Gloeckner gloecknerl@talawanda.org

STEAM Club (Engineering)

Meetings as scheduled - generally about 2 times per month after school until 4/4:30.

Science, Technology, Engineering, Art, Math are considered the core subject areas of invention and innovation. STEAM club will look to provide students with opportunities to explore and create through multi-discipline (civil, electrical, chemical, mechanical, etc.) discussions and activities.

Advisor: Eric Schlade

schladee@talawanda.org

National Junior Honor Society (NJHS)

NJHS is a group for 8th graders that are selected to become members at the end of 7th grade. Members are selected based on academics (3.75 or above cumulative GPA for all of 6th grade and the first two trimesters of 7th grade), community service involvement, leadership, and character. The chapter has meetings during the regular school day and participates in many school and community initiatives.

For 6th and 7th graders interested in becoming members as 8th graders: keep your grades up, take on leadership roles at school and in other activities, keep your behavior and actions in good conduct, and perform community service!

Megan Murray, Advisor

murraym@talawanda.org

Guitar Club (The Shredi Knights)

We learn how to practice, maintain and improve musical theory understanding and guitar upkeep. We also just do some jamming together to get used to playing with other musicians live!

Advisor: Raj Sundram

sundramr@talawanda.org

Writer's Club

Advisor: Cheri Day

dayc@talawanda.org

Talawanda Diversity Club

Introducing the new Talawanda Middle School Diversity Club! We are interested in spreading appreciation of the differences that every student brings to TMS, and celebrating what makes each one of us unique. We will explore what we can do at school and in our greater community to help our place be safe and inclusive for all students.

Advisor: Amy Clay

claya@talawanda.org