



As we reached February vacation, we were already halfway through the 3rd quarter, course selections for the 2018-2019 school year were completed, and winter sports teams were wrapping up their seasons. Students' PowerSchool accounts were updated before break with progress comments from your student's teachers and our second semester Parent-Teacher conferences are coming right up on March 15th from 4:30-7:00 pm. Look for an email at the beginning of the month to schedule appointments with teachers.

The district budget committee and the school board have completed their work on the proposed and default budgets for 2018-19 school year, respectively. The district will vote on those budgets on March 13th in each town. In addition, there will be important votes on warrant articles and school board and budget committee positions. Please take the time to vote. Voter decisions will have an impact on our students, our district employees and the residents of our four towns.

This year, the students at the high school have been paying close attention to important regional and national events, sharing their perspectives, and dedicating their time and their energy to make a difference. Most recently, Timberlane students have joined with SoRock and Austin House of Brentwood, NH to organize "Project 211 – One Life at a Time", which will take place at 263 Route 125 at Austin House in Brentwood. At this event Timberlane students will be among those speaking and performing to bring awareness about the dangers of addiction, and of the lives of those lost to, or impacted by, addiction. Proceeds generated through ticket sales and raffles will go towards education and prevention efforts. See page six of the newsletter for more details.

On March 14th Timberlane students will lead workshops and conduct an organized walk to the game field for a 17-minute ceremony as a tribute to the lives lost in the Parkland, FL school shooting. Already, students have been meeting, gathering as a "Junkman's Choir," and sending messages of compassion to students at Marjory Stoneman Douglas High School.

On the horizon in April is our annual Project Hope event to support the effort to fight cancer, support local families who have a loved one fighting cancer, and to honor cancer survivors.

I am very proud of the students for their efforts to support important charities and causes, and I am equally proud of the faculty and staff that support them.

Donald H. Woodworth
Principal

TRHS forecast

- >> **HS/MS Jazz Night**
03/6 | PAC | 7:00pm
- >> **HS/MS Grades 8-12 Chorus Concert**
03/7 | PAC | 7:00pm
- >> **School Board Meeting**
03/8 | SAU | 7:30pm
- >> **Junior Parent Information Night**
03/12 | TRHS CAFE | 6:30pm
- >> **District Voting Day**
03/13
- >> **Professional Development Day**
03/13 | NO SCHOOL
- >> **American Red Cross Blood Drive**
03/13 | TRHS GYM | 12:30-5:30pm
- >> **Health and Wellness Fair**
03/13 | TRHS CAFE | 2:30-5:30pm
- >> **Parent Teacher Conferences**
03/15 | TRHS | 4:30-7:00pm
- >> **One Act Plays**
03/15 | PAC | 7:00pm
03/16 | PAC | 7:00pm
03/17 | PAC | 2:00pm
- >> **Junior SAT Testing-All Juniors**
03/21 | TRHS | 7:30am
- >> **HS/MS Grades 8-12 Band Concert**
03/21 | PAC | 7:00pm
- >> **School Board Meeting**
03/22 | SAU | 7:30pm
- >> **Milkmen Improv Comedy Show**
03/23 | PAC | 7:00pm
- >> **Budget Committee Meeting**
03/29 | SAU | 7:00pm
- >> **Project Hope**
04/07 | TRHS GYM | 6:30pm
- >> **Financial Award Letter Seminar**
04/10 | PAC RECITAL HALL | 6:30pm

School Counseling News

Course Selections for 2018-2019

The course selection process for the 2018-2019 school year for all high school students started on January 26th. Course requests for next year were due to be entered into student's PowerSchool accounts by February 6th. Before February break, counselors met one-on-one with each student to ensure student's course selections meet their goals and graduation requirements. Parents can view their student's requests on their parent PowerSchool accounts.

Junior Post-Secondary Planning Seminars and Junior Parent Night

School counselors will be meeting with all Juniors in early March to continue working with them on their post-secondary planning. Students will meet in small groups with counselors to review the college search process and learn what college search features are available to them within their Naviance program. Later, Juniors will be meet one on one with their counselors to continue the discussion regarding their personal post-secondary goals. To inform parents, **Junior Parent Information Night will be held on Monday, March 12th at 6:30pm.** The presentation will begin in the high school cafeteria and break out into small groups.

Junior SAT Testing

The SAT test will be administered to all juniors on March 21st at the high school as part of state testing for New Hampshire students. All juniors have been registered by the school district for this mandatory test. The test will be administered during the school day. Please ensure your student will be present.

To help prepare for the SAT, students can go to the College Board website to access SAT test prep materials. For students who took the PSAT, click the following link for instructions on how to link PSAT results to Kahn Academy for targeted SAT practice:

<https://collegereadiness.collegeboard.org/pdf/steps-linking-college-board-khan-academy-accounts.pdf>

For students who did not take the PSAT, click on the following link for SAT test prep:

<https://www.khanacademy.org/sat>

If you have any questions about the SAT, please see your school counselor.

Financial Award Letter Night for College Bound Seniors and their Parents

On Tuesday, April 10th, Val Castonquay from NHHEAF (New Hampshire Higher Education Assistance Foundation) will be in the PAC Recital Hall at 6:30 PM to present "Understanding the College Financial Aid Package & Financing Options" to seniors and their parents. If you are trying to sort out your college acceptance letters and determine what resources are available to you, come to this informative session.

Flu Awareness from the TRHS Health Office

Since we are currently in the peak of the flu season, we wanted to send a reminder to everyone on actions you can take to protect yourself, your student, and others from the flu.

Flu or flu like illness is most commonly spread from person to person through coughing or sneezing (it is a respiratory illness). Although less common, flu viruses may also be spread when people touch something with the flu virus on it and then touch their mouth, eyes, or nose.

Here are some steps you can review with your student to help protect them against the flu:

- ◇ Please arrange to have your student get the flu vaccine if you have not already done so. This is the first and most important step in protecting your child against the flu. It is not too late. Flu like symptoms can still be seen up until April or May.
- ◇ Remind your student to cover his/her nose and mouth with a tissue when they cough, sneeze, or use the bend of their arm (not their hands) if a tissue is not available.
- ◇ Remind them to wash their hands with soap and water, or an alcohol based hand rub (i.e.) Purell, several times throughout the day.
- ◇ Remind your student to avoid touching their eyes, nose and mouth. Germs are spread this way.
- ◇ Remind them to never share any objects with other students; especially water bottles, Lip balms, etc.
- ◇ Have your student get plenty of rest, exercise and eat a healthy diet.
- ◇ If they are sick with a respiratory illness or fever of 100 or greater, they must stay home from school for 24 hours.

Some of the symptoms of flu-like illness can include fever (not everyone will get a fever), cough, sore throat, runny or stuffy nose, body aches, headaches, chills, fatigue (very tired) and possible vomiting/diarrhea. If your student should experience flu-like symptoms while at school, please instruct them to visit the health office for evaluation.

People of all ages get sick with the flu; however, school age children are a high-risk group. Other groups at high risk include children younger than five years of age, especially those younger than two years, and adults 65 years or older.

Please call or email the health office with any questions or concerns. For more information, please visit the Timberlane Regional High School Website and under the TRSD/District Tab please select Nurses/Health Services for further information on the flu.

Thank you,

TRHS Health Office phone #603-382-6541

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Learning Through Diversity

Students in Mr. Hunter and Ms. Pellerin's World Studies classes were visited by two Iranian-Americans on February 1st. The class is studying revolutions and reading *Persepolis* (a memoir of a woman who lived in Iran during the 1979 revolution), so Kathy and Ariana Coleman visited to teach students about Persian language, culture, and cuisine, as well as to share their experiences in modern day Iran. They shared personal stories and photos, answered our questions, and provided some Persian snacks. The next day, students explored links provided by the presenters and learned more about a topic that interested them, and each student contributed to a collaborative thank you letter to show appreciation to Kathy and Ariana. Sophomore Sierra Goodwin wrote, "the presentation you shared yesterday was really cool to see, especially since it was through the eyes of someone first hand, not through textbooks. I loved learning about your culture and thank you for sharing such personal things with us. I found your childhood stories and social norms very interesting, considering they are so different than ours. I learned there are cities in Iran that I were not aware of, especially the more important ones that are very, very important to your culture. Thank you for coming in, and I hope you continue to for future classes!"



From L-R: Mr. Hunter, Kathy Coleman,
Ariana Coleman & Ms. Pellerin

Engineering Capstone

Two students, Alexander Skinner (left), and Brendan Frezza (right) from the capstone engineering course presented their project updates to the engineering advisory board members. These students bring a solution to a real world problem from idea through to actual product over the course of the school year. The engineers on the advisory board help guide these students and offer feedback much like what happens when professional engineers present to one another. These engineers represent multinational corporations, and by serving on this board, they provide TRHS with some great insight into best practices in industry and provide excellent opportunities for students as they think about their educational and career futures. This year's projects include a designed solution to protect homes from flooding, and a design of a robot as a personal carrier. The students are excited about their ideas, and the engineers were able to provide great insight as to how the engineering design process will assist the students to see their ideas come to fruition.



TRHS History Book Club and TRSD Musicians Honor Russian Composer Dmitri Shostakovich's *String Quartet no. 8 in C Minor, op. 110*

On January 24th the TRHS History Book Club and TRSD musicians Sara Cronin (violin), Sophia Duphily (violin), Jessica Helie (viola) and Louise Pajak (cello) honored the musical legacy of Russian composer Dmitri Shostakovich by reading *Symphony for the City of the Dead* by M.T. Anderson complemented by an inspiring and moving musical performance of *String Quartet No. 8. Movement III – IV*.



Sara Cronin (front), Sophia Duphily (back)



From L-R: Sara Cronin, Sophia Duphily,
Louise Pajak & Jessica Helie

Students Attend National Student Council LEAD Conference



Front L- R: Isabella Foster, Cameron Wagner, Sarah Goldstein, Christiana Kosta
Back L - R: Scott Strainge, Senate Parliamentarian Elizabeth MacDonough,
Jennifer Libby

In January, four students represented Timberlane at the National Student Council Leadership Conference in Washington, DC. Cameron Wagner, Isabella Foster, Christina Kosta and Sarah Goldstein all took part in the "Energize Your Leadership" LEAD conference workshops and activities aimed at learning and sharing ways to engage their schools in community service, create a positive school culture, and grow their own leadership skills. The students were also able to tour the monuments of DC, visit museums, and spend a day touring the Capitol Building with Elizabeth MacDonough, Senate Parliamentarian. As always, our students were amazing representatives for our school and brought back some great ideas for the future of Timberlane!



Mr. Castano reads to Mrs. Castano's fourth grade students at Sandown North

Performance Assessment Travels Across the District

In Mr. Castano's World Literature class, students completed a performance assessment conveying universal truths through children's stories. On February 16th, Mr. Castano journeyed to Mrs. Castano's fourth grade classroom at Sandown North to discuss the stories and how they are applicable to student's lives. At the high school, students showed mastery of storytelling techniques and the hero's journey while the elementary school students were able to analyze plot structure and themes. Truly this was a win for all students in the Timberlane district!

Project 211

Brianna Hammond and some other students have been actively involved in creating Project 211, which will be held Sunday night, March 11th, from 4-6pm at the Austin 17 House in Brentwood NH. This event is a tribute to all of the young people we have lost to the opioid epidemic. Testimonials of hope in our recovery movement for those still struggling and a survey of the many great prevention assets we have in our community to help reduce our youth's risk for misusing substance in the first place will be shared. This event is sponsored by SoRock Coalition for Healthy Youth and Austin 17 House. For more information and tickets visit Austin17house.org or Sorocknh.org.

PROJECT 211



One Life at a Time

DATE: SUNDAY, MARCH 11

TIME: 4PM - 6PM

LOCATION: AUSTIN 17 HOUSE
263 ROUTE 125 BRENTWOOD NH

\$15 DONATION ENTRY
SILENT AUCTION
RAFFLES &
FOOD

COME LEARN
HOW YOU CAN
MAKE A DIFFERENCE
ONE LIFE AT A TIME

*Alumni & Present TRHS will be performing
Community speakers will be providing testimonials*

National Merit Finalist

Senior Brian C. Desjardins has met the requirements to advance to Finalist standing in the National Merit Scholarship Program competition. Brian scored in the top 1% nationally on the PSAT to earn this honor. The selection of some 7,500 Merit Scholarship winners from the group of 15,000 Finalists is now in progress. We wish Brian the best of luck!

Pictured: Brian C. Desjardins with Mr. Woodworth



TRI-M Music Honor Society Induction

The nationally recognized TRI-M Music Honor Society at Timberlane Regional High School inducted 52 members on January 24th. This induction included 26 new members and 26 returning members recommended by their respective music director. The Timberlane chapter was chosen as the outstanding chapter in the state of New Hampshire for 2017. Part of the criteria for this recognition is the amount and types of activities that our members participated in during the year. The Timberlane group is a community service oriented society and participated in many musical activities for the school and for the community. Mr. Mainella, who is the advisor, couldn't be prouder of this group of outstanding and talented musicians.



TRI-M Music Honor Society

Recycled Percussion Visits TRHS

TRHS was chosen by New Hampshire native Justin Spencer and Recycled Percussion to come and spread the message of kindness, compassion and empathy! Justin Spencer is the founder and creative force behind the show, Recycled Percussion. He grew up in NH and was a top finalist on NBC's American Got Talent. He now he performs all over the world, including a show in Las Vegas. He likes to come back to his roots and get his message of chaos and kindness to as many individuals as he can! The whole school assembly took place on Friday, February 9th, and was very well received by students, faculty, and staff.



Justin Spencer

