

TRHS Principal's Newsletter



From the Desk of Mr. Woodworth

We just completed the first half of the school year, and that means we are in the course selection process for next year, we are holding induction ceremonies for some of our honor societies, we are wrapping up winter sports seasons, and we are holding rehearsals for this spring's musical. It is also a great time for reflection on the past year and for setting goals for the future.

It is our second year of block scheduling, and we are finding it helpful for instruction, school climate, and support of learning. Students have more opportunities to take classes over the course of a year, have fewer courses each day to prepare for, and have more time between classes. The impact of that is greater academic focus. Our teachers are able to complete more in a single class period. In science it means the students can set up a lab and complete it in one class. In art classes it means that the set up and clean up portions of class do not force students to rush to get their work done. As a result students are able to produce higher quality products. It is similar in all classes; there is more in depth study, more time to reinforce learning with activities, more time for individual attention, more time to answer student questions, and more opportunities for collaboration. Our special education teachers and paraprofessionals are finding it helpful for working on individual learning plans and for time management. Teachers have more time for planning and preparation, more opportunities to meet and work with colleagues, and more opportunities to provide support to students. I want to thank the faculty and staff for their hard work, and the district administration and the school board for supporting our transition to the schedule. It is making a significant difference.

Moving forward, the high school staff will be preparing for our ten-year NEASC accreditation visit next fall. We are putting the finishing touches on committee reports, and the resulting self-study will help the visiting team to suggest ways for us to improve on the work we have been doing. Regardless of the degree of success we are enjoying, we are always focused on improvement in all aspects of education. I would like to take this opportunity to thank all of you who provided feedback through the parent survey we sent out last fall. Your responses help all of the committees measure the impact of our programs we operate on our students and community.

Submitted by: Donald Woodworth

OWL Alumni in the News



Congratulations to Timberlane Alumni Lily Hevish who is on the cover of this month's Science World magazine. Lily has achieved world renowned status for her domino stunts. She has over 1 million subscribers on YouTube and has worked on a number of national commercial projects.

<https://www.youtube.com/hevesh5/>

> Upcoming Events

- > February 15: Milkmen Show, PAC, 7:00PM
- > February 16: Kids Night Out, Café & Gym, 4:00-8:00PM
- > February 19: Pizza Wars, Café, 5:30PM; Tri-M Inductions, PAC, 7:00PM
- > February 21: School Board Meeting, SAU, 7:30PM
- > February 25-March 1: Winter Break
- > March 6: Jazz Night at the PAC, 7:00PM
- > March 7: School Board Meeting, SAU, 7:30PM
- > March 8: Student Council Hosts a Hypnotist, Gym, 7:00PM
- > March 12: Voting Day
- > March 14: Parent Teacher Conferences, 4:30PM:
- > March 14-16, Almost Maine Comedy, PAC
- > March 20: Junior Parent Information Night, Cafeteria, 6:30-8:00PM
- > March 22 : National Improv Day, PAC, 7:00PM
- > March 26: Financial Award Letter Seminar, Café, 6:30PM

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Mealey's Meals from a Student Perspective

By Maria Heim

You never know how much of an impact one dime can have on a person. This year was the 34th annual Mealey's Meals fundraiser! With the help of many school clubs and organizations, Students of Service holds several Mealey's Meals fundraisers starting in September through December to give back to the families in our school district that may not have as much as others.

Mealey's Meals is a program designed to help families in district under financial duress. From collections of money to winter gloves, Mealey's Meals has made a great impact on many lives. Various fundraisers include the Touch a Truck day, Craft and Vendor Fair, two charity Milkmen shows, the hat and mitten drive, a classroom coin collection competition, and the Student-Faculty games. All of these events have been extremely successful, raising \$13,357.46 for Mealey's Meals. Student Council also held several fundraisers, including the incredibly successful raffle baskets fundraiser and a gingerbread house making family event.

The group behind Mealey's Meals is Students of Service, advised by English teacher, Mrs. Meaghan Guanci. With being the advisor of not only Students of Service, but various other clubs, Mrs. Guanci always tries her best to bring success into the Mealey's Meals fund, "We are truly fortunate to be part of such a supportive and compassionate community willing to contribute to all of the Mealey's Meals fundraisers and drives throughout the course of the year. While there is a large focus to provide for families during the holiday season, the Mealey's Meals fund is used throughout the year to help out district families in need."

Mrs. Guanci has been the advisor of Students of Service and Mealey's Meals for the last four years, "Active citizenship and community service are such vital components of a fruitful community; advising clubs with service as a focus is important to me. These experiences show students that they can make a difference in the lives of others- it's a truly powerful lesson." Mrs. Guanci serves this organization and continues striving to make a difference in our school's community.

One of the fundraisers that most benefited Mealey's Meals was the classroom coin collection competition. The coin collection entailed collecting money during Block 2 every day. Students of Service challenged those classes to see who could raise the most money at the end of the collection. The prize for the classroom who raised the most money was a home cooked breakfast from Mrs. Monti and her cooking class. This competition had teachers motivating their students to donate so that they could win the breakfast. The overall grand prize winner was Mrs. Helie's B day class, raising a total of \$319, followed by Mr. Vigeant's A day class who brought in \$233.96, and Ms. Law's B day class who collected \$156.60. Overall, the coin collection raised \$2,368.37 for Mealey's Meals, proving that one small coin can make one huge difference.

On November 3rd, Students of Service hosted their second Craft and Vendor fair at TRHS. This fair was for local vendors, artists, and businesses to showcase their items to the public. There was a concession stand as well as raffle baskets. All proceeds went to Mealey's Meals and in the end, resulted in a jump start for fundraising during the holiday season.

In addition, Mr. Michael Castano and his Milkmen were generous enough to host a show dedicated to Mealey's Meals! On Friday, December 7th the Milkmen show was Christmas themed where several of the games they played even featured some members of Students of Service. The event raised \$1,300 for Mealey's Meals and sold over 100 tickets, being one of their busiest shows yet.

Another collection that contributed to Mealey's Meals was the winter Hat and Mitten Drive. Throughout November and December, Students of Service collected brand new hats, mittens, and scarfs for local families in the community. As a result, they collected hundreds of hats and mittens, all donated to Mealey's Meals.

Closing out the fundraisers was the Mealey's Meals student-faculty game which was rescheduled for Friday, December 21st after gym renovations were completed. The last period of the school day, students had the option to go to the students vs. faculty volleyball and basketball games, a Milkmen show, or a study hall.

The 34th annual Mealey's Meals fundraising has come to a successful close. The Mealey's Meals program reached over 120 families this holiday season due to the generosity of the staff, students, outside donors, and Timberlane community. A big thank you to all those clubs and groups who had made this happen. Mealey's Meals and Mrs. Guanci thanks you for all your philanthropic support and service.

An Invitation from the PTSA

Join us to help plan Timberlane's annual staff and teacher appreciation week. Meeting Monday, March 25 at 6:30, room 104. With your help we can make this year's event fantastic.

Winter Health Office News

Since we are currently entering the peak of flu season (January/February), we wanted to send out a reminder to everyone on actions you could take to protect yourself 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). Flu viruses may also be spread when people touch something with the flu virus on it (i.e.) computer keyboards, and then touch their mouth, eyes or nose.

Steps you can review with your students to help prevent the spread of the flu:

- ***** GET YOUR FLU VACCINE ***** - (This is the first and most important step in protecting you against the flu. It is NOT too late. Flu like symptoms can still be seen up until April/May).
- Cover your nose and mouth with a tissue when you cough or sneeze, or use the bend of your arm (not your hands) if a tissue is not available.
- Wash your hands with soap and water, or an alcohol-based hand rub (one brand is Purell) several times throughout the day.
- Avoid touching your eyes, nose and mouth. Germs are spread this way.
- If you are sick with a respiratory illness or fever of 100 or greater, STAY HOME!
- Get plenty of rest, liquids and eat a healthy diet.
- Flu-like symptoms include:
 - Fever (**not everyone will get a fever**)
 - Cough
 - Sore throat
 - Runny or stuffy nose
 - Body aches
 - Headaches
 - Chills
 - Fatigue (very tired)
 - Possible vomiting and/or diarrhea

Any student with a fever of 100 or greater cannot return to school until they are fever free for 24 hours without fever reducing medicines (Tylenol/acetaminophen or Advil/ibuprofen). Any student experiencing flu like symptoms should stay home until symptoms resolve to prevent others from getting sick. People from all ages get sick with the flu, but school-aged children are the group with the highest rates of flu illness. Other groups at highest risk for severe flu related illness, including being hospitalized are: children younger than 5 years of age, especially younger than 2 years, adults 65 years of age or older, pregnant women, certain medical conditions such as asthma, chronic lung disease, diabetes, long term aspirin therapy and heart disease to name a few. Therefore, helping to protect yourself will also help you protect your loved ones at home!

If you would like more detailed information regarding this flu season. Please check out The Centers for Disease Control and Prevention: <https://www.cdc.gov/flu>.

Please call, email or stop by the health office with any questions or concerns.

Thank you,

TRHS Health Office

A Decade of Hope

By Jessica Treanor

Timberlane Regional High School, will be hosting the tenth annual Strut for a Cure, a fashion show to raise money and awareness for various cancers on Saturday, April 13th, 2019. Sponsored by, Project Hope, a student run organization is on a mission to provide hope to individuals and their families who have been affected by cancer. In the past nine years, Project Hope has successfully raised over \$100,000 for our causes. This year, the group will be raising money for local accredited cancer organizations and recipients of the Angel Fund, a fund set up to anonymously help families within the Timberlane Regional School District who have been affected by this horrible disease. Watch this year as students and staff strut down the runway to sponsor local businesses and a very worthy cause.

In addition to the fashion show, there will be an assortment of valued silent auction and raffle items donated from a variety of local businesses for bidding on in the cafeteria pre-show and during intermission. Tickets for the raffle are 1 for \$5 and 3 for \$10, and will be sold at the door the night of the show. T-shirts and refreshments will also be for sale.

We would like to welcome all fighters, survivors, and those who have lost a loved one to cancer to walk in our fighter/survivor/memorial walk on our runway at the close of the night. Anyone interested in participating may contact faculty advisor, Sarah Mill, via email at sarah.mill@timberlane.net.

With your continued support, we can make this year even more successful than last year's event! Tickets are \$5 for students and \$10 for adults. Children age 3 and under are free. Tickets will be sold during school lunches the week prior to and at the door the night of the event. Doors open at 6:00 PM, and the show starts at 6:30 PM in the TRHS Gymnasium. All proceeds will benefit non-profit cancer organizations, and the Project Hope Angel Fund.



Youth and Government News

By Ryan Richman

On Friday, February 1, Timberlane sent its largest delegation to the 2019 District Caucus for the Youth and Government program. The YMCA Youth & Government program in New Hampshire celebrates 69 years of history. The program serves 300 teens from 30 schools throughout New Hampshire. The program takes place in March/April and is held at the State Capitol. Here students have an opportunity to experience state government by electing their own youth officials. Elected officials include the governor, the house speaker, senate president and chief justice of the supreme court. Other delegates participate as members of the house and senate, executive council, supreme court, lobbyists or press corp. Students are responsible for writing their own legislation prior to arriving in Concord. This legislation is compiled into a billbook from which the work of the house and senate committees is derived.



Timberlane is part of District 6, which includes Exeter, Epping, and Sanborn High Schools. Timberlane has held significant positions within the program, including Chief Justice of the Supreme Court, several Presidents of the Senate, a Gubernatorial finalist, and has won several awards in the 8 years have been attending. Timberlane advisor, Mr. Ryan Richman, runs the program for the Senate at Youth and Government. The Government Club attends Harvard Model Congress in Boston, MA every February, where they have won awards every year they have attended. This remarkable group of students is the next generation of change-makers in the world and they are already demonstrating that, today!

From the School Counseling Office

Course Selections for 2019-20

The course selection process for the 2019-20 school year for next year's sophomores, juniors and seniors started on January 30th. Students should have entered course requests for next year into their PowerSchool accounts by February 11th. Counselors have begun meeting one-on-one with each student to review their choices to ensure their selections meet their goals and graduation requirements. Students will be able to make changes to course requests at that time. Our goal is to meet with all students before the winter break. Parents can view their student's requests on their 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 in the computer lab to review the college search process and learn what college search features are available to them within their Naviance accounts. 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 March 20th at 6:30 PM. The meeting will begin in the high school cafeteria and then break out into small groups.

SAT Testing for all Juniors in March

The SAT test will be administered to all juniors on March 27th at the high school as part of state testing program for New Hampshire students. All juniors will be registered by the school district for this mandatory test. The test will be administered during the school day. We ask for your help to ensure your student will be present on that day for testing.

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

<https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10/scores/student-score-reports>

Students that did not take the PSAT can click on the link below for practice resources.

<https://collegereadiness.collegeboard.org/sat/practice>

Submitted by TRHS School Counseling Office

From the Music Department



By Lynn Mastorakos

Congratulations to the following Timberlane Students who attended this year's NHMEA Jazz All State Music Festival. These students were chosen, by audition, to perform in the three day festival which took place February 7-9. The final concert was held at Pinkerton Academy's Stockbridge Theater on Saturday, February 9th. Congratulations to Evan Caissie, Jayson Caissie, Elizabeth Dougherty, Jenna Horan, Jared Knight, Justin Livingston, Zachary Machemer, Ellie McCormick, Justin Nimmo, Cooper Orio, Adrianna Quirk, Seth Ross, Zachary Singer, Tara Stoddard and Nora Theberge.

Milkmen Improv

By Michael Castano

Unlike most sports or clubs that come and go with the season, The Milkmen Improv Team is a year long endeavor. Twelve super talented students ranging from seniors to sophomores perform an unscripted show for ninety minutes with games dabbling in word play, physical comedy, and audience participation. Additionally, all of the Milkmen proceeds go to various organizations; this year, our generous audiences have helped us raise \$6,500. If you have yet to see a show this year, be sure to join us on Friday, February 15th at 7:00PM in the Performing Arts Center Recital Hall as we team up with Project Hope to raise money to fight cancer!



The Milkmen Improv Team reveal their mockumentary film, "Power Struggle," airing in May 2019!

National Improv Day: Featuring The Flobots!

The Milkmen Improvisation Team return with National Improv Day on March 22, 2019! This is a day to celebrate the positive power of improvisational comedy. This is a free show with a suggested \$5.00 donation and multiple giveaways based on higher donations. This year, we honor our special guests, The Flobots, to help them raise money for their nonprofit, No Enemies. Join us for what will be one of our most memorable shows to this point at 7:00pm in the PAC Recital Hall!

