



# Principal's Newsletter April 2021

## From the Desk of Mr. Woodworth

All at once, the weather warmed, students returned five days per week, and Spring activities kicked into gear. The atmosphere in the building is more active. There is more interaction in classrooms, and as a result, there is more laughter, more dialogue, and more learning. We have missed this!

The most significant challenge will continue to be to maintain the safety practices necessary to keep everyone healthy while housing twice as many students in the building. Recently, we missed a week due to a high number of students who either tested positive for Covid19 or had close contact with someone who was positive. Following district protocols, our nurses conducted contact tracing in five separate situations. They determined the degree of quarantining necessary and communicated that to the impacted students and their guardians. It was a reminder that despite the success we have enjoyed this year, and despite the vaccinations and subsequent loosening of some social distancing rules, there is still danger at the door. We have to stay masked, clean surfaces, sanitize and limit close contact with others.

We are now in the process of planning senior events, end of year ceremonies, and graduation. We have a lot of teaching and learning left to focus upon. It is a busy time, but it is great time; and we are glad to have so many students back to enjoy it.

Take Care,

Don Woodworth

### Upcoming Events

**4/6/21 NHHEAF presents "Paying for College 101, Webinar for College Bound Seniors and Guardians"**

**4/11/21 Strut for a Cure , Virtual Event , 4:00PM**

**4/14/21 SAT School Day Testing for Juniors , TRHS, Grades 9, 10,12 Will be Remote**

**4/15/21 TRSD School Board Meeting , PAC 7:00PM**

**4/21/21 World Language Honor Society Inductions, PAC, 6:00PM**

**4/19-4/22-Spirit Week**

**AP Exams 5/18-28**

## Inside This Issue

YMCA Outstanding Educators	2
Spirit Week	2
Students Full Return	2
French Class Competes in Manie Musical	3
Spanish Class Works to Free "Beary Styles"	3
Yearbook ordering	3
Cyber Security Competition	4
Math Rocks	4
SOROCK News	4
News From the Health Office	5
School Counseling Department News	5
CTE Honor Society	5
Beyond the Classroom	6
PTSA News	6
Silva Selected to Twin Cup Team	6
April is Library Month	7
Strut for a Cure	7

**Graduation Date  
Announced:**

**Saturday, June 12, 10:00AM**

**Rain Date :June 13, Time: TBA**



**Owls always: Offer their best, Work cooperatively, Live responsibly, Speak and act respectfully**

## *The YMCA Honors Outstanding Educators*

Recently the Plaistow Community YMCA celebrated educators who have been an inspiration to our children and the community. We congratulate all of the district educators who were honored for their continued dedication to Timberlane students. Below are the TRHS recognized educators.

Sherri Allen  
Patty Deyermund  
Christina Hubley  
Matthew Hunter  
Lois Paul  
Jenifer Pellerin  
Michael Smith  
Donald Woodworth

You can view the virtual program from the link below. Congratulations to all of the recipients.



<https://vimeo.com/528327944>

## *Spirit Week Returns*

We are pleased to announce the return of Spirit Week April 19 –22. Student Council has been hard at work planning for a variety of events. Here are some of the events being planned:

Monday: Mismatch Day  
Tuesday: Decade Day & Mr. Timberlane  
Wednesday: Tie Dye Day  
Thursday: Color Day & Variety Show

More information will be available soon on the TRHS Website.

## *TRHS Celebrates Students Full Return to School*

We have celebrated the full return to school in two phases this month. First, we welcomed back the Senior Class of 2021, and then our full return to school with a new theme: "2021 TRHS Come Back Tour." Students have received some treats in the mornings, which have included different themes like, "Donut Stop Believing" and "Smart Cookies." An added bonus for seniors is that each week three will be selected to "Park Like A Principal," and receive special parking permits for the principals' spots. We look forward to celebrating our return in other special ways throughout the spring!



**Owls always:** Offer their best, Work cooperatively, Live responsibly, Speak and act respectfully



## *French Students Compete in Manie Musicale*

Students in Madame Dandurand's French classes are experiencing French music in a new way. Similar to March Madness in the sports world, Francophone songs from all over the world are competing against one another in the "Manie Musicale" competition. Students do various activities with each of the songs before casting their vote. Whichever song wins advances to the next round until there is one song champion. Inspired by two high school French teachers in Maine, the goal of Manie Musicale is to increase student engagement in the French language and cultural knowledge through popular French songs. This competition started four years ago, and although it is the first time Timberlane is participating, the event itself has gone international with over 1,500 schools participating across eight different countries. With only a few songs voted on so far, students are already saying "Wow, that is catchy!" and seem to have a genuine interest in songs outside of their normal playlists.

## *2020/2021 Yearbooks*

### *Don't Miss Out*

There is still time to order your 2020/2021 yearbook. They can be purchased by going to the link below. Yearbooks are \$85.00 and will be on sale until we sell out. Don't miss out having a book of clips from

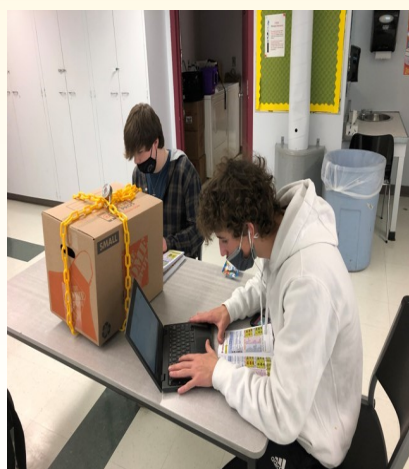
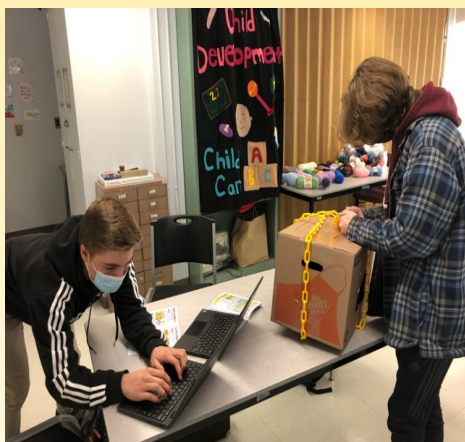


the most unique school year you have ever had. If you have any questions please reach out to the yearbook advisors Marie Coye and Elizabeth Sanborn.

[https://www.jostens.com/apps/store/productBrowse/1057999/Timberlane-Regional-High-School/2021-Yearbook/20200721041902957107/CATALOG\\_SHOP/](https://www.jostens.com/apps/store/productBrowse/1057999/Timberlane-Regional-High-School/2021-Yearbook/20200721041902957107/CATALOG_SHOP/)

## *Freeing "Beary" Styles*

Profe Tieman's Spanish class had a special challenge recently: save "Beary" Styles! Profe T. has some major Harry Styles fans in class, and when learning a tense as difficult as the imperfect subjunctive, she thought a little motivation would help. Upon entering the classroom, the students were greeted by chained boxes, including Beary Styles hanging from the ceiling, each with a kitchen timer ticking away. Their challenge: work as a group with their remote cohort partners to conjugate verbs in the imperfect subjunctive. If done correctly, each worksheet reveals part of the combination that opens a lock on the boxes and on Beary Styles! Unfortunately, Beary Styles was unable to be saved; however, other groups were victorious with popping the locks to their boxes. The students are anxious to do this activity again in an effort to avenge (Harry) Beary Styles. Great job, teams!



## TRHS Competes in Cybersecurity Competition

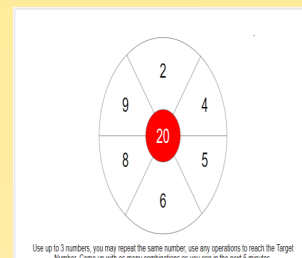
A group of four Timberlane students competed on Saturday, Mar. 6 at a UNH cybersecurity competition called UNHash '21. Our team, the Cyber Owls, included Chase Carstensen, Alison Henderson, Julia Jones and Caleb Vlack. None of them had participated in a competition like this before, so it was a brand new experience.

Students were presented with a series of 59 challenges to solve. The challenges covered a variety of cybersecurity topics, including cryptography, coding, web, networking and even trivia. Each challenge was assigned a point value based on its complexity, and teams had 6 hours to solve as many problems as possible. Even though the event was time-based, and the Cyber Owls were competing against larger teams, they still finished the competition in third place among 24 teams, solving 54 out of 59 challenges! That's especially impressive for a brand new team with no prior experience. They're definitely excited to return to another competition in the future.

Please congratulate the Cyber Owl team members for an outstanding performance!

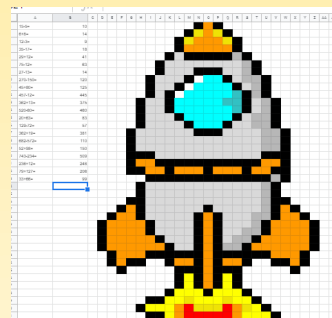
## Math Rocks Mentoring Team

A new program for TRHS' Math Honor Society this year is the brainstorm of STEM Dean Tim Guanci. The new Mentoring Team has been busy planning and conducting math activities with grade 1-2 and 3-5 students at Sandown North via Zoom. Team Leaders Joscelyn Davis, Faith Frye and Eve Harnois have done an excellent job of researching and implementing exciting activities to do with the elementary students. At the first meeting in February, the elementary school students worked in groups with one high school student supervising the Target Practice Game. An example is below.



The Mentoring Team was quite impressed with the combinations these math whizzes put together! We even met one student's pet rat at the end of the session! It was quite big!

March's activity involved creating a picture when correctly solving a math problem. The mentors asked the students what type of picture they thought the mystery puzzle would create. One student said a leprechaun and another thought it would be a pot of gold! It turned out to be a rocket ship taking off, much to the students' surprise!



The mentors are hard at work planning next month's activity! The students of Sandown North can hardly wait to see what next month brings!



We would like to thank Mrs. Meg Guanci, Assistant Principal at Sandown North, and Mrs. Denise St. Hilaire, a teacher at Sandown North, for all their help and guidance in implementing and participating in this program.

## News from SOROCK A Community Collaborative

### SPRING EVENTS REGISTER TODAY!



**Thursday April 1st - 3pm Virtual Workshop for Teens - The Dope Show**  
A fun and interactive way to learn some facts about the dangers of alcohol, tobacco, and other drugs. (Alcohol Awareness/Drug Take Back month kick off)  
Register here: <https://forms.gle/kK9BHavGPSwayvtH9>

**Tuesday April 13th - 3pm Virtual Workshop for Teens - How to Foster & Maintain Emotional Health.**  
We will explore how to recognize our signs & cues and navigate our emotional landscape.  
Register here: <https://forms.gle/kK9BHavGPSwayvtH9>

**Saturday April 24th - DEA Take Back Day 10-2**  
SoRock's Resiliency week May 2nd-8th

**Sunday May 2nd - Stronger Together, Family Resiliency Retreat**  
YMCA Camp Lincoln 9:30-4. FREE outdoor activities and lunch for grade 5th-8th families. Sponsored by SoRock, Camp Lincoln, D.A.D., South Central Public Health Network & Seacoast Public Health Network.  
Space is Limited. Register today! <https://forms.gle/SGgEAF8vce7ybWtu5>

**Tuesday May 4th - 3pm Virtual Workshop for Teens - Resiliency**  
Resilience is a capacity we can cultivate, grow, and strengthen. Understand the role that resilience plays in a crisis and identify multiple simple strategies for building your resilience capacity.  
Register Here <https://forms.gle/kK9BHavGPSwayvtH9>

**Thursday May 6th - 6:30 PM virtual community screening of the movie "Resilience"**  
Register Here: <https://www.eventbrite.com/e/resilience-the-movie-tickets-146440911709>

**May 27th - 3pm Virtual Workshop for Teens - Keeping Relationships Healthy**  
Relationships of all kinds are more important - and possibly more strained than ever! Share and learn more about how we can keep these important relationships healthy through stressful times.  
Register here: <https://forms.gle/kK9BHavGPSwayvtH9>

SOROCKNH.ORG

### Links for Information

- ⇒ TRSD COVID Dashboard
- ⇒ TRHS Calendars by Cohort
- ⇒ TRSD Health Service
- ⇒ TRSD Student Assistance Program
- ⇒ TRSD Technology

## News From the Health Office

The NH Department of Health and Human Services states that frequent tick checks after outdoor exposure is the best way to prevent Lyme Disease. Removal of the tick within 24 hours of attachment can help prevent disease transmission.

Things to remember:

- Avoid tick-infested areas ( overgrown grass, brush and leaf litter).
- Consult with your doctor/provider about the use of insect repellent.
- Wear protective clothing – long pants and long sleeves help keep ticks off your skin. Light colored clothing will help you more easily spot ticks. You may even want to tuck pant legs into socks or boots and your shirt into your pants. Consider taping the area where socks and pants meet, so that ticks can't crawl under clothing.
- Perform daily tick checks by inspecting all body surfaces carefully. If a tick has attached itself to you, avoid crushing the tick's body. Do not use petroleum jelly, nail polish, or other products. When attempting to remove a tick, grasp the tick firmly, and as close to the skin as possible. With a steady motion, pull the tick's body away from the skin. Cleanse the area with an antiseptic.
- Notify your physician. The physician will want to know the length of exposure to the tick and if you were able to identify the type of tick.
- When the school nurses remove a tick in the Health Office, they will place the tick in a labeled zip lock bag and will phone the student's parent/guardian.



## News From the School Counseling Department

Throughout the month of February, the school counseling office has been busy helping students with the course selection process for the upcoming 2021-22 school year. Students who did not complete this process please contact your school counselor.

In upcoming weeks, the school counselors will be meeting with Juniors to discuss post-secondary planning. During this time, they will cover expected deadlines, college searches, the application process and more.



The SAT school day testing for all juniors will take place on campus Wednesday, April 14<sup>th</sup>. Juniors are already registered for this test through the school district and state, no additional registration steps are necessary for students. For additional information, please see the email communication that was sent to all juniors and parents/guardians on March 9. Students are expected to arrive at school by 7:20 am.

To prepare for the SATs, students can go to the College Board website where SAT test prep materials are available. For students who took PSATs, click [HERE](#) for instructions on how to link your PSAT results to Kahn Academy for targeted SAT practice.

Students who did not take PSATs, click [HERE](#) for Khan Academy SAT test prep.

## Congratulations

These students participated in the Salem CTE program and were inducted into the National Technical Honor Society on March 11 in Salem.

**Elena Dube** – Health Science Technology  
**Kyle Genuardo** - Automotive  
**Grace Goodro** - Cosmetology  
**Jenna Solloway** – Culinary Arts



Don't forget to follow us on



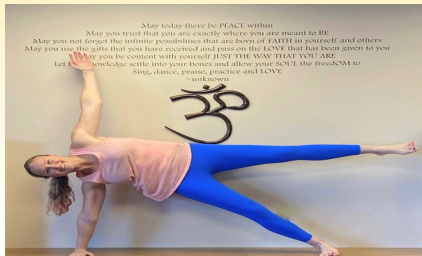
Twitter! @TRHS\_Counseling



## Beyond the Classroom

Each month we plan to feature TRHS Staff and some of their interests outside of the classroom. Our first article features Larissa Smith Math Teacher and Yoga Instructor

Larissa Smith, who graduated from Timberlane in '04 and has taught mathematics at TRHS since '18, has just completed her RYT 200 (Registered Yoga Teacher 200 Hour) certification. Larissa is also the current J.V. Field Hockey Coach at TRHS and has made staying fit and healthy a priority in her life.



Assistant Principal, Mr. Brown can be found several mornings a week in the TRHS weight room as he is an avid workout enthusiast and enjoys any type of physical activity. Mr. Brown graduated from Timberlane in '05 and in addition to his responsibilities as Assistant Principal he coaches football and wrestling for the Owls.



## PTSA Update

Thank you to everyone who ordered Owls apparel. The fundraiser was a huge success and we have even bigger plans for it next year! We are now shifting our focus to Teacher Appreciation Week! This year has been so hard on everyone, including our teachers and staff. We would love monetary or gift card donations and encourage students to write notes/emails of appreciation to their teachers as well. Please feel free to reach out on social media to our TRHS PTSA Facebook group or by emailing [timberlaneptsa@gmail.com](mailto:timberlaneptsa@gmail.com) if you can help.

## Silva Selected for Twin State Soccer Cup

TRHS senior soccer player Jake Silva has been chosen to participate in the 46<sup>th</sup> Lions Twin State Soccer Cup. Jake will be representing TRHS and the State of New Hampshire as he and other NH high school seniors take on seniors from Vermont. This game is put on by the Lions Twin State Soccer Association with proceeds from the game to benefit the Green Mountain Lions Camp for hearing impaired children and the Lions Sight and Hearing Foundation of New Hampshire for those needing assistance with hearing aids and eye surgeries. The game is scheduled to be held at Hanover High School in Hanover, NH, on July 17. Congratulations to Jake Silva!

## *April is School Library Month*



**APRIL IS SCHOOL  
LIBRARY MONTH**



CONNECT WITH BOOKS,  
TRHS HAS OVER 22,000!



CONNECT TO SORA



CONNECT TO OUR CATALOG

## *Project Hope Strut for a Cure Postponed*

Project Hope's 12th Annual Strut for a Cure fashion show has been postponed to April 11, 2021. If you are interested in attending you may join the event via livestream. The link for the livestream will be sent out as we approach the date of the show.

Project Hope is a student run organization that uses the proceeds to benefit cancer non-profit organizations and provides help to support families in the district with cancer expenses through the anonymous Angel Fund. If you would like to help please go to the donation website link below.

<https://www.myschoolbucks.com/ver2/stores/catalog/getproduct?productKey=ZZ1ZBS07R8FRDOY&OPTZZ1ZBS07R8FRDOY=ZZ1ZBS07R8GRLWT>

