



Principal's Newsletter February 2021

From the Desk of Mr. Woodworth

As we wrap up the first semester, shovel the deep snow, and look forward to the second half of the year, it is important to note that we have a lot to be grateful for. The hybrid model that we introduced in the fall has enabled us to keep our students moving forward, despite its challenges. While the number of positive tests for Covid in our state has increased significantly over the past five months, we can celebrate that we have not experienced "spread" in the high school.

A great deal of credit for this success goes to our students and staff for following all of the rules in place for the safety of everyone in the school: social distancing, one-way hallways, mask wearing, surface cleaning, and hand washing. Additionally, our district nurses in conjunction with Mr. Mark Pedersen and the administration in all of the district schools have been successful in conducting contact tracing and determining the appropriate responses when students and staff become exposed to the virus. We have had several students and staff quarantine to ensure the safety of the whole school community. I am thankful for the timely communication of parents who have alerted us to risks and sought advice. Together, we are making it possible for our students to continue to make progress academically.

The transition to the blended delivery of curriculum has been the most challenging adjustment for teachers, paraprofessionals and care givers that I have ever witnessed. We have been teaching to students who are in school and remote simultaneously, and on Wednesdays, with faculty who are fully remote. This has necessitated an ongoing shift in planning, delivery and communication. Our dependency on technology has increased and our face-to-face contact has decreased. I applaud our faculty, and staff for working long hours and with significant disruption to their personal/family lives as their homes have become extensions of their classrooms.

Just as teachers have made this adjustment, students have had to adapt their learning styles to a new environment. I cannot say enough about the behavior and respect that our students have shown in the school over the past year. Unfortunately, as the situation has dragged on, many students have found it hard to maintain high levels of motivation and performance. I encourage students and parents to reach out to their teachers, counselors, and any support staff to which they have access to ask for help. We will do what we can to meet your need.

I would also like to extend thanks to our athletic director, Mr. Angelo Fantasia, for imposing strict guidelines and protocols in order for teams to practice and compete. He and the coaches have adopted the attitude that every day that we can practice or play safely is a blessing. Beyond following national, state, NHIAA, and CDC guidelines, we have limited competitions, shortened seasons, limited fan attendance, and worked with the facilities department to maintain a healthy environment.

Although we are hampered by limitations in many venues due to indoor social distancing rules, I applaud the ongoing effort of our performing arts department, our club advisors, and our student organizations for keeping active and for providing co-curricular opportunities for our students.

Moving forward, while we set the stage for potential spring activities and begin building our schedule for the 2021-2022 school year we will look for opportunities to bring students back into the building at a pace that keeps everyone safe.

Take Care,

Don Woodworth

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Upcoming Events

**Virtual PTSA Meeting 2/10/21
6 p.m.**

**TRSD School Board
Meeting, 2/18/21, PAC 7 p.m.**

**TRSD No School, 2/22/21-
2/26/21 Winter Break**

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

English Honor Society Introduces Read-Aloud and Pen-Pal Programs

In spite of the challenges we have all faced this year, EHS members have been using their ingenuity and creativity to keep two important programs going. First, members have been busy with our Read Aloud to Students video project. Geared toward younger elementary students, EHS members read, act out, and record books



to encourage young students to read. The latest story, *Crunch*, is about a shy dinosaur who teaches viewers how to be a good friend through patience and kindness. Recorded stories may be viewed on Vimeo at <https://vimeo.com/channels/trhs>.

The second EHS program launched is our elementary school pen pal program. We have linked up with Sandown North fourth graders—all 73 of them—and have just finished our first digital letters via Google Slides. Not only do we hope to make lasting connections with our young friends, but we are also helping them to learn how to use Google Slides for their own creative letters. We cannot wait to see where this project takes us!

EHS is committed to spreading the joy of reading and writing, and we hope through projects like these to make a lasting impact on our TRSD community!

Equestrian Club Seeks Members

The Timberlane Equestrian Club is looking for new members for the Spring of 2021! Anyone interested in participating is asked to speak with Mrs. Mangini in the Assistant Principals Office or email her at patricia.mangini@timberlane.net for more information.

Congratulations to the Division I/II Signing Day Athletes

The Timberlane Athletic Department is proud to announce that the following student athletes have recently signed letters of intent to their Division I and Division II colleges and universities:

Ryan Hogan:
University of Louisville for Swimming

William Savage:
Le Moyne College for Lacrosse

Zachary Gleason:
Stonehill College for Baseball

Jack Pepin:
Southern New Hampshire University for Golf

Nicholas Matthews:
Bryant College for Football

Congratulations to these athletes for this tremendous accomplishment! We are very proud of them, and we know they will continue to do great things in the future.



PTSA to Launch New Apparel Store

The PTSA will be launching the TRHS apparel store! Check their page on the Timberlane website or Facebook for store link or email timberlaneptsa@gmail.com for info!

Art Journal Seeks Student Writing, Artwork

Timberlane's journal of creative expression, *As We Are*, is now accepting writing and artwork submissions for its 2021 edition.

The annual publication typically features poetry, short stories, personal narratives, and essays alongside a variety of 2D, 3D, and digital art, including drawings, paintings, photographs, sculptures, and pottery.

Interested students are encouraged to email their submissions to Mr. Laing at taylor.laing@timberlane.net.

When submitting, please include the student's full name, grade, and title of work. All artwork should be submitted in the form of a high-quality photo.

Previous editions of *As We Are* can be viewed on the TRHS website.

Student Council Promotes School Spirit Events

In December, the Student Council worked on a variety of projects to keep school spirit alive. For December's Monthly Madness, Student Council officers put together a variety of remote and safe, in-person activities for students to participate in. From a gingerbread house contest, to ugly sweater day, students had a chance to showcase their school spirit. To top it all off, the Student Council also hosted their first drive-through holiday light show. Students formed groups of 3-5 and put together light displays for the community to view.

Masked and socially distanced, these students created a fun holiday event for families from all four towns. Despite these challenging times, the Student Council is still working to provide safe ways to promote unity and school spirit. Be on the lookout for more, Owls!

2021 Jazz All-State Music Festival Band and Chorus Students

Congratulations to the following Timberlane Jazz Band and Chorus students who were chosen by audition to participate in the New Hampshire Jazz All-State Music Festival. This year's festival will be virtual and will take place Feb. 4-6. The festival is sponsored by the New Hampshire Music Educators Association.

All-State Jazz Band Participants

Top row from left to right: Elizabeth Amorelli, Nora Theberge. Third Row: Andrew Augeri, Laura Hills. Second Row: Robert Fairhurst, Ella Murray. Floor: Galen Walton. Not pictured, Paul Morcaldi



All-State Chorus Participants



Pictured Left to Right: Max Orio, Christianna Kosta, Evan Cassie, Jayson Cassie
Not pictured: Tayler Aprile; Jenna Horan; Ian Machemer

Virtual Academic Support Center Now Open

The Virtual Academic Support Center is open for students seeking help in various subjects. If your student is in need of some additional support throughout the day (whether during class or a study hall), please encourage your student to join the Virtual Academic Support Center Google Classroom.

Joining the classroom will give students access to the drop-in Zoom link. Please use the following code to join the classroom:

z47vxsm

Mr. Behan and Mr. Laing will be running the drop-in Zoom session throughout each school day. If you have any questions, please email Mrs. Michitson at Jennifer.Michitson@timberlane.net.

Links for Information

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

January 2021 School Counseling Department News

Course Selection Process for 2021-22

The TRHS Administration team and the School Counseling Department are pleased to inform you that the course selection process for the 2021-22 school year has begun. Class assemblies will be held on Tuesday, Feb. 9 and Thursday, Feb. 11. At that time we will distribute the 2021-22 TRHS Program of Studies, review course offerings, graduation requirements, and discuss future planning.

We encourage parents/guardians to review the Program of Studies with your student to discuss course offerings, and assist them in mapping out a graduation plan. The Program of Studies was offered to Cohort 3 students during their semester 2 book and material pick-up days. It is available online on the high school website. The online version shall be considered the official version as updates and adjustments will be made as needed.

Course Recommendation Days will be held on Tuesday, Feb. 16 and Thursday, Feb. 18. On these days, core content teachers will conference with students about their course recommendations for the next year. Once students have received their course recommendations, the course selection process shall be completed online using the *students'* PowerSchool account. More details about the course selection process will be forthcoming.



Frostbite Tips from the CDC

Frostbite is a type of injury caused by freezing. It leads to a loss of feeling and color in the areas it affects, usually extremities such as the nose, ears, cheeks, chin, fingers, and toes. Frostbite can permanently damage the body.

You may have a greater chance of developing frostbite if you have:

- Poor blood circulation
- Not properly dressed for extremely cold temperatures

What are the signs and symptoms of frostbite?

If you notice redness or pain in any skin area, get out of the cold or protect any exposed skin—frostbite may be beginning. Any of the following signs may point to frostbite:

- A white or grayish-yellow skin area
- Skin that feels unusually firm or waxy
- Numbness
- A person who has frostbite may not know they have it until someone else points it out because the frozen parts of their body are numb.

If you notice signs of frostbite on yourself or someone else, seek medical care. Check to see if the person is also showing signs of hypothermia. Hypothermia is a more serious condition and requires emergency medical care.

If (1) a person shows signs of frostbite, but no signs of hypothermia and (2) immediate medical care is not available, do the following:

- Get the person into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on feet or toes that show signs of frostbite—this increases the damage.
- Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.
- Put the areas affected by frostbite in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).
- If warm water is not available, warm the affected area using body heat. For example, you can use the heat of an armpit to warm frostbitten fingers.
- Do not use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can easily burn.

Don't substitute these steps for proper medical care. A health care provider should check frostbite.

Being prepared is your best defense against having to deal with extremely cold weather. By preparing your home and car ahead of winter storms or other winter emergencies, and by taking safety precautions during extremely cold weather, you can reduce your risk of developing health problems related to cold weather.

Source: CDC

This material is available at no charge at <https://www.cdc.gov/disasters/winter/staysafe/hypothermia.html>

Disclaimer: Use of this material, including any links to the materials on the CDC, ATSDR or HHS websites, does not imply endorsement by CDC, ATSDR, HHS or the United States Government of you, your company, product, facility, service or enterprise.

Works of Art

On this page you will see a few examples of the art work being produced by

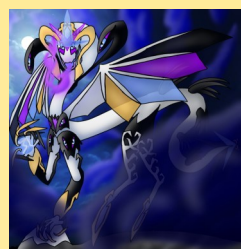


students in the Timberlane Art Department. A link will be soon be posted to the

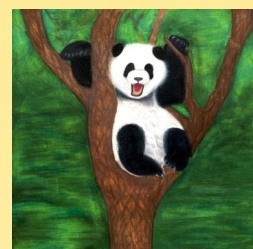
TRHS website showcasing our Virtual Art Show.



Lillian Burns, Grade 10



Isabella Brandolini, Grade 10



Sam Fowler, Grade 10



Rebecca Longchamp, Grade 12



Grace Bailey, Grade 12

AP Art Students at Work

Mrs. Currier's AP Art classes have been working hard on their portfolio concentrations. Throughout the year each AP Art student is required to create a



portfolio of 15 pieces based on the theme of their choice. In May their portfolios are submitted to the AP College Board for scoring and possible college credit.



Congratulations to Senior Art Award Recipients

Three seniors have earned Scholastic Art Awards of NH. The Scholastic Art and Writing Contest is a competitive nationwide contest. This year the awards ceremony (normally held at Pinkerton) will be replaced with a virtual ceremony in March.

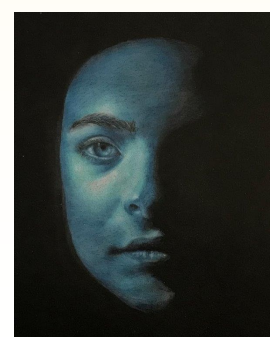
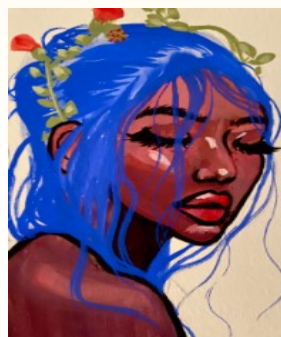
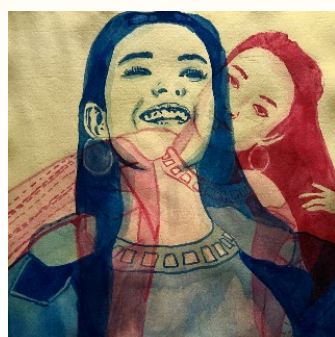
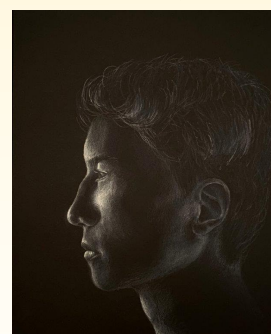
Below are submission by:
Eve Harnois, Grade 12



Below are submissions by:
Faith Frye, Grade 12



Below are submissions by:
Elizabeth Amorelli, Grade 12



SoRock Coalition and Life of an Owl Put Together Safe Messaging PPE

The Life of an Owl student leaders and SoRock Coalition are hoping to start the second semester off in a safe way, both physically and emotionally. They will be distributing new Life of an Owl face masks and personal hand sanitizer with mental health hotline numbers, thanks to a grant from the Governor's Youth Advisory Council with CARES Act funds.



The face mask also is branded with #BeSafewithSoRock, which will be a social media campaign in the spring to promote to our students positive ways of coping during the stress of the pandemic. Stay tuned for the chance to win prizes and have your posts featured in posters around the school and community.



Life of an Owl and SoRock Sponsor First Virtual Schoolwide Assembly

After some technical difficulties in January with the Webinar chat feature, Life of an Owl and SoRock have rescheduled the first ever virtual schoolwide assembly for Feb. 10. They will be hosting a screening of Chris Herren's movie "The First Day" (www.thefirstdayfilm.com), which addresses mental health and substance misuse prevention. The Life of an Owl leaders felt that the movie did a great job of reducing the stigma of mental health conditions and promoting having each other's backs, especially during these stressful times of the pandemic.

Timberlane Wrestling Brings Fans Back

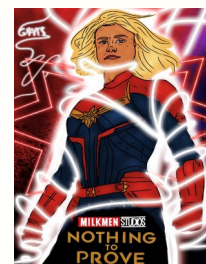
Teams have been missing their Fans in the Stands! The wrestling program came up with an innovative way to try to bring them back. A unique fundraiser offered fans the opportunity to upload their pictures and a cutout of them was made from that picture. The photo cutouts will be placed in the bleachers during home wrestling meets. Many great faces will be in the stands supporting the team including Bernie Sanders!



Some of our cutouts!

Milkmen Improv Returns

Milkmen Improv presents a special show, "Nothing to Prove," designed by Ms. Treanor on Feb. 11, 2021 at 4 p.m.! Check it out on TRSD LIVESTREAM!



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

Important Information Free and Reduced Lunch: Act NOW for 2021

It's more than a meal application.

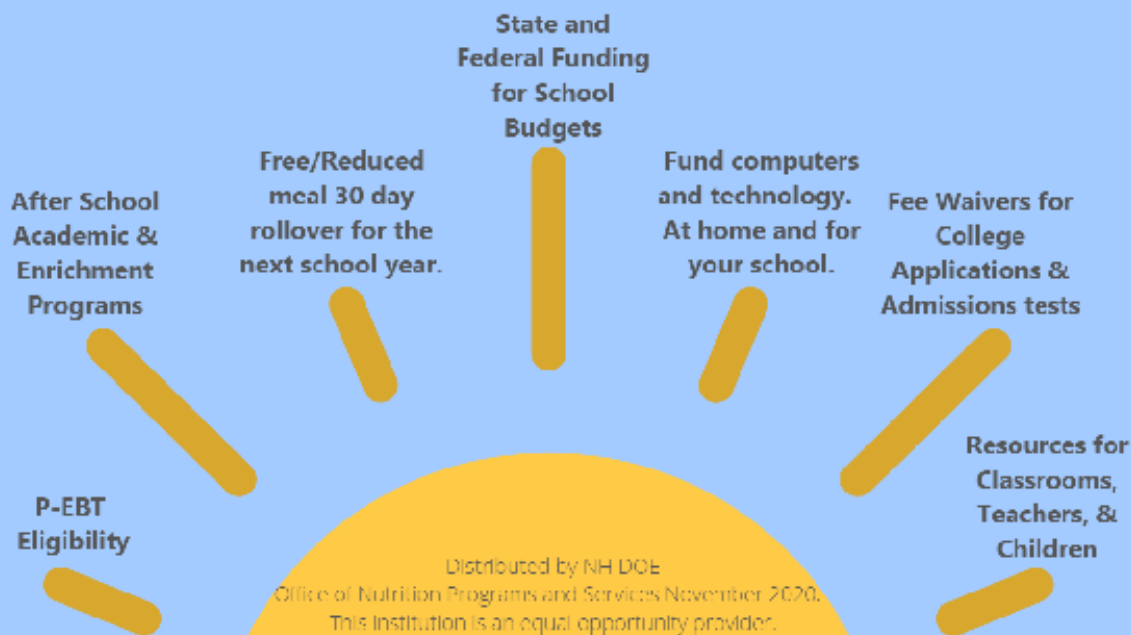
Even with free meals for your school district in 2020-2021, it is still important to submit a free/reduced price meal application.

Completing an application takes less than 10 minutes and application information remains private and confidential.
Only one application per household is needed.

Meal Applications may be downloaded from your school's website or obtained from the district's food service director.

DON'T DELAY! COMPLETE AND SUBMIT AN APPLICATION TODAY!

FILLING OUT THE SCHOOL MEAL APPLICATION MAY HELP PROVIDE:



Office of Nutrition
NH Department of Education