

Principal's Newsletter February 2022

Greetings From the Desk of Mr. Vaccarezza

Hello Members of the Timberlane Regional High School Community.

As we begin the second semester we have a lot to be looking forward to. The new semester is a time when students can re-center themselves and begin to prioritize their education. We continue to offer numerous after school activities for our students and all are encouraged to get involved. In the coming weeks we will hear about many of our students receiving awards, scholarships, and other recognitions. We will have our students be accepted to schools across the country, enroll in the armed services, and be placed in future job opportunities. As we report on these events, please take time to congratulate these students and also use these achievements as inspiration for future TRHS graduates.

Thank you and Go Owls!

John Vaccarezza,

Principal, TRHS

****Be sure to follow us on Twitter: [TRHS on Twitter](#)**



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Upcoming Events

- 2/3/22 TRSD School Board Meeting, PAC, 7:00PM
- 2/8/22 TRI-M Induction Ceremony, PAC, 7:00pm
- 2/10/22 TRSD Deliberative Session, PAC, 7:00pm
- 2/15/22 Great American Songbook Concert, PAC, 7:00pm
- 2/17/22 TRSD School Board Meeting, PAC, 7:00pm

TRHS Calendar of Events

Be sure to check out the TRHS Calendar of Events for Club Meetings, Special Events, and Fundraisers.

News from the Health Office

New Year Resolutions

1. Start off strong with a healthy breakfast. A good breakfast provides energy and will help keep you alert and attentive in class. Sugary foods leave you feeling tired soon after eating. Remember: your school performance is directly related to what you eat!

2. Drink plenty of water. Water is the best fluid to stay hydrated without the added sugar found in some juice and soft drinks



3. Don't forget to wash your hands often. Keep hands away from your face, mouth, and nose where germs can enter your body.

4. Boost your immune system. Get plenty of sleep and eat fruits and vegetables every day.

5. Eat a nutritious lunch. Choose foods from all the food groups. Different food groups supply our bodies with energy to think and move. Make healthy choices from the daily menus, or pack a healthy lunch from home.

6. Cut back on sugar and salty snacks. Limit sodas, sport drinks, candy, chips, and ice cream – they add on extra calories, cause dental issues, and leave you feeling tired. Need ideas for a snack at school? Ask the health office.

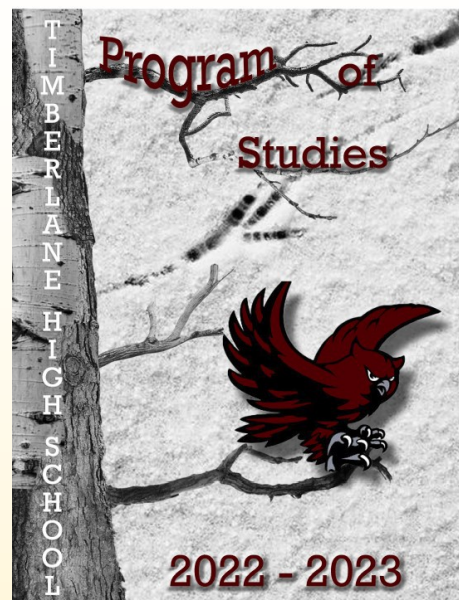


7. Enhance your brain performance. Exercise, read and eat brain foods like berries, fish, and nuts. Just say "NO" to fast food.

8. Get at least 30 minutes of exercise every day. Go for a daily walk with friends or your pet. Exercise helps our bodies to be strong, flexible, and resilient.

News from School Counseling

The TRHS Administration team and the School Counseling department are pleased to inform you that the course selection process for the 2022-23 school year has begun. Class assemblies will be held on Wednesday, February 2 to discuss the course selection process. 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** is available online on the high school website under Counseling/**Counseling-Documents**. Additional information will be forthcoming through email.



TRHS AFTER SCHOOL ACADEMIC SUPPORT

Need help on an assignment? Want extra support from a teacher? Need a place to work on credit recovery? TRHS is now offering after-school academic support for for grades 9-12.

**SEE
YOUR
EMAIL
FOR THE
LINK TO
SIGN UP!**

Sessions Happening Now!

TUESDAYS Humanities Help (Eng/SS)

WEDNESDAYS General Help Session

THURSDAYS STEM Help (Science/Math)

Please email Assistant Principal Mrs. Harbel with any questions.

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

Upcoming Events

The PTSA is gearing up for teacher appreciation week and spring events. Donations welcome via Venmo @TimberlaneHigh-PTSA or email timberlandpts@gmail.com to help!

"We're Dancin"

The Dance team participated in the first Alumni Series event at the PAC with Skye Mattox. Skye has been dancing professionally on Broadway ever since she graduated in 2008. The team performed group and solo numbers at the event. It was quite a memorable experience for all to spend the evening with Skye!

Special thanks to Co-Captains Olivia Buckley and Abbey Miller for supporting this event with the team.



Links for Information

- ⇒ [TRSD Return to School Plan](#)
- ⇒ [TRSD Health Service](#)
- ⇒ [TRSD Student Assistance Program](#)
- ⇒ [TRSD Technology](#)



Timberlane Regional High School Class of 2022 Scholarship Applications are now open.

All scholarship applications **MUST** be fully completed and submitted by **Feb. 10th, 2022 at 3:00 PM.**

NO LATE APPLICATIONS WILL BE ACCEPTED.

NO EXCEPTIONS WILL BE MADE.

Application information has been emailed to seniors and can be found on the school counseling website.

TRHS English and Math Honor Societies Giving

Last summer, Mrs. Meg Guanci, Assistant Principal at Sandown North Elementary School, asked the honor societies at TRHS to sponsor a Storywalk for the students at Sandown North. Mrs. Guanci and others at the school were looking for creative ways to engage students. The English and Math Honor Societies collaborated with Sandown North to bridge connections throughout the district and to find real life applications for both the high school and elementary students. The first Storywalk of the year went on display in October and was created by the English Honor Society led by Mrs. JoAnn Blanchette and Mr. Louie Vigers. The book the group selected, *The Wind May Blow*, connected perfectly with North's yearlong theme, "We Can Do Hard Things." In November, the Math Honor Society led by Mrs. Lee Daneau and Mrs. Lorainne Mascioli chose the book entitled, *Emma Ren: Robot Engineer*, which promoted that anyone including girls can do anything they put their minds to. It encourages the six steps of the STEM process: ask, imagine, plan, create, test, and improve. Each of these stories has a great lesson from which all students of any age can learn! These Storywalk displays are accessible to families after school hours and on weekends —please go to Sandown North and check them out!

English Honor Society Members
Lauren Violette and Ellie Kennedy

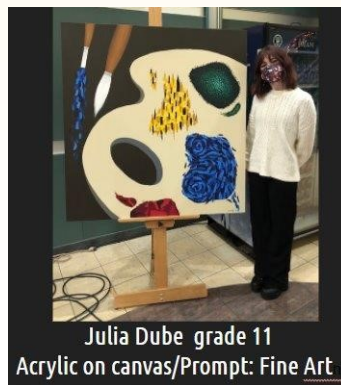


Math Honor Society Member
Catherine Hammond



PAC Art Exhibit

Nine art honor society member created four foot square paintings during the months of October and November, which were unveiled in an Arts Night Ceremony in December. These students were each assigned a specific arts-related prompt such as singing, drama, fine art, etc. Students were asked to interpret this theme and express it with their own personal and unique style. These paintings are currently on display in the PAC foyer and we invite you to see this impressive exhibit. Thanks for your continued support of the arts.



Scholastic Art Awards of NH

Mrs.'s Currier's AP Art Class entered portfolios and individual works of art in the Scholastic Art Awards of NH. The Scholastic Art and Writing Contest is considered to be one of the most prestigious contests for creative middle and high school students in NH. We are pleased to announce the following recipients:

Senior Alyssa Bedard received a Gold Key for her drawing portfolio titled "Reflection of a Woman ."Only 7 percent of over two thousand entries receive this top award. Senior Hannah Smith received an Honorable Mention for her portfolio titled "Dance Photography" and also received a Silver Key for "Blueberries " painting . Senior Lauren Violette received an Honorable Mention for her photography portfolio titled "Pre-pandemic Paradise" and a Silver Key for a photograph titled "Native Island Life."

All three portfolio winners were awarded scholarships.

Senior Owen Kellerman received a Silver Key for his painting "Building Overcome by Nature."

In lieu of an in-person ceremony, students will participate in an online ceremony in March. If you see these talented students, please congratulate them.



Hanna Smith
"Blueberries"
Silver Key Award



Owen Kellerman
"Building Over-
come by Nature"
Silver Key Award

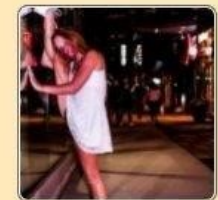
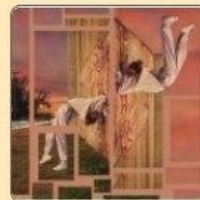


Lauren Violette
"Native Island
Life"
Silver Key Award

Lauren Violette, "Pre-Pandemic Paradise", Honorable Mention



Hanna Smith , Dance Photography Portfolio, Honorable Mention



Alyssa Bedard, "Reflection of a Women", Gold Key Award

