



Principal's Newsletter 2024

From the Desk of Mr. Vaccarezza

Hello Families of Timberlane Regional High School,

As we enter into Semester 2, we have so many things going on. We will begin the course selection process so this is a good time to sit down and discuss options for the next school year with your child.

It's great to see the growth that our students are experiencing, while at the same point taking some time to plan for the future.

Winter sports, concerts, plays and shows are all on display in the coming weeks and months. We hope you and your child are able to participate in these events and appreciate the skills, abilities, and interests of our Timberlane Regional High School students.

Finally, our bevy of clubs and organizations continue to have students collaborating to make great things happen. Please make sure to reiterate the point to your child, that it is never too late to get involved here at TRHS!

Thank you and Go Owls!

Mr. Vaccarezza

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Upcoming Events

**TRHS Mid Terms - Wednesday-
Monday 1/17/24-1/22/24 Check
our website for details.**

**1/18/24—TRSD School Board
Meeting, SAU 106, 7:00PM**

**1/26/24 TRSD Professional
Development Day –No School for
Students**

**2/1/24 TRSD School Board
Meeting, SAU 106, 7:00PM**

**2/8/24 TRSD Deliberative
Session, TRHS PAC, 7:00PM**

Art Department Pottery News

The Pottery Classes made presents for unsuspecting parents during the 1st semester. We've had a great semester thus far and this month our artists are finishing up on "Theme Containers with Fitted Lids" and Pairs of Tiki Mugs. Each project has a wide range of results as you can see from the "Rock" Tiki Mug made by Jordan Aguirre, a "Riddler" box by Lillianna Clark, and a "Present" by Sean Violette. Both projects, students are given guidelines to work towards. The "Theme Container" had only two requirements, they must have a visibly recognizable theme and the lid must fit. These requirements allow our artists to generate ideas and think about how they will be able to accomplish their designs based upon how well their ceramic abilities allow them to be successful. The Tiki Mugs needed to be a pair or a set. Once again, a wide variety of ideas were seen throughout the class, making a one off piece is easy; making two could be identical or two that are opposite, or two that are thematic, therein lies the goal of this assignment. I can say their creations this fall have been fantastic and they should be proud of their work. - Mr. Blaszk

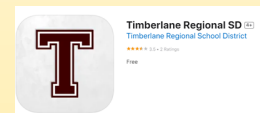


Peabody Essex Museum Field Trip

Mr. Hunter & Ms. Pellerin's World Studies students went to Salem, MA to visit the Peabody Essex Museum in December. The students had a tour of the Yin Yu Tang House and explored Chinese art and culture through art and artifacts.

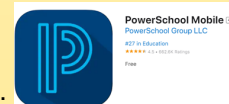


Timberlane App: Did you know there is a Timberlane App you can download to phones and tablets? This app combines all the Timberlane tools into one location making it easier for you to find what you are looking for. Tools like PuP (Pick up Patrol), MySchoolBucks, Powerschool Web portal, Calendar events and lunch menus can all be accessed through this one app., *plus many more!*



Powerschool App (different from the web portal)

Did you know you can have access to your students' attendance, assignments, and grades using this app? In addition, our daily bulletins that are read to our students in the morning are also posted here. This is another great tool for parents and guardians. Make sure you are logging in using your parent/guardian account, and not as your student. *Do note: this application currently does not support our required re-registration process that happens at the beginning of each school year.*



2024 Hugh O'Brian Youth Leadership Program Representatives Announced!

Sophomore students **Soha Shah** of **Atkinson** and **Gabrielle Sierra** of **Plaistow** have been selected as the 2024 Hugh O'Brian Youth Leadership Representatives for Timberlane. Award winners were nominated by a faculty member, completed an application, and participated in an interview with the selection committee.

Soha Shah and **Gabrielle Sierra** will have the opportunity to attend HOBY's flagship program, the State Leadership Seminar, in the spring. The seminar is designed to empower high school sophomores to recognize and apply their leadership talents to become effective, ethical leaders in their home, school, and community. The 2024 NH Leadership Seminar will include hands-on leadership activities, networking with other top performing leaders in the state, and exploration of leadership skills all while learning how to lead others and make a positive impact in the community.

2024 Hugh O'Brian Youth Leadership Program Representatives Announced!



Pictured above, L-R: Principal John Vaccarezza, Soha Shah, and Gabrielle Sierra

School Counseling Office News

The school counseling office began the school year strong with our Freshman Orientation, College Fair, PSATs and Senior Parent Night. In addition, we had the opportunity to meet with the students in the classroom environment and individually through our office. During the classroom visits, counselors met with seniors to review the post secondary planning process including deadlines, application procedures, scholarships and Financial Aid. Juniors prepared for the PSATs and we look forward to meeting with them soon to start going over post secondary planning. Sophomores were reintroduced to Naviance, a web based program used to help them identify their personality strengths and match them with potential career opportunities. Finally, Freshmen were introduced to the "SOS Signs of Suicide" curriculum, teaching warning signs for suicide and how to ACT (Acknowledge, Care, Tell) to get help if you are worried about yourself or a friend. On October 25th, we held our second "I am College Bound - I Applied Day" where over 50 seniors took the opportunity to submit applications at **no cost** to over 130 NH schools. One of the participating students will be chosen for a \$500 scholarship through Granite Edvance and announced during Senior Scholarship Night in the Spring. In November, two sophomores were selected to be Timberlane Ambassadors at this year's HOBY Youth Leadership Program, held at St. Anselm College this spring. Students were nominated by high school staff and were narrowed down through an application and interview process before being chosen.

- *Below are a few important dates to mark on the calendar. Any changes to these dates will be reflected on the School Counseling page. Event details will be communicated as time nears.*

February - Course selection process begins for the 24-25 school year

March 03/27- SAT School Day Testing for Juniors

03/28- Junior Parent Post Secondary Planning night

April 04/02- Understanding the Financial Aid Award Letter night (Senior Parents/Guardians)



TRHS Students Made Jazz All State, Classical All State & Chamber All State

On Saturday, October 21st, high school musicians from across the state auditioned to earn a spot in the upcoming 2024 New Hampshire Music Educators Jazz All-State Festival. Congratulations to the following students whose auditions earned them a spot in one of four ensembles performing at the Jazz All-State Festival in February.

Honors Jazz Choir: Braden Masera-Drums, Sebastian Shell-String Bass, Luke Swanney-Tenor Voice

Honors Jazz Band: Brandon Bedard-Trombone Jazz Choir: Thomas Desmet-Baritone Voice

Jazz Band: Andrew Augeri-Drums, Lindsay Fuller-Vibes (Top Score in the state!), Annie Ketcham-Trombone, Cameron Stack-String Bass

These 9 Students represent the highest number of students selected to participate in the festival from a single school.

CLASSICAL ALL STATE

On Saturday, November 18th, Timberlane sent 55 students to Manchester Memorial High School to complete 60 auditions for a spot in the New Hampshire Music Educators Association's Spring All-State Festival. Timberlane had 28 students who earned a score to qualify for a spot in one of the four ensembles at the festival. This represents the

highest number of students accepted to the festival from a single school. Students in the Band, Orchestra, Chorus, or Guitar Ensemble will be participating in the NHMEA All-State festival in Concord in April. Congratulations to the following students:

Band: Andrew Augeri-Tympani Percussion, Sienna Currier-Flute, A.J. DeRoche-Trumpet, Lindsay Fuller-Mallet Percussion, Evan Houle-Tuba, Kalie Husson-Flute, Carissa Krotz-Trumpet, Sarah McCrillis-Tuba.

Orchestra: Brandon Bedard-Trombone, J.T. Fox, Braden Masera-Snare Percussion, Sabrina Nazarian-Violin, Sebastian Shell-Bassoon

Mixed Choir: Thomas Desmet-Bass Voice, Will Farrell-Bass Voice, Matthew Gosselin-Bass Voice, Luke Swanney-Tenor Voice

Treble Choir: Nora Devine-Alto Voice, Cassie Pepin-Alto Voice, Kaitlyn Reynolds-Soprano Voice

Guitar Ensemble: Livia Kellan, Cameron King, Andrew O'Connell, Sean O'Hearn, Emery Pitman, Luke Saltalamacchia, Ava Sawyer, Claire Smith

CHAMBER ALL STATE

Each year, the New Hampshire Band Directors Association analyzes student scores from the November All-State auditions and selects the highest scoring students to participate in a Chamber Music Festival co-sponsored with the New Hampshire Music Directors Association. The festival this year will take place on Saturday, January 13th at the University of New Hampshire in Durham. Twelve Timberlane students scored high enough at their All-State audition to be selected to participate in this truly unique and rewarding experience. This number represents the highest

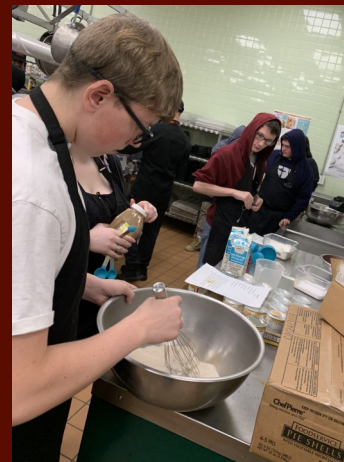
number of students participating from a single public school in the state. Congratulations to the following students:

Andrew Augeri-Percussion III, Brandon Bedard-Trombone, A.J. DeRoche-Trumpet, Will Farrell-Bass Voice, J.T. Fox-Cello, Lindsay Fuller-Percussion II, Courtney Husson-Percussion II, Kalie Husson-Flute, Carissa Krotz-Trumpet, Braden Masera-Percussion I, Sebastian Shell-Bassoon, Luke Swanney-Bass Voice.

We are incredibly proud to have all these students represent Timberlane at the Jazz, Classical and Chamber All State Festivals!

TRHS Culinary Students Join Forces with TRHS Cafeteria Staff to Make Holiday Pies

Mrs. Monti's Culinary Class worked with the TRHS Cafeteria Staff to make holiday pies for the entire school. The combined efforts produce 54 pies! Great work by all involved.



Holiday Cards for Troops

The high school and middle school joined efforts this year to send holiday cards to our active overseas military. Our two schools submitted 701 cards to the Holiday Cards for Our Military Challenge. The students' efforts truly embraced the foundation of the holiday card challenge with their expressions of genuine appreciation, respect, and gratitude.



Book Collection for Copper Cannon Camp



English Honor Society member, senior Claire Smith, is collecting children's and young adult books to be donated to Copper Cannon Camp in Bethlehem, NH. The mission of the non-profit camp is to enrich the lives of under-served youth in New Hampshire by providing a quality, tuition-free camp experience. The first donation of 25 books was delivered to the camp on Friday, December 1st, and was greatly appreciated by the camp's Executive Director who shared that each camper goes home with a book at the end of their camp week.

News from the Health Office

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:

- *** 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 often with soap and water, or an alcohol-based hand rub (one brand is Purell) .
- 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.

New Hampshire Seal of Biliteracy

This national award has been adopted by 49 other states across the country. The Seal of Biliteracy is an award given by a school, district, or state in recognition of students who have studied and attained proficiency in two or more languages by high school graduation.

Students who earn this designation will receive the state seal on their high school diploma and a state issued award certificate. In addition, documentation of this accomplishment will be included on the student's official high school transcript, a distinction valued by prospective employers and institutions of higher education.

Our State is a better place because of the rich cultural and linguistic assets of our students. This state and [national award program](#) allows districts to acknowledge the achievements of New Hampshire's bilingual students with an official diploma seal, an honors cord to wear at graduation and a keepsake medal or pin, and/or award certificate. A notation is also made on the student's official transcript as a signal to future employers or to institutions of higher education.

Timberlane Regional High School is part of this national award program. If you are interested in learning more about how to earn this award, please contact our program coordinator Melissa Finneran at melissa.finneran@timberlane.net

