



Principal's Newsletter October 2022

From the Desk of Mr. Vaccarezza

Hello Members of the TRHS Community,

The opening of the 2022/2023 school year, we put an emphasis on returning to an improved normal.

Students came back ready to learn and interact both in the classroom and with all the extracurriculars that we offer.

Numerous events were held to help students engage in their growth such as a College Fair, Club Fair, and a successful Spirit Week.

Rarely does a day go by that you won't find something to be involved with or observe going on around our campus.

As we approach the end of the first quarter, we are optimistic that we as individuals and as a school will continue to see growth.

This next quarter is an important one for seniors as they continue to determine what will be the college or career path post high school.

Juniors will start prepping for the SATs while Sophomores and Freshmen will continue building on the foundation that they have started.

We try to give the students avenues to build their experiences for the future and we ask that you encourage that as well.

Thank you for a great start to the school year.

John Vaccarezza,

Principal, TRHS



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Upcoming Events

11/3/22 TRSD School Board Meeting, SAU Boardroom, 7:00PM

11/8/22 Veteran's Day Celebration & Dedication, TRHS 1:00PM

11/10/22 Milkmen Improv Comedy Show, TRHS PAC, 7:00PM

11/11/22 No School, Veteran's Day

Be sure to check on the event calendar for Clubs, Organizations and athletic events.

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

Art Honor Society Paints Doorstops for the Math Department

Members of the Art Honor Society painted math themed doorstops for the math department. Students earned merit hours for their required Art Honor Society volunteer hours. AHS



Mini Painting Exhibit

Mrs. Currier's Painting Exploration class created mini food paintings using paint markers and acrylic paint. These paintings (along with their family of patrons) are on display in the 300 hallway throughout the month of October.



News from School Counseling



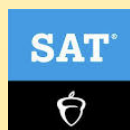
Sophomore and junior students who took the PSAT on October 15 will be notified via email in mid December indicating their score report is available through the College Board. Students are encouraged to create a College Board account if they have not already done so. *It is important that students *do not create more than one account*. Click [HERE](#) for additional information on how to access your scores.

On October 19th school counseling held a "Financial Aid Night" with the New Hampshire of Higher Education Assistance Foundation ([NHHEAF](#)) for our senior parents. The evening focused on the Federal Financial Aid Form (FAFSA) and the types of aid available. Additional funding options, scholarship searches and the importance of deadlines were also discussed.



"I am College Bound / I Applied" Day is on November 7th for seniors who are interested in participating. Applications for colleges in NH will be free for students who submit an application at Timberlane on this day. Additionally, students who send an application will be entered to win a \$500 scholarship. This is made possible by [NHHEAF](#).

November 15 and Dec. 1 are popular early college application deadlines. Seniors please be sure to complete your transcript request forms a week prior to your deadlines and submit them to the school counseling office.



In the spring of 2023, the SAT will be administered to all juniors as part of the NH state assessment program at the high school during a school day. SAT prep is still available at :

<https://www.khanacademy.org/sat>. Additional information will be provided closer to the test date.

We have been busy scheduling college visits and will continue to schedule colleges throughout the year to meet with interested students. Juniors and seniors should continue to check Naviance for updates.



Please follow us on Twitter([@TRHS_Counseling](#)) for helpful information and updates on our upcoming events.

Class of 2025 Fundraiser

The Class of 2025 is at it again and selling Texas Roadhouse Rolls just in time for Thanksgiving!!!! A dozen rolls can be purchased for \$8, an extra tub of butter for \$2, and you can also purchase Texas Roadhouse Gift cards for any amount over \$5!!! Order by going to <https://txrhgiftcards.com/collections/txrh-5-100-8-brd?ref=441TimberlaneRegionalHighSchool>



Order through 11/1/2022 and pickup will be 11/17 at TRHS!!!

Please let Marie Coye or Laura Sweet know if you have any questions!

Thank you for supporting the class of 2025.

We're Dancin' Again

The Dance Team kicked off the year with auditions last month and had an overwhelming response! There are twenty-two dancers representing five dance studios. Many of them have been dancing since they were three and four years old!

This talented group has been busy with Friday practices and some team-bonding. They performed their first number at Pep Rally! Co-Captains Olivia Buckley and Abbey Miller will lead the team this year. More to come from this talented group.



POINSETTIA & WREATH FUNDRAISER Timberlane Regional High School

Support Rho Kappa, TRHS Social Studies Honor Society, by purchasing one of these beautiful holiday decoration offerings below:

- Kissing Ball – Undecorated – \$30/ea.
- Kissing Ball – Decorated – \$40/ea.
- 12" Wreath – No Bow – \$16/ea.
- 12" Wreath – With Bow – \$22/ea.
- 6" Poinsettias – \$15/ea.
- 8" Poinsettias – \$25/ea.

Full Details and Purchase Links:

<https://www.timberlane.net/poinsettia-wreath-fundraiser/>

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 grades 9-12.

Sessions begin Oct. 25, 2022!

TUESDAYS STEM (Math/Science)
WEDNESDAYS General Help Session
THURSDAYS Humanities Help (Eng/SS)

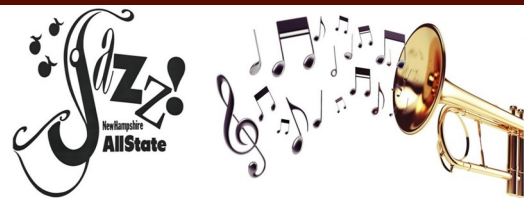
Please email Assistant Principal Mrs. Harbel with any questions.

SEE YOUR
EMAIL FOR
THE LINK TO
SIGN UP OR
USE THE QR
CODE!



PAC Happenings

WIZARDING DAY at the PAC was a huge success!



This past Saturday (October 15th), high school musicians from across the state auditioned to earn a spot in the upcoming 2023 New Hampshire Music Educators Jazz All-State Festival. We are incredibly proud of all of the students who auditioned for their dedication and hard work.

We would like to recognize those students whose auditions earned them a spot in one of four ensembles performing at the Jazz All State Festival in February.

Honors Jazz Choir

Isabella Phair—Alto (Top Score in the state! Also auditioned on Soprano and received the Top Score in the state!)
Ella Murray—Alto

Honors Jazz Band

Jacqueline Fuller—Alto Sax (Top Score in the state!)
Paul Morcaldi—Tenor Sax (Top Score in the state! Also auditioned on Bari Sax and received the top score in the state!)
Brady Stack—Tenor Sax
Miles Sherwood—Trumpet
Sebastian Shell—Bass (Top Score in the State!)

Jazz Choir

Kaitlyn Reynolds—Soprano
Elizabeth Lombard—Soprano
Erica Sheffield—Alto
Frankie Sheffield—Tenor
Braden Masera—Drums

Jazz Band

Sophie LaPlante—Tenor Sax
Carissa Krotz—Trumpet
Annie Ketcham—Trombone
Brandon Bedard—Trombone
Andrew Augeri—Drums

These 17 students represent the highest number of students selected to participate in the festival from a single school. **Congratulations** to all on your great accomplishment!

NEXT WEEK...

THE TIMBERLANE PLAYERS PRESENT

WILLIAM SHAKESPEARE'S
A MIDSUMMER NIGHT'S DREAM

NOVEMBER 3, 4, 5 - 2022
7:00PM
SAT MATINEE 1:00PM
\$8 PAC RECITAL HALL

CALL 603-257-5257 TO RESERVE TICKETS

COMING SOON.....

JOIN US IN HONORING ALL WHO SERVED

VETERANS DAY CONCERT
NOVEMBER 6, 2022 - 2PM
★ THIS IS A FREE CONCERT! ★

FEATURING THE
TIMBERLANE COMMUNITY CONCERT BAND
AND GUEST SPEAKER
JOHN HENRY MCARDLE
ELECTRICIAN'S MATE 2ND CLASS, SUBMARINE SERVICE

TIMBERLANE PERFORMING ARTS CENTER - PLAISTOW, NH 603-257-5257

THE TIMBERLANE PERFORMING ARTS CENTER PRESENTS

TUBACHRISTMAS 2022
Saturday-December 17th, 2pm

Join us for a TubaChristmas Celebration followed by The Timberlane Community Music Association's Holiday Concerts

Do you play tuba or euphonium? Would you like to be a part of our TubaChristmas Celebration? We welcome people of any age and skill level. So, grab your instrument and join us at the Timberlane PAC on Saturday, December 17th.

Registration is at 10:30am. Registration Fee is \$10 and includes a pizza lunch.

This is an afternoon of FREE concerts - NO TICKETS REQUIRED -

News from Whitson's Culinary Group

The Fall season is in full swing and delivering us straight into the Holidays. But let's start with some exciting things happening here at TRSD. Your Whitson's team has been serving up some great food promotions. October brought us The Nashville hot kickin' Chicken. Chef Steve passed out samples of our special sauce and got your feedback on the degree of heat, and you came out and made it a big success. Thank you all for that. Coming Soon...(drum roll), the Seoul Taco.

Seoul taco is a fusion of Korean style Taco filling on a Mexican style tortilla with a choice of Beef, Chicken, Shrimp or Tofu. With your choice of delicious topping like Kimchee, Asian slaw, pickled beets, pico de gallo and much more. Watch for the flyers and banners and keep an eye out for Chef Steve in the cafeteria to be passing out some creative delicious samples and listening to your ideas and comments.

Thanksgiving Meal

Well it did not take long for the official start of the Holiday season to be upon us.

As part of our "Day of giving Thanks" celebration, we will be serving up a full thanksgiving meal on November 17th. Oven roasted turkey, mashed potatoes, cornbread stuffing, green beans, butternut squash, and of course homemade gravy.

To add to the celebration, we will be setting up the mobile food station and serving you fresh homemade Pumpkin Pie and Apple Crisp with whipped topping. Your administration staff will also be helping serve. Our way of saying thanks to all of you who make our days filled with fun, healthy and nutritious choices.

This recipe for hummus is a great way to introduce some of you to this wonderful Middle Eastern delight.

There are so many variations you can use to cater to your own personal tastes. Blend in some Tahini (Ground sesame seeds) for a more complex rich and nutty flavor

Try adding some chili powder for that smoky flavor.

Add some Siracha or if you like deep spicy flavors try some ancho chili powder or to really heat it up some chipotle chili or cayenne. The sky is the limit.

Buon Appetito!

Heart Healthy Hummus (4 servings)

Ingredients: 1 clove of garlic, 1 can of garbanzo beans (drained and rinsed), 4 tbsp lemon juice

2 tbsp of olive oil, 1tsp salt, Black pepper to taste.

For Garnish, sprinkle paprika, cilantro and olive oil.

Directions

In a blender, add garlic, garbanzo beans, lemon juice, salt and pepper.

Blend until creamy and well mixed. Pour into serving bowl. For garnish, sprinkle paprika, pepper and cilantro. Drizzle with olive oil.

Enjoy with family and friends!

English Honor Society : Sharing Letters and Connecting with our District Students

The Pen Pal letter writing program has been an ongoing English Honor Society community service activity. EHS members have been writing to fourth graders at Sandown North Elementary for four years. This year, EHS has expanded their letter writing program to include the sixth graders at the Middle School. Each month, students are given a theme which topics may include: tips to be successful in school, favorite books, favorite foods, autumn activities, winter fun, or this month in history". The Pen Pal program has grown so much that two high school English teachers: Mrs. Anne Epperson and Ms. Isabelle Carter graciously offered to participate in this letter writing campaign. Below are some pictures of our high school students writing and receiving letters from their pen pals.

