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PRINCIPAL'S CORNER

As we approach the end of the first semester, students and staff are gearing up for mid-term and final exams, as well as preparing for their course selection of the 2015-2016 school year. Winter sports, music and theater programs, co-curricular clubs, and school organizations are also in full swing. Freshmen and sophomore students have recently finished the second round of STAR testing this week. We are excited to review the results and identify areas of growth and areas where instructional supports are needed for each student. This information will help us make informed decisions about future curriculum and coursework. Students will test a third time in the spring.

I encourage parents to visit the Guidance webpage (<http://wp.timberlane.net/hs/guidance/>). It is filled with helpful information including course selection and CTE course information, a list of the college planning and financial aid evening programs held throughout the year for parents of students in grades 9 - 12, SAT/ACT dates and preparation resources, college fair dates, scholarship sources, summer enrichment opportunities outside of Timberlane for underclassmen, and transition information for incoming freshmen. Coming up next is the *Incoming Freshmen Parent Information Night* on January 27, 2015 at 6:30 PM in the Performing Arts Center Recital Hall. Parents of the Class of 2019 will learn about graduation requirements, freshmen academy, the course enrollment process, and planned high school transition activities.

I would like to thank the Supervisors of the Checklist from Sandown, Danville, Plaistow, and Atkinson for coming to the high school this past Wednesday to help students fulfill one of their primary civic social duties as US citizens by giving them the opportunity to register to vote. Overall we had 56 students register. We will continue to offer this opportunity each year to encourage student participation in the democratic process. As most of you know, we will be hosting the Deliberative Session on February 5th at 7:00 PM in the high school gymnasium. Supervisors of the Checklist will be set up in the cafeteria to check in voters at 6:00 PM. I encourage everyone to come and participate in this important process.

Finally, our thanks goes out to 30 recent Timberlane graduates who took time from their winter breaks to speak with high school students and staff during lunch periods over the course of three days last week. Our college bound students were able to learn about the adjustments and experiences of students who are currently studying at colleges that many of them are considering attending next fall. Thank you also to our guidance staff for organizing this wonderful event.

Sincerely,
Donald H. Woodworth
Principal



NEWS FROM THE GUIDANCE DEPARTMENT

Students to Request Course Selections for the 2015-2016 School Year through PowerSchool

Course registration for the 2015-2016 school year will be conducted for students entering grades 10, 11, and 12, through PowerSchool. Information on new course offerings and directions regarding this process will be given in class meetings during mid-term week. Students and their parents should review the Program of Studies for course offerings and graduation requirements. Teachers are making their recommendations for academic courses in PowerSchool and will review their recommendations with each student on February 4th. Students will be able to register for courses through their PowerSchool log in between **February 5 - 12th**. Course requests will be posted on PowerSchool for parents and students to review.

Following the course selection window, guidance counselors will be meeting with each student individually. They will review their choices to ensure students select the

highest level course they are capable of completing for each academic discipline, while maintaining a healthy balanced course load that will satisfy their graduation requirements.

The Program of Studies and directions will also be made available on the TRHS website. Schedules will be available to view at the end of the year after course selections, teacher availability and room usage requirements are balanced to create the master schedule. Final schedules will be sent home in August.



Photo courtesy of Alex Cahill, photography student

TRHS Forecast

Click on 'TRHS Forecast' to go to our school calendar.

- >> **No School**
01/19 and 01/20
- >> **Mid - Term / Final Exams**
01/21 - 01/23
- >> **Early Release Day**
01/23 | 11:15 AM
- >> **Semester Two Begins**
01/26
- >> **Incoming Freshman Parent Night**
01/27 | PAC | 6:30 PM
- >> **Comedy Night**
01/29 | PAC | 7:00 PM
- >> **Teacher Course Recommendation Day**
02/04
- >> **Deliberative Session**
02/05 | Gymnasium
*Snow date 02/06
- >> **Early Release Day**
02/20
- >> **Mid-Winter Break**
02/23 - 02/27
- >> **Quarter 3 Progress Reports**
02/05
- >> **Voting Day**
03/10
- >> **Parent / Teacher Conferences**
03/19 | 4:30 - 7:00 PM

MIDTERM WEEK INFORMATION

Study Halls, Lunch/Studies, and Lunch/Advisories

Study halls, lunch/studies, and lunch/advisories will run during Midterms and Finals Week. Students will report to their study or advisory classrooms for those exam periods. Students will be able to catch up on missing/late school work or study for upcoming exams in a quiet atmosphere. There is no exam for study halls, lunch/studies, or lunch/advisories.

Late Arrivals and Early Dismissals

Late arrivals and early dismissals during midterms will follow procedures similar to a normal school day. Students arriving late for school must enter through the Front Office. **Students arriving late will need to have a signed note from their parents/guardians.**

Students that are going to be dismissed early must have a note with their first and last name, the time they are being dismissed, and a parent or guardian's signature. Prior to each exam, teachers will collect dismissal notes for input into PowerSchool. **Only students with signed dismissal notes will have permission to leave school.** Students who leave without a dismissal note will be subject to the appropriate discipline as outlined in the TRSD Right and Responsibilities.

Seniors and Juniors who have late arrival and early dismissal privileges must follow the same procedures as a normal school day by signing-in and signing-out in the Front Office.

Extra Help Sessions and Class Meetings

Extra help sessions will be available on Wednesday and Thursday during Midterms. Extra help sessions will rotate by grade. Teachers whose student load is primarily a specific grade will be available during these extra help sessions. While students are encouraged to take advantage of the extra help sessions, the extra help sessions should not be the only times students study for their exams. Please encourage your child to spend time at home studying to prepare well for these exams.

Class meetings will be held on Wednesday and Thursday between exams to go over the 2015-2016 Program of Studies, the course registration process, and other class specific information.

Attendance for Exams

Students must be on time for all of their exams. **Tardiness to exams will not be tolerated.** In order to create a successful exam-taking environment, unnecessary distractions and interruptions must be kept to a minimum. If a student arrives late to an exam, the student will be prohibited from taking the exam at that time and must make it up during the Make-Up Exam period of Friday, or must make alternative arrangements with their teacher.

If a student is absent for an entire exam day, the student will need to make arrangements with their teachers as soon as they return to school. One such arrangement could be taking an exam during the Make-Up Exam period. If there are extraordinary circumstances, a student and his/her parents/guardians should contact the student's guidance counselor to help facilitate make-ups.

Transportation Notification

The Timberlane Regional High School will dismiss students at 11:30am on Friday, January 24, 2014 after midterms are complete at 11:00am. High school students who will be staying until 2:15pm will be allowed to ride the Timberlane Regional Middle School buses **with a bus pass obtained by the teacher** they had stayed with.

All high school students who stay after for Sandown Ski Club will need to ride as usual on the Coach bus.

MIDTERM BELL SCHEDULE

Day One - Wednesday, January 22

7:20	-	7:30	Attendance and Class Related Business in Period 5 Exam
7:30	-	9:00	Period 5 Exam
9:00	-	9:20	Break / Extra Help / Extra Time
9:20	-	9:30	Attendance and Class Related Business in Period 3 Exam
9:30	-	11:00	Period 3 Exam
11:00	-	12:30	Lunch / Class Meetings / Extra Help Session - Rotation by Grade
12:30	-	12:40	Attendance and Class Related Business in Period 1 Exam
12:40	-	2:10	Period 1 Exam

Day Two - Thursday, January 23

7:20	-	7:30	Attendance and Class Related Business in Period 6 Exam
7:30	-	9:00	Period 6 Exam
9:00	-	9:20	Break / Extra Help / Extra Time
9:20	-	9:30	Attendance and Class Related Business in Period 2 Exam
9:30	-	11:00	Period 2 Exam
11:00	-	12:30	Lunch / Class Meetings / Extra Help Session - Rotation by Grade
12:30	-	12:40	Attendance and Class Related Business in Period 8 Exam
12:40	-	2:10	Period 8 Exam

Day Three - Friday, January 24

7:20	-	7:30	Attendance and Class Related Business in Period 4 Exam
7:30	-	9:00	Period 4 Exam
9:00	-	9:20	Break / Extra Help / Extra Time
9:20	-	9:30	Attendance and Class Related Business in Period 7 Exam
9:30	-	11:00	Period 7 Exam
11:00	-	11:15	Early Release
12:30	-	2:10	Make-Up Exam Period

(students who stay for a make-up exam take the appropriate middle school bus home)

Lunch / Class Meetings / Extra Help Rotation

	Freshman	Sophomores	Junior / Seniors
Rotation 1	Lunch	Extra Help	Class Meetings
Rotation 2	Extra Help	Class Meetings	Lunch
Rotation 3	Class Meetings	Lunch	Extra Help

ONLINE LEARNING / BLIZZARD BAG REMINDER

Timberlane Regional School District's plan to implement Online Learning/Blizzard Bag days was approved by the New Hampshire Department of Education. As a result, the Superintendent may cancel school but declare it to be an Online Learning/Blizzard Bag day. On these days, students will complete online assignments from home, and the day will count as an official school day and will not have to be made up at the end of the school year. The following will be required of your student when an Online Learning/Blizzard Bag day is declared:

- Log into their Google Apps Account to access their assignments for the Online Learning/Blizzard Bag day (A link is located on the Timberlane High School homepage www.TimberlaneHS.com).
- Students are to complete their assignments for each class. Each assignment should take 20-30 minutes. An assignment replacing a two-period course, however, could take up to 60 minutes.
- When students have questions about their assignments that day, they can email their teacher during their specified office hours for the snow day. Each teacher will be available for four hours during the day. These hours will be clearly communicated on the assignment.
- Students who do not complete their assignments will be marked absent for the class and will not receive credit on the assignment.

We understand that there may be power outages and limited or no access to the internet at home for some students. We will work with those students to ensure they receive the same assignments to complete and that they have appropriate time to complete the work.

Last year, our district successfully engaged in two days of Online Learning. We are looking forward to once again using Online Learning/Blizzard Bag school days as needed, so that students can continue to have successful days of learning outside of our building and fewer days to make up at the end of the school year.

Information will be posted on the Timberlane Regional High School website.

Rebecca Carlson

Academic Dean of Math, Business & ICT

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Photo courtesy of Ben Morris, photography student.

FLU PREVENTION LETTER FROM 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 can take to protect yourself, your student, 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). Although less common, flu viruses may also be spread when people touch something with the flu virus on it and then touch their mouth, eyes or nose.

Here are some steps you can review with your student to help protect him/her against the flu; they are:

- Please arrange to have your student get the flu vaccine if you have not already done so; this is the first and most important step in protecting your child against the flu. It is not too late. Flu like symptoms can still be seen up until April and May.
- Remind your child to cover his/her nose and mouth with a tissue when they cough or sneeze, or use the bend of their arm (not their hands) if a tissue is not available.
- Remind them to wash their hands with soap and water, or an alcohol-based hand rub (i.e.) Purell.
- Remind them to avoid touching their eyes, nose and mouth. Germs are spread this way.
- Remind them to never share any objects with other students; especially water, lipsticks, etc.
- Have them get plenty of rest, exercise, and eat a healthy diet.
- If they are sick with a respiratory illness or fever of 100 or greater, they must stay home from school for 24 hours.



Photo courtesy of Alex Cahill, photography student.

They **must be fever free for 24 hours without any fever reducing medicines**, such as Tylenol or Ibuprofen.

Some of the symptoms of flu-like illness can include: fever (not everyone will get a fever), cough, sore throat, runny or stuffy nose, body aches, headaches, chills, fatigue (very tired), and possible vomiting and/or diarrhea.

If your child should experience flu-like symptoms while at school, please have them visit the health office for evaluation.

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. So helping to protect yourself and your child, will also help you protect your loved ones at home!

Please call or email the health office with any questions or concerns. For more information, please visit the Timberlane District website and read the link to important information about the flu from the CDC (Centers for Disease Control).

Thank you,

TRHS Health Office (603)382-6541

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