

November 2015

Timberlane Regional High School

36 Greenough Road, Plaistow, NH 03865 | 603.382.6541 | timberlanehs.com

PRINCIPAL'S CORNER

I would like to take this opportunity to thank the veterans of our great nation, particularly those living within our school district, who have served to protect the liberties we enjoy. This past Sunday, veterans and their families, along with many members of the district, gathered at the Performing Arts Center for the ninth annual Timberlane Community Band Veteran's Day Concert. Honored guests speakers included Governor Maggie Hassan, Retired Lt. Colonel Kevin Major, a Timberlane alumni, and Adjutant Major General William Reddel III.

While sitting in the audience, I found myself highly impressed with our community for hosting such a special event. I was especially proud of our district music director, Mr. Anthony DiBartolomeo, music educators, John Mainella and Kurt Schweiss, technical director, Steven Rugoletti, the students, graduates, and community members who performed, as well as several other of the gifted district music department members who contribute to the community band. The performance was a fitting tribute to our veterans, and an affirmation of the values that we hold dear as a nation. It was also a grim reminder that many men and women are currently serving our nation in uniform in areas of the world where the United States is involved in conflict. Each man and woman serving in the armed forces has, as General Reddel reminded everyone in attendance on Sunday, "have written a blank check to our nation, up to the sacrifice of their lives on behalf of the rest of us who live freely as Americans."

We also want to take this time to remember our "Blue Star" and "Gold Star" Military Families and thank them for their sacrifice and generosity. Please see the attached letter to Commissioner of Education Barry from Jake Gallin, age 13, founder of "Stars for Cars". In addition, Rho Kappa National Social Studies Honor Society hosted a brunch for local veterans in our school library to provide students an opportunity to learn about the military experiences of our district's veterans. Timberlane Troops, our school's resident patriotic club, is preparing a **Veteran's Ball** to be hosted at the Atkinson Country Club on November 10, 2016. If you would like more information on this event, please contact Kayleen Tombarello at ext. 3962 or by email, Kayleen.Tombarello@timberlane.net.

As we transition from the first quarter of the school year to the second and from fall to winter, I want to simply say thank you to our students and staff for all of your hard work and academic and co-curricular accomplishments.

Don Woodworth
Principal

TRHS Forecast

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

>> **Veteran's Day - No School**

11/11

>> **Comedy Show**

11/12 | PAC Recital Hall | 7:00pm

>> **PTSA Meeting**

11/17 | TRHS Library | 7:00pm

>> **Athletic Awareness**

11/24 | Cafeteria | 6:00pm

>> **Thanksgiving Break**

11/25 - 11/27

>> **Class Rings Delivered**

12/02

>> **Financial Aid Awareness Night**

12/07 | PAC Recital Hall | 6:30pm

>> **PD Day - No School**

12/09 |

>> **Holiday Break**

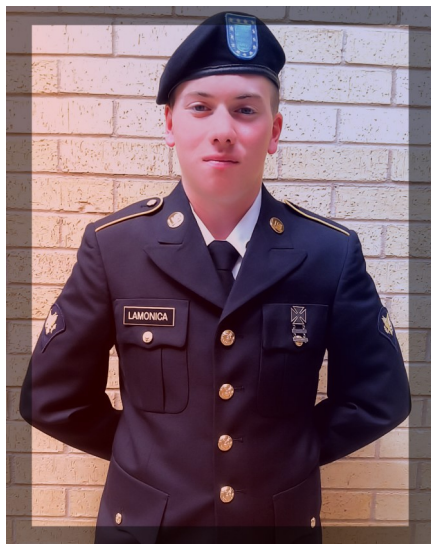
12/24/15 - 01/01/16

School Closing Information

In addition to the current process for school delay and cancellation notification, Dr. Metzler will use Twitter to tweet out notification messages, and this will be the first line of communication for such events.

Twitter handle:

Supt.Metzler@SuptSAU55



Bradley LaMonica

NH Army National Guard

Bradley attended Army Basic Training Course at Fort Sill in Oklahoma during the summer of 2015. Upon graduation from TRHS in June 2016, he will attend Army Music School in Virginia Beach, Virginia. When he returns, his MOS (Military Occupational Specialty) will be the Army Band in Manchester, New Hampshire. Brad plans on attending UNH to major in culinary arts and the pursue a degree in music (tenor saxophone performance).



Dylan Beaulieu

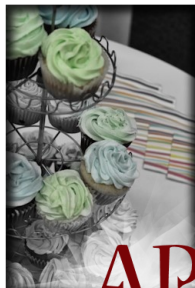
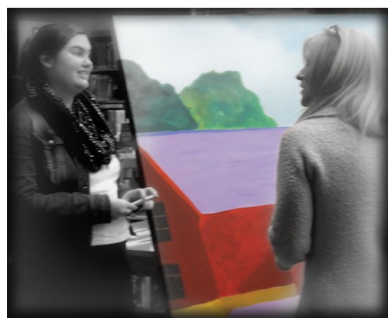
NH Army National Guard

Dylan attended Army Basic Training at Fort Benning, Georgia during the summer of 2015. Upon graduation from TRHS in June 2016, he will report to Fort Lee in Virginia for his advanced individual training as an electrician. After completing his training, Dylan plans to enter the workforce.



Veterans Brunch





AP Art Unveiling

On Thursday, October 8th, our AP Art students revealed the 4'x5' canvases that they completed over the summer. Local artist Catherine Breer, of whom the students drew inspiration from this year, was the first of our featured artists to attend the unveiling. Over the past five years, this annual event has grown and all of the work has been displayed on the walls of our high school library. As in the past, Ms. Monti's gourmet foods class baked delicious cupcakes and the music department's string quartet performed lovely music. The string quartet performers included Allison LaPorte, Julia Perelgut, and Emma Theberge. This year's participating AP students were seniors, Ashley Jones, Courtney Sickel, and Molly Wilmot, and juniors, Julia Mulhall and Lexi Heidenreich.

GUIDANCE DEPARTMENT NEWS

For Parents of College Bound Seniors

Financial Aid Night; Monday, December 7th at 6:30pm in the PAC Recital Hall

Please join us for an evening presentation to help families navigate through the financial aid process. Focus is on the Federal Financial Aid Form (FAFSA) as well as the types of aid available. Funding options, scholarship searches, and the importance of deadlines are also discussed. Presentation by Val Castonguay from the Center for College Planning at NHHEAF (New Hampshire Higher Education Assistance Foundation) and Barry Chooljian, Director of Guidance.

Transitions...

Over the next week, counselors will be checking in again with all **Freshmen** to see how their first quarter and transition to high school has gone. Counselors will be helping them to access the academic and extra-curricular resources available to them. Throughout the month of November, counselors will continue meeting with our **Seniors** to assist them with their college applications. They are off to a fantastic start, with 10% of the class applying by the November 1st Early Action date. November 15th is another popular early application deadline for many of our seniors, so we expect to see many more of our seniors applying in the coming week.

Need Extra Help?

Any student seeking additional help can visit the Academic Support Center in Room 305 from 8:00am - 3:00pm, Monday through Thursday, and from 8:00am - 2:30pm on Fridays. The Writing Lab is also open to all students 7:15am - 2:15pm Monday, Tuesday, and Friday, and 8:15am - 3:15pm Wednesday and Thursday. Student members of our honor societies are also available for one on one help for students. Please contact the honor society advisors to schedule a time.

OWLS RAISING AWARENESS

Timberlane Peer Outreach and Life of an Owl students want to thank the Atkinson Women's Civic Club for their very generous donations to the two organizations for their Drug Abuse Prevention Efforts. At the November 5th Civic Club Meeting, Drew Siemering, Colleen Donnelly, and Meg Oliver, who are members of both organizations, gave an update on all of the activities that they have been involved with so far this year. The civic club members were very impressed with the great work that has already been done.

Peer Outreach has been very active with drug abuse prevention efforts through a series of activities during Carnival, Mental Health Awareness Week, and Red Ribbon Week activities, including #takethepledge, and providing child care for "High and Seek". Life of an Owl students presented their video and spoke about how it was used at the Athletic Awareness Night. They also shared the Life of an Owl posters that had been made featuring our Athlete Leaders and promoting healthy messages. The students also discussed the Life of an Owl Night that was sponsored by the football boosters, at which many announcements about living a healthy lifestyle were made between plays, with the tag line, "Life of an Owl is Pure Performance".



Atkinson Women's Civic Club

and
Life of an Owl

FROM THE DESK OF THE 2015-16 PTSA

With our first two meetings of the year under our belt, we are off to a fast start. There have been new faces, terrific speakers, and hearty support from the high school's administration, students, and parents. Membership is still open, so we encourage you to join!

We would like to invite the community to our quickly approaching meeting on **Tuesday, November 17**, at 7:00pm in the high school library. The topic of this meeting will be Special Education and those in attendance will learn more about IEPs, 504s, and hear from Susan Lavrich, Special Education Chairperson at the high school and expert in the field. We expect the meeting to be informational and interactive, so please mark your calendar and attend.

"Reflections" is back, the national PTSA program designed to showcase our school's talent. Popular art forms accepted include film production, dance, music, visual arts, and literature. All ages are encouraged to participate, from pre-school to high school. Submissions are due by December 16, 2015.

Recently, we opened a [virtual apparel store](#) selling Timberlane clothing. Get a jump start on your holiday shopping; pick out some Owl's garb for your student.



National Merit Awardee Bryce Whittaker
with Guidance Counselor, Robyn Mahoney and
Principal, Donald Woodworth



Diamond in the Rough
Deb White and Abby Metcalf

A TRUE "DIAMOND IN THE ROUGH"

Abby Metcalf is an outstanding senior at Timberlane Regional High School. She has been an active member of Student Voice, Peer Outreach, Best Buddies, and Student Council. Recently she was elected to the position of Librarian to the TRHS Orchestra. Despite her incredible involvement in extra-curricular activities, Abby is always willing to lend a helping hand and volunteer, and as accumulated a 3.91 GPA.

Abby was nominated for the Hidden Jewel Awards by her Guidance Counselor, Lisa Petry. The Hidden Jewel Awards are presented to Women of Distinction of the Greater Salem Chamber of Commerce and Salem Cooperative Bank. This organization recognizes women of all ages who are hard-working, selfless volunteers to their communities. Abby received the "Diamond in the Rough" award on October 7, 2015 at an inspiring luncheon held at the Merrimack Valley Golf Club. The keynote was given by Boston Marathon bombing survivor, Adrienne Haslet-Davis. Congratulations Abby!

- Deborah White, TRHS Special Educator

SPORTS HIGHLIGHTS

Our Owls enjoyed an engaging and thrilling fall sports season. Many of our teams qualified for the NHIAA State Playoff, and our field hockey team finished their season ranked 2nd in Division I. In their quarterfinal playoff game against Londonderry, field hockey went in to double overtime!

While all of our athletes put in a tremendous effort this season, a few students stood out for their athletic prowess. Seniors Courtney Sickel, Liam Kimball, and Jason Hughes deserve recognition for their achievements. Courtney broke a Timberlane record for scoring thirty goals this season! Liam won the boys' race at the Division I Championship Meet for cross country, and quarterback, Jason has been nominated as a candidate for the Gatorade Football Player of the Year in New Hampshire. Also, congratulations to Coach Mim Ryan for being named Division I Field Hockey Coach of the Year!



Field Hockey Coach
of the Year
Mim Ryan

Amongst the teams who made it to the state playoff level, our football team finished with an impressive 7-2 record and relished in exciting wins over Pinkerton Academy, Winnacunnet, and Londonderry. Boys' and girls' soccer teams both hosted NHIAA playoff games this year, while the girls' volleyball team travelled to Dover High School for their end of season playoff. In the team's first ever JV Championship, field hockey won the tournament hosted by Pinkerton.

The golf team competed well, both individually and as a group. The coaching staff is excited about the future of the golf program. New this year was our bass fishing team! Bass fishing was recognized by the NHIAA two years ago and this is the first year that Timberlane was able to field a team. Coach Sean Peters and the team are looking forward to their second season.

Congratulations to all of the coaches and student-athletes for their hard work and dedication, you have set the bar high for our winter and spring programs.



Lahlayne Manzi

School Adjustment Counselor
of the Special Education
Department

**How long have you
worked for Timberlane?**

This is my 17th year!

What is your favorite part of your job? Working with students and their families. I also really value having the opportunity to work collaboratively with staff and administration.

What is your favorite book? *A Moveable Feast* by Ernest Hemingway.

What is your favorite hobby? I enjoy outdoor activities like geocaching (app based scavenger hunts) with my kids. Also, this is a great time of year for my kids and I to have epic football games in the backyard!

What is something about yourself that no one would know? I am currently in my last year of graduate school. Being a student again has been a wonderful experience and taught me so much about time management.

Dan Donovan

Physical Education/Health Education Teacher

Evening Division On-Site Coordinator

How long have you worked for Timberlane? 8 years as a teacher, 13 years as a wrestling coach.

What is your favorite part of your job? I like sharing my passions with my students and athletes, as well as connecting with them and watching them mature into fine young adults.

Do you host an extracurricular activities? If so, what are they? Assistant Varsity Wrestling Coach and Strength and Conditioning Coach.

What is your favorite book? My favorite book is whatever book I am reading at that moment. I just finished *Think It, Believe It, Do It*, by Wrestling Olympian Carl Adams.

What is your favorite hobby? I enjoy being outside and actively doing a variety of things such as gardening, relaxing by my Koi pond, or rock climbing and hiking.

What is something about yourself that no one would know? I really enjoy going to a good musical. Some of my favorites are *Beauty and the Beast*, *Abyssinia*, *Grease*, and *The Lion King*.



Wendy Bibeau

Business/Technology Teacher

How long have you worked for Timberlane? 8 years.

What is your favorite part of your job? The students. They are great and always amaze me at how smart and talented they are.



Do you host an extracurricular activities? If so, what are they? Advisor of the National Business Honor Society, which, I am proud to say, is the only one in New Hampshire.

What is your favorite book? *The Picture of Dorian Grey* by Oscar Wilde.

What is your favorite hobby? Spending time with my husband and three kids.

What is something about yourself that no one would know? I did my student teacher at Timberlane over 20 years ago. After that, I taught at the college level for many years only to come back to Timberlane to replace the teacher I worked under when she retired.

