

Timberlane Regional High School

Wishing you and yours
Happy Holidays
and a
Wonderful New Year



PRINCIPAL'S CORNER

The year 2015 is racing to a finish and as the calendar draws to a close, it is still hard to imagine that we are already heading in to our Holiday Break and have reached the mid-way point for the second quarter. I would like to invite interested parents and students to join me and the PTSA for "Coffee with the Principal" the night of January 12, 2016 at the PAC Recital Hall. We will be discussing the changes in the SAT which all juniors will be required to take this school year. We will also detail all of the supports that we will be providing to help students achieve their best on this very important test.

After vacation, students will have a few weeks of continued learning and review before Mid-Term and Final Exams the week of January 18. At the end of January, ninth, tenth, and eleventh graders will be sitting with their Guidance Counselors to discuss course selections for the 2016-17 school year. Our newly approved Program of Studies will be printed, as well as posted on the school's website, shortly after we return from break. I urge parents and students to use the Program of Studies to effectively map out an academic path that meets a students' post-secondary goals.

This past week we have been making announcements to seniors regarding their opportunity to submit Timberlane Scholarship forms which are available now on Naviance and as paper copies in the Guidance Office. The Scholarship Committee begins selecting recipients in March, and without the completed forms, students will not be considered for the many great scholarships offered through the committee.

In light of the opiate crisis that exists in our country, state, and community, it is our goal to heighten student awareness of the dangers of substance misuse. Along with the launch of our district's new Student Assistance Program website, we are pleased to announce that the Atkinson and Plaistow Lions Club has generously donated funding to provide a guest speaker for our high school and middle school students on the importance of making healthy decisions. "Chucky's Fight," the telling of a true story by Chuck Rosa, is a personal and compelling journey of struggle and resilience around substance abuse.

As with every year, Mealey's Meals has been actively raising funds to provide gift cards and clothing to help support families in need during the holiday season. This year's goal is to raise \$10,000.00 and we are confident that our school and community can generate that amount. I would like to thank all of the volunteers and donors who have contributed either time or money to this wonderful cause. For anyone who would still like to make a donation, you can send a check made out to Timberlane Regional High School and in the memo line write "Mealey's Meals".

Many thanks to the instructors and students of our music and theater programs for their time and talent as they have provided the community with several holiday concerts, shows, and cheer. The Holiday Hootenanny, taking place this Saturday, is another excellent example of their value to the community. Tomorrow afternoon and evening will be complete with food, music, and entertainment.

I wish everyone a healthy and enjoyable holiday. See you next year!

Don Woodworth
Principal

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TRHS Forecast

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

>> Musical Holiday Hootenanny

12/19 | TRHS Cafe | 2:00pm & 7:00pm

>> Holiday Break

12/24 - 01/01

>> Mealey's Rock Concert

01/06 | PAC | 6:30 - 10:00pm

>> Milkmen Improv Comedy Show

01/08 | PAC | 7:00 - 10:00pm

>> File-a-FAFSA Night

01/11 | TRHS Room 404 | 6:00 - 8:00pm

Signup in Guidance

>> PTSA Reflections

01/12 | PAC Lobby | 6:00

>> Coffee with the Principal

01/12 | PAC Recital | 7:00

>> M.L.K. Jr. Day - No School

01/18

>> Project Hope Fashion Show

01/30 | TRHS | 7:00pm

>> TRSD Deliberative Session

02/04 | TRHS Gym | 7:00pm

GUIDANCE DEPARTMENT NEWS

Juniors to Take the New SAT for State Accountability Testing

On March 2, 2016 all TRHS juniors will be taking the new SAT. The NH Department of Education has chosen to replace the Smarter Balanced and NECAP assessments that were given in the past with the redesigned SAT test for all juniors in New Hampshire. The new SAT test is fully aligned to the NH College and Career Readiness Standards and our district's newly designed curricula in Math, English, Social Studies and Science. Changes to this test include assessing math standards to include Trigonometry, assessing vocabulary and structures for English Language Arts through context and making the essay portion optional. All students will be given the Math and Reading/Writing free of charge and will have the option to take the essay.

In an effort to help students prepare for the test, our school will provide practice opportunities both in and out of school:

- Administration is working closely with our teachers in all departments to help them understand the changes to the new SAT and to incorporate weekly practice in their classrooms that models SAT style questions.
- Free SAT prep courses are being offered through our Evening Division. The courses run January 5th through March 1st. Class size is limited and registration is on a first-come, first-serve basis; students should see their school counselor to sign up.
- The PTSA and administration will be hosting a Coffee with the Principal on January 12th at 7 pm at the PAC to help parents better understand the test and how to support their students.
- There are a number of resources and practice assessments as well as information on the test that can be found at <https://collegereadiness.collegeboard.org/sat?navId=gh-nsat>.
- Students that took the PSAT in October will be able to personalize their practice by linking their PSAT test results to the Kahn Academy website for targeted SAT prep (see more information below). For students that have not taken the PSAT, practice tests are available on Kahn Academy in order to generate their own targeted SAT prep at www.kahnacademy.org

Financial Aid Resources

A representative from the nonprofit New Hampshire Higher Education Assistance Foundation (NHHEAF) was here on December 7th to discuss the types of financial aid available for parents and students, how to apply, understanding federal aid programs, managing the cost, and searching for scholarships. If you missed the presentation, you can review the slideshow on the [NHHEAF website](#) along with a wealth of other information and resources designed to help parents and students through planning and financing a secondary education. In the spring, we will host NHHEAF once again for their presentation on Understanding the College Financial Aid Award Letter on March 30th, at 6:30pm.

Progress Reports

Progress Reports were emailed to parents on December 16, 2015. If you have not received your students' progress report, please contact the Guidance Office. You can also view your student's progress on your parent PowerSchool account.

College Board Delays Release of Fall PSAT Scores

The College Board recently notified us of a change to the delivery schedule for PSAT/NMSQT® scores from the October PSAT test. Instead of a December release of scores, students who took the test will be able to access their PSAT score report on January 7, 2016 on studentscores.collegeboard.org. Schools are scheduled to receive the paper score reports on January 20.

Once scores are released, the College Board will provide students with direct links to supports such as free, personalized practice on Khan Academy® to help them prepare for the upcoming SAT test on March 2, 2016. Instructions will be provided to students on how to link their PSAT scores directly into KHAN Academy.

HO-HO-HOBY

Sophomore students Lauren Abate and Dakota Sears have been selected as the **2016 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 comprised of school counselors and an assistant principal. As the chosen representatives, both Lauren and Cody 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 their leadership talents and apply them to become effective, ethical leaders in their home, school, and community. The 2016 NH Leadership Seminar will include hands-on leadership activities, networking with top performing leaders in the state, and an exploration of leadership skills all while learning how to lead others and make a positive impact in the community. Congratulations to Cody and Lauren!

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. Twitter will be the first line of communication for such events.

Twitter handle: [@SuptSAU55](https://twitter.com/SuptSAU55)



HOBY Representatives

Lauren Abate and Cody Sears
with Principal Don Woodworth

FROM THE DESK OF THE 2015-16 PTSA

We would like to wish our Timberlane community a Merry Christmas and a Happy New Year! PTSA membership is still open and we encourage parents, students, and teachers to continue to join. Membership dues are \$10.00 per person, and \$6.00 per student. Thank you to all who supported the apparel fundraiser, your orders will be ready for pick-up Monday, December 21 at the high school.

As an important reminder, our January PTSA meeting has been moved from its originally published date to **January 12, at 6:00pm** in the TRHS Cafeteria. During our meeting, we will be showcasing the high school submissions for "Reflections," the national PTSA program designed to showcase school talent. We are extremely proud of our students for their amazing artwork pieces that they submitted; we are looking forward to showing them off. At 7:00pm that night, we'll be hearing from Principal Woodworth about the **new SAT testing** for all juniors, including the preparations the high school is coordinating to prepare students and staff.

We were presented with a situation and thought it was pertinent to share with our Timberlane parents. If your child is approached by a classmate to do drugs, where should we as parents turn to with this information? The school requests that you call and ask to speak with either an administrator or a guidance counselor so the issue can be resolved. These types of situations happen at schools all across the country, and we want to be proactive in spreading the word on what steps to take to keep Timberlane safe and drug free.

Student Assistance Program

Timberlane School District is pleased to announce the launching of a new resource to provide support to families who may be experiencing substance misuse or other mental health concerns. The District Student Assistance Program has developed a [webpage](#) that will help parents identify signs and symptoms of substance misuse, bullying, suicide, and other mental health concerns, as well as provide many helpful community resources that are available to address these issues.

For more information about this resource or our Student Assistance Program, contact our coordinator, Tim Lena, at the high school 382.6541 x3408 or email Timothy.Lena@timberlane.net.

JANUARY MID-TERMS

In an effort to ready our students and staff, we have announced our mid-term exam schedule. Beginning January 19, 2016, students will be released from school at 10:55am each day of their exams. The buses will leave the high school at approximately 11:10am. Students who wish to receive extra help, make-up an exam due to an absence, or meet with a teacher either need to acquire their own transportation or take the appropriate middle school bus home at 2:15pm. Those students wishing to take the middle school bus must obtain a pass from the high school Front Office. Lunch will be available for students to purchase each day.

In the event of a snow day during exam week, exams will be pushed back a day. For example, if there is a snow day on Wednesday, those exams will take place on Thursday or the first day back to school, and all exams following will also be pushed back a day. Students who attend CTE will have their own exam schedules once we receive schedules from Salem High School and Pinkerton Academy.

Important Dates

Please see the attached document for a list of important dates throughout the latter half of the school year.

“LIKE REAL PEOPLE DO”

The Owlettes, the new name for our Timberlane Dance Team, have been making great strides since the beginning of the school year. In October, Timberlane hosted New Hampshire's first Summit Dance Team Showcase, and the Owlettes, through a Fancloth team gear fundraiser and a very helpful donation by the Milkmen have raised enough money to pay for their first two dance competitions. More recently, the Owlettes have been preparing for their upcoming competition season. They have been spotted in the foyer after school perfecting their contemporary dance routine to the song, “Real People Do” by Hozier. The team is especially excited to perform for their peers on Wednesday, December 23, during the annual Mealey's Meals rally.

Tuesday, January 19

7:20 - 9:00am	Period 1
9:00 - 9:15am	Passing Time
9:15 - 10:55am	Period 5
11:10am	Bus Departure

Wednesday, January 20

7:20 - 9:00am	Period 2
9:00 - 9:15am	Passing Time
9:15 - 10:55am	Period 6
11:10am	Bus Departure

Thursday, January 21

7:20 - 9:00am	Period 3
9:00 - 9:15am	Passing Time
9:15 - 10:55am	Period 7
11:10am	Bus Departure

Friday, January 22

7:20 - 9:00am	Period 4
9:00 - 9:15am	Passing Time
9:15 - 10:55am	Period 8
11:10am	Bus Departure





People's Choice Awardee

Architecture Category Winner
MK Livingston

On November 7, 2015, seventy-five students from American Studies courses travelled to New York City to visit historical sites connected to material in their class. The entire group visited the Statue of Liberty, Ellis Island, and the 9/11 Memorial and Museum. The students then spent the afternoon in one of two breakout groups where they either experienced the spectacular views from the Freedom Tower or the more up-close-and-personal walking tour of Wall Street and the Brooklyn Bridge.

Throughout the trip, interested students partook in a photo contest and submitted entries in eight different categories: Architecture, Abstract/Perspective, Black and White, Color, Group Photo, Historical, Iconic, and People. All of the submissions were posted outside of the library and high school students and staff were afforded the opportunity to vote for their favorite. The participants did a wonderful job and the winning photos of each category are shown below.



Julia Mulhall



Julia Mulhall



MK Livingston



Julia Mulhall



Will Scott



MK Livingston

Staff Spotlight

Louise Pajak

Orchestra Director



How long have you worked for Timberlane? This is my 37th year.

What is your favorite part of your job? Making music every day.

What is your favorite book? *Anna Karenina*

What is your favorite hobby? Reading, playing the cello.

What is something about yourself that no one would know?
That I love high and low culture movies and theater.

Daniel Joyce

Social Studies Teacher

How long have you worked for Timberlane? I have worked at Timberlane for 15 years. I started teaching at the age of 38.

What is your favorite part of your job? My favorite part

of my profession is the opportunity to connect with students by providing them with life skills that will enhance their potential for an enlightened and enjoyable life.

What is your favorite book? My favorite two books are the *Power of Now* and *A New Earth* by Eckhart Tolle. They will absolutely guide you towards a new level of consciousness.

What is your favorite hobby? My favorite hobbies are loving my dog Boru and stretching everyday.

What is something about yourself that no one would know? I have met over one million people, had 30 jobs, moved 30 times, had 30 roommates, and have lived outside of America for 14 months.



Debbie White

Case Coordinator

How long have you worked for Timberlane? 9 years.

What is your favorite part of your job? There are certainly many favorite parts! I love teaching, I love conducting evaluations to help determine

how best to teach my students, I love working with parents to support and guide their children through Timberlane, and I love how caring the whole Timberlane community is!

Do you host any extracurricular activities? If so, what are they? After school help every day, and Evening Division help on Mondays and Thursdays.

What is your favorite book? I can't think of a favorite!

What is your favorite hobby? Gardening...when I have the time! Walking in the woods.

What is something about yourself that no one would know? I am a dirt bike aficionado, spending many Sundays in the woods at races.

