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Transitions, Transitions, Transitions!

Believe it or not, it's almost that time of year again — the end-of-year wrapping up! That means students will once again be transitioning. Our current 8th graders will be making the leap to High School while our 6th graders move on to 7th in preparation for a brand new crop of students. The ability to embrace transitions is an important life skill that calls on our mental flexibility, self-advocacy, and executive functioning strategies. Parents can help their students learn this skill by

supporting the naturally occurring school transitions. Students benefit from the following:

- Preview of anticipated changes and new expectations with trusted adults
- Opportunities to ask questions and tour new environments
- Opportunities to meet with students who have “been there, done that”
- Opportunities to check back in with trusted

adults they are leaving (such as a favorite teacher from this year)

Although they may deny it, our students LIKE structure and consistency. Parents can help with the transition process by maintaining the status quo in other aspects of their students' lives. Parents are live-in models for how to act when faced with these anticipated transitions — which will help students tackle unexpected transitions that might occur down the road.

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the story. Develop the headline



Nothing promotes success in the coming year like finishing strong in the current year. Doing well in Quar-

ter Four leaves students feeling confident about themselves as learners and their ability to see things

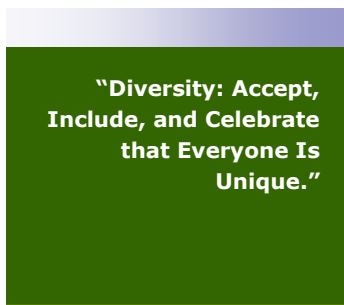
through to the end. It's not always easy for students to keep their focus on academics when warm weather and summer seem right around the corner. Here are a few tips to help keep your student's eyes on the academic finish line:

*Stay involved with your child's academics by continuing to ask them about their day at school and by checking PowerSchool.

*Help to maintain a good homework routine that incorporates a balance of work and play.

*Remind them that people do some of their best work in the fourth quarter (Go Patriots!)

TRMS Diversity Activities



Continuing the schoolwide goal of fostering understanding and acceptance of diversity among our students and staff, advisories have discussed the TRMS definition of diversity: "accept, include, and celebrate that everyone is unique." This has included

watching videos considering how diversity is an asset to a community and in our school. Recently, our advisories participated in a "What does the definition of diversity mean to you?" door decoration competition. Students worked with their advisories to brain-

storm and then create whole-door decorations representing their take on diversity. The winning advisory was Mrs. Froment's! Congratulations! The Diversity Committee will be introducing additional resources for use with advisories and classroom soon!

Late Night Social Media

Here at the Middle School we have been seeing a trend with our students' social media use. A lot of students admit to going on their phones late at night to chat with friends. Many students wake up in the middle of the night and use their phones for texting, FaceTime, Snapchat, and Instagram. Adolescents need 8 to 10 hours a sleep per night and lack of sleep can effect their health, emo-

tional well-being, and academic performance.

Parents can help their students make responsible choices by:

- Set limits to when and where your child can use their cell phones and other electronic devices
- Have a common charging area for all cell phones away from bedrooms at night.

- Store all cell phones and devices in parent bedrooms at night
- Monitor your children's social media accounts.

Social media can be complicated for parents to understand and monitor because it is always changing. Here are some additional resources for parents to help stay on top of and understand the possible negative effects social media can

have on adolescents:

<https://www.common sense media.org/social-media>

<http://www.parenting.com/gallery/social-media-monitoring-kids>

<http://kidshealth.org/en/parents/social-media-smarts.html>

Life of An Owl: NH's Youth Summit on Opioid Awareness

On Tuesday March 7, 2017, students from both Timberlane Regional Middle School and Timberlane Regional High School were among the thousands of young people who participated in NH's Youth Summit on Opiate Awareness at the SNHU Arena in Manchester. Organized by the Jim Wahlberg Foundation and Jim DeLea from DEA 360, the program aimed to inform students about the value of prevention and making healthy lifestyle choices. The students heard from surprise guest Attorney General Jeff Sessions, who spoke of prevention; Jeff Allison, former Marlins pitcher who shared his story of addiction and recovery; and Super Bowl Champion

Patrick Chung, who in the brief time he spoke made a lasting impression on the youth to focus on the things you want in life. Students also watched the short film "If Only," produced by the Wahlberg Foundation, aimed at generating conversation about this epidemic facing our country.

The students who attended the Youth Summit have already informed Mr. Hogan of their experience and what they learned from the day. Next steps include how to bring the message to the rest of the student body. The timing is right for this conversation as we have Jeff Hatch, former NFL player, coming to speak to students about his

road to recovery in a school-wide assembly on March 30th.

Please check out the following links for coverage of the NH Youth Summit on Opiate Awareness:

- http://www.eagletribune.com/news/new_hampshire/students-empowered-as-warriors-in-opioid-battle/article_97e2b497-04d3-5d0d-a2a2-2f23713b6c46.html
- <http://www.unionleader.com/social-issues/Celebrities-bereaved-parents-carry-message-to-teens-at-opioid-summit-03072017>

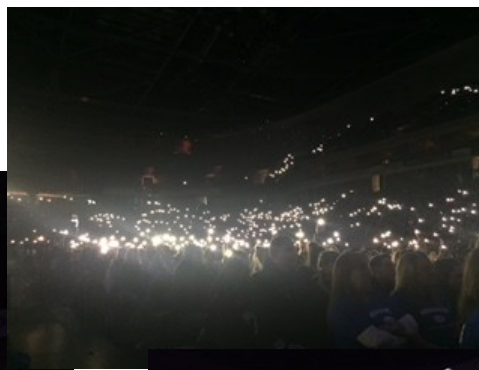
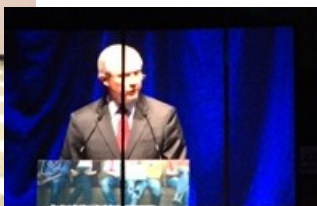
feature our students since we had front row seats:

- <http://www.wmur.com/article/state-of-addiction-lessons-for-the-future-part-1/9120251>
- <http://www.wmur.com/article/state-of-addiction-lessons-for-the-future-part-2/9120247>
- <http://www.wmur.com/article/state-of-addiction-lessons-for-the-future-part-3/9120243>
- <http://www.wmur.com/article/state-of-addiction-lessons-for-the-future-part-4/9120235>

If you have any questions or comments, please feel free to contact Kelley Binette, Student Assistance Counselor.

WMUR produced a 1-hour special on the Summit and many of the audience shots

Youth Summit Pictures



Making New Connections Part 3 — “Drama”

You have finally figured out how to juggle your tween’s Google Classroom, PowerSchool, *and* homework routine and then it happens: Drama.

Your student tells you that other kids are talking about her behind her back or through social media. They told him that they didn’t want to work with him in class. Her friends told her crush she liked him.

As tweens work toward establishing relationships

with others outside of their family system, they navigate the difficult waters of “drama.” Through their interactions with others, they are figuring out who they are, what they value, what their interests are, and how/where they want to “fit” socially. At the same time, the areas of tweens’ brains responsible for thinking ahead and considering consequences is still under construction. Consequently, tweens can struggle with considering the im-

pact their actions and words might have on others.

As a parent, hearing about your student’s “drama” is painful for you, too. Maybe you survived some “drama” in your day.

Firstly, be thankful that your student has “let you in.” However you learned about what was going on, this is a privileged position! Secondly, consider your response, since how you act will signal to your student whether (s)he can

confide in you in the future. Adults who present themselves as calm, positive, and helpful are more likely to be allowed “in” if other challenges occur. While you can’t control the actions of other kids and can’t change what has happened, you *can* talk to your student. These conversations can have a powerful impact on how your student responds to future “drama.” Read below for some helpful tips!



How Parents Can Help

1) Listen

Tweens benefit from being “heard” and their social struggles validated. While adults can help put “drama” into perspective (it’s not the end of the world), parents should be careful not to minimize student concerns. Students shouldn’t be left to feel as though they should accept mean behavior.

2) Don’t Just Fix It for Them

You can’t change what happened. This doesn’t mean you can’t *help*. You can talk with your student and make suggestions, but (s)he will actually learn more from making her own choices and the resulting consequences.

3) Brainstorm Supports

Parents can work with their students to identify supports at home, school, and the community. This could be a trusted coach, school counselor, administrator, or outside counselor. Encourage tweens to advocate and seek appropriate supports when feeling challenged.

4) Find Your Own Supports

Supporting your student through emotionally painful times is tough on parents too! Do your best not to send mixed signals — providing both supportive and angry feedback may only result in confusion. Find someone else that you can talk to privately as an emotional outlet.



It's Been a Great Three Years, Class of 2021!

It seems like a long, long time ago that the class of 2021 first walked through the doors of TRMS. The changes have been astounding. Students came in as elementary school students and are leaving as the freshman that they will become six months from now. Students are excited to be going to the High School and also maybe a bit apprehensive about the transition to another school. Encourage your student to ask their teachers or counselor, Mrs. Fanning, if they have any questions about course selection or the high school in general. Here's a list of upcoming 8th – 9th grade transition activities:

- April 11-13: Freshman Ambassadors visit 8th grade classes
 - April 14: Senior Panel presentation and Q & A with 8th graders
 - Early June: PTSA Welcome Wagon Tours
 - August 29: Freshman Orientation Night
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...And Welcome to the Class of 2024!

We can't wait for you to be part of Timberlane Regional Middle School. We know you all have lots of questions about the middle school. Here is a list of up-coming activities that will give you information about what life is like at the middle school:

- Week of May 30: Middle School counselor visits to 5th grade classrooms
- June 7: Distance learning presentation – Q & A between 6th and 5th graders
- June 13: 5th grade move-up day

If you have more specific questions regarding your child and the middle school, please feel free to contact Pat Fanning, incoming 6th grade school counselor (patricia.fanning@timberlane.net or 603-382-7131 ext. 4925).

We're looking forward to meeting you all!

SAVE THE DATE!



DRUG AWARENESS NIGHT

Sponsored by the Charles George Family Fund
in Memory of Christopher George

March 29, 2017

7:00PM at the Timberlane Performing Arts Center
40 Greenough Road, Plaistow

(This presentation is appropriate for ADULTS ONLY please.)

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- Come hear Jeff Hatch, former NFL player, tell his story about his road to recovery and how he began working in the treatment field.
 - Charlie George, Atkinson resident, will tell his family story.
 - Doug Griffin, Board of Directors for Merrimack Valley Prevention and Substance Abuse Project, will speak of Courtney's story.
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**Opportunity Lost!
Opportunity Gained!
Prevention is the Name of the Game –
the Key to Success!**

