



# Timberlane Regional Middle School

## PRINCIPAL'S NEWSLETTER

MARCH / APRIL 2015

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### Dear Parents,

Timberlane Middle School is a *BUZZing* with words. Our school places a strong emphasis on reading for meaning which requires an extensive vocabulary. Two years ago, we created our word of the week which students hear each day on the morning announcements and throughout the week on team. These words are purposefully selected to familiarize students with terms that are used in the Common Core. Most importantly, developing a larger vocabulary helps students increase their level of understanding complex text which is a life skill. Some recent words have been: construct, manipulate, justify, support and examine. Developing the meaning of each word helps students become more proficient readers.

It is very important that we also help students grow a fondness of reading and selecting books at the appropriate reading level and that interest them. It is exciting to see students learn and grow as we support your child's love of reading. We encourage all students to read for 30 minutes each day and to build these important vocabulary skills.

Mike Hogan, Principal

### IMPORTANT DATES

- 4/6 — Smarter Balanced testing begins
- 4/9 — Report Cards available on-line
- 4/13 — PTSA Meeting at 6:30
- 4/21— Early College Planning for Parents K-8, 6:30 PM, PAC
- 4/24 — Early Release Day for students
- 4/27 — 5/1 No School— April Break

\*\*\*TRMS Book Fair will be held in the TRMS School Library from Friday, May 29th through Friday, June 5th \*\*\*\*\*



### World Tales

On March 26, the seventh grade was fortunate to attend a presentation in our Performing Arts Center of *World Tales* starring Genevieve Aichele and Randy Armstrong. Together these award winning artists took the students on a journey through many cultures. Genevieve Aichele acted and danced stories from award the world with the accompaniment of nationally known musician Randy Armstrong. She moved us with her poignant tale of the search for fear and made us jump with her ghost story. He brought with him a number of his over 300 instruments and wowed the students with his electric guitar solo as well as his sitar, mandolin, and Shakahachi flute playing. The show ended with rousing audience participation on Anansi, the Spider and Shalom, or Peace. Ask your kids what the guinea fowl said and they may dance for you!

### WHAT IS YOUR PASSION?

Do you have a passion for a sport or hobby such as football or paddle boarding? How about a passion to support a cause and make a difference such as world hunger or cancer awareness? Or, maybe your passion is for a specific career such as nursing or the marines. Eighth grade students recently explored a passion of their choice in language arts class. It was a collaborative effort with the help of library staff and technology teachers. Students read and gathered information, used technology to combine text with visuals, and presented their passion project in class. A video was made by Team Boston College and displays were set up in the cafeteria. Overall, the passion sparks were flying, and we hope students continue to explore, enjoy, and inspire others with their passions.

## 7th Grade Happenings

The Bengals have been keeping busy while counting down the days until spring! In Science, students got the chance to see “Wildlife Encounters”, a live animal presentation with Mr. Derek Small. They loved the chance to see some interesting creatures up close!



Also in Science, students worked to design an experiment focusing on variables and constants. The activity gave students the chance to investigate the fermentation process in a collaborative lab environment.

Bengal students in Mrs. Koelker's advisory have started a walking challenge. They are wearing pedometers a few days a week and tracking their steps. This friendly competition has kids up and moving and thinking about being active. A special thanks to Mrs. Diane Murphy, school nurse, for helping to get the pedometers for this healthy challenge!





## PENNIES FOR PATIENTS



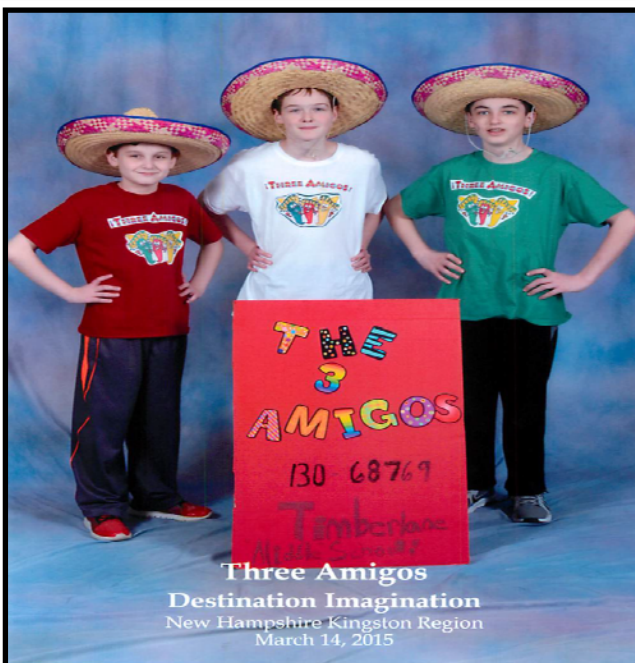
Recently, the 6D Rangers participated in a worthwhile fundraiser called Pennies for Patients. According to the Pennies for Patients website: "Since 1994, millions of dollars have been raised in pennies and other spare change by more than 10 million elementary, middle and high school students throughout the country. The funds, collected during a three-week period, benefit The Leukemia & Lymphoma Society." As an added incentive, Mr. McCluskey, the Language Arts teacher on team 6D offered to shave his grizzly, winter beard if his Pennies for Patients box was filled half way. Additionally, if the box was completely filled, Mr. McCluskey agreed to shave his beard, but leave a fashionable handlebar mustache. Students on 6D provided enough spare change to fill over two Pennies for Patients boxes, which resulted in many smiles and laughs when Mr. McCluskey fulfilled his promise. Thank you to all students who generously participated in this noble cause.

## Early College Planning for Parents K-8

It is never too early to begin preparing, academically and financially, for a college education. Val Castonguay, from NHHEAF (New Hampshire Higher Education Assistance Foundation), will be at Timberlane to provide parents with the college planning and savings basics necessary to support their children's goals for education beyond high school. A free presentation will be held on April 21st, at 6:30 pm at the PAC. Attendees will receive a copy of the *Early College Planning Guide*.

NHHEAF is dedicated to providing students and families with free valuable information about the complete college planning process. To learn more visit their website at

[www.nhheaf.org](http://www.nhheaf.org)



## Destination Imagination

The Timberlane Regional Middle School 7th Grade Destination Imagination team, The Three Amigos, came in 2nd place at the regional competition in Kingston on March 14th. On March 28th The Three Amigos came in 2nd place at the state competition and they have been invited to Globals in Knoxville Tennessee to compete between May 20th - 23rd. The team also won the Spirit of DI award. The spirit of DI award is only given to one team for acting as a superior role model in areas of teamwork, spirit, sportsmanship and volunteerism. They will be very busy trying to raise funds to get to Globals.

Team includes: Travis Alexander, Hayen Bean, and Patrick Proctor

## Wellness Week April 20-24

**Be Healthy in Body and Mind** is this year's theme for wellness week. As in previous years, Monday through Thursday will be associated with a different color. Monday: Blue/Purple, Tuesday: Green, Wednesday: Red and Thursday: yellow. Each day the "bead patrol" will distribute beads to students who are "caught" wearing the color of the day. The Cafeteria will coordinate healthy lunches, fruits and vegetables with the color of the day.

A Door Contest reflecting the theme of Healthy in Body and Mind will be judged on Friday April 24<sup>th</sup>. Each advisory is invited to participate by decorating their doors.

Every morning, during wellness week we will conduct a moment of Mindfulness. Mindfulness is "the intentional, focus of one's attention on the emotions and thoughts occurring in the present moment" At the culmination of our healthy week we will celebrate by taking part in a school wide health walk around the TRHS Track on Friday.

## Upcoming Standardized Testing



As we quickly approach the end of the year students will be asked to complete a series of standardized tests. High stakes testing can certainly be stressful for many but a few helpful tips can help make the experience a little more pleasant and successful!

- Eat a good breakfast the morning of the test. Avoid eating sugary foods. High-protein foods like scrambled eggs are often best for aiding concentration and minimizing fatigue.
- Get a full night's sleep before the test. A lack of sleep will affect your performance.
- Wear comfortable clothing.
- Visit the bathroom 15-30 minutes before the test. A full bladder will hinder your concentration.
- While testing, try not to panic. If you start getting anxious, take slow deep breaths. Don't worry about other people finishing early. Successful people know to use all available time to double-check their work.

\*Adapted from [www.fastweb.com](http://www.fastweb.com)

## Happy Spring from the TRMS Health Office!

Spring has sprung and the snow is (slowly) melting. This is a great time of year to get active outside!

How many minutes a day should be spent being active?

- Aim for at least 3 hours a week!
- Kids should be active for at least 60 minutes a day!
- Set Goals of 3-4 hours of PLAY a WEEK!!

## TRMS News

8<sup>th</sup> grader Connor McGonagle recently won the national wrestling championship in his weight class of 119 pounds. Connor was named the most outstanding wrestler for the tournament and also had the most pins of any competitor.

The TRMS Library and Video Lab sponsored the Season 2 of Timberlane's Got Talent Season. Students were able to vote for their favorite acts. The winners were:

6th grade - Kerry G - Irish Step Dancing

7th grade - Ben R. Piano

8th grade - Alicia, Bri and Hannah

Winners received a pizza party with a friend. Thank you to all our participants for sharing their talents!

## Dear Parent or Guardian,

On April 9, 2015 TRMS will welcome John Halligan to speak at our school about a very serious topic – bullying. Mr. Halligan and his family experienced the ultimate loss when their son, Ryan, took his own life as a result of taunts and teasing that he experienced at school and online. In an effort to prevent this from happening to other families, Mr. Halligan has spoken to thousands of students and has been featured on ABC's Primetime with Diane Sawyer, CBS's Early Morning Show and most recently he was a guest on Oprah. Ryan Halligan's story is riveting and powerful, and reminds students that there is a face, a person, a heart, on the other end of the computer screen

Due to the sensitive nature of this topic, we wanted to inform you about this presentation in advance. We encourage you to ask your child about the presentation and discuss it together. If for any reason, you would prefer that your child not attend this presentation, please let Kelley Binette, Student Assistance Counselor, know by Wednesday, April 8th so alternative arrangements can be made for the time of the presentation. Mrs. Binette can be contacted at [Kelley.Binette@timberlane.net](mailto:Kelley.Binette@timberlane.net) or 382-7131 x 4926 with any questions.

Sincerely,

Kelley Binette, MSW, MLADC