

Trimester 1

School Year 2017-2018



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TRMS SCHOOL COUNSELING NEWSLETTER

# Welcome Students to the 2017-2018 School Year!

We are so happy to have you here at Timberlane Regional Middle School! There are lots of exciting changes from last year we want to share (and keep reading for more information!).

For the incoming 6th graders....our food is awesome, you get to change classes for the first time, you have several different teachers, you do

interesting and fun activities in classes, and there are so many things to do after school! You are also the first grade of students in the Middle School to get your own Chromebooks!

For the 7th and 8th graders ..... block scheduling is here! You now get more choice of advisory and different

UAs. Reading and Opportunity blocks allow for more chances for help and new activities. Plus, we are on a trimester schedule!

Here are some things to think about as you get used to the Middle School:



## Getting to Know People

By now you've noticed that you definitely don't know everyone in your classes. Getting to know people can be a little scary! Here are some tips to help along the way:

\*Show that you are

friendly by smiling, introducing yourself, and asking the other person questions

\*Find out what you might have in common with someone you don't know well

\*Remember that every-

one is nervous....don't feel like you have to impress people by being something you're not. Be confident and just be yourself. If you believe in yourself, others will, too!

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### Trimester 1 Grading Timeline

- Progress Reports close Monday, October 16th
- Progress Reports posted online Thursday, October 19th
- Report Card grades close Friday, December 1st
- Report Cards posted online Thursday, December 7th

## Maintaining Friendships

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There's a LOT of people you can meet in Middle School! Regardless of your grade, you're meeting new people...but that doesn't mean that you have to give up your old friends or that your friends from elementary school or last year will forget you because you are on a different team.

**\*Make sure to keep in contact....plan things to do together outside of school**

**\*Join a team or and after school activity together**

**\*Introduce new your new friends to your old friends**



## Remember the Academic Part of School

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It's easy to get caught up in all the after school and social activities of Middle School — and forget the “school” part! Make sure that you:

**\*Listen and participate in your classes**

**\*Do your homework**

**\*Keep yourself organized**

**\*Ask for help when you need it – your teachers are there for you!**

**\*Take advantage of academic advisory and opportunity block for help**

*Most of all, remember that growing up is awesome and change is part of growing up. It's normal to feel nervous and unsure. It's normal to feel like you don't know everything. It's normal to feel like you can't figure everything out. You wouldn't have to be in school if you knew everything already!*

## TRMS Core Values

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Timberlane Regional Middle School is a community built on the three Core Values of RESPECT,

RESPONSIBILITY, and RIGHT CHOICES. As you wander our hallways, eating in our cafeteria, and learn in our classrooms, remember that we are here for a common purpose. We look out for each other and help when we can. We include everyone and make new students feel welcome. We enjoy sharing the building and outdoor areas with

each other and then leaving them as clean as when we found them. We listen to our teachers and to each other so that we can follow directions and actively participate in classroom activities. Most importantly, when we work together with our Core Values in mind, we have fun!

# Welcome Parents to the 2017-2018 School Year!

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Many exciting changes are happening at Timberlane Regional Middle School! Mr. Mike Flynn has stepped up to be our new Principal and Mr. Mitch Mencis has replaced him as the 8th Grade Assistant Principal. We also have 14 new staff members joining our TRMS community!

When you enter the building, please stop by to enjoy our redesigned front office and enlarged cafeteria, complete with fresh paint and our new school logo. Go Tigers!

This year marks the start of Block Scheduling. All students in Grades 6-8 have two Core classes a day on an alternating schedule. We have also added an “Opportunity Block”

for all students. “Opportunity Block” will be used for organizational help, enrichment, social-emotional lessons, and a variety of other options for the student body.

Please visit our new and improved school website for all information Timberlane! You will be able to find sports sign ups and training/game schedules, daily bulletins, a list of available afterschool activities, and much more! You can also access PowerSchool, check bus routes and times, and add money to your student’s school lunch account. Our website also includes a staff directory, links to teacher emails, and a School Counseling page.



## PowerSchool Parent Portal

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Starting this school year, Timberlane Regional Middle and High Schools are on a trimester system, so parents/guardians will receive progress reports and report cards three times a year instead of the four on the previous quarter system. All progress reports and report cards will *only* be available to view online on PowerSchool. You can access PowerSchool through the TRMS website under the “Parents”

tab then “PowerSchool Parent Portal.”

If you need to set up a PowerSchool account, please contact the School Counselor working with your student’s grade for an access ID and password. Once you are in the system, you can then choose any username and password you would like. If you have forgotten your password, no worries! Your stu-

dent’s School Counselor can also reset your password so that you can regain access.

PowerSchool is a handy tool to view your student’s grades, identify missing or late work, and check your student’s attendance. You can also view your student’s schedule and access teacher progress report comments.

## Chromebooks and Google Classroom

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This year, Timberlane is starting an initiative to provide every student in the district his/her own Chromebook. Students

entering grades 6 and 9 have received Chromebooks for the start of

this school year. Next year, additional grades of students will follow. All students have access to Chromebooks and computer labs during the school day.

TRMS school staff also maintain Google Classrooms for each of their subject areas. Parents are encouraged to access Google Classrooms with their students as a convenient

way to view homework assignments, written and long-term projects, classroom lesson material, and additional educational materials and practice. Students can also email their teachers, join in on class chats and blogs, and share/upload work.

## 7th Grade Responsible Technology Usage: “Netiquette”



Today's learners can easily navigate and use the Web. The Internet has evolved into its own culture with many different communities. Students can create, connect, and

collaborate with a global audience. “Netiquette” is the rules for social communication online — which are just as important as in face-to-face interactions. There are manners on the Internet too! Being respectful and courteous goes a long way when interacting with others online. Important norms or social expectations of “netiquette” include:

- 1) Be aware of your audience — you will speak differently to a friend than a teacher or adult
- 2) Respect other's privacy — only talk about what's okay with the other person
- 3) Apply real-world rules — if you wouldn't do it in person, don't do it online!
- 4) Avoid personal attacks and creating “drama” with the group
- 5) Learn and then follow the rules of the community so that you can be a positive member
- 6) No swearing and inappropriate language
- 7) Don't use electronic devices while engaging in face-to-face conversations — looking at the other person is important body language!

## 6th Grade Technology Update

For 6<sup>th</sup> graders, Chromebooks are an integral part of their school experience. Students will be using them at school and at home. It's important for students to maintain their Chromebooks well, and have them ready to use at school. Here are a few helpful tips:

\*Make sure to keep your Chromebook charged and ready to go. There are a limited number of power cords at school; only one or two per classroom. Decide what charging time works best for you, and then make sure you follow with this each day.

\*Treat your Chromebook well! Avoid spills and crumbs. Make sure your Chromebook is secure and safe while carrying by using a case and remember to use the built-in handle.

\*Remember when using the internet on your Chromebook, you can only access sites that are allowed at school. Be responsible with the sites that you access.

\*Having your very own laptop is great, but remember that academics come first. It's very easy to get distracted with games, and YouTube. Sometimes, before you know it, the day is over, and you haven't done your home-

work.

\*Remember that you are responsible for your Chromebook and how it is used. If you loan your Chromebook to a friend, you are still responsible for what happens when your friend uses it.

\*If you have a problem with your Chromebook, bring it to the Library right away. It's important to tell our technology staff exactly what happened when your Chromebook stopped working. They can't figure out the problem if they don't know what happened. Don't worry, we know that accidents happen. What's important is getting your Chromebook up and running.

## 8th Grade Technology Update: Future and Career Planning

This year 8th grade students will be introduced to a computer-based program called Naviance. If students have had older siblings or family members at our High School, you might have heard of Naviance before. Naviance is a program that Timberlane High School has been using for a number of years to help with goal setting, future and career planning, and applying to college.

Our goal at TRMS is to use Naviance to help students discover what future career fits their learning style and interest best. After students identify what career/careers fits them best, they can then do research on Naviance about what type of education they need to reach their career goals. Students will be able to explore a number of post-secondary education options such as four-year colleges, community

colleges, technical schools, and trade schools.

We are excited to use Naviance at TRMS to help our students start thinking and exploring options regarding their future. Not only will Naviance help students set career goals but it will also help them decide what courses to pursue in high school. We are excited to introduce Naviance to our 8th grade students and look forward to helping our students start exploring their futures.



## Kiki and the History of Red Ribbon Week

Enrique (Kiki) S. Camarena was born on July 26, 1947 in Mexicali, Mexico. He graduated from Calexico High School in Calexico, California in 1966, and in 1968 he joined the U.S. Marine Corps. Kiki joined the Drug Enforcement Administration in June of 1974. His first assignment as a Special Agent with DEA was in a familiar place - Calexico, California.

In 1977, after three years in Calexico, he was reassigned to the Fresno District Office in Northern California. Four years later, Kiki received transfer orders to Mexico, where he would work out of the Guadalajara Resident Office. For four and a half years in Mexico, Kiki remained on the trail of the country's biggest marijuana and cocaine traffickers. And in early 1985, he was extremely close to unlocking a multi-billion dollar drug pipeline. However, before he was able to expose the drug trafficking operations to the public, he was kidnapped on February 7, 1985. On that fateful day, while headed to a luncheon with his wife, Mika, Kiki was surrounded by five armed men who threw him into a car and sped away. That was the last time anyone but his kidnappers would see him alive.

It is believed that Special Agent Camarena's death actually occurred two days later, but his body was not discovered until March 5, 1985. He was 37 years



old and was survived by his wife, Mika and their three children.

Shortly after Kiki's death, Congressman, Duncan Hunter, and high school friend Henry Lozano launched *Camarena Clubs* in Kiki's hometown of Calexico, California. Hundreds of club members including Calexico High School teacher David Dhilon wore red ribbons and pledged to lead drug-free lives to honor the sacrifices made by Kiki Camarena and others on behalf of all Americans. Red Ribbon Week eventually gained momentum throughout California and later the United States. In 1985, club members presented the "Camarena Club Proclamation" to then First Lady Nancy Reagan, bringing it national attention. Later that summer, parent groups in California, Illinois, and Virginia began promoting the wearing of Red Ribbons nationwide during late Oc-

tober. The campaign was then formalized in 1988 with President and Mrs. Reagan serving as honorary chairpersons. Today, the eight-day celebration is sponsored by the National Family Partnership (previously known as the Federation of Parents for Drug Free Youth), and has become the annual catalyst to show intolerance for drugs in our schools, work places, and communities. Each year, during the last week in October, more than 80 million young people and adults show their commitment to a healthy, drug-free life by wearing or displaying the Red Ribbon.

TRMS recognizes Red Ribbon Week every year in recognition of the sacrifice Kiki Camarena made for substance use prevention. This year, TRMS will participate by learning about the meaning of Red Ribbon Week, decorating doors for prevention, and learning about how to make positive decisions.



When they were little you covered outlets, locked cabinets,  
and taught them the importance of seatbelts.  
**They need that helping hand, now more than ever.**



**THEN**



**NOW**

## TEEN-PROOF YOUR HOME

### Keep all Alcohol in a Locked Cabinet

Inventory and monitor any alcohol beverages in refrigerator.

### Lock and Monitor all Prescription and Over the Counter (OTC) Medications

Only buy the drugs you need, monitor quantity used, and properly dispose unused portions. Urge your friends and other family relatives to inventory and secure their medications as well.

### Do a the same inventory on common household cleaners and poisons

Look at the contents of your kitchen cabinets, garage, office, or anywhere in the house where cleaners, solvents and aerosols are stored. Monitor access and quantities for potential inhalant abuse.

### Secure all firearms

Make sure all firearms are in locked safe and/or with trigger lock, separate from ammo.

### Monitor internet use

Teens can order prescription medications online, meet adults posing as teens, and get information about dangerous misuse of over the counter medications as well as other "legal" substances. Check you teen's social networking pages to make sure that there is no identifying information that could endanger you teen.

### Monitor Teen Parties

Use limited guest list by invitation only, avoid "open party", don't use email to invite. Welcome calls from other parents, be sure to call parents if your teen is attending a party. Set clear rules ahead of time, such as no alcohol, tobacco or other drugs. Report violations to parents. Limit party access to easily monitored areas of the house, make regular unobtrusive checks.

## REMEMBER!

It is against state law to knowingly allow persons under the age of 21 to possess or intend to consume alcoholic beverages or use controlled drugs at a drug or underage alcohol house party.

partnership for a  
**drug free NH** ★

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



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

# "RISKY BUSINESS"

*Defend our Youth, Empower our Parents, Educate our Educators*

An interactive presentation for adults only, using a **Staged Teenage Bedroom** with indicators and warning signs of teenage risky behaviors, such as drug use and underage drinking. Participants tour the bedroom, receive training on current drug and alcohol trends, what to look for, and techniques for communicating with teens.

This interactive community event is being offered **FREE OF CHARGE** to adults only.

The intent is to increase awareness, promote early detection and intervention of teenage risky behaviors.

## **When:**

**Tuesday, October 24, 2017**  
**6:00 PM -8PM**

## **Hosted By:**

**Austin17 House**  
**263 NH125 - Brentwood, NH**

## **Our Presenter:**

**Melissa Fernald - LICSW, MLADC, WHS Alumni (Brown 89')**



Melissa Fernald is a dually licensed clinician with more than 20 years of field experience. She is a Licensed Clinical Social Worker and is Master Licensed Alcohol and Drug Counselor who is internationally certified. Melissa has worked as a public speaker in communities across 7 states. In addition to her community work she has extensive experience teaching drug and alcohol education to both adults and teens from the private and public school sector. Through her work with students she has provided drug and alcohol education, as well as treatment to teens from more than 9 different countries. As a mother of three, she understands the challenges parents and teens face.



## **Sponsored by:**

**SoRock** (Southern NH Coalition for Healthy Youth)

**[www.SoRockNH.org](http://www.SoRockNH.org)**



# Developing a Growth Mindset

Did you know that there is more growth in the middle level adolescent brain than at any other time other than in infancy? Our students are not only learning new material, but they are figuring out how to integrate and apply this material. Students are learning how to learn and learning how they learn.

Students will be challenged

more than ever. They will be faced with things they don't know, there will be failures, and they will have to work hard, maybe for the first time in their lives. Here are some positive thoughts to reinforce with your students:

\* We are all born with the ability to learn

\* This is one of the absolute best

times for your brain to learn

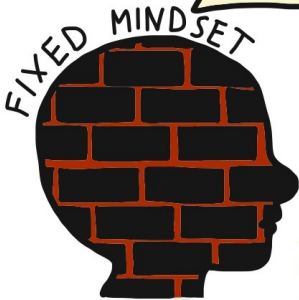
\* You can train your brain through practice

\* We aren't perfect....we all have to work hard sometimes

\* I can learn from my mistakes

\* I know I can work through hard problems

## 10 Growth Mindset Statements



What can I say to myself?

INSTEAD OF:

TRY THINKING:



I'm not good at this.

I'm awesome at this.

I give up.

This is too hard.

I can't make this any better.

I just can't do Math.

I made a mistake.

She's so smart. I will never be that smart.

It's good enough.

Plan "A" didn't work.

1 What am I missing?

2 I'm on the right track.

3 I'll use some of the strategies we've learned.

4 This may take some time and effort.

5 I can always improve so I'll keep trying.

6 I'm going to train my brain in Math.

7 Mistakes help me to learn better.

8 I'm going to figure out how she does it.

9 Is it really my best work?

10 Good thing the alphabet has 25 more letters!

(Original source unknown)

@sylvia duckworth