



THIS E-NEWS

October 11th, 2018

ANNOUNCEMENTS

- Interested in events happening in our community? Use this link to find out more!
www.talawanda.org/resources/community-events-%2Bactivities-36/
- Picture Retake day will be October 23rd!
- Yearbooks are still on sale for \$55.00 until October 27th! Please visit www.jostens.com to order yours today! If anyone has any pictures of events they would like to share with the yearbook staff, please email them to yearbook@talawanda.org! Senior pictures can be emailed to yearbook@talawanda.org. The deadline to submit them is March 1st! If your picture isn't received by the staff, they will use your ID badge picture instead.
- Voilà Jeans Week Oct. 15-19. This fundraiser will help support Kramer Family Pride Day, Kramer's English Language Learners, and the Voilà Scholarship that will be awarded to a graduating senior this Spring.
- A Brave 5K! Saturday, Nov. 10, Oxford Community Park, 9:00 a.m. See attached flier for more info.
- The freshman class is selling Yankee Candles now through October 15 for their class fundraiser. The sales enable the class to host next year's homecoming dance. Candles can be purchased from any ninth grade student or online at <https://www.yankeecandlefundraising.com/store.htm> (group number 990038918). If you have any questions or would like to purchase directly, please contact freshman class advisor Ashley Sammons at sammons@talawanda.org or 513-273-3281

Guidance Announcements

- The process of applying to college can be intimidating, and many students worry about one aspect in particular: the ACT test. A great ACT score can open doors to funding and admission. Therefore, we are offering our students a FREE practice ACT test at Talawanda High School. We have partnered with TorchPrep, an innovative test-training program that helps students improve their ACT scores. The test will be given at THS on Saturday, October 6th at 10AM. TorchPrep will meet with students on October 18 during the school day to go over results. Students must register online by October 3rd.
www.torchprep.com/courses/cincinnati/free-practice-test-talawanda/
- Applications for nominations to the U.S. Service Academies are now open for seniors seeking admission during the summer of 2019. The deadline is October 31st so see your counselor for details.
- Purdue University is offering a program called Seniors Exploring Engineering on Monday, October 15th, 2018. The program is geared toward young women in their senior year who are trying to determine if engineering at Purdue University is a good fit for them. Students will explore their choice of two engineering disciplines, obtain knowledge regarding the first-year engineering program, admissions, student life, and engineering in the "real world." Campus tours are offered with an opportunity to meet Purdue professors, current engineering students, and some awesome women alumni. You should register early at www.purdue.edu/WIEP



Click here to print a PDF of this article so you can start a conversation with your child

Talking regularly with youth about the dangers of alcohol, tobacco and other drugs reduces their risk of using in the first place.

Know! encourages you to share this Parent Tip with friends and family.

Learn more at:
PreventionActionAlliance.org

Know! is a program of:

Prevention
Action Alliance



Link to the article on the Prevention Action Alliance Facebook page



Link to the Spanish archives

Prevention Action Alliance
6171 Huntley Road, Suite G
Columbus, Ohio 43229
PH: (614) 540-9985
FX: (614) 540-9990

Start Talking!



Building a Drug-Free Future

Know! Not To Be A Lawnmower Parent



By this point, we're likely all familiar with the term *Helicopter Parenting*, where parents keep an overly watchful eye on their child's every move and then swoop in to save the day at the first sign of trouble. But have you heard of **Lawnmower Parenting**? And are you possibly guilty of it?

While the helicopter parent hovers and worries, the lawnmower parent takes it even further, stepping in to clear their child's path of potential obstacles and challenges. This prevents their child from having to experience any feelings of pain, sadness, discomfort or disappointment.

If any of these scenarios sound familiar, you might be a Lawnmower Parent. (Keep in mind these examples refer to middle and high school parents.)

- You panic when you realize your child forgot his math homework on the kitchen table, so you run it right over to the school in time for class.
- Your daughter misses a day of school from illness, but instead of having your child follow up with her teachers, you reach out to the school to collect her makeup work.
- Your son has a dentist appointment that conflicts with next week's baseball practice, but instead of having him communicate it to his coach, you reach out to the coach to explain.
- Your child is feeling really anxious about having to make a presentation in class, so you contact the teacher and push for an alternate arrangement.

While it's normal and natural for us (parents) to want to protect our children, this type of parenting can have long-lasting, harmful effects.



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When a parent constantly intervenes in a child's life in this manner:

- It sends the message that, “my parents – not me – are the only ones equipped to make decisions and handle challenges in my life.”
- It creates youth who increasingly feel “entitled” and expect things to always go their way with minimal effort on their part.
- Most dangerously, this type of parenting shelters children from experiencing and dealing with any type of adversity. It's only a matter of time before something goes wrong and it's out of our control. –When that happens, our children need to have positive coping skills to deal with their situation, but lawnmower parenting doesn't let them develop those coping skills. Instead, our children may act out aggressively, negatively internalize what they're feeling, or possibly turn to substances in an attempt to get a handle on their emotions.

Another name being given to this style of parenting, which may paint an even clearer picture, is “Curling Parents.” Think back to the Olympic sport where the players slide a stone down the ice toward a target, but then rush just ahead of it to smooth and attempt to direct its path to success. Call it curling, bulldozing, snowplowing or lawn mowing—it all means the same thing, and it's truly a disservice to your child. If we want our sons and daughters to become happy, healthy and successful adults, we must teach, encourage, and guide them to begin to think, speak, and make decisions for themselves. We need to let them learn from their mistakes and help them process and handle adversity appropriately and positively. If it comes time that they have done their part advocating for themselves and a situation remains unresolved, then we can step in to assist.

Source: [Karen Fancher: Pittsburg Moms Blog - The Rise of the Lawnmower Parent. June 25, 2016.](#) [Ramy Mahmoud The Dallas Morning News: Arizona Daily Sun - Guest Column: The dangers of lawnmower parenting and preventing failure. August 30, 2017.](#) [Murphy Moroney. PopSugar.com: Worried You're a Lawnmower Parent? Follow These Steps to Nip It in the Bud. September 13, 2018.](#) [WeAreTeachers.com: Life & Wellbeing - Lawnmower Parents Are the New Helicopter Parents & We Are Not Here for It. August 30, 2018.](#)



A Brave 5K

Saturday, Nov. 10
Oxford Community Park
9:00 a.m.

Registration and pick-up near concession stand between baseball fields by the Fairfield Rd. entrance.

Early registration deadline to guarantee a t-shirt is Oct. 26.

[Register on-line: www.raceentry.com/races/a-brave-5k/2018/register](http://www.raceentry.com/races/a-brave-5k/2018/register)

Or use the attached registration form.

Sponsored by Talawanda Cross Country/Track & Field

More information at www.abrave5k.com

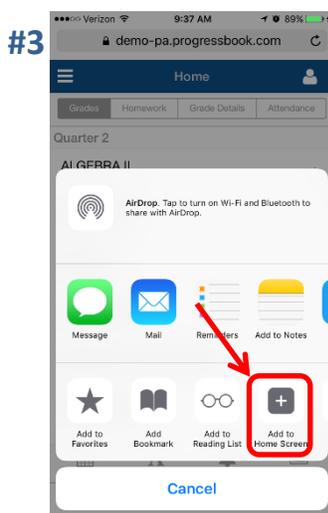
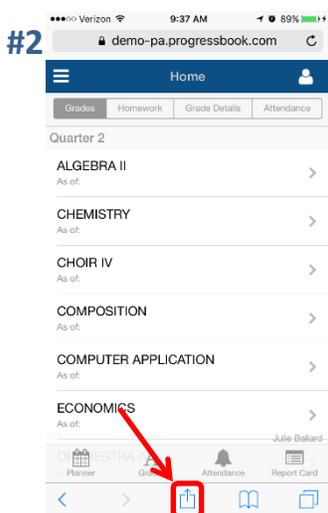
How to Add a ProgressBook ParentAccess Icon to Your Mobile Device Home Screen

Article # 2042

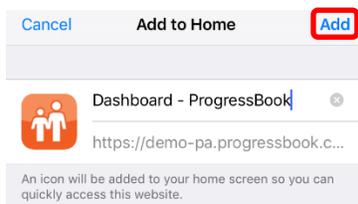
ProgressBook ParentAccess is designed to work seamlessly on mobile devices. This guide shows you how to add a shortcut to the ProgressBook web application on your iOS or Android mobile device's home screen.

Procedure for iOS

1. Using your browser, navigate to your designated ProgressBook website and successfully log in.



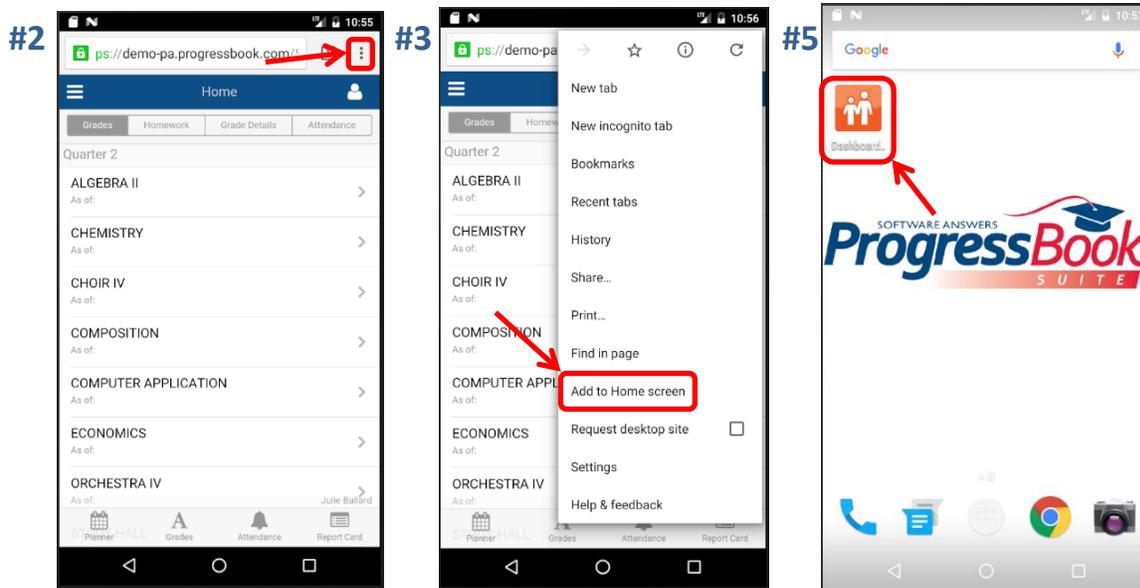
2. At the bottom middle of your screen, click .
3. On the menu that pops up, click **Add to Home Screen**.
4. Enter your desired name for the shortcut and click **Add** in the top right corner.



5. The icon now displays on your iOS device's home screen.

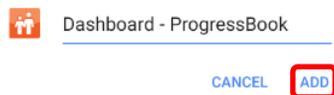
Procedure for Android

- Using the Chrome browser , navigate to your designated ProgressBook website and successfully log in.



- At the top right of your screen, click .
- On the menu that pops up, click **Add to Home Screen**.
- Enter your desired name for the shortcut and click **Add**.

Add to Home screen



- The icon now displays on your Android device's home screen.

Note: The Chrome browser must be used to create the shortcut on Android phones. If you open the ParentAccess website with the Google application instead, you will have to click the menu button, click "Open in Browser", select Chrome, and then follow the instructions above.

Talawanda Bands

2018 Wreath Fundraiser



Noble Fir with Bow
Approximate Outside Diameter:

22" - \$30 42" - \$65
34" - \$45 68" - \$150



Traditional Mixed
Door Swag
\$25



Mixed Wreath with Cones
Approximate Outside Diameter:

24" - \$35

WREATHS AND ROPING PROUDLY SUPPLIED BY:

SHADEMAKERS
NURSERY & LANDSCAPE

Tips to Maximize Your Greens:

- Avoid direct sunlight
- Do not hang between door and glass storm door
- Mist regularly with cool water



Red Bows
2 for \$5.00



White Pine Roping
25' - \$25 75' - \$50

Thank you for supporting the Talawanda Bands
with your wreath order! For questions, contact:

talawandabands@gmail.com



Jeans Week Fundraiser

October 15-19, 2018

(\$5 to J. Lefevers Rm. 118)

Presented by Voilà!
Talawanda's World Language Club



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SUNDAY OCT 21 @ 1:30 CINCINNATI RED STOCKINGS VS OXFORD/MIAMI TEAM

VINTAGE BASEBALL GAME

Cincinnati Reds Hall of Fame 1869 Red Stockings

Driven by a mission to celebrate greatness, preserve history and provide inspiration, the Reds Hall of Fame and Museum is the place where the story of Reds baseball comes alive from the present day dating back to the first professional baseball team of 1869.

The 1869 Red Stockings bring history to life by reenacting and playing baseball under the same rules as the undefeated 1869 Cincinnati Red Stockings – America's first all-professional baseball team. And, yes, that means no gloves! Gloves weren't used until the mid-1870s. The Red Stockings will play an exhibition game as it was in 1869, when sportsmanship, camaraderie, and fair play were the standard of the day.



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**Oxford
Community Park**

1:30 Game

FREE ADMISSION

(Donations Accepted)

1869 Rules

NO GLOVES

Sponsored by

Oxford Chapter

**Reds Hall of Fame &
Museum**

Suzanne House

937.533.5246

REDS HALL OF FAME

100 Joe Nuxhall Way
Cincinnati, OH 45202

Perry Thacker
pthacker@reds.com

513.255.0323

REDSMUSEUM.ORG



THE ASSET CHALLENGE



The Butler County Coalition and Family and Children First Council, challenge you to join the #Asset Challenge! The Search Institute has identified Developmental Assets, which we all can share with children and youth so they can thrive. We challenge youth, parents, teachers, and community members to try at least one activity a week.

Share your moments with us by posting a photo or your thoughts and tag @FCFCBButlerCnty or #AssetChallenge

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OCTOBER

This Month's theme is: Empowerment

WEEK 1: COMMUNITY VALUES YOUTH

INVITE A YOUNG PERSON TO YOUR NEXT COMMUNITY MEETING OR EVENT

LISTEN TO A YOUTH TELL YOU ABOUT THEIR DAY WITHOUT INTERRUPTING

LOBBY COMMUNITY GROUPS TO MAKE YOUTH INCLUDED IN MEMBERSHIP

GREET THE NEXT YOUNG PERSON YOU SEE BY NAME

THANK THE YOUTH IN YOUR LIFE FOR THEIR HELP, NO MATTER HOW BIG OR SMALL

WEEK 2: YOUTH AS RESOURCES

CHALLENGE YOURSELF TO GET TO KNOW A YOUTH IN YOUR LIFE BETTER

ASK A YOUNG PERSON FOR THEIR HELP

REMIND YOUR YOUTH THAT YOU APPRECIATE THEIR THOUGHTS AND IDEAS

GIVE YOUTH A MEANINGFUL ROLE OR JOB WITHIN THE HOME OR CLASSROOM (TIMEKEEPER, TECH HELPER ETC.)

ASK YOUTH THEIR OPINION ON A POPULAR TOPIC

WEEK 3: SERVICE TO OTHERS

VOLUNTEER IN THE COMMUNITY FOR AT LEAST 1 HOUR THIS WEEK

HELP YOUTH BRAINSTORM WAYS THEY CAN HELP THEIR COMMUNITY

DISCUSS WHAT VOLUNTEERING MEANS

VISIT A SERVICE ORGANIZATION IN YOUR COMMUNITY THIS WEEK

EDUCATORS: FIND WAYS TO INCORPORATE SERVICE INTO LEARNING

WEEK 4: SAFETY

ASK YOUTH ABOUT THEIR FEARS AND DISCUSS WAYS FOR THEM TO COPE

WORK TO CREATE A HOME SAFETY PLANE WITH YOUR YOUTH

QUIZ YOUR YOUTH: WHAT WOULD THEY DO IN _____ EMERGENCY?

WALK YOUR NEIGHBORHOOD AND HIGHLIGHT SAFE PLACES TO PLAY

SCHOOLS: ASK YOUTH WHAT IT MEANS TO BE SAFE IN YOUR BUILDING
RESPOND TO CONCERNS PROMPTLY

Looking for
a chance to
win cool
prizes?

Need a good
reason to be
on your
phone?

#ASSET CHALLENGE

1. Follow @FCFCButlerCnty on 
2. Complete any of the weekly activities and tag #AssetChallenge for a chance to win!
3. Challenge your friends and family!





**"Together, building a healthier
community"**

**Plant the Promise
Saturday, October 27th
10:00 a.m.
Uptown Oxford Park**

**Join us to plant red tulip bulbs
throughout the community as a
symbol of our commitment to making
the Oxford-Area a safe, healthy
community for all! For more
information, call 513.273.3390 or
email macechkoa@talawanda.org.**

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MEDICATION

DISPOSAL DAY

SATURDAY, OCTOBER 27TH

8:00AM TO 12:00PM

UPTOWN OXFORD - MEMORIAL PARK



Bring your expired, unused prescription or over-the-counter medications. Law Enforcement will dispose of the contents in a safe, legal, and environmentally conscious manner.

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ATHLETIC SPORTS PASSES

2018-2019

ALL SPORTS PASS

Good for **ALL** sports, **ALL** year, at **BOTH T.H.S. and T.M.S**

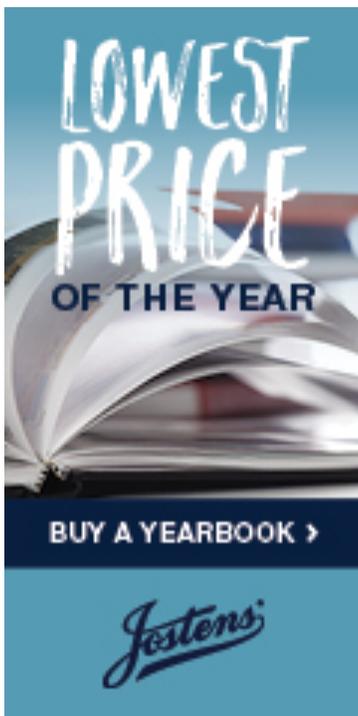
INDIVIDUAL All Sports Pass:

Student.....\$75.00
Adult.....\$130.00

FAMILY All Sports Pass.....\$250.00

(Immediate family members only, maximum 5 passes)
(Each additional family pass \$20)

Greater Oxford area Senior Citizen's. The Talawanda School District would like to provide an opportunity for senior citizens within the community to participate in our school activities. We would like to take this opportunity to show our gratitude for all your years of support to the Talawanda community by providing The Braves Card. With this card you will receive free admission to all Talawanda sponsored athletic and musical events.



❖ Yearbooks are now on sale for the lowest price of the year - \$55.00! They can be ordered online at www.jostens.com or you can fill out an order form from Mr. Zimmerman in room 301 at the High School! The price goes up soon, so order today!

❖ Seniors - Your senior pictures are due to Mr. Zimmerman for the yearbook by March 1st, 2019. Please email a file larger than 1 MB to zimmermana@talawanda.org to make sure you get in the book one last time at Talawanda! If you cannot afford senior pictures but would still like some professional looking photographs for your family, please see Mr. Zimmerman in room 301 and the yearbook staff will be happy to help!

Order Your Yearbook Now!

PAID RESEARCH STUDY FOR TEEN VOLUNTEERS

The **Understanding Emotions Study*** is recruiting teen volunteers (ages 13-18) for a research study about emotions. Participation in the study take approximately 60-70 minutes, and teens are paid \$15 for their time. (Some teens may be asked to participate in a short follow-up study, for which they would be compensated \$10). Teens have the option of participating at the Miami Oxford campus or some mutually agreed-upon meeting place (such as home, public library, etc.).

Teens are eligible for the study if they are fluent in English, between the ages of 13-17 (or 18, if still enrolled in high school and living at home), and have a **parent's written permission** (informed consent) to participate. Siblings are OK to participate too.

Contact for the study:

Family Relationships and Mood (FRAM) Lab
(513) 529-2675 | FRAMlab@miamioh.edu

October 2018

TALAWANDA HIGH SCHOOL

Breakfast offered daily:

Stop by for fresh hot or cold options.
Start your day the smart way
with school breakfast.
Free or reduced lunch applies to breakfast
See breakfast menu for daily choices.

Ice Cold Milk
offered Daily:
1% White 12
FF Chocolate 23
FF Strawberry 22

Monday	Tuesday	Wednesday	Thursday	Friday
1 Whole Grain Chicken and Cheese Quesadilla Sweet Corn Red, Yellow & Orange Peppers Orange Wedges	2 Pizzeria Style Steak Hoagie on Bun French Fries Apple Slices	3 Chicken strip Wrap W Shredded Lettuce & Diced Tomatoes Mixed Fruit	4 Rotini Bake with Meatballs & Cheese Tossed Salad Garlic Toast Purple Grapes	5 Crispy Popcorn Chicken Mashed Potatoes Sweet Corn Dinner Roll Banana
8 Grilled Hot Ham and Cheese on Bun Cinnamon Applesauce	9 Meatball Sub French Fries Romaine Salad Apple Slices 100% Fruit Punch Juice	10 Chicken Fajitas Grilled Peppers & Onions Shredded Lettuce & Diced Tomatoes Sour Cream Pears	11 Rotini Bake with Meat Sauce & Cheese Romaine Salad Garlic Toast Banana	12
15 Crunchy-Battered Corn Dog Baked Beans Cinnamon Applesauce	16 Shredded BBQ Sandwich French Fries Pineapple	17 Grilled Cheese Sandwich Chili Beans Dill Pickle Spear Orange Wedges	18 Italian Lasagna Garlic roll Tossed Salad Peaches	19 Chicken Nuggets Mashed Potatoes with gravy Steamed Carrots Dinner Roll Sliced Strawberries
Please find carbohydrate counts on our school web site interactive menu				
22 Orange Chicken Broccoli Florets Whole Grain Asian Rice Purple Grapes	23 Crunchy Tacos 2 Or Soft Tacos 2 Sweet Corn Shredded Lettuce & Diced Tomatoes Applesauce	24 Chicken Enchilada Black Beans & Corn Mexican Rice Mandarin Oranges	25 Cincinnati Chili Spaghetti Oyster Crackers Romaine Salad Apple Slices	26 Chicken Strips Mashed Potatoes with gravy Green Beans Dinner Roll Banana
29 Whole Grain Chicken and Cheese Quesadilla Sweet Corn Red, Yellow & Orange Peppers Apple	30 Orange Wedges Pizzeria Style Steak Hoagie on Bun French Fries Pears	31 Mandarin Oranges Chicken strip Wrap Shredded Lettuce & Diced Tomatoes French Fries Mandarin Oranges	<div style="border: 2px solid green; padding: 10px;"> <p>Featuring New Items</p> <p>Smokey Spinach Queso</p> <p>w Chips (tortilla or pita)</p> <p>Steak Station!</p> <p>Create Your Sizzling Sandwich. Choose from a Variety of Toppings;</p> </div>	
This Institution is an equal opportunity provider.				



Make the cafeteria your first stop! Breakfast in the school café is a great start to every day!

Hot and cold options everyday. Every breakfast will offer fruit, milk and 2 grains or grain and protein option. A fruit is a must! 2 items must be selected and many items count as 2.

Offered daily: cereal, muffins, poptarts, cheese sticks and many breakfast bars everyday.

Monday: Breakfast Sandwich

Tuesday: Pancake on a stick

Wednesday: Breakfast Pizza

Thursday: Cinnamon Roll

Friday: Sausage and egg Bisuit

Breakfast is served daily @ 8:45 (Elementary Schools) 7:00 @ TMS

Menu items subject to change

Breakfast costs \$1.00. Students qualifying for reduced meals pay \$.30

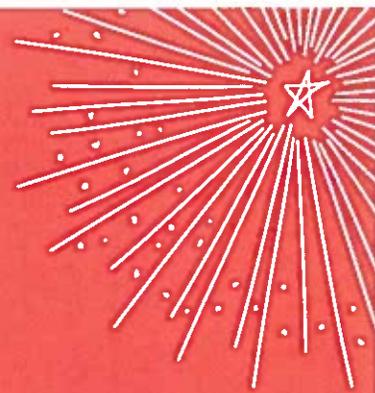
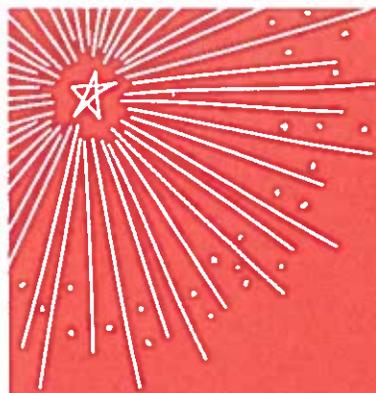
Free meal qualification includes breakfast

Talawanda Food and Nutrition Services Department

This institution is an equal opportunity provider.

All items are whole grain rich

Milk is offered in 1% white and chocolate and fat free white



BUILDING A HEALTHIER
COMMUNITY TOGETHER

TSD APPROVED
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Join us for a Community Conversation

TSD APPROVED
for distribution
not affiliated with TSD

Wednesday, October 24th

6:00-7:30 p.m.

Oxford Lane Library - Upstairs

Learn about the Coalition's current work
and share ideas to make the community
a healthier one for all !

For more information, call 513.273.3390.