



# THS E-NEWS

February 8, 2019

## ANNOUNCEMENTS

- 3<sup>rd</sup> Quarter Conferences are Tuesday the 12<sup>th</sup>. Questions? Please contact Mrs. Roy at 273-3218, [royj@talawanda.org](mailto:royj@talawanda.org)
- EOC testing week will be April 8-12, more details to come!
- The School Counseling staff will be offering an informational CCP meeting on February 12 at 5:30 pm in the PAC. This meeting will provide an overview of the program, how to apply and the deadlines. Representatives from local universities will be in attendance to provide college-specific information.
- Any senior interested in the Ohio Operating Engineer Apprenticeship program should pick up an application packet from their school counselor. Applications are being accepted January 28-30 and February 7-9. Apprentices in this program earn \$18/hr in their first year and will earn \$29/hr by year four.
- Want to know what's going on in the community? Look here: <https://bit.ly/2g31xqC>

### There are lots of ways to pay your student's fees!

- With a credit card via EZ-Pay: [www.spsezpay.com/Talawanda](http://www.spsezpay.com/Talawanda)
- By mail with check or money order, 5301 University Park Blvd., Oxford, OH 45056
- Or bring cash, check, or money order to the main office from 7:00am-2:30pm.

# Parent Initiative Team

Talawanda AfterProm Committee

February 3, 2019

# Hello,

## **The AfterProm committee has been busy organizing and planning for AfterProm 2019**

This is big job. While AfterProm probably isn't even on your radar, please volunteer today to help plan for this event.

Our first big meeting will be Sunday February 10th 1pm at LaRosas. The Brave Cave has been reserved. Join us to hear and be part of the latest.

All vendors have already been contacted and are planning accordingly. Once again, AfterProm will be held at the Miami University Rec Center on Oak St Oxford campus.

So the big planning is out of the way. Now we need help planning food, volunteers to man the event, fundraising from the community, props, decorations, prizes and any other fine tuning for needed for a successful AfterProm

This years theme won't be officially announced until a month or two ahead of time. And so far, this is the best theme I've seen in the years that I've been active in AfterProm

So grab a friend and plan to join us the Sunday @1pm at LaRosa's. If you're on the run, you can purchase items from their menu. Let's support LaRosa's too. They are always very generous to the Talawanda and Oxford community

Hope to see you soon

Lisa Huddleston - committee chair

Melany Fisk - treasurer

Robin Cope - food, photo booth and decor

Tina Ector - prizes



# Swim News!

The dynasty that is Talawanda Swimming and Diving added a new entry into their history books last Saturday night. Both the boys and the girls swim and dive teams captured their 13th straight league championship Saturday night. The SWOC has been in existence for seven years now and Talawanda is the only team to ever win a swim and dive championship.

Of the 24 events contested at the meet, 18 of them were won by Talawanda swimmers and divers.

Headlining the meet were Mercy Patterson and Ben Crowder, who both won two events and were named the SWOC Athletes of the Year.

The swim and dive teams also set five conference records at the meet - two by Mercy, one by Ben, one by Sam Hool in diving and one by the 200 Free Relay team of Ben Crowder, Blake Madden, John Anzano, and Rhyan Meyers. Other individual event winners for the Brave included Hannah Lippincott, Addie Lehman, Kenna Mondello, Rhyan Meyers, Maxx Gregg, John Anzano, and Blake Madden. Next up for the Brave is the state tournament.

The Sectional Swim Meets will be this weekend where the Brave will be looking to qualify a number of kids into the District Swim Meets.

# THS CALENDAR OF Events

## Feb. 10th to Feb. 16th

### Sunday, February 10th

No Events Scheduled

### Monday, February 11th

Conference Make Up Day

2:45 – 6:30pm Spring Show Rehearsal, THS PAC  
7 – 8pm Lacrosse Meeting, Cafeteria

4:00pm Varsity Bowling vs. Middletown (home, senior night)

### Tuesday, February 12th

3rd Quarter Conferences

10:30 – 11:30am MU-Hamilton, Guidance Conference  
2:30 – 4pm Academic team, 424  
2:45 – 6pm Spring Show Rehearsal, Band room  
5:30 – 6:30pm CCP Meeting, PAC

TBD Boys District Diving (home)  
4:30pm Boys Varsity Basketball vs. Eaton (home)  
6:00pm Boys JV Basketball vs. Eaton (home)  
7:30pm Boys Varsity Basketball vs. Eaton (home)

### Wednesday, February 13th

10:30am – 12pm Marine Recruiter, Cafeteria  
1:30 – 3pm FFA Meeting, PAC  
2 – 5:30pm Spring Show Rehearsal, THS PAC

TBD Girls District Diving (home)

### Thursday, February 14th

2:30 – 4pm Academic team, 424  
2:45 – 6pm Spring Show Rehearsal, THS PAC  
4:30 – 7pm Literacy Program, Media Center  
6:30 – 7pm Baseball Meeting, Cafeteria  
8pm – 11:59pm FCCLA Lock-in

### Friday, February 15th

No School- conference release day  
Field trip- Mock Trial Regionals

12:00 – 7am Room Use- FCCLA Lock-in

4:30pm Boys Freshman Basketball vs. Ross (home)  
6:00pm Boys JV Basketball vs. Ross (home)  
7:30pm Boys Varsity Basketball vs. Ross (home)

### Saturday, February 16th

9:00am Varsity Wrestling, tournament at Northwest (away)



## ***Talawanda's Health Coordinating Council***

***Purpose: To create a healthier community by addressing non-academic barriers to learning, building upon family and community strengths, and involving families and other community members in all phases of student success.***

The Surgeon General has declared youth vaping/e-cigarette use to be an epidemic in the United States. As a District, we too are concerned about the health consequences of this behavior. As parents/caregivers, we have a responsibility to learn and prepare ourselves to talk with our kids about the risks and unknowns related to vaping/e-cigarette use by young people.

It is also important to share that use or possession of any part of the vaping/e-cigarette device is a violation of the Talawanda Code of Conduct and could result in disciplinary consequences as well for students.

***The Partnership for Drug Free Kids*** has created an excellent resource to help families have these conversations. For the next four weeks, the Talawanda Health Coordinating Council will be sharing information with you on this topic. We hope this information is helpful to you. **Caring adults can have a powerful positive influence over young people's choices around substance use!**

This week's topic:

[What is Vaping?](#)



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](http://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! The New Danger - Nicotine Toothpicks?



Do you KNOW! what an electronic cigarette and a toothpick have in common? They're both nicotine products promoted as "helping adults to quit smoking," yet they're both haphazardly finding their way into the hands (and mouths) of our youth nationwide.

Yes, a toothpick. Standard toothpicks are now being infused or coated with nicotine, so you can get your nicotine fix in a discrete manner virtually anywhere.

**Here's how it works:** You place it in your mouth like you would a normal toothpick. The saliva in the mouth draws out the nicotine which is then absorbed into your bloodstream. The effects are felt within 1-15 minutes and is said to last for up to an hour. Chewing on the toothpick increases the speed at which nicotine is released.

These toothpicks come in a variety of candy-like flavors that are likely to appeal to youth, such as strawberry, peppermint, spearmint, coffee, winter ice, and cinnamon, among others. They entice youth because they are inexpensive, easy to get ahold of, and even easier to get away with.

They are specifically marketed as being ideal for movie nights, date nights, airports, restaurants, parks, and any indoor space, and directly pushed toward anyone who is looking to hide the fact that they smoke or use other nicotine products. Youth may consider them discrete because they are:

- Odorless — no smell to cover up.
- Smokeless — no plume of smoke to be seen.
- They do not require a spit cup.
- They do not interfere with daily activities — no need to step outside — you can use on the spot.
- They do not stir up lectures from family or friends — because no one will know you're using them.
- All this while freshening your breath — and what teen isn't conscious about that?

One pack of nicotine toothpicks (15 sticks) sells online for \$5.99, and the only protection against underage shoppers is a pop-up that asks if you're



Talk early and often about alcohol, tobacco and other drugs. Even when it gets tough.

Empowering Parents To Raise Their Children To Be Substance-Free



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

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over the age of 18. The amount of nicotine per pack is equal to:

- One pack of cigarettes
- One can of dip
- One can of snus, a powder tobacco
- One electronic cigarette cartridge
- One JUUL pod

A single toothpick contains as much as 3 mg of nicotine compared to 1.5 mg of nicotine most smokers inhale from one cigarette. In other words, a packet really packs a punch, and that's bad for youth.

In an article published by the American Academy of Pediatrics, Dr. Lorena Siqueira said, "Nicotine is an extremely addictive substance, and the rapidly developing brains of teens are particularly susceptible to it."

Long-term exposure to nicotine is linked to increased risk for heart disease, stroke, osteoporosis and certain types of cancers. Early use of nicotine is also associated with addiction not only to nicotine itself, but to alcohol and other drugs.

While traditional cigarette use is down among teens, the use of electronic cigarettes among young people has skyrocketed. More children are also experimenting with the various substance-infused candies, like gummy bears and lollipops, because they don't appear to be very dangerous, and they can be consumed right under the noses of adults without raising any red flags. The same concept applies with these toothpicks. Plus, many youth would think they look cool with a toothpick hanging out of their mouth.

As parents and teachers, we must talk to our children and students about the dangers of nicotine and other substances. We have to make sure they're aware that something in a non-threatening package, like a gummy bear or a toothpick, can be unsafe and unhealthy for them. It's difficult to stay ahead of the ever-growing and changing drug trends and products that are available to our youth. That's why we have to make sure we build our children's resiliency skills and have conversations with our young people about what they can do to support their own health and well-being.

Sources: [Centers for Disease Control and Prevention, Youth and Tobacco Use. January 2019.](#) [Meghan Mangrum, Times Free Press \(Chattanooga, TN\): Officials warn of nicotine toothpick use by teens. January 13, 2019.](#) [Pediatrics, January 2017, VOLUME 139 / ISSUE 1, From the American Academy of Pediatrics, Technical Report: Nicotine and Tobacco as Substances of Abuse in Children and Adolescents.](#) [Lorena M. Siqueira, COMMITTEE ON SUBSTANCE USE AND PREVENTION.](#)

# February 2019

## TALAWANDA HIGHSCHOOL

In Addition to Printed Menu, Alternative Fresh Fruits and Veggies are Offered Daily!

Monday

Tuesday

Wednesday

Thursday

Friday

[Click Here](#)

**APPLY FOR 2018-2019 FREE**

**LUNCH APPROVAL IF YOU  
HAVEN'T DONE IT YET!**

### Breakfast offered daily:

fresh hot or cold options.

Start your day the smart way

with school Breakfast.

Free or reduced lunch applies to breakfast as well!

Fresh, Healthy and Good for You!



Every day Veggies!

**Carrots, Red peppers**

**Cucumbers, Broccoli**

**Garnazo beans, Celery**

Salisbury Steak  
Mashed Potatoes  
Green Beans  
Whole Grain Dinner Roll  
Fruit & Veggie Bar

**See Our Daily Express Menu Here**  
**THS Menu Express**

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

4 Crunchy-Battered Corn Dog  
Baked Beans  
French Fries  
Fruit & Veggie Bar

5 Breaded Pork Chop  
Mashed Potatoes with gravy  
Sweet Corn  
Whole Grain Dinner Roll  
Fruit & Veggie Bar

6 Grilled Cheese Sandwich  
Tomato Soup  
Crackers  
Dill Pickle Spear

7 Rotini Bake with Meatballs & Cheese  
Romaine Salad  
Garlic Toast

8 Chicken Nuggets  
Mashed Potatoes with gravy  
Steamed Carrots  
Whole Grain Dinner Roll

Please find carbohydrate counts on our school website interactive menu

11 Meatball Sub  
French Fries  
Tossed Salad

12 BBQ Pulled Pork Sandwich on a Whole Grain Bun  
Coleslaw  
French Fries

13 Shredded Beef  
Mashed Potatoes with gravy  
Mixed Veggies  
Whole Grain Dinner Roll

14 Italian Lasagna  
Romaine Salad  
Garlic Toast

**HAPPY Valentine's DAY**



President's Day

19 2 Soft Tacos with taco meat, lettuce, tomatoes and cheese  
Sour Cream  
Sweet Corn

20 Chicken Enchilada with cheese, corn, and black beans  
Brown Rice

21 Cincinnati Chili  
Light kidney Beans  
Oyster Crackers

22 Popcorn Chicken  
Smackers  
Mashed Potatoes with gravy  
Sweet Corn  
Whole Grain Dinner Roll

25 Whole Grain Chicken and Cheese Quesadilla  
Sweet Corn  
Red, Yellow & Orange Peppers  
French Fries  
Sour Cream

26 Pizzeria Style Steak Hoagie on Bun  
Frightening Fries

27 Chicken fajita Wrap with black beans, corn, lettuce, tomato, sour cream, and cheese

28 Rotini Bake with Meat Sauce & Cheese  
Tossed Salad  
Garlic Toast

**eZPay**

Meal Fees

[Click Here](#)

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