

TMS E-News 11/15/19

AFTERNOON PICK-UP:

Reminder to please park in the designated parking spots at the side of the building. Wait for your child to come out of the building and come to your car. Do not park in the curb lane! When you are ready to pull out of the parking spot, *PLEASE* be certain there are no students walking in your path.

As the mornings are getting darker, please watch for students walking or riding their bikes to sc



Nov. 15 - Report Cards Go Home

Nov. 19 - 6th Grade Honor Roll Breakfast

Nov. 20 - 7th Grade Honor Roll Breakfast

Nov. 20 - Pie Sale Pick-Up

Nov. 22 - Senior Citizens Lunch

Nov. 25 - 8th Grade Honor Roll Breakfast

Nov. 27-29 - No School/Thanksgiving Break

NOVEMBER 20 -- The pies arrive!! @ 12-12:30pm in cafe and ready to be picked after school.



up

A reminder: There is no Gamer's Club on Monday, November 18.

We will meet again on Monday, November 25.



Reminder:

-All medication must be kept in the clinic with the required medication permit on file. This includes over the counter medication.

-Any student that carries an inhaler or epipen at school must have a medication permit on file in the clinic.

Please contact Terri Horvath RN with any questions.

TMS Clinic

Phone: 513-273-3314

Parent Tip



Know! To Put Kindness into Action

While there appears to be a designated "day" on the calendar for everything these days, World Kindness Day is one to celebrate and share with the young people in our lives. It takes place annually on November 13th, and promotes putting kindness into action through caring and compassionate acts. In a world where far too many youth face bullying, deal with anxiety and depression, and fight the pressures to succumb to a variety of risk-taking behaviors, why not encourage kindness and compassion? The benefits can be far-reaching and long-lasting.

Richard Davidson and his team of researchers from the Center for Healthy Minds at the University of Wisconsin-Madison say that humans are biologically hardwired for kindness and selflessness. He says that even very young children show a preference toward being cooperative, giving and warmhearted in their interactions with others. Dr. Davidson also believes that kindness can and should be nurtured in youth, and is absolutely teachable. He says, "It's kind of like weight training, we found that people can actually build up their compassion 'muscle' and respond to others' suffering with care and a desire to help."

While the motivation behind acts of kindness should simply be about doing something nice for a fellow human being, with nothing in it for ourselves, it cannot be helped that the giver receives a host of benefits in return. In addition to improving one's relationships and connections with others, KINDNESS...

Kindness Increases

Oxytocin and Serotonin - powerful hormones that stabilize mood, and provide feelings of well-

Prevention Action Alliance



being.

- Energy some people report a spike in energy after doing good for others.
- <u>Pleasure</u> kindness toward others lights up the brain's pleasure and reward centers.
- <u>Happiness</u> in a survey that spanned 136 countries, those who reported being charitable givers also reported being the happiest overall.

Kindness Decreases

- · Pain produces endorphins, the brain's natural painkillers.
- · Stress reduces the stress hormone cortisol in the body.
- Anxiety and depression kindness elevates mood, wards off social avoidance.
- <u>Blood pressure</u> as oxytocin is produced, nitric oxide is released, a chemical that dilates blood vessels and lowers blood pressure.

Ways to Be Kind

Kindness comes in all shapes and sizes, cannot be measured by cost or skill, and can be done at any age. Since this tip focuses on tweens and teens however, here are some ideas geared toward their age group. Of course youth are more likely to become more engaged if they come up with their own ways to put kindness into action. But here are a few ideas to help them get started.

- Go through your closet and donate some clothing items.
- 2. Send a positive text to someone.
- Rake a neighbor's leaves or shovel someone's sidewalk or drive (depending on where you live).
- Give someone a compliment.
- 5. Give your mom, dad or other caregiver a random hug.
- Thank a veteran.
- 7. Smile more often at others.
- Say hello to someone new.
- 9. Offer to babysit for free one evening.
- 10. Send someone a hand-written thank you \ note.
- 11. Hold the door for someone.
- 12. Do a chore around the house without being asked.
- Forgive someone.
- 14. Bake cookies for a neighbor.
- 15. Ask about someone's day.
- 16. Call your grandparents.
- 17. Put a happy face sticky note on someone's locker.
- 18. Volunteer at any kind of shelter.





- 19. Smile and say "good morning" to an adult in your school building.
- 20. Invite someone sitting alone to sit with you at lunch.

These are so many simple ways to be kind. Challenge your child to rattle off or jot down some ideas of their own. Of course parents walking the walk is the greatest way to nurture and teach children the importance of doing good for others.

Also keep in mind that you play an important role if you or your child happen to be on the receiving end of a good deed. Kindness goes full circle when someone accepts that offer of help, smiles back or acknowledges another's kind gesture.

Let World Kindness Day be the kickoff to purposeful acts of kindness among your family that in turn may grow and spread worldwide.

Sources

- · Dartmouth.edu. Random Act of Kindness: Kindness Health Facts.
- Edutopia. Social and Emotional Learning: Nurturing Kindness in Young Children. Jan. 25, 2018.
- Informed Decisions Blog. Life, Social, and Emotional Skills: 60 Free Ways to Show Random Acts of Kindness for Teens. Feb. 13, 2017.

About Know! Teachable Moments

Everyone has a role in prevention. By reading this Know! Teachable Moment today, you're doing your part to prevent substance misuse and create a healthier world for all.

We created these free tips to empower teachers and educators like you to protect your students from alcohol, tobacco, and other drugs. However, we rely on donations from people like you to provide these tips. If you found this tip interesting or helpful, please consider donating at preventionactionalliance. org/donate.



Know! Teachable Moments are provided by Prevention Action Alliance with support from the Ohio Department of Mental Health & Addiction Services, the Ohio Department of Education, and Start Talking!.

Know! Parent Tips are also available in Spanish at the Know! archives.







Sign up for Know! Parent Tips



TMS BRAVE REWARDS

This year TMS has a new reward system to reward positive behavior - TMS Brave Rewards. The TMS Brave Reward program is replacing the TMS Braves Bucks Program that was previously used as our school's positive behavior reward system.

Students earn positive points through Live School. Students may earn positive points for respect, responsibility, accountability, academic achievement, etc. Teachers also use positive points to reward students for their kindness to others, working together, showing motivation, and for many other successes at TMS.

Students will receive multiple positive points for each of the following achievements: Daily: Every student will earn 2 positive points daily for attendance. (added by office staff)
Weekly: Every student can earn an additional 2 positive points each week for having perfect attendance that week.

At the end of a trimester:

- 10 positive points for Great Grades: 3.5 GPA or higher
- 10 positive points for perfect attendance
- 5 positive points for TMS Hero

Live School allows students to save and view the positive points they earn throughout the school year. Students will have the opportunity to exchange their positive points for Brave Rewards throughout the school year. Past rewards have been activities such as a movie at TMS, a pizza party, bowling at Oxford Lanes, an afternoon at the Oxford Community Park, hiking at Miami's Natural areas, pottery painting at You're Fired, and even a Red's game at Great American Ballpark at the end of the year.

In previous years the Braves Bucks program was sponsored by various grants and donations from local businesses. We would like to thank the following organizations and businesses for helping support the program:

You're Fired Butler Rural Electric Oxford Lanes LaRosa's

We are currently looking for people or businesses to sponsor the Brave Reward program for the 2019-2020 school year. If you would like to be a sponsor this year or know a business owner who might help the program monetarily or by donating raffle prizes, please contact:

Stephanie Aerni, Assistant Principal (513) 273-3307 or aernis@talawanda.org

<u>PARENTS: Need Help Logging Into Liveschool?</u>

https://parent.liveschoolinc.com/#/login

Please Email/Call: Stephanie Aerni, Assistant Principal (513) 273-3307 or aernis@talawanda.org

SIGN UP FOR EMAILS FROM TMS PTG!

NO COMMITTMENT



- NO PARTY PLANNING
- NO COMMITTEE WORK



AN E-MAIL



We meet 4 to 5 times a year at LaRosa's (free food) to discuss. . .

- · school events, ideas for change, etc.
- Ideas for get togethers (ie. Trivia Night)
- Fundraising ideas (ie. hypnotist, kids night at TMS, etc.)

Please fill out the information below and return to TMS or contact Mr. Brinck by email at brincki@talawanda.org or by cell 513-477-9503.

Parent(s) name -			
Student's name(s) + Grade			
Best email(s) -		4	
	•		

WRITE CAREFULLY!! WRITE NEATLY!!



Support Group

WHERE:

Oxford United Methodist Church 14 N. Poplar St. Oxford, Ohio 45056

WHEN:

Second Tuesday of the month

TIME:

12:00 - 1:30 PM

CALL TO CONFIRM AND RESERVE YOUR SPOT! (513) 896-2388

FREE CHILDCARE will be provided.

Supports offer many ways to fill you Toolbox!

August 13, 2019

Working with Schools

September 10, 2019

Behavior & Discipline

October 8, 2019

Perspective of the Child

November 12, 2019

Understanding Attachment

December 10, 2019

Finding Support

January 14, 2020

Financial Toolbox

February 11, 2020

Guilt, Shame, and Love

March 10, 2020

Your changing Family

April 14, 2020

Tough Starts

May 12, 2020

The Unexpected Role

June 9, 2020

Summer and Respite ideas



TMS EXPRESS MENU



Sandwich Station

Fresh Options Cooler

Hot and Cold Salad Bar

Served on Whole Grain Buns Breaded Chicken, Spicy Chicken, Grilled Chicken **Cheeseburgers and Hamburgers** Soft Pretzels w/ cheese sauce Nacho Chips w/ cheese sauce

Pizza Wheel

Cheese and Pepperoni Pizza choices daily

Fresh Crispy French Fries include fruits, veggies* and milk

Fresh Veggie Cup Fruit Cup *(12-28) **Premade Assorted Salads*** Jammer Slammer*

w/ Cheese Stick and goldfish crackers Yogo W/ cheese stick and gold fish crackers Cheese crackers and grapes*

Yogurt and Jammer meal include fruits and veggies* and milk

Fresh and crisp salad spring and romaine blends.

top with a variety of fresh vegetables including shredded carrots, diced cucumbers, radishes, celery diced tomatoes and many others

Fresh seasonal fruits available

Many hot vegetables offered everyday

Fresh Sandwich topping bar:

Sliced tomatoes, lettuce, onions and pickles

SNACK SHACK

Smart Snack (USDA regulated Snacks) are offered daily to our Middle School students. The drinks, chips, ice cream and cookies are offered after all students go through the lunch lines. All purchases are applied to lunch accounts unless paid by cash. Funds must be available to purchase snacks!

What makes a lunch:

All entrée choices include 1/2 cup fruit and 1/2 cup vegetable choice, offered in 1/2 cup servings,

Milk is also included.

Entrées often contain 2 items, protein and grain Only 3 items need to be selected to get the value lunch price. TAKE ALL 5 FOR THE BEST DEAL IN TOWN!

Hot Breakfast:

Mon: French Toast Sticks Tues: Pancake on a Stick

Wed: Breakfast Pizza Thurs: Apple or Cherry

Frudel

Fri: Sausage egg and cheese Bagel

Sara Chandley: Cafeteria manager

513-273-3385 Lunch Prices: \$2.55 Entrée price: \$2.25 Sides \$.50

Deal of day is lunch with up to 5 items including milk

Check out our new interactive web site for detailed nutrition up-

ALLERGENS LISTED



Beverage Bank

Milk 1% white and chocolate **Fat Free Strawberry Milk** Water **Flavored Water Assorted 100% Juice Drinks**





EMERGENCY GUIDE



Talawanda School District Ed Theroux, Superintendent

> In the Talawanda School District, safe and secure learning environments are the first priority:

Students must first feel safe in order to grow academically, socially, and emotionally.

TALAWANDA SCHOOL DISTRICT EMERGENCY GUIDE

TIP LINE: 844-SAFEROH of Education and the Ohio Department of Public Safety, every school in Ohio has been registered for SaferOH, a tip line that proactively helps to ensure the safety and well-being of its students

By calling 1 (844) SAFEROH, students and adults can share information with district ment officials regarding threats to school or student safety, such as

Callers may remain anonymous or share their contact information for possible follow-up. The line will accept both calls and texts 24 hours a day, 7 days a week.

Web: www.talawanda.org

FOLLOW. Twitter: @Talawanda

Facebook: facebook.com/Talawanda School District

material is not all inclusive. However, it is intended to provide a better understanding An emergency is any unexpected incident that could affect the health or safety

It is important to communicate actions that ensure safe school environments. Every emergency situation is unique in initiation and response so the information in this

such as a disruption in utilities or a national emergency. Emergencies can affect one child, one school, or the entire school district.

of students or employees

When an emergency occurs, school officials evaluate the seriousness of the situation and determine the best plan of action to respond quickly, safely, and appropriately. Emergency responders such as police, fire, and medical teams are notified and assist as needed.

EMERGENCY RESPONSE

Each Ohio school district has an emergency preparedness plan outlining possible scenarios and responses that vary based on

training, determines the best crisi response. In the event that the response includes an emergency student dismissal, it is important for parents to understand that students will be dismissed to parents once danger has passed.

In any emergency situation it is critically important that school leaders and safety personnel rend quickly. According to law orcement and safety officials, it is important that parents wait for a call to pick up their children rather than rush to a site. Parents of students in the affected building will receive detailed information as

FOUR COMMON RESPONSE OPTIONS

LOCKDOWN

A lockdown may be used in response to an event inside or outside of a building. During a lockdown, students are restricted to their class-room and are not released from the classroom until lockdown procedures have concluded.

SHELTER-IN-PLACE

2 This protective action is enacted when an event takes place outside of the building and officials determine that the safest course of action is to keep students and staff inside the building until the external event is resolved. During shelter-in-place, there could be student movement within the building, but students will not be released from the building until the shelter-in-place procedures have concluded.

If it is unsafe for students and staff to remain inside the building, the building will be evacuated. Students and staff may remain on school grounds until the building is safe to re-enter or may be relocated to a safe location off of school property, depending on a variety of circumstances.

This procedure will take place if your school officials determine students are safer at home than at school or trying to get to school. This most often occurs due to loss of utilities or a weather emergency.

If your school or school district intends to send students home or evacuate from a risky location to safe location, specific information will be communicated to the parents of affected students through a phone call.

RESPONSE TO ACTIVE AGGRESSOR

trained three times each year in an emergency response process known as ALICE. Most often used in the event of an active aggressor, ALICE empowers students and teachers to ensure their

It is important to remember that ALICE is not a linear progression and response action, but is dependent on the individual situation. Decisions are made by teachers and students to ensure their personal safety.

ALERT: Alert students and staff of an active agressor.

LOCKDOWN: Barricade a locked door with large objects, such as desks, chairs, shelves, etc.

INFORM: Listen for communication, make informated decisions as to what action should be taken.

COUNTER: If confronted by an aggressor, attempt to distract or confuse in order to get away.

EVACUATE: Leave the area if it is unsafe based on all available information and observations

Student Release Student-Parent Reunification

In the event of an emergency situation during which a parent child from school, or one that requires students to go will care for each student until a parent arrives or the student home using district school transportachild will be left alone.

release, school officials determine that students and staff members need to evacuate a building orarily but DO NOT need to close school

Parents who elect to emove students during the time of an evacuation will need to report to a designated area with photo ID to sign out students. Emergency contacts designated for student release by parents may also remove specific students from school with a pho-to ID. For safety reasons, no other individuals are permitted to take students from a school.

Reunification ocofficials determine that stuneed to evacuate a build-

Parents of emergency contacts will be required to pick up students either on campus or from the In the event of an evacuation to another location, Parents of students in the affected building will receive a phone call with detailed

nformation. Evacuation

public in advance so as not to jeopardize the efficiency

locations are not made

or safety of the plan.

ing, close school, and dis-

miss students. The closing the students be relocated to a secondary location. If students are relocated to an off-campus reunification released to a parent or site, a "gated reunification system" will be in place. emergency contact will be in place. release. Photo identifica-

Upon arrival at the reunification site,

tion is required.

1. Report to the parent

Gated

- 2. Complete a reunification card:
- 3. Be escorted by a staff member to his/her rhild: and
- 4. Sign the reunification card to ensure all students are accounted for and safe.

Crisis Response Team

Your district personnel are trained using the Traumatic Event Crisis Intervention Plan. TECIP is a schoolbased framework designed to meet the emotional and psychological needs of aftermath of a traumatic



2019-2020 TMS Clubs/Activities

Art Club

Advisors: Gary Robertson - robertsong@talawanda.org

Description:

This club is all about art! We look at art, talk about art, and most importantly make art. The TMS Art Club is supported by the Oxford Community Arts Center and we collaborate with local artists. We will spend several meetings learning about and making artwork around a central theme. Last year we made peace polls that were auctioned at the Community Arts Center, designed and created masks, and self-published a botanical illustration book with illustrations contributed by club members. Projects for this year will be developed with member input. All students are welcome. We will meet every other week (dates to be determined) for approximately 90 minutes.

Brave Initiative Team

Advisor: Amy Macechko - macechkoa@talawanda.org

Description:

The Brave Initiative Team is sponsored by the Coalition for a Healthy Community - Oxford Area and is the middle school segment of the Youth Action Team for a Healthy Oxford Area. This group of students focuses on building leadership skills and promoting the value of living a drug-free lifestyle. Through the promotion of positive messaging and working with students at Talawanda High School and Miami University, these students are the voice of substance use prevention for their peers. We meet during lunch periods and some after school/evening meetings are also scheduled. All students are welcome!

Builders Club

Advisors: Amy Macechko and Molly Todd - macechkoa@talawanda.org, toddm@talawanda.org

Description:

Builders Club is part of the Kiwanis Organization. Members of Builders Club are involved in the school and the community as service leaders. Some community service projects the TMS Builders Club has been a part of in the past are Kiwanis Pancake Day and Kiwanis Food Drive. Students have also had the opportunity to be leaders in service projects at TMS. Builders Club is open to all students. Builders Club meets the 1st and 3rd Monday of every month.

Chess Club

Advisor: Laura Jewett - jewettl@talawanda.org

Meeting Day and Time: During tutorial

Description:

Students of all ability levels with an interest in playing chess can join chess club. Weekly matches are arranged by the advisor and the year culminates with a single-elimination tournament. Chess club will begin in October.

Craft Club

Advisors: Cherie Day and Carolyn Ratliff - dayc@talawanda.org, ratliffc@talawanda.org

Description:

Do you like to meet new people and enjoy hands-on projects? Join us for meetings twice/month after school until 3:45 (dates to be determined by members) for fun and creativity! Projects will be determined by club members and all middle school students are welcome.

Destination Imagination

Advisors: Shana Rosenberg - di@talawanda.org

Description:

DI is a STEAM (STEM + the Arts!) activity open to all kindergarten through 12th grade students. Students form teams of up to 7 members, select one of 7 challenges created each year, and work together to develop a solution that will be presented at the regional tournament taking place at the end of February. Each team needs at least one Team Manager (often a parent or teacher) who helps keep the team on track. Most teams start meeting weekly, at most, in September or October.

FCCLA

Advisor: Sharon Gregory - gregorys@talawanda.org

Description:

Family, Career and Community Leaders of America (FCCLA) is a dynamic and effective national student organization that helps young men and women become leaders and address important personal, family, work and societal issues through Family and Consumer Sciences Education and is open to students grades 7-12 who have had at least one FCS/Life Skills class and pays the \$25.00 dues. FCCLA: The Ultimate Leadership Experience is unique among youth organizations because its programs are planned and run by members. It is the only career and technical in-school student organization with family as its central focus. Participation in national programs and chapter activities helps members become strong leaders in their families, careers and communities. FCCLA members from the high school along with the adviser will be meeting with TMS students once a month here at TMS. Students have the opportunity to participate in service projects, fundraising, leadership activities, trips, and competition throughout the school year.

Gamers Club

Advisors: Kelly Case and Tracy Vu - casek@talawanda.org, yut@talawanda.org

Description:

Calling all tabletop game fans! Do you love to play board games and/or card games? Looking for a place to try out the new Magic deck you just put together or a place to trade Pokemon cards? Want to test a new chess strategy? Maybe you are looking to join a dungeons and dragons campaign, but don't know where to start? Then this is the place for you. Once a week, TMS will have a place for you to do all things tabletop. See Mrs. Vu or Mrs. Case for details and be watching out for announcements. We plan to start in mid-September.

Garden Club

Advisors: Amy Clay and Lindsey Krause - claya@talawanda.org, krausel@talawanda.org

Description:

Do you love being outside? Are you interested in gardening and the environment? Have you ever thought about growing your own food? Join the TMS Garden Club! Let's get our garden going, have some fun with your friends, and enjoy watching our seedlings grow! We will be cleaning out the garden and starting some fall crops to share. Time and date TBA

Guitar Club

Advisors: Raj Sundram - sundramr@talawanda.org

Description:

Have you ever wanted to be able to play your favorite songs, show off your mad shred skills or simply write your own music? Guitar Club is the stepping stone for you! Students will meet two to three times a month TUESDAY FROM 2:45- 3:45 to learn simple, intermediate and advanced songs, scales and concepts. A personal guitar, electric or acoustic, is not a must, but having your own will always expedite your progress. All are welcome, be ready to practice and to play!

K'NEX Competition

Advisors: Mary Ruppert and Larry Brock - ruppertm@talawanda.org, brockl@talawanda.org

Description: This competition is provided by Thermo Fisher. Students are given a STEM Design Challenge. Last year's challenge was "to make the world healthier by treating cancer." Students were to create a nano-machine that could capture and treat a cancer cell or tumor of the team's choice. The prototype is constructed from K'NEX materials provided by Thermo Fisher. Team members need to research and demonstrate how their machines or prototypes work. We will be given the STEM Design Challenge in January and have one month to be ready to present our research and prototypes.

MathCounts

Advisor: Lori Gloeckner - gloecknerl@talawanda.org

Meeting Day and Time: Thursdays after school until 3:45 Meetings usually start in mid-September.

Description:

MathCounts is a national middle school mathematics competition program that builds problem solving skills and fosters cooperative work and math achievement.

Peer Mediation

Advisor: Laura Jewett - jewettl@talawanda.org

Meeting Day and Time: During tutorials (no after school meetings)

Description:

Peer mediators assist other students with working through and resolving conflict. Students are trained as peer mediators and assist others in solving problems at school. 8th Grade Mediators can also become members of the SAVE Club (Students Against Violence Everywhere) and/or become Peer Support Volunteers helping younger students resolve social or academic concerns.

Polar Brrrave

Advisors: Paul Stiver - stiverp@talawanda.org

Description:

Polar Brrrave (think brrrrrrr!) is a running club that will meet twice a week starting after Thanksgiving Break to keep students active and running. Anyone in grades 6-12 may participate. We will start after the break and run through December and January when school is in session. We will run outside, so bundle up!!

Student Council

Advisor: John Brinck - brinckj@talawanda.org

Meeting Day and Time: Typically 2x a month after school until 3:30 (Tuesdays)

Description:

Students run for grade level representative and are elected by their peers. Student Council represents TMS and students are able to fundraise and organize events for TMS. Student Council has sponsored the 8th grade school dance, the Thanksgiving Senior Citizen Luncheon, Veteran's Day activities, Staff Appreciation, and many more.

Activities

Band - Mr. Gonzales: gonzalesr@talawanda.org

Chorus and Bel Canto - Mrs. Case: casek@talawanda.org

Orchestra - Mrs. House-Shumway: shumwayc@talawanda.org

Sports

Questions about TMS sports contact Mrs. Klenk: klenke@talawanda.org
Football, Cheerleading, volleyball, Cross Country, Boy's Basketball, Girls Basketball, Wrestling, Track

*Activities/clubs will only occur based upon the availability of a sponsor/supervisor