



TMS E-News

12/8/17

Now that school starts in the morning when it is still dark outside, please be cautious of people walking in the parking lots!

***In the afternoon, please use the parking spots to wait for your student.
DO NOT park along the curb as this blocks the flow of traffic.
PLEASE DO NOT use the entrance as an exit!***

What's Happening at TMS

Dec. 12 - 6th Grade Chorus - 7:00 pm @ THS

Dec. 14 - * Craft Club mtg. until 3:45 pm

Dec. 15 - Spanish Exam - Media Center @ 7:30 am

Dec. 19 - Algebra Exam - Cafeteria @ 7:30 am

Dec. 19 - Braves Bucks to Rec Center @ 10:30

Dec. 20 - Incentive Day

Dec. 21 - Jan. 2 - Winter Break

Jan. 4 - School Resumes

The Craft Club meeting on December 14th will be open to the first 20 students to turn in their permission slips and \$1.00 to Mrs. Ratliff or Mrs. Day. Join us to make a holiday decoration and enjoy a holiday snack after school on December 14th, until 3:45 pm.

**Order your yearbook online! Orders will be taken through December 20th.
Order forms are in the office!**

Any student that carries an inhaler or epipen at school must have a medication permit on file in the clinic. Please call Terri Horvath RN at 273-3314 with any questions. Thank you.

If you use Facebook or Twitter, please follow our pages for information coming out about TMS. You can find us on Facebook. Search Talawanda Middle School, and on Twitter at Talawanda MS

HAPPY HOLIDAYS!

STOCKING SALE!

Customize a mini stocking and a card with color and stickers! Send it to your friends or just treat yourself, to wish them Happy Holidays!



Make your mini stocking festive with color and the name of who you're sending it to! Put a nice note inside!

Write a special holiday note to put inside of your stocking! Don't forget to decorate it with some festive stickers!

only \$1.00!

All Profits go to NCHS for service projects!

will be sold from Dec. 7-15th at lunch and will be delivered on Dec. 18th during 7th period!

TSD APPROVED
for distribution
not affiliated with TSD

**Martin Luther King Jr.
Creative Arts Exposition
Monday, January 15, 2018**



WHAT: The Oxford NAACP is seeking submissions of visual and/or literary arts to celebrate the anniversary of the birthday of Dr. Martin Luther King, Jr. and February-Black History Month. Submissions may be inspired by the life of Martin Luther King, Jr., or topics of civil and human rights in general. All students who submit an entry will be recognized for their efforts. Gift cards will be awarded to the top entries. A panel of judges will select entries from each grade level, to be on display at the celebratory event. This event is co-sponsored by: the Talawanda School District, Miami University, Oxford Citizens for Peace & Justice, Oxford Community Arts Center, Smith Library of Regional History and the McGuffey Foundation School.

Everyone is welcome to the exposition!

New LOCATION! January 15, 2018, MU-Shriver Center-Heritage Room, Oxford

Complimentary continental breakfast will be served at 10 a.m. and the program begins at 11 a.m.

WHO: Any student residing in the Talawanda School District, preschool through high school may submit up to 2 entries.

HOW: All entries should reflect the student's original ideas and/or feelings about: **The inspiration of Dr. Martin Luther King, Jr.**

Visual: 1 sheet of paper/canvas, no larger than 11" x 14", any flat medium such as crayon, pencil, chalk, marker, water color, acrylic paint, original photo, or finger paint (no glitter or oil paint please).

Written: 1 page, 8-1/2" x 11" paper, lined or unlined; typed or handwritten, with a poem, essay, story, report, letter or song.

Combination: 1 page, 8-1/2" x 11" paper, with illustrations and a written submission (for example, primary story paper, with space for a drawing at top and lines for writing below).

WHEN: Entries must be submitted no later than 2 p.m., Thursday, January 11, to any of the Talawanda School offices or mailed to: Oxford NAACP, P.O. Box 70, Oxford, OH 45056. Entries will be returned to students in February.

We encourage students, parents, and teachers to learn more about the life and contributions of Martin Luther King, Jr., the history of the Civil Rights Movement and about the history of the Oxford, Ohio connection with the 1964 Freedom Summer events. All of these things can provide inspiration for the students' entries. Resources available at: <http://talawanda.net/>.

For further information, please contact Ann Wengler, Oxford NAACP: 513.255.5171, wengleak@miamioh.edu

(Please complete and attach a copy of this form to the back of each entry.)

MLK Creative Arts Exposition Entry Form

Student's first & last name	First	Last
School, Grade & Teacher	School	Grade Teacher's name
Title of work (not required)		
Parent/Guardian Name	Printed	signature**
Adult contact phone #	(This will <u>only</u> be used to contact parent, if student's work is selected as a winning entry).	

**Parent's signature indicates consent for student's work & name to be displayed at Oxford Community Art Center.

Entries must be submitted no later than **2 p.m., Thursday, January 11**, to any of the Talawanda School offices or mailed to: Oxford NAACP, P.O. Box 70, Oxford, OH 45056.



Empowering Parents To Raise Their Children To Be Substance-Free

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



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! Social Media is Bringing Our Teens Down

According to data released by the Centers for Disease Control and Prevention, there was a 33% increase in the number of teens experiencing depression, a 23% rise in teen suicide attempts, and a 31% surge in the number of teens who died by suicide in the five years between 2010 to 2015. The National Suicide Prevention Lifeline Foundation says suicide is now the second leading cause of death for young people between the ages of 10 to 24.

What has gone wrong in the lives of our teens and why at such an alarming rate? Despite the critical nature of this question, there are no clear answers. There is, however, a great deal of speculation, and many say our kids' use of social media contributes this high suicide rate.

In a paper published in *Clinical Psychological Science*, researcher Jean Twenge and her colleagues found significant increases in depression, suicide attempts, and suicide in teens from every background in late 2012. At the same time, smartphone ownership crossed the 50% threshold. By 2015, just three years later the number of teens with access to smartphones grew to a whopping 73%.

Twenge says that not only did smartphone use and depression increase in tandem, but she and her research team also discovered that as teens spent more time online they were more likely to display at least one suicide risk factors. In fact, youth who spent five or more hours online each day were 71% more likely than those who spent only one hour a day online to have at least one suicide risk factor (depression, thinking about suicide, making a suicide plan, or attempting suicide). The researchers found that spending more than two hours a day online caused suicide risk factors to rise significantly.

There are several key elements of social media that can cause a teen – or person of any age for that matter – harm.

1. **Cyberbullying:** We've heard a lot on this topic: new-age, adolescent bullying that takes place on digital devices, mainly on cell phones, with the intent to embarrass, hurt, or humiliate another. It has become a common occurrence with nearly 43% of teens reporting having been bullied online at least once, according to DoSomething.org.
2. **Picture-Perfect Lives:** Teens spend hours upon hours scrolling through Instagram, Snapchat, and other social media feeds that feature images of their peers hanging out together and having the time of their lives, BFFs smiling and posing for the camera, and pictures from epic parties where only a select group was invited. It is no surprise that such images cause others to feel left out, disconnected, and ultimately unworthy.
3. **Social Isolation:** Social isolation is a major risk factor for depression and suicide. More time spent online means less time spent face-to-face with others, and less time spent doing activities that promote mental health, like



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getting exercise, volunteering, meeting new friends, and participating in group activities.

4. **Sleep Deficit:** Inadequate sleep is another major risk factor for depression and suicide. Youth who spend a great deal of time on their phones are more likely than others not to be getting the sleep they need. Texts, instant messages, and other signals to pick up that phone come in all hours of the night and may be too tempting to avoid.

At this point, you may be considering returning a cell phone purchased as a gift for your teen, but you should know that we're not necessarily encouraging that. What we are encouraging is that you to keep an eye out for the New Year Know! Tip to follow, as we'll provide important steps you can take to help protect your child from a potential downward smartphone spiral.

In the meantime, if you have mental health concerns regarding your child, don't hesitate to reach out to your pediatrician or call the National Suicide Prevention Lifeline (1-800-273-TALK [8255]).

Sources: [Clinical Psychological Science: Increases in Depressive Symptoms, Suicide-Related Outcomes, and Suicide Rates Among U.S. Adolescents After 2010 and Links to Increased New Media Screen Time](#). Nov. 14, 2017. By Jean M. Twenge, et. al.

[The Washington Post: Teenage depression and suicide are way up — and so is smartphone use](#). Nov. 19, 2017. By Jean M. Twenge.

[DoSomething.org: 11 Facts You Should Know About Cyber Bullying.](#)

[The National Suicide Prevention Lifeline: Youth.](#)

Visit starttalking.ohio.gov to get the conversation going !!!

Interested in working on your physical fitness?



Join the



Braves Fitness Club

- The Braves Fitness Club will meet on Tuesdays and Thursdays after school until 4:00 beginning October 26 and continuing through the end of February.
- We will meet in the new TMS Fitness Room.
- Exercises will include cardio, free weights, and fitness bands
- Any student planning to attend must arrange their own ride home from TMS at 4:00.
- Students do NOT have to commit to all dates. Come as your schedule allows.

Meeting Dates:

Thurs., Oct. 26	Tues., Oct. 31	Thurs. Nov. 2
Thurs., Nov. 9	Tues., Nov. 14	Thurs. Nov. 16
Tues., Nov. 21	Tues., Nov. 28	Tues., Dec. 5
Tues., Dec. 12	Tues., Dec. 19	Thurs., Jan. 4
Tues., Jan. 9	Thurs., Jan. 11	Tues., Jan. 23
Thurs., Jan. 25	Tues., Jan. 30	Thurs., Feb. 1
Tues., Feb. 6	Thurs., Feb 8	Tues., Feb. 13
Tues., Feb. 20	Thurs., Feb. 22	

★ Students *MUST RETURN* the attached permission slip to participate. Contact Mrs. Klenk with any questions - klenke@talawanda.org.

Braves Fitness Club



Student Name _____

My child has my permission to participate in the Braves Fitness Club at TMS. I understand that I must provide a ride home for my child at 4:00 on meeting days.

Parent Signature _____

Emergency Contact Number _____

Please return to Mrs. Klenk in room 305.

Attention Talawanda Middle School Families!

Save your Plastic Caps and Lids!

Please start saving your plastic caps and lids! The National Junior Honor Society (NJHS) is leading a bottle cap and plastic lid recycling initiative at TMS. The recycled bottle caps and lids will be collected until we have enough to **make a bench for TMS made completely of recycled lid and cap plastic** material we have collected!

Here is how you can help us:

- **Collect plastic bottle caps and plastic lids** (see list of acceptable caps and lids below)
- Feel free to collect large amounts at home and bring to school in grocery bags or ziploc bags - the whole bag can be placed in the collection bin
- **Please rinse** all lids and caps before bringing them to school
- Place lids and caps in a **collection bin** - there is one located in each grade level hallway and one in the cafeteria
- Collection will continue until we have enough to build a bench for TMS (Kramer and Marshall already have benches and Bogan is collecting this year for a bench!)
- Spread the word! Tell your friends, family, and neighbors and ask them to collect too!
- This benefits our community (recycling!), the school (we get a bench!), and you (you help make TMS a better place!)
- Questions? Contact NJHS Advisor Mrs. Murray murraym@talawanda.org

NJHS students will be responsible for collecting, cleaning, and sorting lids and caps here at school. This project is possible through the ABC Promise Partnership program at Green Tree Plastics, LLC. We appreciate your help in this project that promotes recycling and will benefit our school with a new bench!

ACCEPTABLE CAPS

medicine bottle caps	drink bottle caps
milk jug caps	flip-top caps (ketchup, mustard)
detergent caps	spout caps (mustard)
hair spray caps	spray paint caps
toothpaste tube caps	ointment tube caps
deodorant caps	caps w/ RECYCLE NUMBERS of (2) (4) (5)

ACCEPTABLE LIDS

cottage cheese container lids	cool whip container lids
mayonnaise jar lids	coffee can lids
yogurt lids	cream cheese container lids
peanut butter jar lids	butter container lids
ice cream bucket lids under 8"	Prescription bottles labels removed

TMS Makerspace

All students will be given the opportunity to visit the Makerspace this year during their GYM TUTORIAL TIME. Team A students will be able to create, invent & learn during the first trimester and Team B will be able to do so during second trimester. Our supplies in the Makerspace are limited at this time, so we are asking for donations. If you have questions, please email Mrs. Greene : greenem@talawanda.org. Thank you!!!!

Suggested Donations

STORAGE Containers	Circuits	Play-doh
Expo Markers	Batteries (all sizes)	Copper Foil Tape
Paint/Paint Brushes	LEGOS/K'NEX	littleBits
Colored Duct Tape	Card Stock	Chibitronics
Wood Scraps	Wood Glue	Sphero
Jewelry-making supplies	Glue guns/Glue Sticks	Qubits
Makey Makey	Craft Sticks	Yarn
Nails (Various Sizes)	Construction Paper	Aluminum Foil
Screws (Various Sizes)	TOOLS	Marbles
Science Kits	Ziploc Storage Bags	Foam Balls
Glue Sticks	Old Electronics	Tissue Paper
Broken Toys	Cups and plates	Wood Blocks
Rubber Stamps	Sizzix Machine	Q-tips
Cricut Machine	Small LED lights	Straws
Microphones	Small Motors	Pipe Cleaners
Fabric Scraps	Wires	Beads
Origami Paper	Cleaning Supplies	Clips
Rulers	Erector Sets	Clothes Pins
Stayflo	Sewing Machine	Dowel Rods
Buttons	Needles/Thread	Safety Pins
Magnets	Modge Podge	Any Craft Supply

TMS Clubs!!!

Please also visit our TMS web page to view clubs.

Yearbook Club

Plan, design yearbook

Advisors: Sharon Oberschlake and Suzanne Burch

oberschlakes@talawanda.org

burchs@talawanda.org

TMS Garden Club

We are building a new TMS garden to learn about where our food comes from, how to grow it in the most environmentally responsible way possible, and eventually share what we grow with the cafeteria salad bar or the Oxford Food Pantry. We will have our science classes test our soil, the STEAM club is helping build what we need, and we will research what grows best in our seasonal climate. We will have guest speakers in the winter including botanists, members of Miami's Slow Food Initiative, and various others.

Advisors: Amy Clay and Lindsay Krause

claya@talawanda.org

krausel@talawanda.org

Math Club

6th graders

Miami University tutors every Thursday after school to help students with the math content, common misconceptions and preparation. We currently have 46 students and about 14 Miami students participating.

Advisors: Don Gloeckner and Tammi Waite

gloecknerd@talawanda.org

waitet@talawanda.org

TMS Little Aggies

Open to 6-8th grades

Middle School Agricultural Program!

Leadership, agriculture, & fun to be had by all!

Advisor: Mike Derringer, THS FFA teacher

derringer@talawanda.org

Middle School Contact: Steven Hricko

hrickos@talawanda.org

Drama Club

The purpose of the club is to put on an annual school musical.

Advisor: Kelly Case (assisted by Beth Fryer)

casek@talawanda.org

fryerb@talawanda.org

Peer Mediators

We meet Wednesdays during 7th and 8th grade tutorial

Students are being trained in conflict resolution and once they are fully trained, students will be able to help peers who are in conflict to resolve their issues peacefully using compromises and win/win solutions.

Advisor: Laura Jewett

jewettl@talawanda.org

Student Council (elected students)

Scheduled Meetings - Friday's after school

Gather student input hosts events, raise money, etc... to benefit TMS

Advisors: Steven Hricko and Samantha Koontz

hrickos@talawanda.org

koontzs@talawanda.org

Mathcounts Competition Team

A national middle school coaching and competitive mathematics program that promotes mathematics achievement through a series of fun and engaging "bee" style contests. The program provides engaging math programs to U.S. middle school students of all ability levels in order to build confidence and improve attitudes towards math and problem solving.

Advisor: Lori Gloeckner gloecknerl@talawanda.org

STEAM Club (Engineering)

Meetings as scheduled - generally about 2 times per month after school until 4/4:30.

Science, Technology, Engineering, Art, Math are considered the core subject areas of invention and innovation. STEAM club will look to provide students with opportunities to explore and create through multi-discipline (civil, electrical, chemical, mechanical, etc.) discussions and activities.

Advisor: Eric Schlade

schladee@talawanda.org

NJHS

Select group of students that meet during the regular school day. Those students who are in NJHS are 8th graders and are inducted at the end of 7th grade.

Beth Ziepfel and Megan Murray

ziepfele@talawanda.org

murraym@talawanda.org

Guitar Club (The Shredi Knights)

We learn how to practice, maintain and improve musical theory understanding and guitar upkeep. We also just do some jamming together to get used to playing with other musicians live!

Advisor: Raj Sundram

sundramr@talawanda.org

Writer's Club

Advisor: Cheri Day

dayc@talawanda.org

Talawanda Diversity Club

Introducing the new Talawanda Middle School Diversity Club! We are interested in spreading appreciation of the differences that every student brings to TMS, and celebrating what makes each one of us unique. We will explore what we can do at school and in our greater community to help our place be safe and inclusive for all students.

Advisor: Amy Clay

claya@talawanda.org