



TMS E-News - 1/19/18 - Happy New Year TMS Families!

*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!*

8th Grade Panoramic Photo Picture Day: January 23rd, 8th grade panoramic picture day! Forms have been passed out to students. The forms **MUST** be turned in the day of the picture. There are two sizes: Package A - 10 x 30 - \$22.00; Package B - 8 x 24 - \$20.00. You can pay online: mylifetouch.com. Use picture day ID#JC047359T0.

Jan. 19 - 2nd Trimester Interims Sent Home

Jan. 23 - Group/Activity and 8th Grade Panoramic Picture Day

Jan. 25 - Parent/Teacher Conference

Jan. 29-Feb. 1 - 8th Grade Butler Tech Visits

Jan. 30 - First week of Camp Glen Helen

College Credit Plus (CCP) can help students in grades 7-12 earn college and high school credits at the same time by taking college courses from community colleges or universities. The purpose of this program is to promote rigorous academic pursuits and to provide a wide variety of options to college-ready students. Taking a college course from a public college or university College Credit Plus is free. That means no cost for tuition, books or fees. If students choose to attend a private college or university, you may have limited costs.

The THS School Counseling staff will be offering an informational CCP meeting on February 13 at 5:00 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 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



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 Parent Tip on the Prevention Action Alliance Facebook page



Link to the Spanish Parent Tip 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



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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 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 !!!



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Know! New Year, New Rules – Cell Phone Contract

The New Year is always a good time to hit the reset button and establish any new rules you may need. When it comes to our kids and their phones, this may especially apply as we learn the potential connection between smartphone use and depressed and suicidal teens.

Social media can be accessed through a variety of digital devices, but the smartphone is the tool tweens and teens use most often to share posts, pics, and personal info.

There are several key pieces to social media that can cause a teen harm including Cyberbullying, Picture-Perfect Lives, Social Isolation and Sleep Deficit. Please refer to the previous tip, [Know! Social Media is Bringing Our Teens Down](#) for the specific connections to each of those.

Now we must ask ourselves what can we as parents do to help protect our children from the potential downward smartphone spiral? Here are some simple, but effective steps:

When it comes to Cyberbullying:

- It is critical to engage our kids in regular and ongoing conversations on the topic of cyberbullying. Youth must be clear on what is acceptable and unacceptable behavior online (and in-person) and they must know what to do if they find themselves being bullied.

When it comes to those supposed Picture-Perfect Lives:

- Remind your child that the pictures they see online are only a glimpse into another person's life – and even then it's likely only the pretty parts and only with the help of filters.

When it comes to Social Isolation:

- Limit the time you allow your teen to be online to two hours or less per day – and encourage activities that benefit their mental well-being, like fresh air, exercise, volunteering, meeting new friends, and participating in group activities (to connect with others in the non-virtual world).

When it comes to Sleep Deficit:



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- Remove the temptation of late night texting and internet surfing by charging your child's phone in your bedroom each night.

Another thing you can do is sit down with your child and create a cell phone contract to establish or re-establish the rules. The following is a sample contract created by youth advocate and expert Josh Shipp.

The Teen Cell Phone Agreement:

1. I understand that the rules below are for my safety and that my parents love me more than anything in the world. I understand that my parents want to give me freedom, while also giving me enough security to make smart choices. Initial here: _____
 2. I promise that my parents will always know my phone passwords. I understand that my parents have a right to look at my phone whenever there's a need for them to do so, even without my permission. Initial here: _____
 3. I will hand the phone to one of my parents promptly at _____ pm every school night and every weekend night at _____ pm. I will get it back at _____ am. Initial here: _____
 4. I will not send or receive naked photos. Ever. I understand that there could be serious legal consequences that could put mine and my parents' future at-risk. Initial here: _____
 5. I will never search for porn or anything else that I wouldn't want my grandma finding. Initial here: _____
 6. I understand that my behavior on my phone can impact my future reputation—even in ways that I am not able to predict or see. Initial here: _____
 7. I promise I will tell my parents when I receive suspicious or alarming phone calls or text messages from people I don't know. I will also tell my parents if I am being harassed by someone via my cell phone. Initial here: _____
 8. When I am old enough, I won't text and drive. I understand it's very dangerous and pretty stupid. Initial here: _____
 9. I will make an effort to learn phone and internet etiquette. I understand this is an extension of normal manners. I will turn off, silence, and put my phone away in public—especially in a restaurant, at the movies, or while speaking with another human being. I am not a rude person. I will not allow the phone to change this important part of who I am. Initial here: _____
 10. I will NEVER use my phone or social media to bully or tease anyone, even if my friends think it's funny. Initial here: _____
 11. I will not lie about where I have been or how I am using the phone. I promise to answer questions openly, honestly, and directly. Initial here: _____
- I understand that this is NOT my phone and that it was paid for by my parents. Having this phone is not a right—it is a privilege that can be taken away. As such, I have read the following document and agree to the above rules. I understand that if I have any questions, I should talk to my parents face-to-face.

Sign here: _____

Sources: Josh Shipp: The Teen Cell Phone Agreement.
The Washington Post, by Jean Twenge: Teenage depression and suicide are way up — and so is smartphone use, Nov. 2017.
SuicidePreventionLifeline.org: 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.

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