

TRHS
Parent-Teacher-Student Association
PTSA

News & Notes ~ November 2009

Tune in to your Teen!

PTSA Launches Workshop Series

Because being the parent of a teenager can be a tough job, the PTSA is sponsoring a series of programs designed to help parents promote their teens' academic success, healthy lifestyle choices, and emotional well-being.



Look for future workshops on topics such as internet safety and “sexting,” post-secondary planning, and communicating with your teen. All workshops are free and open to the public.

SHOULD I WORRY?

Is it a stage? Or is it a problem?

For any parent who's ever wondered if “moodiness” is a sign of something more serious, Ann Duckless, MA, CPS, discusses how to nurture our teens' emotional health and well-being.

TUESDAY, 11/10 @ 6:30 in the PAC

USING TECHNOLOGY IN THE CLASSROOM

So much has changed! Our students are using technology everyday in class. Distance learning, cell phones, social networks, and moodles are all being utilized for classroom instruction. John Holland, Director of Technology for the school district, will demonstrate how teachers are using technology in the classroom.

TUESDAY, 12/1 @ 6:30 in the SAU

Post Prom Party Honors

The Southern Rockingham Coalition for Healthy Youth (SoROCK) honored the PTSA Post Prom Party at its Second Annual Community Celebration held on October 28th. The PTSA received a plaque in recognition of its commitment, dedication, and contributions to the youth in our community as exemplified in the Post Prom Party.

For 21 years, the PTSA has been providing a safe, fun, and substance-free environment for students to enjoy a night of fun after the senior prom. This event would not be possible without the

generosity of our community and countless volunteers. Over the years, this out-pouring of support has kept thousands of Timberlane students safe from the dangers of drinking and driving on prom night.

PTSA Spirit Wear Sale – *Great for holiday gift giving!*

The PTSA still has a great selection of Timberlane gear for sale. The spirit wear collection includes:

- Hoodies
- T-Shirts
- Flannel Plaid Pants
- Stadium Blankets
- Duffel Bags

Each piece features the Timberlane Owls logo. Pictures of each item, pricing information, and order forms are available on the PTSA website at www.TRHSPTSA.com. **Order by December 4th for Christmas delivery!** **Supplies of some items are limited so order soon!**

Proceeds from the clothing sale help to fund PTSA programs including Reflections, college scholarships, staff appreciation events, parent workshops, and the Post Prom Party.

Be a PTSA Facebook Friend 😊

If you're into Facebook join our TRHS PTSA Facebook group to connect with other Timberlane parents and stay up-to-date with PTSA events and issues that affect our school. This is a fun and easy way to share your opinions and give much-needed input. Looking forward to seeing you on-line!



So, Your Son or Daughter is Going to a Party...Now What?

1. Call the host to confirm that alcohol and other drugs will not be present.
 - Make sure that the host parents will be home and actively supervising the party.
 - Do not allow your child to attend a party where parents are not present.
2. Confirm plans beforehand with your teen.
 - Know where your child is going and with whom.
 - Set a time to check in with your child by phone during the evening.
3. Make a plan with your child for what to do if alcohol or other drugs are present.
 - Encourage your child to leave the party.
 - Agree to provide a safe ride home for your child, no questions asked, without punishment.
 - Establish a code word with your child in case he or she needs to leave the party without letting peers know.
 - Remind your teen that friendship includes dissuading a friend from driving after drinking.
4. Be up to greet your child when he/she comes home from the party and check for signs of alcohol or drug use.
www.straightdopeforparents.org

The Guidance Guide

Guidance Office news you can use....



Financial Aid Information Night

The Guidance Department will host a Financial Aid Information Night on **Tuesday, December 8th** at 6:30 pm in Triad Room 614. **This program is for parents of college bound seniors.**

College Visit Schedule

The following colleges will visit TRHS on the dates indicated. To meet with any of these schools, students must sign-up in the Guidance Office to receive a pass.

- 11/2** U-Mass Boston, Springfield College
- 11/4** Tufts University, Naropa University - Boulder, CO
- 11/5** Green Mountain College, Castleton State College - VT
- 11/6** Maine College of Art
- 11/13** New England School of Communications
- 11/17** Husson College
- 11/18** American International College
- 12/3** Airforce (Café Visit)

Check It Out!

If you are the parent of a junior or senior, be sure to visit the Guidance Office website frequently at www.timberlanehs.com/guidance.htm.

You'll find information on scholarships and registering for the SAT as well as a listing of useful websites that will help you and your student negotiate the college admissions process.

Mark your calendars!

- 11/3**
NO SCHOOL/PD
- 11/5**
Reflections Theme Search Deadline
- 11/10**
"Should I Worry" Parent Workshop
@ 6:30 PM/PAC
- 11/11**
NO SCHOOL/VETERANS DAY
- 11/13 & 14**
NH PTA Convention @ Nashua, NH
- 11/17**
TRHS PTSA Mtg @ 6:30 PM/Room 102
- 11/25 - 27**
NO SCHOOL/Thanksgiving Holiday
- 12/1**
Technology in the Classroom Parent
Workshop @ 6:30 PM/SAU
- 12/4**
Reflections Entry Deadline

