



THIS E-NEWS

November 16, 2018

ANNOUNCEMENTS

- ❖ Want to know what's going on in the community? Look here:
<https://www.talawanda.org/resources/community-events-%2B-activities-36/>
- ❖ Thanksgiving Break is next week. No school November 21st, 22nd, and 23rd!
- ❖ Interim grades will be sent home on the 20th.
- ❖ 2nd quarter conferences will take place on Thursday, November 29th from 3:30-7pm. Please call or email Mrs. Roy at 273-3218 royj@talawanda.org to schedule an appointment.
- ❖ Jostens will be in the cafeteria from 7-7:30 on November 28th for order turn in.
- ❖ Would you like to brighten someone's holidays? You can! If you are a student who is 16 years or older, you are able to donate blood on Monday, December 10th from 8 AM to noon! You can pick up forms a lunch, the front office or in Mrs. Gregory's room! Forms are due by December 5th if you would like to donate. There are only 100 slots, and they are on a first come first serve basis! You will receive your donation time when you turn in your forms!
- ❖ REMINDER: Weather delays this year will be 2 hours.

THS CALENDAR OF Events

Nov. 18th to Nov. 24th

Sunday, November 18th

10:30am – 8:45pm Strike, THS PAC

Monday, November 19th

7:30 – 8:30am Room use- ETR/IEP meeting, Crowder, 517

1 – 2pm Room Use- Board meeting set up, Witt, PAC

7:30 – 9:30pm Room use- School Board Meeting, PAC

Tuesday, November 20th

Interims Sent Home

7am – 3pm Room use- Clinical Interns, Peter, 503

7 – 8am Room Use- Peter, Small group 225

11am – 12:30pm Room use: Navy recruiter, Cafeteria

12:30 – 2:30pm Room use- Rhoton, 517

2:30 – 4pm Room use- Academic team, Schmid, 424

6:00pm Girls Varsity Basketball TBA Scrimmage (home)

Wednesday, November 21st

No School-Thanksgiving Break (Conference Exchange Day)

Friday, November 22nd

No School-Thanksgiving Break

Friday, November 23rd

No School-Thanksgiving Break



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
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Start Talking!
Building a Drug-Free Future

Know! Sexual Assault Prevention Tips for Teens



The following Know! Tip discusses subject matter that some parents and teachers may feel uncomfortable reading about, specifically regarding sexual assault. If you, or someone you know, has been sexually assaulted and want to talk, the National Sexual Assault Hotline is a free and confidential resource where counselors are available 24/7. You can reach the National Sexual Assault Hotline at 800-656-HOPE (800-656-4673).

In the previous tip, we discussed the complex connection between alcohol and sexual assault, and the importance of having regular and ongoing conversations on this topic with our sons and daughters. It must be made clear to them that alcohol is NEVER an acceptable excuse for sexual assault, but that alcohol is the substance used most frequently to assist in sexual assault.

Young people need to know that when alcohol is consumed, it makes it more difficult to:

- Think clearly
- Set limits and make good choices
- Think about long-term consequences and control impulses
- Determine when a situation is dangerous
- Say “no” to sexual advances
- Fight back if a sexual assault occurs

It is also important for children to be aware that alcohol can cause a person (possibly themselves) to blackout and experience memory loss.

In no way are we suggesting that by being alcohol-free, your child is safe from becoming a victim (or perpetrator) of sexual assault. However, having a clear mind and full coordination skills is beneficial in avoiding or escaping a potentially dangerous situation.



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



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Sexual assault is any unwanted sexual act against or without someone's consent. Legally, the definition of consent varies by state, and you should review your state's definition and share it with your teen. Overall, consent is about communication. For the safety of both partners, consent needs to be given verbally every time, and especially when sexual contact increases or changes. And sex with anyone mentally or physically incapable of giving consent—including someone who is intoxicated—is rape.

According to the experts at RAINN (Rape, Abuse and Incest National Network), this is specifically what our daughters and sons should be hearing from us on the topic:

- When it comes to sexual assault, a victim will more than likely know the perpetrator. It may be a dating partner, or it may be an acquaintance.
- While it may feel awkward or embarrassing, it is important to discuss and set boundaries with a dating partner. You are in charge of your body and your partner is in charge of his or her body.
- You can ALWAYS say no to a kiss, a touch, or whatever, even if you said yes before.
- When a person says NO, respect their answer—period. And if you tell someone no, expect for them to respect it—no explanation needed.
- It is NEVER okay to pressure someone to do something they do not want to do.
- You should NEVER feel obligated to do more with someone than you feel right or comfortable to do.
- If someone is pressuring you to go further than you want, do whatever you need to exit the scene as quickly as possible. Say you have to use the restroom, say you aren't feeling well—just remove yourself from the situation. It may feel uncomfortable to have to make a quick exit, but that is the other person's fault, not yours.
- Trust your gut. If something doesn't feel right, it probably isn't. Again, excuse or remove yourself from the situation without delay.
- When at peer gatherings, be sure to stick closely with your trusted friends, and make a pact to keep an eye out for each other. If plans change, as they sometimes do, and you are not comfortable with them, call or text me and I will be there to get you home safely. *This is also a good time to make sure that you and your teen have an emergency X-it strategy.*
- I am firmly against you drinking underage. If however, you find yourself in a situation that involves drinking on your part or a friend's, I want you to call or text me and I will be there for you.
- If you ever are in a situation that you feel unsafe, uncomfortable, or where things have gone too far with another person, you call or text me and I will be there for you right away.
- If you see someone else that appears to be at risk for sexual assault—intervene. If it is a dangerous situation, call or get help. Regardless, I want you to look out for yourself and for others.

Research shows that our teens are listening to and respecting the advice we, as parents, give—especially on delicate yet important subjects such as this. It is our responsibility, no matter how uncomfortable the conversation might feel at the time, to provide this information to our children, to allow them to ask questions, to give them the opportunity to share their feelings,



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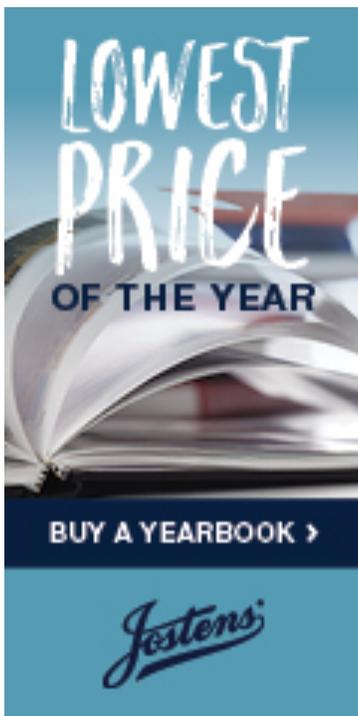
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and to let them know that we are ALWAYS here for them.

For additional information on sexual assault, visit <https://www.rainn.org/>.

Sources: [Child Lures Prevention – Think First and Stay Safe](#), [Teen Lures TV Newscast curriculum, for Grades 7-12](#), [RAINN \(Rape, Abuse and Incest National Network\): Safety for Students](#), [Katie Smith, Your Teen Magazine for Parents: Using Current Events As An Opportunity For Education On Sexual Assault](#).



❖ Yearbooks are now on sale for the lowest price of the year - \$55.00! They can be ordered online at www.jostens.com or you can fill out an order form from Mr. Zimmerman in room 301 at the High School! The price goes up soon, so order today!

❖ Seniors - Your senior pictures are due to Mr. Zimmerman for the yearbook by March 1st, 2019. Please email a file larger than 1 MB to zimmermana@talawanda.org to make sure you get in the book one last time at Talawanda! If you cannot afford senior pictures but would still like some professional looking photographs for your family, please see Mr. Zimmerman in room 301 and the yearbook staff will be happy to help!

Order Your Yearbook Now!

Click to edit

November 2018

TALAWANDA HIGHSCHOOL

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

Monday

Tuesday

Wednesday

Thursday

Friday

[Click Here](#)

APPLY FOR 2018-2019 FREE LUNCH APPROVAL IF YOU HAVEN'T DONE IT YET!

Remember...

**Steak Station!
Create Your Sizzling Sandwich. Choose from a Variety of Toppings; Including Cheese & Veggies**

1	Rotini Bake with Meatballs & Cheese Garlic Toast Fruit Bar Spinach Queso Nacho Chips	2	Popcorn Chicken Smackers Mashed Potatoes with gravy Fruit Bar
5	Meatball Sub French Fries Fruit Bar	6	No School
7	Home style Meatloaf Mashed Potatoes with gravy Glazed Carrots Whole Grain Dinner Roll Fruit Bar	8	Rotini Bake with Meat Sauce & Cheese Romaine Salad Fruit Bar
12	Crunchy-Battered Corn Dog Baked Beans French Fries Fruit Bar	13	BBQ Pulled Pork Sandwich French Fries Coleslaw Fruit Bar
14	Grilled Cheese Sandwich Tomato Soup Crackers Fruit Bar	15	Italian Lasagna Tossed Salad Garlic roll Fruit Bar
16	Turkey and gravy Mashed Potatoes Sweet Corn Whole Grain Dinner Roll Pumpkin Cookie Fruit Bar	19	Beef & Bean Burrito French Fries Sour Cream Fruit Bar
20	Whole Grain Chicken and Cheese Quesadilla Sweet Corn Red Peppers French Fries Sour Cream Fruit Bar	21	No School...Thanksgiving Break!... No School... Thanksgiving Break!
26	Orange Chicken Broccoli Florets Whole Grain Asian Rice Fruit Bar	27	Crunchy Tacos 2 Or Soft Tacos 2 with Shredded Cheese Shredded Lettuce Sour Cream Sweet Corn & Diced Tomatoes Fruit Bar
28	Chicken Enchilada with cheese, corn, and black beans Sour Cream Mexican Rice Fruit Bar	29	Cincinnati Chili Spaghetti Romaine Salad Oyster Crackers Fruit Bar
30	Chicken Nuggets Mashed Potatoes with gravy Carrot Sticks Whole Grain Dinner Roll Fruit Bar		

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!

Meal Fees

[Click Here](#)

Please find carbohydrate counts on our school web site interactive menu

This Institution is an equal opportunity provider.