Each week, individuals will be recognized for their contributions to the school. Staff members are encouraged to submit accolades that are worthy of the General’s Star.

Our staff and students strive for excellence on a daily basis. The comments listed below represent some of the recognition for our staff and students.

★ STARS to Randall Ainsworth and Ms. Kogelschatz for putting together the brother to brother mentoring group.

★ STARS to Ms. Dowell for helping out in the Front Office this month.

★ STARS to John Martinez for selling one of his photographs to Ms. Williams in the Guidance Office.

★ STARS to Ms. Seymour for applying her leadership skills in the role of Associate Principal.

★ STARS to Mr. Knippenberg, Mr. Tarlow, Ms. Kerns, Mr. Jackson, Mr. Malloy, Mr. Freiberger, and Mr. Busselman for attending the first Brother to Brother Meeting.

★ STARS to Isabel Rudie for being selected to represent Towson High School’s Photo Program at the Maryland State Department of Education Office of the Treasury and Office of Fine Arts.

★ STARS to Ms. Nash for her attention to detail in planning for her SAT Prep classes. As a result, students experienced a truly personalized opportunity for learning.

★ STARS to Mr. Cohen for his continuous efforts to support student learning and dedication to seizing the small opportunities within a lesson for re-teaching and enrichment.

★ STARS to the members of the PTSA Executive Board for their ongoing generosity to support the faculty and students at THS.

★ STARS to Ms. Williams and the members of the Counseling Office for their assistance and support with Magnet Shadow Day.
Message from the School Nurse

Medication Policy during the School Day and for After School Activities

Baltimore County has very specific guidelines for the administration of medication in school. A parent/guardian needs to bring the medication to school with a physicians order. Any remaining medication must be picked up by the parent/guardian or it will be destroyed. Medication must come in a pharmacy prepared labeled bottle. Over the counter medications have to be accompanied by a physicians order. In the absence of a physicians order, a parent/guardian may come to school and administer the medication. Students may not carry prescribed or OTC medications, except for an inhaler or EPI-PEN IF there is a doctor's order on file in the Health Suite. Discretionary Medications: A small supply of over-the-counter medications is kept in the health suite. The administration of these medications requires a signed parent/guardian permission renewal each school year and an RN assessment. These medications are intended for occasional use. If a student requires medication more often, a physicians order plus a supply of medication will be requested. Medication orders may be faxed to Towson High School at 410-583-1375. If you have any questions about this policy, please call Eileen Hardesty, R.N. at 410-583-1725.

Thank you for your continued cooperation!

Upcoming Health Events

Red Cross Blood Drive

The Red Cross Blood Drive will be held in the gym at THS on Wednesday, February 24, 2015 starting at 8:00 am. Students must be at least 17 years old or older and fulfill the weight requirements to donate. Participating students should drink plenty of water the day prior to the drive and eat a hearty breakfast on the day of donation. Each student must bring a photo ID. Thanks to the SGA for coordinating this event. If any parents would like to volunteer that day to help with the Blood Drive, please call Eileen Hardesty, RN at 410-583-1725.

Epilepsy Foundation—Dare to Connect Conference

Join the Epilepsy Foundation Chesapeake Region and LifeBridge Health for a day to: Connect with other individuals with epilepsy, Connect to resources, and Connect to current treatment information. For more details and to register, visit http://www.abilitiesnetwork.org/

Health Related Resources

CDC Recommendations for a healthy holiday season

http://www.cdc.gov/family/holiday/

CDC Recommendations for managing stress

http://www.cdc.gov/Features/HandlingStress/
News From the Health Suite

Dear Parent or Guardian:

As your children’s school nurse, I want to alert you to a type of substance abuse that many parents are not aware of yet: teen cough medicine abuse. Drug abuse among teens has long been a challenging issue. Alcohol and marijuana abuse, for example, are fairly well known by parents; however, through this letter I hope to help you become more informed about teen medicine abuse and how you can keep your teens safe and healthy.

Multiple national surveys, such as the Monitoring the Future survey, point to the abuse of both prescription and over-the-counter (OTC) medicines, such as cough medicines containing the active ingredient dextromethorphan (or DXM), as a troubling substance abuse problem among teens. According to the 2013 survey, four percent of high school teens admit to having abused cough medicine to get high in the past year. A national survey by the Partnership at DrugFree.org released in 2013 provides another wake-up call for parents: roughly 1 in 3 high school teens know someone who has abused cough medicine.

To help you learn about medicine abuse and how to prevent it, the National Association of School Nurses (NASN) and the Consumer Healthcare Products Association (CHPA) teamed up to provide the Home to Homeroom campaign. An educational program spearheaded by school nurses nationwide, Home to Homeroom is focused on enlisting parents in teen medicine abuse prevention with a goal of raising awareness about this type of teen substance abuse. The reason is simple: Parents play a pivotal role in keeping teens drug-free. Research indicates that kids who have regular conversations with their parents about the risks of drug abuse are up to half as likely to not abuse drugs.

The Home to Homeroom campaign has numerous tools to help you learn more about the risks of cough medicine abuse and how to keep your children safe. You can access these free materials online at StopMedicineAbuse.org. (Select School Nurses from the Tools To Take Action menu option on the website’s top navigation bar to access the Toolkit.)

- **Home to Homeroom Toolkit**: Downloadable materials with answers to parents’ most frequently asked questions
- **Need to Know Facts**: The website contains information like slang terms for cough medicine abuse, the health risks of abuse, warning signs that your teens may be abusing, and resources for professional help if you suspect your child might have a substance abuse problem
- **Get Connected**: Growing social networks for information sharing and support are available including a Facebook Page, a Twitter account (@StopMedAbuse), a YouTube account, and a Quarterly Newsletter subscription

Please join me in this campaign by visiting StopMedicineAbuse.org and talking with your children about cough medicine abuse. Feel free to contact me with any questions or if I can help provide you with other resources. Together we can keep your teens safe, healthy, and ready to learn.

Sincerely,

Eileen Harkelby

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StopMedicineAbuse.org

Home2 Homeroom

StopMedicineAbuse.org

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TH E T O W S O N P R I D E
Spring Musical Auditions

The THS Theatre Department is excited to announce that this year’s musical will be “High School Musical”. Auditions will be held on Monday, December 14th and Tuesday December 15th after school in the Cafeteria. Students only need to attend one of the audition days. Callback auditions will be held at the same time and place on Wednesday, December 16th.

Students should prepare the following for their audition:

- 16 bars of a song from the musical (preferably for the role you want)
- Cold read (unprepared from the script)
- Dance routine (taught at auditions)

No prior experience is necessary. So come on out and give it a try!
Internship Program

Interested in a Towson High Internship?

Here’s one example of why you should be…

www.powtoon.com/online-presentation/cyLZStcRDZA/internship-promo/#/
Publish/Details

Students Serving Our School

On November 24th, members of the National Honor Society conducted their second campus cleanup. These students took time after school to visit each classroom in the building and cleaned desks, whiteboards, and other items as teachers requested. Thanks to the NHS for contributing to Towson High’s "Tradition of Excellence!"

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Senior Class of 2016

Graduation Cap and Gowns will be on sale Monday, December 14th & Tuesday, December 15th - During Lunch Periods - Outside the Cafeteria. Remember these cost $9 before January, so order yours before the price goes up!
Holiday Houses

Students in Ms. Sengebusch’s Food’s classes got creative with their gingerbread house assignment. Groups of students worked together to create these delicious houses, and were judged by faculty and staff. Here is one of the winners!

Inspiring Leadership

The following students were selected to attend the Leadership Summit for Young Women in High School at College of Notre Dame: They met with Superintendent Dr. Dallas Dance and were able to attend various workshops and listen to powerful keynote speakers.

Deria Brunson          Isabelle Gold
Maya Davidson          Mary Haase
Mackenzie De la Cruz   Morgan Herring
New Beginnings

Ms. Nash, Ms. Kogelschatz, and student Randall Ainsworth have been working together to start a new initiative. The brother to brother mentoring group will focus on helping young men to develop healthy relationships, build self-esteem, establish personal standards, provide a place of accountability, support, and promote citizenship through mentoring, teamwork, and brotherhood that will enhance their academic success and future endeavors. The group had their first meeting this week and a good time was had by all.
Competitive Science

On Saturday, December 5th, some of Towson High’s finest scholars and two of its illustrious teachers traveled to Dulaney High School for the annual Baltimore County Public Schools Chemathon and Physics Olympics competitions.

Georgia Darwin, Morgan Elliot, Riley Elliot, Oscar Harris, Georgia Kerns, Genesis Lauderbaugh, Taylor Mann, Josh Minick, and Jennifer Song turned in a solid performance in the Chemathon events.

Chris DeMallie, Sally Fraker, Olivia Glass, Chris Harrell, and Alexandra Simpson earned a first place finish in one of the Physics Olympics’ events.

And Dana Kaftol, Ben Paulis, Anne Saba, Noah Schweitzer, and Gray Selby placed second overall in the Physics Olympics’ competition.

Congratulations and thank you to all of our Generals. Way to represent! And thank you to Mr. Geckle and Mr. Jochmans for going the extra mile and taking time out of your Saturday to coach our teams.
Maryland
Senior All-State
Music

Congratulations to the following students for auditioning and being selected as members of the Maryland Senior All-State groups.

**Band**
- Zachary Jablow | Trumpet
- Andrew Schuck | French Horn
- Yuzhu Shi | Flute

**Orchestra**
- Naomi Element | Violin
- Luke Powers | Trumpet
- Leo Sarbanes | Oboe/English Horn
- Rey Sasaki | Violin
- Rosemary Wonnell | Viola alternate
- Felicia Zvagelsky | Piano

**Chorus**
- Lillian Blank | Soprano
- Samantha Bothwell | Alto
- Cristen Hall | Alto
- Brennan Hula | Bass
- Ashley Longo | Soprano
- Mason Miller-Breetz | Bass
- Aisling Murphy | Alto
- Anne Zappas | Soprano
Student of the Month

The Student Recognition Committee would like to congratulate the following students for the month of November: These students were nominated by teachers for consistently demonstrating respect in and out of class. Winning finalists were selected by the Student Recognition Committee.

9th – Kyleigh Hall: “Kyleigh demonstrates respect for her teachers and fellow classmates in her classes. She is always willing to volunteer her time and energy to the class.”

10th – Sonali Rawal: “Sonali is always helpful in class, participates well, and she shows initiative by helping other students.”

11th – Nicole Hutch: “Nicole is mindful of others and the classroom as a whole. She is considerate of all and takes time to include everyone.”

12th – Deanna Adams: “Deanna is respectful to students and willing to assist others.”

The Student Recognition committee will be selecting a student of the month from each grade level again next month to recognize them for their achievements in a specific focus area which were chosen to align with the THS mission statement and the characteristics of good citizenship. The focus areas for each month are:

- December - Scholarship
- January - Leadership
- February - Citizenship
- March - Integrity
- April - Service
- May - Kindness
New Turf Field Progress

It may be cold outside, but that has not stopped progress on Towson’s brand new Turf Field being installed at the stadium. Check out some pictures from just the past three weeks! Once spring arrives it will be all set for Towson athletes and fans alike to enjoy!
Winter Spirit Week

December 14th – 18th

Monday: Pajama Day
Tuesday: Tacky Sweater Day
Wednesday: College Day
Thursday: Twin Day
Friday: Frosty Friday

Be sure to use #generalpride when posting spirit day photos!

HAPPY HOLIDAYS FROM THE SGA
A Message from our Associate Principal

I would like to take the opportunity to thank Mrs. DiMino, the Administration, Faculty, Students and Parents for welcoming me to the Towson High School community. These past three weeks have provided me with an opportunity different than the one I experience at my home school. It has been a pleasure observing instruction, working with teachers to improve their craft, and watching students take an active role in their learning.

I am looking forward to learning more about Towson High School next week at our Academic Planning Night on December 14th. I encourage all parents to join us for the evening as you will learn about the registration process, the different academic opportunities afforded to our students, our partnership with CCBC, and our newest support program for students who are taking an AP course for the first time.

The upcoming winter break affords all of us with an opportunity to relax, reflect and rejuvenate. I wish each and every one of you a happy and healthy holiday season.

With much thanks for this opportunity,
Allison Seymour
Associate Principal
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<th>EXAM - (90 min.)</th>
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UPCOMING EVENTS

December

14  Academic Planning Night (6:30 pm, Auditorium)
14-18 Spirit Week
15  FAFSA Information Night (6:30 pm, Library)
16  Winter Concert—Strings (7:00 pm, Auditorium)
17  Parent Teacher Conferences (2:15-4:00 pm)
17  Winter Concert—Band (7:00 pm, Auditorium)
22  Winter Concert—Chorus (7:00 pm, Auditorium)
23  Winter Break begins at the end of the school day

January

4   School Reopens
5-8  Mid Term Exams
11-20 HSA Exams
Dear Parents,

As we prepare for this winter holiday season, it is my sincere wish that each and every family will take the time to celebrate each other and enjoy this special time together. We all have so much to be grateful for. Speaking your gratitude is a powerful tool. Words of thankfulness lift you and others up and prepare the way for more success and prosperity to enter your life. Remember to speak words of gratitude to everyone you meet. Your words could change someone’s day or even their life!

On behalf of the staff and faculty of Towson High School, I wish you all a very Happy Holiday season!!

Mrs. DiMino
Principal