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 Ms. Jacobs and the members of the school counseling office for updating a bulletin board.

★ STARS to all of our staff that dressed in blue for TEAM BCPS day.

★ STARS to Ms. Lauten for going above and beyond with handling the daily routine.

★ STARS to our LPP students for greeting testers on make-up test day.

NO SCHOOL FOR STUDENTS

Monday, January 15

INCLEMENT WEATHER

In the event of inclement weather, please tune in to local TV or radio for any closings or delays. You may also visit the website at www.bcps.org.
As we close out the first semester of the 2017-2018 school year, the Physical Education Department has been very active and productive. While the later start of the school year forced us to make some minor adjustments to our unit breakdown and schedule for our biweekly chapter reviews, we have been able to maintain a substantial variety in our activities. So far, we have completed the following units: football, soccer, ultimate Frisbee, archery, wrestling, fitness activity circuit, aerobics, dance, weight training, and basketball. Fitness Foundation classes have also completed the FITNESSGRAM standardized fitness test in the Fall and the Winter. Many students have seen improvement in their fitness scores. Our department features a FITNESSGRAM “CHAMPS” wall with the top fitness performers for each teacher.

Our Team Sports classes are enjoying competition in some of the same activities listed above as well as rugby, handball, matball, and ultimate ball units. Team Sports students always enjoy the pictures that get displayed in the locker room of championship teams and MVP’s. The Weight Training classes are making significant progress as well. The Bigger, Faster, Stronger programs allows our students to see gradual improvement in strength throughout the entire body. At the end of the semester, all weight training students will be able to reassess their upper and lower body strength with the max bench press and max squat to see how much they have improved from the Fall max lifts.

The Fitness Foundation classes have completed chapter reviews from eight (8) chapters in the textbook. The topics for each of the chapters include health related fitness components, safe and smart physical activity practices, benefits of physical activity, FITT formula, self-management skills, goal setting, lifestyle physical activity and the
physical activity pyramid, positive attitudes, benefits of cardiovascular fitness, aerobic capacity, and skill related fitness components. Fitness students have been able to use their knowledge from our studies to create personal fitness goals and keep a personal fitness/diet log in efforts to create a personal fitness profile. The fitness classes will be able to refer back to all of the completed chapter reviews as a resource for our open note Midterm exam.

Once we move into the second semester, physical education students will be able to experience the following units: volleyball, yoga, adventure education/trust building activities, floor hockey, fitness activity circuit, badminton, pickleball, softball, and tennis. The Fitness students will also have one more opportunity to evaluate their Fitness levels by taking the FITNESSGRAM in the spring. Our chapter review and cognitive concepts for the second semester will include a focus on flexibility, muscular fitness, facts about body composition, nutrition, making consumer choices about health and fitness, and personal program planning.

Next year is going to be an exciting new year with the implantation of the new Physical Education curriculum as all high school students receive electronic devices. Most of the cognitive information will be delivered electronically. Our department is planning to spend time over the summer analyzing the best way and time frame to deliver the new curriculum with the accessibility of each student having a device. As always, our main goal and vision is to deliver quality Physical Education with the intent for every student to understand the importance of lifelong fitness. We hope that all of our students are able to experience some sort of exercise or activity that they can take with them outside of school to enjoy and improve health. As always, if you have any questions, comments, or concerns please do not hesitate to contact one of our qualified Physical Educators.
Senator Jim Brochin's 42 District Senatorial Scholarship is now open.  http://jimbrochin.com/scholarships/
The application is on the scholarship list in Naviance and additional copies are available in the school counseling office.

Who may apply:

Residents of District 42 who are current high school seniors and full-time and part-time, degree-seeking undergraduate and graduate students are eligible to apply for Senator Brochin’s Senatorial Scholarship. If you need to verify your residence in the 42nd legislative district, please visit http://mdelect.net/.
The scholarship may only be used at a Maryland school, unless you your major is not available at any Maryland institution and has been approved as a “unique major” by the Maryland Higher Education Commission.

To apply, please complete the following: Complete the FAFSA form by March 1.

Download and complete Senator Brochin’s Senatorial Scholarship Application
Mail the FAFSA Student Aid Report, your most recent transcript, recommendation letters and the completed application to the address below: Senator James Brochin 221 James Senate Office Building Annapolis, MD 21401

- Deadline: April 1, 2018

First Financial Federal Credit Union are offering a $3000 scholarship. The deadline for this scholarship is February 1. Please click here for more information: https://www.firstfinancial.org/youth-young-adults/scholarship-program/.

The Joseph Fox Jr. Memorial Scholarship awards $2000 to students who plan to major in education and pursue coursework in reading or a related field. If you are interested in this scholarship, please click here: www.somirac.org Please speak with your counselor for more information.
2018 Veterinary Medical Career Fair & Information Sessions

Hosted by the Association of American Veterinary Medical Colleges

Save the date for the AAVMC’s Annual Veterinary Medical Career Fair & Information Sessions. This free event is for any high school and undergraduate student with an interest in the veterinary medical profession.

Sunday March 4, 2018
1:30 PM-5:00 PM

Grand Hyatt Washington
1000 H St NW
Washington, DC 20001

Registration is Open!
https://tinyurl.com/2018AAVMC-CareerFair

Information session topics include:
Choosing a Pre-Vet Program and Getting into Vet School.

Send questions about the event to: diversitymatters@avmcc.org.

This event is generously supported by the American Veterinary Medical Association.
Towson High School Graduation
Friday, June 1, 2018
Towson University
2:30 PM
As part of the CCBC Dual Enrollment program, we are excited to offer Criminal Justice for the Spring semester at Towson High School. The course will meet on Monday and Wednesday during 4th period at Towson High School.

If you are interested in registering for this course, there is still time! Contact Mr. Briggs in the school counseling office as soon as possible at 410-887-3613 or sbriggs@bcps.org.
THS Celebrates
BLUE PRIDE

THE TOWSON PRIDE
THS Celebrates BLUE PRIDE
UPCOMING EVENTS

January

8-19  HSA Exams
12-19 Midterm Exams
15   Dr. Martin Luther King, Jr.’s Birthday Observed -
     Schools and Offices CLOSED
19   Midterm Exam Make-Ups
19   2nd Marking Period Ends
19   Schools close 3 hours early
24   Tri-M Coffeehouse, 4:00 pm, Cafeteria
31   Tri-M Coffeehouse “SNOW DATE”, 4:00 pm, Cafeteria

February

1    Report Cards Made Available Through Homeroom (2nd Marking Period)
15   AVID Information Night, 6:00 pm, Library
23   Freshmen Magnet Social, 8:15 am, Cafeteria