In our STARS section, 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 everyone who participated in #LoveTeaching Week.

★ STARS to Ms. Zava, Ms. Valsing, Ms. Wright, Mr. Alford, Mr. Bohning, Mr. Briggs, Ms. Cannon, and Ms. Greenberg for volunteering to help with the SAT Blitz.

★ STARS to Ms. Lauten for making the SAT Blitz passes.

★ STARS to Emma Burke for taking initiative to pick up trash within the community as she travels to take classes at Towson University.

★ STARS to the PTSA for donating money to the SAT Blitz for incentives.

★ STARS to Mr. Ickes for helping Ms. Nash with the senior research process.

★ STARS to Rick Malloy for helping out a student who needed field trip money!

★ STARS to Mr. Rhen, Mr. Olson, Ms. Miller, Ms. Valsing, Ms. Hanley, and Ms. Gopaul for representing Towson High School at the annual State of Schools.

★ STARS to the members of the Jazz Band for performing at the State of Schools.

★ STARS to Mr. Jackson and Mr. Briggs for their attention to detail and follow through.

★ STARS to the Staff that participated in the Faculty Basketball game.

★ STARS to Mr. Eastham and Ms. West for serving as coaches for the Faculty Basketball game.

★ STARS to Nurse Russo and Nurse Pendegast for their efforts with planning the Health Fair.

★ STARS to Ms. Kline for attending the State of Schools.

★ STARS to Mr. Miller for connecting with Grange Elementary School for a collaboration activity.

★ STARS to Max Burkett, Kate Egan, Owen Lawler, Miguel Iglesiias, Isabella Casale, Ayo Lindblad and Ben Raufman for cutting out over 250 Stars for Ms. Jacobs.

★ STARS to Sofia Grose for receiving the Carson Scholarship.

★ STARS to The Traffic Group for their donation to the Knit for the Needy Club.
A Note From the Special Education Department Chair - Erin Hancock

I would like to take this time to thank our THS staff members and related service providers for all their efforts to support students with unique learning needs! As a department, we are expanding our knowledge in the areas of Applied Behavior Analysis, unique reading programs, and are incorporating strategies to support students with sensory needs.

Over the past year, I have engaged in purposeful conversations with staff, students, and parents about various levels of anxiety. Everyone I spoke to agreed that it would be helpful to engage in meaningful dialogues discussing the impact anxiety has on THS students. I wanted to forward some information for families as we get closer to the end-of-year testing and Graduation.

Parents can facilitate a child’s successful adjustment to changes and challenges by: (1) being accepting of the child's concerns; (2) listening to the child's perceptions, and gently correcting misinformation; and, (3) patiently encouraging a child to approach a feared situation one step at a time until it becomes familiar and manageable.

Parents are in the best position to teach their children about anxiety. A parent's reaction can either help a child see that there is a way out or inadvertently reinforce fears. Understanding your child is important as you try to maintain the fine balance between helping your child feel secure and helping him or her overcome anxiety.
Strategies For Dealing with Anxiety

1. Breathing Deep
When people slow down their breathing, they slow down their brain.

2. Get Outside
Being out in nature can also calm an anxious brain. Sometimes just a change of scenery is what makes the difference. Breathing the cool air or making time to notice chirping birds can also calm an over-active worrier.

3. Moving: Walk and Talk
Exercise helps anyone who is feeling anxious. All the endorphins that come with exercise are calming to the anxious brain.

4. Think Positive: Gratitude Journals
The brain is incapable of producing anxious thoughts while it is producing positive thoughts stemming from gratitude. Encourage your child to write down a few good, positive things in their situation or life.

5. Eat Healthy and Stay Well
Not surprisingly, a healthy diet and plenty of sleep makes a difference in how well a student is able to handle situations that could be overwhelming.

Take a deep breath, and just enjoy your life.
April is Autism Awareness Month!

How to support individuals with Autism:

(1) Give the individual enough time to process the information you are sharing.

(2) Repetitive behaviors could be used as coping mechanisms and should be respected.

(3) Some people with Autism are extremely sensitive to light, sounds, movements, and other external stimuli. To provide support, try to keep environments as calm as possible to alleviate any anxiety.
Students participated in the **Marshmallow Challenge** in AP psychology classes for group dynamics during the social psychology unit.
We would like to express our gratitude to everyone who supported our Student Health & Wellness Fair. We had a great turnout and appreciate all the students who were able to attend. Many thanks to the numerous staff members who helped to make this event a success, including our supportive Administration; James Biddison & the Red Cross Club; Tom Blair & NHS students; Simon Briggs; Kevin Dalsimer, Lauren Hanley & the GSA and One Love clubs; Brad Eastham; Jimmy Esbrant, Glen & Building Services staff; Tim Gavin; Courtiney Jacobs; University of Maryland Nursing Intern Alex James; Donna King; Julie Kromsky, Scott Olson & LPP students; Donna Lauten; Carol McClenathan; Sherry and Jasmine Pendergast; Michele Petras; Christina Terry; Mary Williams, and so many others who helped plan, prepare and facilitate the event!

We would also like to thank our community sponsors for their generous donations! Thank you to P.F.Chang’s of Towson, The Cheesecake Factory of Towson, Hairway to Steven’s Barbershop of Towson, Chick-fil-A of Parkville, Bagel Bistro of Parkville, All American Steakhouse of Perry Hall, Baskin Robbins of Perry Hall, Tutti Frutti of Towson, T.G.I. Friday’s of Towson, Season’s Pizza of Towson, Kona Ice of Perry Hall, and Elite Driving School!!

Thank you!

Nurse Russo, the Towson High School Health Suite Staff & S.A.D.D.
THANK YOU
TO ALL OF OUR SPONSORS
Thanks to our students and staff for being a part of “The State of Schools.”
thank you

To Our Loyal Cafeteria Staff!!
Congratulations to the participants who represented us at the Calvert Hall Model United Nations Conference on Saturday, March 16, 2019.

Honorable Mention: .................................................................Sophie Bouton

Outstanding Delegates: ......Kenya Branche, Macie Hakim, Elliott Morton, Grace Parcover, & Elijah Sharp

Best Delegates: Myles Beard, Julia Kallaur, Daniel Melia, Laura Reus, & Isabel-la Zhang
Senior Winners:
Elijah Sharp & Myles Beard

Junior Winners:
Laura Reus, Sophie Mwaisela & Brandon Ekwunazu
Freshmen Winners: Hannah Smith, Yiyun Li, Lola Cav-ers, Yusuf Johnson & Joshua Ha (not pictured)

Sophomore Winners: Elliott Morton, Kenya Branche, Isabelle Zhang, Grace Parcover, Julia Kallaur, Sophie Bouton, Tyler Yup, Macie Hakim, Daniel Melia, Sam Amos, & Thomas Prestwich
On April 9, 2019 all Juniors will have the opportunity to take the SAT during the regular school day. Juniors do not need to register for SAT DAY.

On SAT DAY, Juniors should bring two #2 pencils with erasers and an approved calculator. Click here for information about approved calculators: https://collegereadiness.collegeboard.org/sat/taking-the-test/calculator-policy

In order to prepare for SAT DAY, please go to the Kahn Academy website: www.khanacademy.org.

Please speak with Mr. Briggs or Mr. Cohen about SAT DAY.
Seniors, we want to celebrate your success!

We like to celebrate your good news. We would ask you to:

   Bring a copy of *every* acceptance letter you receive to the School Counseling Office

   **OR**

   Forward *every* acceptance email to Ms. Wright at swright7@bcps.org

In addition, please share any scholarships or awards you receive.

   Congratulations!

**Scholarships**
Check the scholarship page on Naviance for the latest scholarship information. The school counseling office will be distributing the local scholarship form to all seniors shortly. We encourage every senior to apply for local scholarships.
Graduation

Thursday, May 30, 2019

7:00 pm

Towson University
Towson High School Class of 2019
PTSA Sponsored
Senior (After Prom) Celebration

Every year, it has been a tradition for the PTSA to hold an after-prom event, called the Senior Celebration. This is a FREE event open to ALL seniors and their guests!! This year it will be held on Friday, May 17th from 11:00 p.m. to 2:30 a.m. at the Orokawa YMCA in Towson.

This event is a safe and fun way for our seniors and their guests to spend time with friends. Below are some of the highlights of the event:

- Seniors receive free raffle tickets to win one of over 100 AMAZING prizes (flat screen television, electronic and tech gadgets, college logo items, gift cards, etc.)
- Every senior also receives a chance to win a grand cash prize!
- Games and activities will include a rock-climbing wall, basketball, caricaturists, casino games, food, and places to just hang out and chat.

DONATIONS
CASH and PRIZE DONATIONS (such as gift cards) are critical to make this event happen!

PLEASE CONSIDER DONATING ONLINE via this link: Make a Donation or you may mail your donation to our PTSA mailbox:

Towson High School PTSA
Attn: Sr. After Prom Committee Chair
69 Cedar Ave., Towson, MD 21286

VOLUNTEER OPPORTUNITIES
If you would like to volunteer on the night of the event, please email Jackie Burkhardt with your contact information and we will email you a link to sign-up prior to the event. We hope that parents of 9th, 10th and 11th graders will consider volunteering on the night of the event so senior parents may also enjoy the memorable evening. When it is your senior’s turn, you will then be supported by the other classes for this FUN evening!

Questions: Please contact Jackie Burkhardt, jburhardt1@msn.com

THANK YOU FOR YOUR SUPPORT!!
A New THS Tradition

Graduation Banners

Parents, Grandparents, friends, and other relatives will want to share in your special day with a custom Graduation Banner. For the low price of $25.00, you can send a special custom message to a graduating senior.

Sample: (the crest will be white ink on maroon)

Congratulations Sasha McGee!!

Mom and Dad are so proud of you!!

Good Luck at UMCP!!

Contact tblair@bcps.org for more details!
TOWSON HIGH SCHOOL THEATRE PRESENTS

Beauty and the Beast

April 11-13 7PM  April 14 2PM

Advance Tickets Available Online
towson.booktix.com

$10 Online
$15 at the Door
CASH ONLY

DISNEY'S BEAUTY AND THE BEAST
is presented through special arrangement with Music Theatre International (MTI).
All authorized performance materials are also supplied by MTI.
www.MTIshows.com
Time is running out to purchase the 2018-2019 Towson High Yearbook. If you wish to place an order for this year’s book, please visit www.jostens.com. We may not have additional copies to sell when the books come in, so please place your order today!

The Sidelights’ staff thanks you for your support!
Towson High Athletics Open House

Current & Future Generals Are Welcome
Please join us on May 7th for a Towson High Athletics Open House. Meet our coaches; meet our players; and meet our staff. Learn more about high school athletics at Towson High.

- Meet the Coaching Staff
- Meet the Athletic Director
- Tryout Information
- Registration Information
- Purchase Spirit Wear
- Volunteer Opportunities
- Learn about the Sports Booster Club
- Booster Club Membership Sign-up’s
- Purchase a Sports Pass
- Meet our student-athlete representatives

What: Athletics Open House
When: May 7, 2019
6:30-8:30 PM
Where: Towson High Gymnasium
69 Cedar Avenue
Towson 21286

@TowsonHSsports
www.towsonathletics.digitalsports.com
UPCOMING EVENTS

March

25  Maryland Day
28  Senior Talent Show, 6:30 pm, Auditorium

April

5  3rd Marking Period Ends
9  SAT Day (At School)
11, 12, 13  Spring Musical, 7:00 pm, Auditorium
16  Art Showcase, Gym
17  Junior Interview Day
18  Spring Break begins at the end of the school day
19-22  Spring Break
22  Earth Day
23  School Reopens
23  Report Cards Made Available Through Homeroom
Towson High School
69 Cedar Ave
Towson, MD 21286
PHONE: 443-43-809-4271