STARS to our Staff, Parents and Students

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 E. Healey who won 3rd place in painting in the juried Young Artists Showcase at The Towson Arts Collective. The annual exhibit is sponsored by the Optimist Club of Timonium and Towson Arts Collective and features high school artwork from BCPs, Baltimore City, and Independent Schools. The artwork will be on display through March 28 at 40 West Chesapeake Avenue, Towson.

★ STARS to the Towson High School Model UN Towson Delegation for their attendance and performance at the Model UN Conference at Towson University Friday and Saturday - our team placed in all four categories!! M. Kreynovich and D. Barcikowski—1st Place—Best Delegation (Russia); M. Kreynovich—1st Place—Best Speaker; M. Montgomery and C. Nymick—2nd Place—Best Position Paper (Tunisia); and M. Kreynovich and D. Barcikowski—2nd Place—Best Negotiating Team. Our team consisted of 24 sophomores representing 12 nations, all who worked hard and did an excellent job throughout the conference.

★ STARS to B. Cadigan. He received the 2013 short and long course 14-year-old swimmer of the year awards at the Maryland State Swimming Championships held in Annapolis last week. He also achieved a Junior National qualifying time in the 1000 freestyle to add to his 1650 freestyle qualifying time which he made earlier this season.

★ STARS to A. Tenne, C. King, R. Klots, and R. Hylbom on an outstanding job at UMCP’s programming competition. The team placed 6th out of 30 teams from Maryland, Virginia, and DC. The foursome had three hours to answer nine extremely challenging questions and they successfully solved 4 of them. For their efforts, the students earned $400. They earned an additional $100 by being the first team to correctly answer problem #3.

★ STARS to M. Nagib & V. Iglesias who each had perfect scores on the last MDML contest of the year.

★ STARS to C. Wilcox and F. Bartz for stepping up last week. Way to “git-r-dun” Period 6!!

★ STARS to Mr. Blair for his efforts and time with his Penneys for Patients initiative.

★ STARS to parents Deborah Stuiber and Nancy Peper for their volunteer efforts that generated a $500 donation to Towson High School from McCormick & Company.

★ STARS to Ms. Mathena and Mr. Esbrandt for immediately attending to concerns during the limited loss of power.

★ STARS to Ms. Mathena for her efforts with Anti-Bullying Week.

★ STARS to Mr. Collins, Ms. West, and Mr. Hyman for their attention to detail during a tested area meeting.
As we approach the end of the 3rd quarter, the Department of Physical Education has been very busy and productive. Up to this point, students have completed a wide variety of activities including: soccer, ultimate Frisbee, archery, flag football, rugby, handball, wrestling, basketball, circuit training, volleyball, yoga, adventure education activities, bowling, shuffle board, and floor hockey. The students have added to their personal fitness plan by writing goals for all health related fitness components, as well as completing chapter review through chapter 13 in the Fitness for Life textbook. Also, our Weight Training students have been seeing gains in muscular strength and endurance through our Bigger Faster Stronger program. These students are getting valuable experience understanding how to develop and follow a workout program.

The Physical Education Department has been very fortunate this year by having two student teachers from Towson University. Elaina Malone and Brian Yost both completed 30 hour practicum experiences earlier in the first semester. Ms. Malone has been working with Ms. Ensor and is finishing up her six week student teaching experience in about a week. Mr. Yost will be working with Mr. Eastham, and will begin his six week student teaching experience on March 24th. We are very fortunate to be able to provide such an opportunity for future physical educators, and we thank them for all of their efforts.

As we approach the 4th quarter, we will be playing badminton, tennis, softball, and cricket. Also, the students will be reassessing their fitness levels by completing the FITNESS GRAM tests during the week of April 7th – 11th. Students have been working all year long trying to improve all of their health related fitness components through our units, so we are expecting improvement in their scores. Please be on the lookout for a FITNESS GRAM results report that will be sent home with the students after they enter their scores into the computer.

Our entire department is very passionate about fitness and the benefits that it provides our students. Please see the summary of an article that we believe provides a very important message that there is more to exercise than just getting in shape. The title of the article is “Does Physical Activity Influence Academic Performance?” by Leslie J. Schemer, Graduate Student and Dr. Debby Mitchell, Ed.D., Associate Professor of Physical Education / Sports & Fitness at the University of Central Florida.
Did you know there is a direct relationship between physical activity and academic performance? That’s right – another benefit to exercise. The more you move, the smarter you get. Several studies conducted in the US suggest that when a substantial amount of school time is dedicated to physical activity, academic performance meets and may even exceed that of students not receiving additional physical activity. Youth who exercise tend to show improved attributes such as increased brain function and nourishment, higher energy/concentration levels, increased self-esteem and better behavior. Exercise helps to increase cerebral blood flow which causes a change in hormone levels, enhances nutrition intake, and increases concentration. A cross-sectional study completed by the California Department of Education matched SAT – 9 standardized test scores with the results of the state-mandated, teacher administered FITNESS GRAM test. (This test measures improvement in cardiovascular endurance, body composition, strength, endurance and flexibility.) Results of the study showed a linear correlation between students’ academic achievement and fitness scores. Higher academic performance was positively related to higher levels of fitness with the greatest academic gains in students who met three or more physical fitness standards. So get moving and watch your test scores soar!

Thank you for your interest in our department and the overall physical and mental health of your children.

★ STARS to the faculty and staff of Towson High School! During a recent minor power outage, our staff was calm and accommodated the needs of the students in an efficient manner.

★ STARS to Ms. Travis for her consistent attention to detail in reference to keeping on track in reference to course sequence.

★ STARS to Ms. Hardesty for transitioning resources in a timely manner.

★ STARS to Ms. Allen and the cafeteria staff for making appropriate accommodations during this week’s change to the normal routine.

★ STARS to B. Cadigan, G. Huckenpoehler, S. Narasimhan, A. Feeley, and J. Charen for competing at the Maryland State Swimming Short Course Championships this past weekend in Annapolis.

★ STARS to P. DeGuzman for representing Towson High School’s nominee for the 51st Scholar Athlete Award - This award is a direct result of his accomplishments in both academics and athletics.

★ STARS to all members of the Swim Enthusiasts Club competing at Junior All-Stars this weekend in St. Mary’s.
“We can’t solve problems by using the same kind of thinking we used when we created them.”
Albert Einstein

You’re a Good Man Charlie Brown!

This Week!!!!

Make plans to come out and enjoy Towson HS’s version of a Classic!!

Shows at 7 pm this Thursday, Friday & Saturday!

March 20, 21 & 22
UPCOMING EVENTS

MARCH

20     Breakfast of Champions - Cafeteria & Auditorium - 8:30 am - 10:30 am  
       (Snowdate - Friday, March 21)

20, 21, & 22  Spring Production - “You’re a Good Man Charlie Brown” -  
               Auditorium - 7:00 pm

26     Spring Concert—Strings - Auditorium - 7 pm

28     End of Third Marking Period

April

1      Spring Concert—Jazz Band - Auditorium - 7 pm

3      Spring Concert—Choral - Auditorium - 7 pm
TOWSON HIGH SCHOOL
SPORTS BOOSTERS ANNUAL

SPRING GALA 2014

ON APRIL 5, 2014
7:00PM - 11:00PM

THE COUNTRY CLUB OF MARYLAND
1101 STEVENSON LANE
TOWSON, MD 21286

* BUFFET DINNER * WINE + BEER * WHEELS * SILENT AUCTION
* MYSTERY WINE TABLE

TICKETS $65 PER PERSON- $125/COUPLE
PURCHASE TICKETS ONLINE BEFORE THEY SELL OUT !!!
towsonhighsportsboosters.com

OR

CONTACT Tracy Amos - TICKET SALES- TAMOS@GRABERCPA.COM
FOR ANY FURTHER INFORMATION CONTACT:
Jenny Schneidereith Co CHAIR jennyschneidereith@verizon.net
Kelly Chesser Co CHAIR kchesser22@gmail.com

PROPER ATTIRE REQUIRED- NO JEANS PERMITTED

THE TOWSON PRIDE
It’s Academic!

The IT’S ACADEMIC match will air this Saturday, March 15th at 10:00 am on WJZ.

To honor the team---and the whole school---our sponsor, Giant Foods, will be featuring special "Towson High School Hoagies" at the Giant Food store on 2145 York Road, Timonium.

Your special hoagies will be available this weekend, from Friday, March 14, 2014 through Sunday, March 16, 2014.

UPCOMING FUNDRAISERS

Environmental Club T-Shirt Sales - March 10 thru 28
Contact: Ms. West

Colophon Refreshment Sales - March 20, 21 & 22
During the Intermission of the Spring Production of You’re A Good Man Charlie Brown.
Baseball games, security blankets, dogs flying sopwith camels, and Beethoven Day. What can it all mean? It must be the spring production of *You’re a Good Man Charlie Brown*. Unless you need psychiatric help (which we offer for only 5 cents), set aside March 20, 21, and/or 22 for our performances at 7:00 PM in the school auditorium. Tickets are only $10, and will be available at the school and at the door. We hope to see everyone there.
Scholarship Opportunities

19th Annual Cheryl Lillemoe Essay Contest
Riderwood Elementary School PTA - $1,200 - 1 Award (Deadline: April 25, 2014)

Student Eligibility:
1) Must have attended Riderwood Elementary School for a minimum of three (3) years.
2) Must have completed the 5th grade at Riderwood Elementary School.
3) Must have an accumulated GPA of 3.0 or higher.
4) Plan to attend an accredited college as a full time student in the fall of 2014.

Applications, details and complete requirements are available at the guidance offices of all local public and private high schools and at the office of Riderwood Elementary School.

Your Favorite Car Scholarship - $500 – 1 Award (Deadline: April 30, 2014)

Student Eligibility:
1) Must be attending an accredited post-secondary institution by the fall of 2014 at the latest.
2) Must be enrolled or planning to enroll in a program that is at least two years in length.

Applications can be found by going to:
http://www.scholarshipguidance.com/scholarship_your_favorite_car_scholarship_8933.php?
&utm_source=newsletter01&utm_medium=email&utm_campaign=201402&utm_content=cdimino%40bcps.org

MCO Scholarship - $500 – 1 Award (Deadline: May 15, 2014)

Student Eligibility:
1) Be attending college or university no later than December of 2014.
2) Be attending college or university on a full-time basis by December of 2014.
3) Submit an answer to the essay question no later than 11:59 PM EST on May 15, 2014.
4) Be currently in your last year of high school or a freshman, sophomore, or junior in college/university.

Applications can be found by going to:
http://www.scholarshipguidance.com/scholarship_mco_scholarship_8939.php?
&utm_source=newsletter01&utm_medium=email&utm_campaign=201402&utm_content=cdimino%40bcps.org

Arctic Physical Therapy Scholarship - $500 – 1 Award (Deadline: Aug 31, 2014)

Student Eligibility:
1) Be attending college or university no later than January of 2015.
2) Be attending college or university on a full-time or part-time basis by January of 2015.
3) Have achieved a GPA of 3.0 or greater during their last academic year.

Applications can be found by going to:
http://www.scholarshipguidance.com/scholarship_arctic_physical_therapy_scholarship_8938.php?
&utm_source=newsletter01&utm_medium=email&utm_campaign=201402&utm_content=cdimino%40bcps.org
In preparation for the changes in curriculum coming next school year, our administration conducted a survey of parents, students, and faculty to determine if Towson would move to a four (4) period or an eight (8) period day. Below are the results of that survey.

<table>
<thead>
<tr>
<th>Stakeholders</th>
<th>8 periods per day</th>
<th>4 periods per day</th>
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</thead>
<tbody>
<tr>
<td>Students</td>
<td>212</td>
<td>565</td>
</tr>
<tr>
<td>Parents</td>
<td>51</td>
<td>109</td>
</tr>
<tr>
<td>Faculty</td>
<td>21</td>
<td>41</td>
</tr>
</tbody>
</table>

Based on this information, **Towson High School will be moving to an A / B schedule with four (4) periods each day for the upcoming 2014-2015 school year.**