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THE TOWSON PRIDE

On a bi-weekly basis, we acknowledge the outstanding efforts of our staff and students. We encourage our staff to submit accolades for recognizing the dedication of others. The accolades appear on the first pages of our newsletter. As contributing members to Towson High School, we represent 5 STAR Generals.

We appreciate our staff and students for demonstrating leadership, citizenship, scholarship, and integrity. If you would like to submit an accolade for one of our students/staff members for the great work that they do within our community, please submit the information to cdmino@bcps.org and cc dlauten@bcps.org. Help us recognize the outstanding efforts of our students and staff.

★ **STARS to Kim Culbertson** for providing accurate, timely, proactive, useful communication that helps the entire THS community raise our game.

★ **STARS to Bruce Ickes** for hosting Technology Tune-Up sessions.

★ **STARS to Robin Grabowski and Famatta Hne** for joining the ELA team with full commitment and enthusiasm.

★ **STARS to Shuming A. Mao, Daniel J. Melia, Noah J. Rich, Adam K. Viazanko, Eleuthera Wang, and Tyler N. Yup** for being named National Merit Semifinalists.

★ **STARS to Mary Williams** for her dedication and outstanding work ethic in preparation for this school year.

★ **STARS to Josh Marx and Christina Marsh** for hosting professional development sessions for our teaching staff.

★ **STARS to Nicole Bridges, Kim Culbertson, Kallie Farrell, ClaireFluharty, Derrick Jackson, Donna Lauten, Lindsay Miller, Erica Nash, John Olin, David Rhen, John Stevens and Rachel Valsing** for their efforts with distribution of materials for our students.

★ **STARS to our Custodial Staff and School Resource Officers** for their assistance on the supply distribution day.

★ **STARS To Felicia Schrader** for her efforts and leadership with supporting new teachers.

★ **STARS to Simon Briggs** for his courage and compassion with assisting students and families.

★ **STARS to our instructional staff** for their commitment to our students.

Parent Resources

Please visit our website under "Parent Resources" for additional information our school.

Towson High School

443-809-3608

69 Cedar Avenue · Towson, Maryland 21286

Fax: 443-809-4271

Dear Parents and students:

Welcome to the start of the 2020-21 school year! As we navigate through these unconventional times, we remind ourselves of the importance of applying flexibility and patience. Every individual has experienced the loss of normalcy during this time. We continue to be challenged to adjust our routines and daily interactions. We experience a variety of stressors associated with uncertainty and adaptation to change. During the first week of school, some of our teachers incorporated brain breaks into their lessons. These short breaks assist students with maintaining attention and focus.

While we want to ground ourselves in routines and familiar activities, it may be helpful to create new routines and traditions. For example, you might take a moment to share a positive of each day with the members of your household.

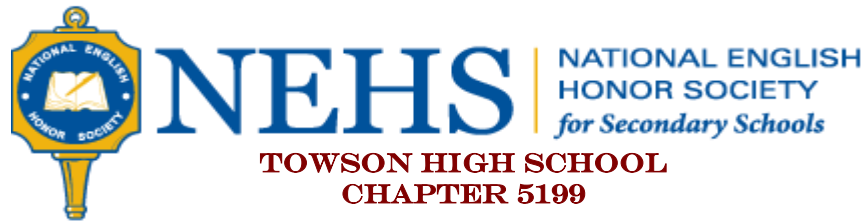
It is important to make time for self-care. As parents, educators, service providers, and more, we constantly give to others. Self-care is an important way to maintain emotional and physical health. Many people today neglect self-care due to a lack of time. This neglect impacts the lives of others. By taking just a few minutes to yourself each day, one can become more productive for others. The following list represents some of activities to ensure an emotional and physical balance:

- Attempt one thing at a time
- Eat healthy
- Read
- Ensure that sleep is a part of your routine
- Use a planner/make a daily schedule
- Go for a walk or run
- Cook
- Keep a journal or write poetry
- Maintain a planner or calendar
- Draw, paint or color
- Yoga
- Meditate
- Garden

Finding the time to devote to self-care represents a challenge for our active lifestyles. It is extremely important to plan regular self-care time. Individual moments help you move forward in your life, maintain focus, and alleviate stress.

Principal DiMino

Raising the bar, Closing gaps, Preparing for our future



National English Honor Society meeting
Thursday, September 24
3:00 p.m.

Existing and prospective members are welcomed. The Google Meet nickname is NEHS5199. We'll be laying out plans for an exciting year. All are welcome!

Contact Ms. Flynn if you have questions: jflynn3@BCPS.org.

CDC does not recommend using masks (for source control*) that have an exhalation valve or vent.

When you wear a mask in public places, *the purpose is to keep respiratory droplets from reaching others. However, masks with one-way valves or vents allow air to be exhaled through a hole in the material, which can result in expelled respiratory droplets that can reach others. This type of mask does not prevent the person wearing the mask from transmitting COVID-19 to others.

CDC does not currently recommend use of face shields as a substitute for masks.

While face shields may be an alternative for some people who cannot wear masks, at this time, it is not known what level of protection a face shield provides to people nearby from the spray of respiratory droplets from the wearer. There is currently not enough evidence to support the effectiveness of face shields for source control.

DO choose masks that	DO NOT choose masks that
 <p>Have two or more layers of washable, breathable fabric</p>	 <p>Are made of fabric that makes it hard to breathe, for example, vinyl</p>
 <p>Completely cover your nose and mouth</p>	 <p>Have exhalation valves or vents, which allow virus particles to escape</p>
 <p>Fit snugly against the sides of your face and don't have gaps</p>	 <p>Are intended for healthcare workers, including N95 respirators or surgical masks</p>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

Do it for Yourself and Your Friends

If you have or think you have COVID-19

Stay home, get rest, and hydrate



And later you can...



Getting a flu vaccine is more important than ever during 2020-2021 to protect yourself and the people around you from flu, and to help reduce the strain on healthcare systems responding to the COVID-19 pandemic



KEEP CALM AND GET YOUR FLU SHOT

There are lots of places to get your flu vaccine, including your doctor's office, pharmacies, and the local health department.
Below are just a few links to some of these:

Health department - Free flu shots: <http://resources.baltimorecountymd.gov/Documents/Health/flyers/flushots.pdf>

CVS Pharmacy (CVS at Target) - Schedule or walk-in; get a flu shot AND a \$5 gift card or coupon:

<https://www.cvs.com/immunizations/flu>

Rite-Aid Pharmacy:

<https://www.riteaid.com/pharmacy/services/vaccine-central/immunization-information/flu>

Walgreens Pharmacy - Schedule or walk-in; get a flu shot AND a \$5 coupon:

https://www.walgreens.com/topic/pharmacy/seasonal-flu.jsp?ban=flu_fy21_influenzapage

For more info about flu vaccines:

<https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm>;

<https://www.cdc.gov/flu/prevent/misconceptions.htm>

<https://www.nytimes.com/2020/09/14/well/live/how-flu-shots-can-help-in-the-fight-against-covid-19.html>

National Merit Semifinalists



Shuming A. Mao

Daniel J. Melia

Noah J. Rich

Adam K. Viazanko

Eleuthera Wang

Tyler N. Yup

Recently the Towson High School students listed above were recognized in a BCPS News Release as ***National Merit Semifinalists***.

“Congratulations to these outstanding BCPS students for their academic achievement and to the teachers, families, and administrators who taught, challenged, and supported them,” said BCPS Superintendent Dr. Darryl L. Williams. “These students represent schools from across our district and represent the potential we see every day in all of our students, in all of our schools. Recognitions such as this inspire all members of the BCPS family to set and reach higher goals.”

More than 1.5 million juniors in about 21,000 high schools entered the 2021 National Merit Scholarship Program by participating in the 2019 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NSMQT®). The highest scoring entrants in each state create the national pool of 16,000 semifinalists, which represents less than 1 percent of high school seniors in the nation. Most semifinalists advance to the finalist level (based on their academic records, recommendations and SAT scores) and compete for 7,600 National Merit Scholarships.



Senior Group

Please make sure that you are signed up for the **Senior group** on Schoology. We frequently post updates on colleges and scholarships and there is important information in the Resources folder. The Senior group is called 'Class of 2021'. If you need information on accessing the group, please contact Ms. Wright at swright7@bcps.org.

FERPA

Please complete the FERPA waiver form so that we can send out your transcripts to colleges. The FERPA waiver form is available on the Class of 2021 Schoology page. Click on the 'Resources' folder and click on the 'FERPA waiver form' folder. When complete, send your FERPA form to Ms. Wright at swright7@bcps.org

College Visits

Colleges are virtually visiting Towson most days of the week. Please make sure to check Naviance regularly for college visit updates. Sign on to BCPS ONE, click on the Naviance button, click on Colleges, scroll down to College Visits.

Ms. Wright and Mr. Briggs are available on Wednesday afternoon for Seniors to drop into our College Google Meet group. Seniors can stop by and ask a question and receive support with their college applications. Check the Class of 2021 Schoology group for information about meeting times and the room name.

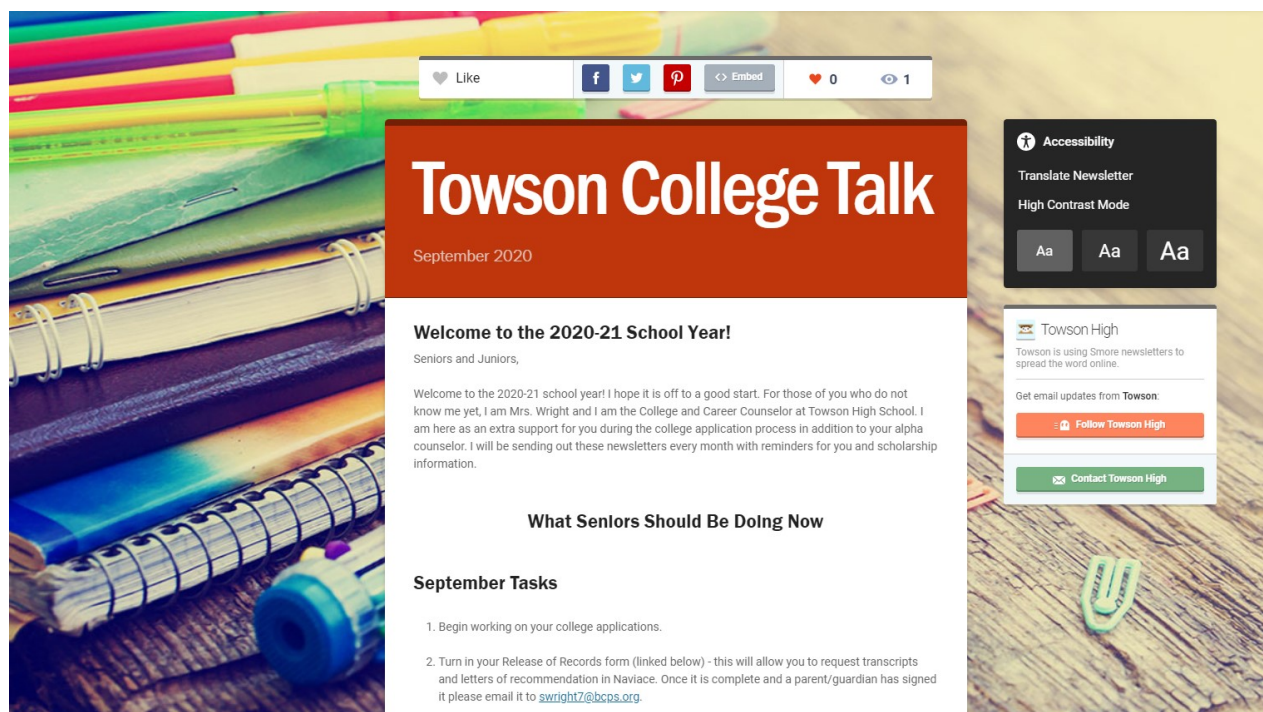
We have a Senior sign-up sheet that is available on Schoology should you need to meet with your counselor individually regarding your college applications.

We are here to help and support you! Please reach out to us if you have any questions.

Towson College Talk

September 2020

Ms. Wright has created a “senior/junior college newsletter” on Smore with lots of links and info for seniors and juniors.



This is a great resource for the college application process and support. Check it out!

Here is the link: <https://www.smore.com/ym7sa>



Do you have questions about how to use Naviance to request transcripts and letters of recommendation? Please check out this Powerpoint presented by our College Counselor, Mrs. Wright, that will answer many of your questions.

https://bcpscloud-my.sharepoint.com/:p:/g/personal/swright7_bcps_org/EdgjfeSHpBu4IeotfwSgEBJ-ZUMZIEg-FiOSwbYvvCMQ

We know that many of you have additional questions around Naviance and college applications. The School Counseling Team want you to know that we're here for you!

We will host a Google Meet Session each Wednesday at 1.30pm-2pm for Senior college help. To access the room go to **thsseniorcollegecounseling**

Also, colleges will be visiting Towson High School virtually this fall to meet with our Seniors. We will send out information about college visits on Naviance and Schoology.

The School Counseling Team



UPCOMING EVENTS

September, 2020

28 No School for Students

October, 2020

16 No School for Students

November, 2020

3 Election Day - **Schools and Offices Closed**
11 Veterans Day
13 First Marking Period Ends
16-20 American Education Week
26-27 Thanksgiving Holiday - **Schools and Offices Closed**
30 Report Cards Distributed



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69 Cedar Ave

Towson, MD 21286

PHONE: 443-43-809-4271

