

TOWSON HIGH SCHOOL

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The Towson Pride

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 Lauryn Imhoff for her exemplary manners in the hall.

★ STARS to Avi Kahn for taking 3rd place in the annual Brain Bee Competition.

★ STARS to Jennie Tarantola for always being so willing to help anywhere, anytime.

Thanks Jennie!!

★ STARS to Vincent Gelso for turning in a wallet with money to the office.

★ STARS to Ms. Mathena for her efforts in coordinating our first PARCC administration.

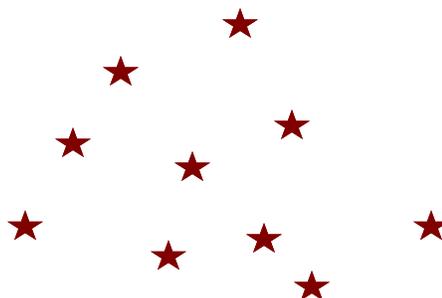
★ STARS to Staff that served as test examiners during this first administration of PARCC.

★ STARS to Mr. Nash for starting a winter season under several

inches of snow.

★ STARS to everyone that encouraged our students to put their best effort forward. As Generals, we do not look for an easy way out. Rather, we view all challenges as a learning experience.

★ STARS to Ms. Evanosky for her assistance with the PARCC administration.



P. E. DEPARTMENT

The Physical Education Department has been very active and productive as we approach the end of the 3rd quarter. Since our last featured article in the school newsletter, students in physical education classes have been actively participating in various individual, dual, and team activities. In December, all of the fitness classes took part in a weight room experience by keeping log sheets and learning the basics of weight training and lifting safely. They also participated in a basketball unit that lead us into the winter break. The team sports classes enjoyed basketball and indoor soccer activities during this time as well.

After the winter break, the fitness classes completed the winter midyear FITNESSGRAM testing in order to see if student fitness levels improved from the fall. As a program, more than 80% of the students showed an improvement in muscular strength. Fitness students also took the time to create personal fitness goals as they relate to their FITNESSGRAM results. The top performers for P.A.C.E.R., curl-ups, and push-ups were posted in the gym. This was an appropriate time to write goals, as many people like to make New Years resolutions that have to do with improving overall health. After the FITNESSGRAM testing, the entire physical education department participated in a volleyball unit.

Midterm exams took place around the end of January to conclude the 2nd quarter. The midterm exam was given to all of the fitness students at the beginning of the year, so that the data could be used to measure cognitive improvement of the fitness concepts that students learn throughout the year. We are pleased to report that more than 95% of our fitness students showed improvement with their knowledge of fitness concepts based on their scores from the midterm exam. Fitness students review and complete guided worksheets that relate directly with our *Fitness For Life* textbook by Corbin and Lindsay. The chapter reviews are valuable resources as they were able to use them for open notes during the midterm exam and serve as the most important resource to study from for the final exam at the end of the year.

The start of the 3rd quarter was an opportunity for a variety of individual and dual activities. Students participated in yoga, adventure education/cooperative initiative activities, and pickle ball. These were interesting units because many students have not gotten the opportunity to participate in activities of this nature. The team sports classes enjoyed interclass competitions that resulted in the awarding of a trophy and a team picture displayed for the winning team. Sportsmanship and controlling emotions in the face of competition continues to be a major focus for creating a positive experience for all students. Furthermore, the adapted physical education students have really enjoyed these units because they have been able to join in many of these individual and dual activities with the other fitness classes. The students in the fit-

"Knowledge
will give you
power, but
character
respect."

~ Bruce Lee

P. E. DEPARTMENT

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ness classes have been very welcoming to the students into their classes.

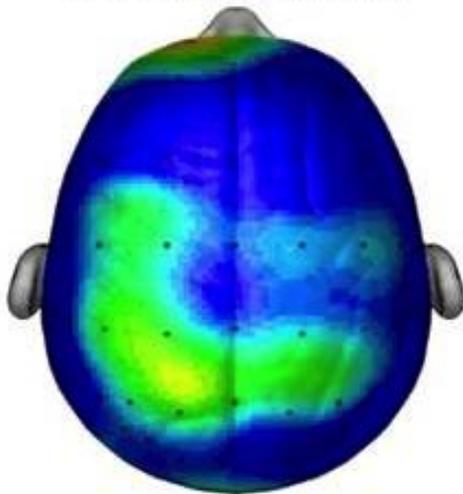
Currently, the physical education classes are participating in floor hockey and broomball units. The fitness classes will also have another individual activity by participating in a bowling and shuffleboard unit in the activity room. This is a good cross-curricular activity as it allows for students to practice math skills while calculating bowling and shuffleboard scores.

As the end of the year approaches, our physical education classes will continue to enjoy a variety of activities including softball, badminton, tennis, and ultimate Frisbee. The fitness students will have one more opportunity to improve their fitness scores by taking the FITNESSGRAM test just after the spring break. In order to improve fitness scores, students are encouraged to exercise more outside of school. Fitness students have been learning the appropriate amount of frequency, intensity, and time for exercise in order to see improvement. Please help your children understand the importance of fitness and exercise, and encourage them to be physically active beyond fitness class.

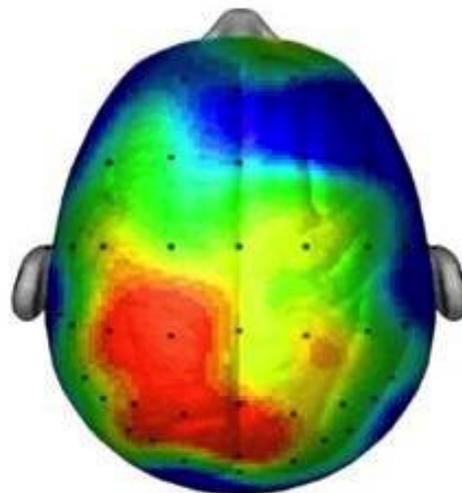
Please see the information and diagram below that helps illustrate the importance of exercise on brain activity. We appreciate all of your support and are very proud of all of our students this year. If you have any questions, do not hesitate to contact us.

Exercise Makes the Brain Learning Ready

Brain after sitting quietly



Brain after 20 minute walk



Average composite of 20 students brains taking the same test

Research/scan compliments of Dr. Chuck Hillman University of Illinois

SCHOOL TO CAREER TRANSITION

“College and career ready” is a term that underpins Baltimore County’s commitment to “deliberate excellence”. Nowhere in the building is this more prevalent than with Towson’s School to Career (STC) department. Students involved with the program participate in authentic job experiences that provide future direction, insights and skills that traditional classroom instruction and learning just cannot provide. In short, Towson’s STC program provides future workers with experiential learning, a key component in the college and career ready equation.

There are two components to our program, our Internship program, where students work in fields of study to gain insights into future career opportunities, and the work based learning/Career Research and Development (CRD) program, where students explore the world of work as it pertains to both work interests and experience. Both programs provide invaluable introductions to the soft skills that are instrumental in getting and maintaining employment, whether one is the CEO of a Fortune 500 company, or a sales associate at a popular clothes retailer.

For Jeremy McCord, an intern with Towson High’s “Yesterday, Today” morning announcement program, the experience has been invaluable. Jeremy fell into the internship and has benefited greatly from it. “It has certainly taught me to be flexible,” states Jeremy. “There have been times when I will come in at 6 in the morning and find an email asking me to make changes to something we finished the day before. While it can be somewhat challenging at times, I have learned to just go with it.”

His flexibility has paid off. He has learned a multitude of skills that he is confident will help him with a future career in video and film production. “I have been given plenty of opportunities to learn and work on my technical skills along with hands on learning that has provided me with insights into video production.” He is confident that these fundamentals will carry him to the next level and provide him with advantages that many of his contemporaries may not have.

Another intern, Matthew Hayden, works at Sports Physical Therapy of Towson. Hayden has also enjoyed his experience and has gained insights into his future as a result of his participation in the program. “I thought that PT was definitely what I wanted to do,” states Matt. However, after a few months as a PT intern, helping with set up and assisting with parts of the PT process, he has concluded that his passions for sports may be more in line with sports marketing.

“The only person you should be better than, is the person you were yesterday.”

~ Unknown ~

SCHOOL TO CAREER TRANSITION

Continued

When asked about the soft skills he has gained, Matt says, “There is no doubt that this experience has helped me with things like interpersonal skills, taking the initiative and giving me a degree of confidence in professional settings.”

Our CRD program provides similar experiences for enrollees. Of their work experiences, CRD participants, Chanteria Hawkins and Akira Smith attest to its benefits. “It is helpful to be a part of the program because it prepares you for interviews,” states Chanteria. She has a position at the ARC in Towson where she works in the office of the Individual Funds Custodian. Her responsibilities run the gamut from filing to working directly with office staff. She goes on to further tout the program’s benefits stating, “[I] highly recommend the program because it is an especially good start for students who are in high school and looking for their first real job.”

Akira, who currently works at Skyzone in Timonium has shown herself to be a hard worker who has gained the necessary soft skills to be successful. Of the CRD program, Akira states, “When you do something at work, the results are usually immediate.” Originally hired as an Event Host, her hard work has paid off as she has been given new responsibilities as a part-time Event Host trainer for the location. “The program puts you out there and allows you to build confidence.” Like Chanteria, she also believes that the program helped her with her interview skills, resume writing, and steps necessary to look for work.

Akira is pleased that all this experience comes at a cost. Not to her of course, but to her employer. While she works gaining workplace skills, she also takes home a paycheck which, for her, is the true reward. For Akira the program is a “win-win.”



Educate · Empower · Employ

SCHOOL TO CAREER TRANSITION

Continued

Towson High School Junior Mock Interviews

Interviewers Needed

March 31st, 2015

7:30-11:00/ 11:00-2:00

Towson High's School to Career office is working hard to organize our first Junior Interview day, scheduled for March 31, 2015. We are striving to make this a valuable, authentic experience for our juniors so we are reaching out with the hopes of recruiting interviewers for our Spring event.

The event will take place in Towson High's media center and we ask that participants volunteer for the morning interview session (7:30-11:00), the afternoon interview session (11:00-2:00), or both. Refreshments will be provided.

The benefits for participants are many:

- Insights that result from engaging in meaningful interactions with our future workforce
- Providing authentic, real-world experiences for our students
- Recruitment opportunities
- Marketing and exposure for your company/brand

We would welcome the opportunity to work with you this March and hope to hear from you by email bgray@bcps.org; jbrotman@bcps.org or phone 410-887-3638.



Have You Heard the News????

Senior News

SENIOR NIGHT LIVE!

The Class of 2015 requests your presence
for an evening of entertainment and talent!

You will see some comedy, singers, rappers, dancers, poetry,
and musicians just to name a few.

They are all ready to WOW you!

**THE TALENT SHOW HAS BEEN RESCHEDULED TO FRIDAY, MARCH 20TH
AT 7PM IN THE AUDITORIUM.**

Tickets are only \$10 at the door.

Come and see all the wonderful talented seniors perform!

You don't want to miss out. Come and be impressed!

GRADUATION ANNOUNCEMENTS: Order graduation announcements online. Visit www.balfour.com.

CAP N GOWNS: Order your cap and gown online. Visit www.nrpatlantic.com.

COMMUNITY & SCHOOL BASED SCHOLARSHIPS. Have you applied yet? All seniors are encouraged to apply for the community and school based scholarships. Forms were given out in Senior English classes on Friday, February 20, 2015. Remember the deadline to turn your application in is March 20, 2015.

Have You Heard the News????

Continued

SENIORS: THE NEXT CHAPTER

Congratulations to our seniors who have already been accepted into college!! Following are the colleges our seniors have selected:

University of Alabama	Arcadia University	Community College of Baltimore County
University of Baltimore	Binghamton University	Bowdoin College
Calvin College	Castleton State College	College of Charleston
University of Chicago	Coastal Carolina University	Cornell University (College of Engineering)
Dartmouth College	University of Delaware	DePaul University
Drexel University	Florida International University	Fordham University
Frostburg State University	Full Sail University	George Mason University
The University of Georgia	Hanover College	High Point University
Hofstra University	Howard University	Ithaca College
Liberty University	University of Louisville	Lynchburg College
University of Maryland, Baltimore County		McDaniel College
Mercer University	Michigan State University	Mississippi State University
Mount Saint Mary's University	University of New Haven	University of North Carolina at Charlotte
Ohio University	Pennsylvania State University	University of Pittsburgh
Purdue University	Radford University	Roanoke College
Salisbury University	School of the Art Institute of Chicago	University of Chicago
University of South Carolina	Temple University	University of Tennessee
Towson University	Tulane University	University of Vermont
Virginia Commonwealth University		Washington College
Washington University in St. Louis (Arts & Sciences)		West Virginia University
Western Carolina University		Xavier University

Have You Heard the News????

Continued

You won't believe what our amazing students are up to!!!



Congratulations to Anne Saba and Marc Nagib! They both have qualified as a 2015 Recognized Carson Scholar! They were previously honored with a scholarship award and will now receive a commemorative pin and certificate to acknowledge their continued academic and humanitarian achievements. They will be honored at the Carson Scholars Fund 19th Annual Awards Banquet April 19, 2015.

CONGRATULATIONS



Have You Heard the News????

Continued

It's Academic!!



The It's Academic team did an AMAZING job yesterday in their playoff match at WJZ. They took command early (for which their advisor is eternally grateful...) and were calm and cool throughout. It was a clear second round; they got the bonus in the third, and played the clock in the last. An added bonus? Beating the Lions!!!!

Final scores: Dulaney 340, Reservoir (HoCo) 370, TOWSON 595!!!!!!

Please congratulate the team when you see them. As ever, Walt Young, Walker Miller-Breetz, and Patrick Hutson. Will Peper was there as an alternate, and Mason Miller-Breetz was an alternate and the General!! The sword dance alone is worth watching the show!

The show will air April 25th at 10 am. Please tune in!!

Have You Heard the News????

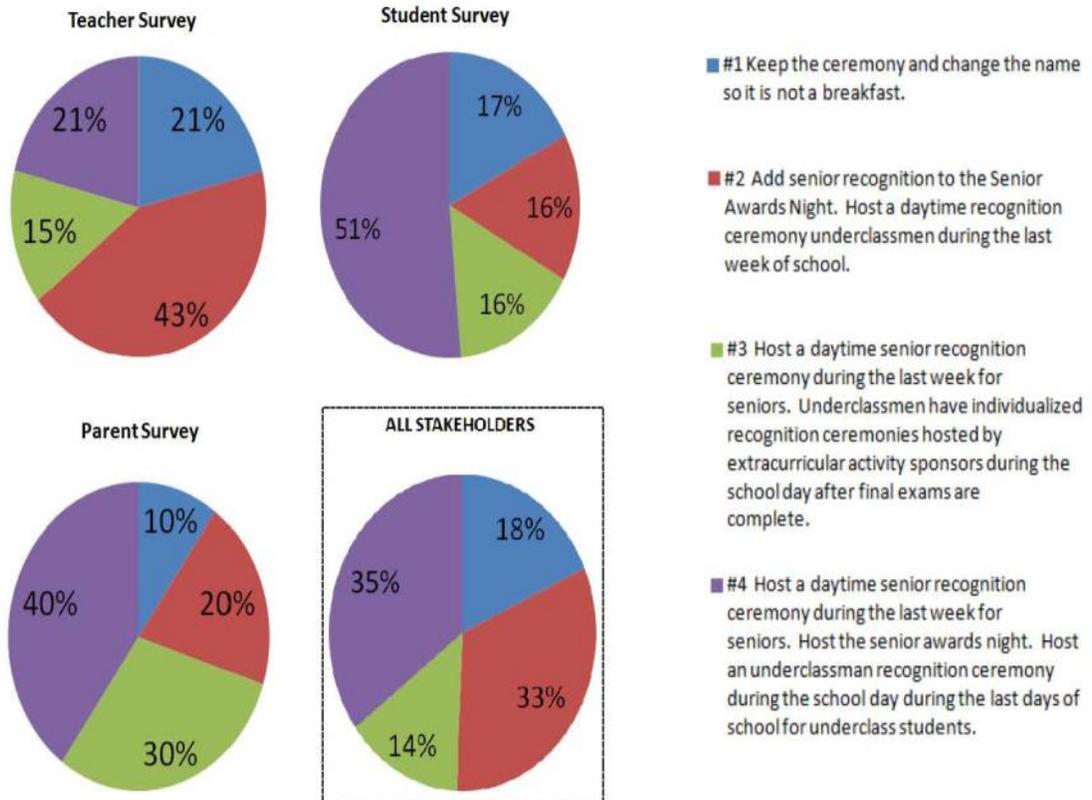
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NEW Designs for the former "Breakfast of Champions"

Throughout nearly a year of discussions and data collection and in consideration of all stakeholders, we are streamlining a longstanding Towson High School tradition giving recognition to student achievement. Based upon survey instruments that were distributed to THS staff, students, and parents, a decision had been made regarding the new design for the former "Breakfast of Champions." Shown by a narrow margin in the results below, it has been decided that:

- A daytime ceremony for seniors will be held on the date of the Senior Slide Show during the last week for seniors in addition to the Senior Awards Night.
- A daytime recognition ceremony will held during the last week of school for underclassmen.

Note that the previous date listed on the Towson High School calendar will be changed to reflect the new design. Final details, regarding awards given and dates and times for each event, will be determined shortly.



Central Area Education Advisory Council

SCHOOL STAFFING PLAN 2015-2016

DEBRA BROOKS, Executive Director
Department of Student Services
(JOINED BY A TABCO REPRESENTATIVE)

WILL BE OUR GUEST SPEAKERS AT THE CENTRAL AREA
EDUCATION ADVISORY COUNCIL MEETING. THEY WILL
REVIEW THE PLANS FOR NEXT YEAR AND ANSWER ANY
QUESTIONS YOU MAY HAVE.

**HEREFORD MIDDLE SCHOOL
THURSDAY, MARCH 19, 2015
7:00 – 9:00 PM**

TOWSON HIGH SCHOOL
SPORTS BOOSTERS ANNUAL

Spring Gala

MARCH 28, 2015 7:00PM-11:00PM

The Country Club of Maryland
1101 Stevenson Lane
Towson, Maryland 21286

Buffet Dinner • Wine & Beer • Wheels
Silent Auction • Mystery Wine



Purchase tickets online!

WWW.TOWSONHIGHSPORTSBOOSTERS.COM

Or contact Jenny Schneidereith, Ticket Sales
JENNYSCHEIDEREITH@VERIZON.NET

PROPER ATTIRE REQUIRED
- NO JEANS PERMITTED -

FOR ANY FURTHER INFORMATION CONTACT

Jenny Schneidereith, Co Chair
JENNYSCHEIDEREITH@VERIZON.NET

JC Coplai, Co Chair
COPLAI@AOL.COM

Engineering Innovation

A Summer Program for High School Students

Johns Hopkins University—Homewood Campus

June 29—July 24

Mon—Fri

9 am—3 pm

Apply online starting

February 1st

Eligible students must have completed:

Algebra II

Trigonometry

A Lab Science (biology, chemistry, physics)

As and Bs in math and science courses

Limited Space Available

Learn to think and problem solve like an engineer!



- Exciting hands-on lab activities in the fields of chemical, electrical, mechanical, and civil engineering, materials science and robotics.
- Group projects and presentations, lab reports, weekly quizzes, final exam.
- Students earning an A or B earn 3 JHU credits.
- Application Fee: \$55
- Tuition: \$2400
- Lunch Fee: \$220 for commuting students

Need-based financial assistance is available.

Apply early for best opportunity.

Visit EI website for application

<http://engineering.jhu.edu/ei/>



JOHNS HOPKINS
WHITING SCHOOL
of ENGINEERING

Contact the Engineering Innovation
Office for more details:

engineering-innovation@jhu.edu

(410) 516-6224

Towson High School

69 Cedar Ave

Towson, MD 21286

PHONE: 410-887-3608

FAX: 410-583-1375

