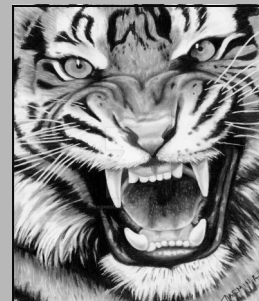


The **TIGER'S ROAR**



TIMBERLAKE HIGH SCHOOL NEWSLETTER * DECEMBER 2018

FROM OUR PRINCIPAL, MR. RYNE EBERLIN:

Happy Holidays! Our students are grinding away at the second half of the semester and also participating in several extra-curricular activities. Please support the Tigers at one of our various winter activities. The activities schedule can be found at <https://timberlakeathletics.com/main/calendar/>.

As we head toward the finish of our first semester, it is imperative that parents, students, and staff communicate to ensure students are successful in the classroom. We offer after school study table Monday-Thursday at Timberlake until 4:00 PM. Our activity bus is available for students who choose to stay after school and receive help in the classroom. The activity bus leaves campus around 5:00. Please contact the district transportation department with questions about the activity bus route at 208-687-0221. We hope every student will utilize the educational opportunities Timberlake offers.

Timberlake will be on Holiday break from Saturday, December 22 through Sunday, January 6, 2019. School will resume on Monday, January 7, 2019. We will continue to grow and ensure our students receive the best over-all academic and extracurricular experiences. Thank you for supporting Timberlake. GO TIGERS!

Staff Highlight: Mrs. Garwood

Michelle has been teaching and coaching volleyball at Timberlake for 21 years, since the opening of the school. She also coached girls JV basketball for the first 2 years at Timberlake, however after the birth of her first daughter, Caitlin, she decided that coaching 2 sports was too much. Michelle and her husband Todd have 2 daughters, Caitlin who graduated from THS last year and Courtney who is a sophomore at Coeur d'Alene High School. Michelle really enjoys teaching at THS because of the wonderful people she gets to work with and the students she is fortunate to get to teach. Each and every day brings both new challenges and laughs and makes going to work a great experience. It's the students at THS that ultimately bring her back every year.



IMPORTANT DATES:

DECEMBER

10th— Proactive Coaching Presentation
12th— FAFSA Night
20th— Winter Concert
24th-Jan 4— No School

JANUARY

7th— School Resumes
12th— Battle of the Buck
21st— No School
24th— End of Semester
25th— No School

FEBRUARY

2nd— All State Band & Choir
18th— No School

OF THE MONTH...



ATHLETE'S OF THE MONTH

Girls Basketball: Brooke Jessen

Football: Chase Gardom

STUDENT'S OF THE MONTH:

9th: Taylor Menti

10th: Carter Fortin

11th: Kameron Vordahl

12th: Jared Nelson



IMPORTANT INFO

Mike Morgan has been a presenter for Proactive Coaching since 2011 and has made countless presentations throughout the United States on character education. His football teams have numerous playoff appearances including one State Football title, two State runners-up and three semi-final appearances. His Jazz bands have over 30 "top 3" finishes in Jazz competitions throughout the Pacific Northwest.

For the Athletes:

Life Lessons you learn from Athletics

For Coaches:

The Power Of Your Words or The Impact of Trust.

For Parents:

The Role of Parents in Athletics

December 10, 2018

Presentation to Athletes 2:00

Presentation to Coaches 3:30

Presentation to Parents 6:00

(All in the THS Commons)

PROACTIVE
COACHING
LLC

Want to save a little money on lift tickets? Seniors are selling Schweitzer night ski tickets for \$10! There are plenty in the office, get yours today!



Thank you Booster Club for your generous donation.

Timberlake Art Students along with TJHS and LHS, are having an Art Show at Calypsos Coffee in Coeur d'Alene. 175 mini art-works will be featured and will be on display until December 20th. Come out and support our artists.



Students can guarantee scholarships from 250+ colleges as early as 9th grade, making it easier to plan financially for school. RaiseMe is a great tool to motivate students in high school! Go to www.Raise.Me and click "I'm a Student". Then enter your email or phone number and create a password. After you have entered your personal information you can start following colleges and entering your achievements!



To do over winter break:

Juniors:

- ♦ Research college/universities/programs. Consider apprenticeship, community college, four-year college, military, and technical colleges.
 - * Compare colleges using the College Scorecard: collegescorecard.ed.gov
- ♦ Study and plan for the SAT and/or ACT.

Sophomores:

- ♦ Consider and research what you want for your future. Whatever your goals are, you can start to figure out how much money you need to support yourself and your desired lifestyle.
 - * Explore careers through the Bureau of Labor Statistics site: bls.gov/k12/content/students/careers/career-exploration.htm

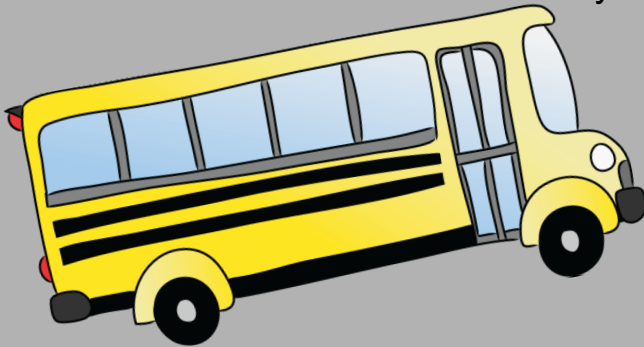
Freshman:

- ♦ Get involved with extracurricular activities– consider volunteering this winter break and joining an activity and/ or sport in the spring.
- ♦ Get familiar with your choices-you've got more than one! Consider which career path you would be interested in. Begin researching your career and college options now.
 - * Explore careers through the Bureau of Labor Statistics site: bls.gov/k12/content/students/careers/career-exploration.htm

POLICIES

Activity Bus

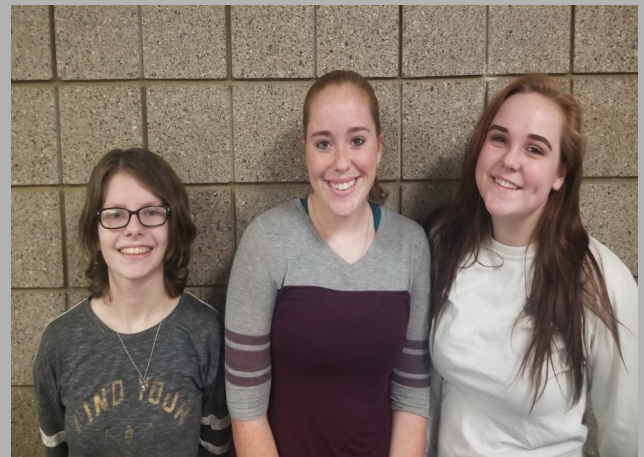
The activity bus is available for students who participate in athletics and students who stay after school for academic help. Any student that needs to ride the activity bus must have an activity bus pass which is given to them by the teacher or coach they were with. The activity bus is available Monday– Friday and leaves the school at 5:10 pm at the bus loop. Please call Lakeland school district transportation department at 208-687-0221 for any additional activity bus questions.



**ACTIVITY BUS
PASS**

ACCOMPLISHMENTS

Pictured below are the first recipients of the running shoes from Running Shoes for Kids. These students earned these shoes for their outstanding character!



Congratulations to Karissa Willis, Emma Rhoades, and Kaycee Workman for qualifying for state drama!



Seniors: FAFSA Night

Parents and Seniors! We have a FAFSSA Night scheduled December 12th from 5pm-7pm. You may come and go as needed. Please bring your 2017 tax returns and social security numbers. The deadline to fill out the FAFSA is June 30th 2019, however many colleges/ programs/institutions have deadlines earlier than June.

To Do Over Winter Break:

- Finish your college applications. Many college applications deadlines are due this month.
- Apply for scholarships!
 *On the Timberlake High School website under the Counseling tab select the Scholarships and FAFSA tab. I suggest making a copy of the Timberlake Scholarships Google Doc and highlight in green which scholarships are applicable to you. Fill out as many scholarship applications as you can!
- Complete your FAFSA.
 *If you have completed FAFSA, confirm and/or add colleges you may be considering or attending to your FAFSA.



Priority Deadline for Financial Aid

Most colleges have Priority Financial Aid Deadlines meaning you should aim to complete FAFSA before the deadline of the colleges you are considering to receive the most options for financial aid from the college.

Arizona State: Jan 1st
 Boise Bible College: July 15th
 BYU Idaho: Feb 15th
 Carroll College: Dec 1st
 Central Washington University: Feb 1st
 College of Eastern Idaho: June 1st
 College of Southern Idaho: July 16th
 College of Western Idaho: July 10th
 Eastern Oregon University: Feb 1st
 Eastern Washington University: Feb 1st
 Gonzaga University: Feb 1st

Grand Canyon University: Dec 1st
 Idaho State University: Feb 15th
 Montana State University: Dec 1st
 North Idaho College: March 15th
 Northwest Nazarene University: Jan 15th
 The College of Idaho: Feb 15th
 The University of Montana: Dec 1st
 The University of Washington: Jan 15th
 University of Idaho: Dec 1st
 Washington State University: Jan 31st
 Whitworth University: Jan 1st



AVOID ❄️ SPOT ❄️ TREAT



FROSTBITE & HYPOTHERMIA

In cold temperatures, your body begins to lose heat faster than it can be produced, which can lead to serious health problems.



AVOID



When the weather is extremely cold, try to stay indoors. If you must go outside, dress properly and know who is at high risk for hypothermia or frostbite.

When going outside be sure to wear:

A SCARF OR KNIT MASK
THAT COVERS FACE &
MOUTH



MITTENS OR GLOVES

WATER RESISTANT BOOTS

SEVERAL LAYERS OF
LOOS-FITTING CLOTH-
ING



A WATER RESISTANT
COAT

A HAT

When going outside in winter make sure body parts most often affected by frostbite are covered in warm, dry clothing.



SPOT



FROSTBITE

A victim is often unaware of frost bite because frozen tissue is numb.

Signs & Symptoms

- Redness or pain in any skin area may be the first sign of frostbite.
- a white or grayish-yellow skin area

HYPOTHERMIA

Hypothermia often occurs at very cold temperatures, but can occur at cool temperatures if a person is wet and becomes chilled.

Signs & Symptoms

- shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, drowsiness, bright red, cold skin, very low energy



TREAT



If a person is experiencing hypothermia or frostbite...

SEEK MEDICAL AT-
TENTION AS SOON
AS POSSIBLE

REMOVE ANY WET CLOTHING

PLACE AREAS AFFECTED BY
FROSTBITE IN WARM-TO-TOUCH

WARM THEM UNDER DRY LAYERS
OF BLANKETS AND CLOTHING

GET THEM INTO A WARM ROOM OR
SHELTER

BAND/CHOIR

This is my third year teaching at Timberlake High School and I couldn't be more proud of my students! The musicians at Timberlake are some of the most dedicated and hard working kids I have ever worked with. We had 6 students selected to play and sing with the Idaho All State Honor Band and Honor Choir, three of our students currently play with the NIC Wind Symphony, and one student sits third chair french horn in the Panhandle Symphony in CDA. Along with the individual accomplishments, the large groups sound amazing! With the Fall Choir concert and the annual Veteran's Day Assemblies under their belt, the choir and band are gearing up for the Winter Concert **Thursday December 20th at 7:00 PM** doors open at 6:30 PM and admission is free. We would love to see you there!!

-Jeff Gambrino

PS Come out to the next home basketball game to support our team and cheer alongside the THS Pep Band.

Elizabeth Hallgren: Soprano— Her favorite part is they all come together as a family during concerts.

CJ Cady: Bass— His favorite memory is Gambrino talking about his nerdy side.

Alexandria Sheets: Soprano— Her favorite memory is going to all state for the first time and having a teacher that will push her to achieve her goals.

Sean Lenning: Trumpet/ Bass— His favorite part is playing music for other people at concerts and festivals.

Laurel Vanderhoof: Soprano/ Alto/ Tenor— Her favorite part is being the Board of Directors and helping other students.

Jimmy Turman: Tenor— His favorite memory is going to all state



Ethan Carns: Clarinet— His favorite part is playing new and fun music.

Cassidy Swensen: Clarinet— Her favorite part is that they all end up as a family by the end of the year.

Josh Hashagen: Trumpet- His favorite memory is Mr. G's corny jokes.

Jared Nelson: Tuba- His favorite memory is playing at girls state basketball.

Russell Nuttall: Alto Saxophone— His favorite part is participating in pep band

Sara Duncan: Flute— Her favorite memory is accidentally getting hit with the baton.

Cynthia Gregg: Alto Saxophone- Her favorite part of the music program is participating in pep band.

Coeur d'Alene Police Department's Winter Driving Class



The Coeur d'Alene Police Department and Les Schwab Tires
will be presenting a Winter Driving Class on:

**Tuesday December 4th
6:00 to 8:00 pm**

The class will be held at Lakeland High School. There is no cost to attend and the first 30 people to arrive will receive a free ice scraper, courtesy of Les Schwab.

Whether you are new to winter driving or just need a refresher of what to do when the roads turn icy this class is for you. We will talk about driving in the snow, avoiding crashes, staying safe in the event of a crash, and what to do if you become stranded.

For questions please email Officer Nick Knoll at winterdriving@cdaid.org
or call the Coeur d'Alene Police Department
Monday through Friday 8 am to 4:30 pm at (208)769-2319.

Sponsored by:

Coeur d ' Alene Police Department & Les Schwab Tires