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Parent Resources
Please visit our website under “Parent Resources” for additional information our school.
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.
There’s a ton of information out there! It can be a challenge to stay informed, figure out what to read, know what’s accurate, and not getting overwhelmed.

**DON’T** read (or believe!) every article, blog or post that comes up on your social media!

**DO** get the facts.


You can also get information about COVID-19 testing here!

Your mask may protect them. Their mask may protect you.

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.

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

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...

cdc.gov/coronavirus
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.

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](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](https://www.cvs.com/immunizations/flu)

**Rite-Aid Pharmacy**: [https://www.riteaid.com/pharmacy/services/vaccine-central/immunization-information/flu](https://www.riteaid.com/pharmacy/services/vaccine-central/immunization-information/flu)


[https://www.cdc.gov/flu/prevent/misconceptions.htm](https://www.cdc.gov/flu/prevent/misconceptions.htm)
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/NMSQT®). 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.
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/EdgifjeS_HpBu4IeotfwSgEBJ-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