

Principal's Message – December, 2018

The holiday season is upon us and so is the cold. Our school is very aware that this is a joyous time for many, but also a time of challenge for others. As a school and member of a greater community, we actively look for opportunities to assist those in need and give back. Some of the activities that our school helps in giving back to the community are:

- Blood Drives
- Meals for Good Samaritan Homeless Shelter
- Food drives, including our annual food drive in conjunction with Stuff a Truck
- Socktober Sock Drive
- Pies for Thanksgiving
- Holiday Need Drive
- Annual Holiday Dinner & Gift Giving

Many of our students and staff actively participate in these efforts to support those in need. We are so greatly appreciative to all of those that help contribute to our drives. In this season of holiday spirit, we want to express how appreciative we are of the compassion, support and good will that are exhibited on a regular basis. Thank you!

A Message from Mayor Lucas Herring

Recently, Dawn Poitras worked with students at Spaulding High School to gather results from a survey I created regarding a Teen Center in Barre's Downtown. 122 students responded to the 7 questions with 86% showing their support. Comments ranged from "nobody likes any of this fake good people stuff" to "I will help with the pickup sports anytime" and "I need more information about it". What impressed me was the response from over 20 students who were interested in serving on a Teen Council to see the implementation of the Teen Center. For the results, please see go to:

<https://drive.google.com/file/d/0B6bo0AINDhhuYXFdn2dCdDgwZ3dZZ2JZUVJYT1ZzU0hSNjFZ/view?usp=sharing>.

Although approval of the Teen Center isn't finalized, this data gathering is a stepping stone that is needed to continue the conversation. An inspection by City staff on the Wheelock Building location was performed, grant applications have been created and submitted for funding and staffing, and discussions with the Barre Partnership have occurred to allow their Executive Director to have an office and visitors center in the front of the building.

As the City of Barre continues through the necessary process to ensure that a Teen Center is viable, please feel free to reach out to me at L.Herring@barrecity.org any time with questions, comments or concerns.

Community Forum

Our monthly community forums are typically held on the third Wednesday of each month from **5:30 PM to 6:30 PM** in the cafeteria. Due to the busy time of year, our regularly scheduled December meeting will be canceled. Our next meeting will be held on **January 24th**. If you have topics for the forum, please contact Luke Aither at laithshs@u61.net or Jim Ferland at jferlshs@u61.net.

KNOW THE DIFFERENCE
COLD OR FLU

Signs & Symptoms	Flu	Cold
Onset	Sudden	Gradual
Fever	Generally high, over 101F and lasting 3 to 4 days	Rare
Cough	Dry; can become severe	Hacking
Headache	Prominent	Rare
Muscle aches	Usually; may be severe	Slight
Weakness/Fatigue	Can last up to 2 to 3 weeks	Very mild
Extreme exhaustion	Early and prominent	Never
Chest discomfort	Common	Mild to moderate
Stuffy nose	Sometimes	Common
Sneezing	Sometimes	Usual
Sore throat	Sometimes	Common

Is it the cold or the flu??

Generally, if your temp is less than 100 and you have one or more symptoms of sore throat, runny nose, stuffy nose, and/or cough, it's likely the common cold. It isn't much fun, but likely viral and nothing that extra rest, fluids, and time won't fix. However, if you have a temp greater than 100 with extreme fatigue, headache, body aches, and sometimes diarrhea or vomiting, it likely is the flu. Consider getting flu vaccine now! For more information see the following website: <http://www.healthvermont.gov/disease-control/flu>

Holiday Season – Not Necessarily “Happy Time” For All

While the upcoming holiday season is a time of excitement for most people, we are aware there are some students and families who have a very different experience with “the holidays”. The holiday season can cause a level of stress and strain on some people and families that is especially challenging during this time of the year. Regardless of the cause, or what the struggle there may be, Barre does offer resources to the community that could be helpful. The most common resources to have at hand would be:

- Vermont 2-1-1 – This free and confidential resource provides a directory of resources that can be helpful during Holiday Season. You can find information on Thanksgiving Programs, Christmas Programs, and Holiday Gifts/Toys. Call “211” directly, or text your zip code to “898211”
- Washington County Mental Health - 476-1480 – WCMH has a large number of services to assist anyone with mental health needs
- Washington County Mental Health Screeners – 229-0591 – Provides emergency mental health screenings through the Emergency Room
- Food Pantries - <https://www.foodpantries.org/ci/vt-barre>

Community Dinner

Each year, the SHS National Honor Society organizes a community dinner. The dinner is prepared and served at the high school, followed by gift giving. The gifts are new mittens, hats, toys and books. If interested in contributing to the community dinner or the gift giving, please contact Caity Bryant at cbyrashes@u61.net or Alicia Tosi at atosishs@u61.net.

WHAT DOES IT MEAN TO HAVE TIDE PRIDE?
WHAT DOES IT MEAN TO BE PART OF TIDE NATION?
WHAT MAKES US UNIQUE?

By Lia Rubel and David Toborg

Through every challenge we face, Spaulding High School carries on. Tide Pride is unbreakable because it does not come from Spaulding High School itself, but the extraordinary community within it. Our pride unites us. It transcends all barriers and pumps through our hearts.

When we sing “Glory to Spaulding”, we remind ourselves of what we stand for. The message is clear: “We’ve got the red and blue, and that’s enough.” I have always thought that the red and blue represent our values. Red is what we bleed; what we sacrifice for our school and community. Blue is our strong work ethic; our resilience even in uphill battles.

Four years ago, I became a Spaulding student. Everyone seemed to be aware of a negative reputation. No one seemed to know how or why this reputation came to be, but it hurt our spirit. It felt like a dark cloud overcasting all that we had accomplished. Through my time as a student, there has been a positive transformation of this reputation, inside and outside our school. I owe this to the expansion of our Tide Pride. Now, every student knows the words to our school song. Classes compete for possession of the Crimson Cup. Our beloved shark roams the hallways. Our pride has crushed this bad reputation. This bad reputation couldn’t stand a chance against our united community. We have so much to be proud of.

The student body at Spaulding is passionate and genuine. Students do not pursue activities because “it’s cool” like a movie cliché. They pursue them because they want to. Every student has their unique passions, beliefs, and stories. You can be an athlete and Student Council president. A songwriter and a member of the Math Club. The class valedictorian who made a rap album, and is also the leader of a boy band. There aren’t rules for the students of Tide Nation. We truly love what we do and respect each other for it.

The faculty is also incredible. There simply isn’t enough recognition for all that the staff do for the school. They are dedicated to their work and students. I have seen countless teachers go out of their way to help a student make the most of their learning. The faculty creates an endless amount of opportunities for students to pursue what they love, and improve the talents they possess. I am fortunate enough to be able to run at a varsity level and be heavily involved in the arts. At most other schools this would not be possible.

Every school has challenges. What makes Spaulding unique is the grit we possess during these times. Our boys hockey team has made it to the State Championship for the past two years. There was so much excitement that we bussed our students to Gutterson. We brought all of our emotions with us. We produced larger student sections than our opponents, even with a smaller student body. Even though we lost both times, we cheered until the final buzzer. The rink echoed with our chant “We still love you”. We stood by our team. These are the moments that define Tide Pride, when each of us carry this pride in our hearts. This is Tide Nation.