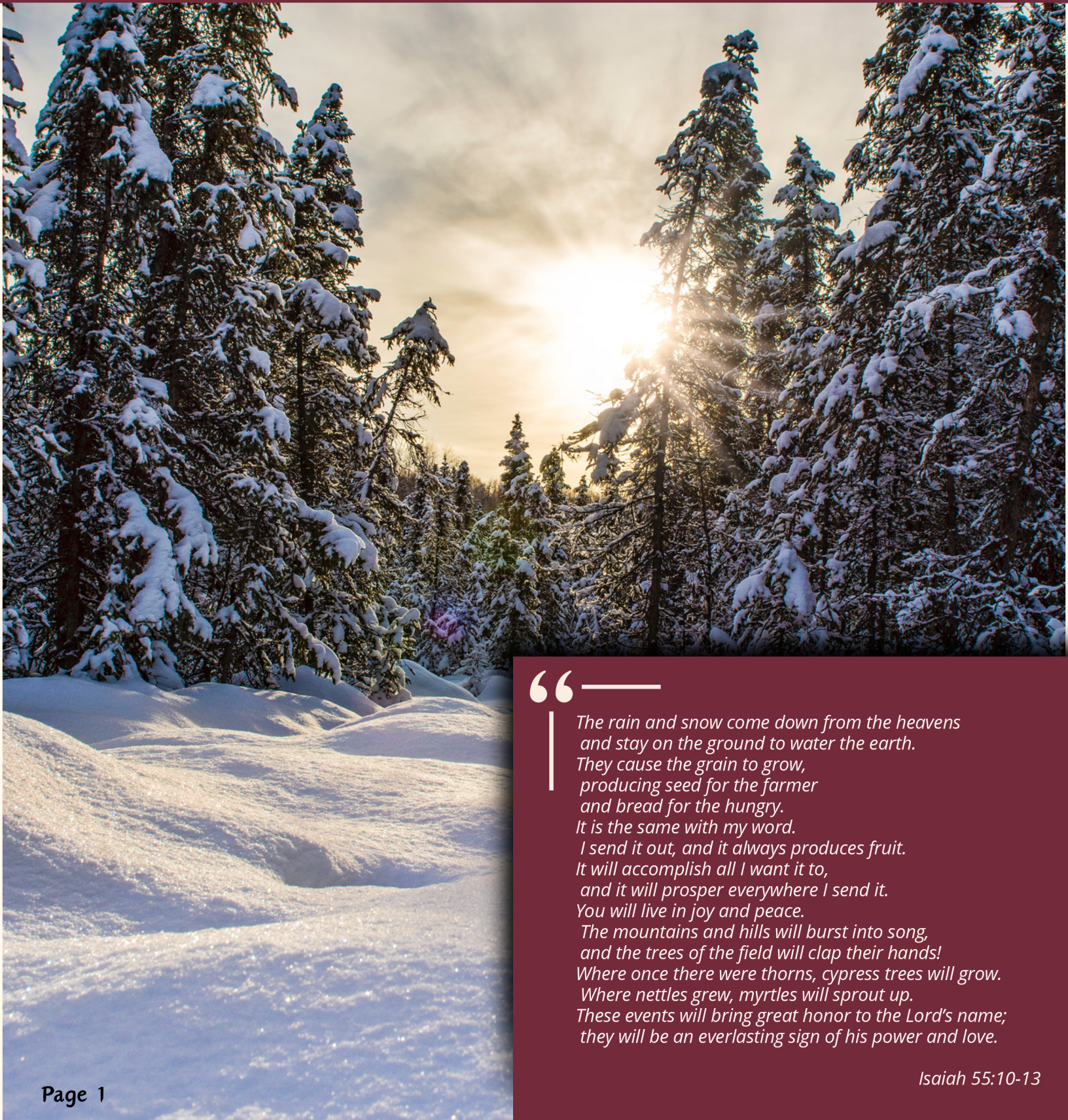


JANUARY 2025 | VOLUME 26 ISSUE 5

# BRIDGE

Towle Institute Monthly Newsletter



“ —

*The rain and snow come down from the heavens  
and stay on the ground to water the earth.  
They cause the grain to grow,  
producing seed for the farmer  
and bread for the hungry.  
It is the same with my word.  
I send it out, and it always produces fruit.  
It will accomplish all I want it to,  
and it will prosper everywhere I send it.  
You will live in joy and peace.  
The mountains and hills will burst into song,  
and the trees of the field will clap their hands!  
Where once there were thorns, cypress trees will grow.  
Where nettles grew, myrtles will sprout up.  
These events will bring great honor to the Lord's name;  
they will be an everlasting sign of his power and love.*

Isaiah 55:10-13



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# THE INSIGHTS

## ANTHONY PUGLIESE SHARES HOW DOING UNCOMFORTABLE THINGS FOSTERS GROWTH

Putting yourself out in public to showcase your talent can be a hard thing, especially when you don't know how it's going to be received. For me, I had always struggled with self-confidence in general when I was younger, and when I first started performing in front of large crowds I started caring even more about how people perceived me and my image. However, getting positive advice and support made it easier to perform, which in turn made it easier for me to gain confidence and have better mental health.

I credit most of my personal growth to performing music. The more that I got up on a stage to talk to an audience and sing/play guitar, the more that I started using the same confidence in everyday life. It can take some courage to stand up in front of hundreds of people where you could possibly embarrass yourself. It takes even more courage to pick out interested people in the audience and interact with them as a part of the show- it can sound intimidating, but directly talking with someone in the audience always makes the performance more memorable for that person. Those are the kinds of things I could take from the stage and apply in everyday life. For example, why be shy standing in front of the class when I played guitar for thousands of people two days before?

Audience members usually don't realize that getting comfortable on stage also helps with something in a person's regular life, but I can promise that it certainly does. With performing, I've been so much more comfortable in general and putting myself out there in any sort of situation. It's a small thing, but self-confidence goes such a long way. I'm so much happier than I was even this time last year, and it's all because of the confidence gained from singing and strumming a guitar with friends.



**National Honor Society**  
Congratulations to Anthony Pugliese,  
our newest inductee into Tau Xi.  
(Top) Leeza Kailakin, Jill Watts  
(Front) Noah Watts, Emily Matthews.

Music is such a huge part of my life and personality, and anyone who knows me is aware of how much I like talking about it and sharing it with friends. Performing has a positive impact on my life, and not only does it serve as a way for me to gain confidence and musical experience, but it gives me one of the best feelings I have ever known. There's something special about working hard on a song, then playing it and looking over the audience to see people, regardless of age, dancing or singing the words to the song. Whether just four minutes of one song, or a full hour set, it always makes me feel so excited to see how happy people are for that period of time. Performing is the main way I've beaten my old self-confidence issues, and it provides a kind of happiness that I can't find in any other hobby. Whenever I write about playing music, I always encourage the reader to try an instrument, even if they've only considered it for a second. It's something that can lead to very unexpected places.

ANTHONY PUGLIESE  
TAU XI HONORS SOCIETY ESSAY



# ACADEMIC ADVISING NOTES

## *Happy New Year and Welcome Back!*

### **For Juniors – friendly reminder:**

It is expected that you have at least one set of standardized scores under your belt in preparation for next fall's college application process. Better yet, take *both* the SATs and ACTs in the spring to determine which test suits you best. You can retake the "better fitting" test in the fall of your senior year.

If you are going to take the **SATs** or the **ACTs**, please use the School Code (aka CEEB) of **080071**, so Towle can receive a copy of the score report. These scores, however, are NOT automatically printed onto your transcript. For that, you must give written permission.

**Mrs. Watts**  
**jill.watts@towleinstitute.com**

## ***STUDY TIPS FROM MRS. K –***

### *Getting Back to the Grind After a Nice Holiday Break!*

Coming back to school after a lovely break from the routine is difficult for everyone! But here are some tried and true tips:

1. Plan - yep, sounds like a broken record but the adage, "Failing to plan is planning to fail" is so true! Plan your time to study, to complete assignments, and times to reward yourself with spending time with friends. There are numerous apps to help you plan - for example, google "to-do list" apps.
2. Partner up with a study buddy! Any kind of "work" is easier to do when a friend helps out!
3. Set up a routine and do your best to stick with it! We are creatures of habit. Our bodies, as well as our brains, function optimally when we know what to expect on a daily basis.
4. When you decide the time is right to study – FOCUS. The classic Pomodoro technique can help! You decide to work without any distractions for a period of 25 minutes, then take a 5-minute break. This is repeated three times before a 30-minute long break. Again, there are several apps that can help you avoid distractions. For example, the Cold Turkey app blocks websites within a certain time allocated by you, so that you can maximize focusing on studying.
5. Set Goals It always helps you to stay motivated if you know why you need to study or finish an assignment. Know what you want to accomplish by tomorrow, for example. This is an example of a short-term goal. Always be aware of needing to consider long term goals working toward a quarterly project, for example. Break down a long-term goal into manageable short-term goals, which circles us back to planning (see item #1 above).

IDEAS FOR THIS ARTICLE CAME FROM READING THE FOLLOWING WEBSITE:

[HTTPS://WWW.ESSEX.AC.UK/BLOG/POSTS/2023/01/27/GETTING-BACK-INTO-STUDYING-AFTER-THE-BREAK](https://www.essex.ac.uk/blog/posts/2023/01/27/getting-back-into-studying-after-the-break)



# TOWLE LIONS JANUARY GAMES

JANUARY 10TH • HOME GAME VS NEW COVENANT  
4 PM GIRLS • 5:30 PM BOYS

JANUARY 13TH • DELAWARE SCHOOL FOR THE DEAF  
630 E CHESTNUT HILL, RD, NEWARK, DE 19713  
5:15 PM GIRLS • 6:45 PM BOYS

JANUARY 24TH • CUMBERLAND CHRISTIAN SCHOOL  
1100 W SHERMAN AVE, VINELAND, NJ 08360  
4 PM GIRLS • 5:30 PM BOYS

JANUARY 28TH • HOME GAME VS BETHANY CHRISTIAN  
4PM GIRLS ONLY



## Gingerbread Wars 2024 Awards

#1 Best In Show	Here for the Sweets (Wizard of Oz House)	Jason, Nina, and Josephine Betts	
Most Creative	Winter Winners (Sponge Bob House)	Delaney Liebl, Chloe Phillips, Katherine Sewell, & Lauren Cook	
Best Use Of Kit Supplies	LKL	Elizabeth Kaliakin, Lori Hickman, Krista Keathley	
Best Overall Theme	Redball Pretty Princesses	Kelsey Davis and Dad (Joshua Spillane)	
Most Detailed	The Cookie Crusaders	Emily Matthews, Timmy Matthews, Natalie Barthel & Anthony Pugliese	
Best Use Of Icing	Winter Wonder Women	Carrie Keathley, Melina Keathley, Alex Irwin	
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Be cool,  
SUPPORT  
YOUR  
SCHOOL





BUY

BOX TOPS PRODUCTS

Look for the logo. You can find it on hundreds of products you know and love.



SCAN

YOUR RECEIPT

No more clipping. Tap the scan button and snap a photo of your receipt within 14 days of purchase.



EARN

CASH FOR YOUR SCHOOL

It's that easy! Box Tops earnings are identified and automatically updated online.

Box Tops January Challenge:

Buy 12 participating Box Tops products and you will earn 24 Box Tops for your school!



# STELLAR STUDENTS

## New to Towle

By Kelly McHugh

WHERE DID YOU GO TO SCHOOL BEFORE TOWLE?  
I WENT TO ALFRED G. WATERS MIDDLE SCHOOL

DO YOU HAVE A FAVORITE SUBJECT?  
SCIENCE

DO YOU HAVE ANY SIBLINGS OR PETS? IF SO, HOW MANY?  
I HAVE ONE LITTLE SISTER

WHAT IS YOUR FAVORITE FOOD?  
UMMMM...PROBABLY FRENCH FRIES

DO YOU HAVE A NEW YEAR RESOLUTION?  
GET BETTER AT SINGING AND THE GUITAR

IF YOU COULD HAVE ANY SUPERPOWER, WHAT WOULD IT BE? AND WHY?  
TO TALK TO ANIMALS. I ALWAYS WONDER WHAT THEY ARE THINKING.

DESCRIBE YOURSELF IN THREE WORDS.  
KIND, FUNNY, SMART

Emma Betts



### Towle Science Fair Award Winners

Pictured Left to right: Benjamin Gallagher (Best Q&A for *Baking Soda and Vinegar: It Is Rocket Science*); Krista Keathley, Science Fair Coordinator; Aidan Peck (Second Place for *Easy to Peel Hard-Boiled Eggs*); Frances McHugh (First Place for *A Fuzzy Situation*); Delaney Liebl (First Place for *The Best Type of Water for Indoor Gardening*); Katherine Sewell (Best Board for *Pop Perception*); Chloe Phillips (Best Presenter for *Bouncing Basketballs*)

## January

By Sophia Miller



The start of a new year. Everyone gives December the credit of the winter, when January really gives us the winter wow. It's when those soft delicate ice flakes really show how hard they can be when thrown on the back of your neck, and how freezing it feels to have the slush running down the inside of your warm coat.

When the last thing you can think about is going inside. Yet once you do you tell yourself you never want to touch another snowflake again. Until two hours later of course, when you've already tossed aside your promise and run outside again, this time sled in hand.

People's feelings about winter are as mixed as a pile of gravel and snow in the parking lot from the plow truck.

I know some people who love it, I know some people who hate it. Some people who will spend every second of it outside, and some people who prefer to stay by the fire drinking hot chocolate.

Some people will even write about winter for the school newsletter!

With January comes many things, enjoy them while they're here! We are now in the year of the Quarter Quell, for anyone who gets that reference.



# BAH! HUMBUG!

"What a heart-warming and fun evening it was! The acting was superb! Each performer did a great job dancing and singing. Kudos to the Drama class. I will be there for the Spring performance! Thank you!!!"

MRS. K



Bah, Humbug!, Scrooge's Christmas Carol was an excellent show with an excellent cast. All 12 of the students in this production brought the show to life.

Mrs. Shields







1

2

3

4

5

6 WEEK 16

7

8 LABS



9 DRAMA



10



11

12

13 WEEK 17



14 MAPPING NIGHT



PARENTS PRAYER  
6:30PM

15

16 DRAMA



17

18

19

20 WEEK 18

*School Spirit*

NO ELEMENARY  
CLASSES

21

22

23 DRAMA



24



25

26

27 WEEK 19

28



29

30 DRAMA



31

## TOWLE BASKETBALL GAMES

10TH • NEW COVENANT

13TH • DE SCHOOL FOR THE DEAF

24TH • CHRISTIAN CUMBERLAND

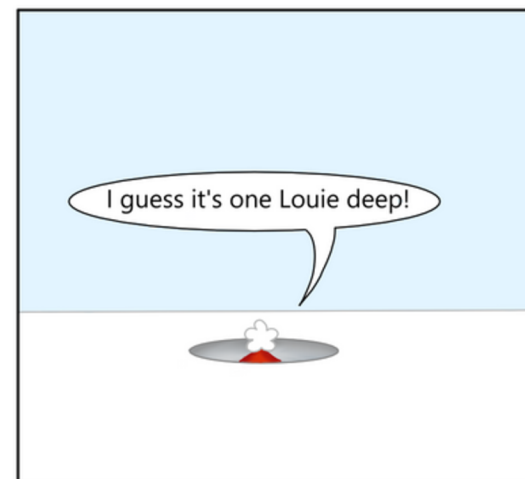
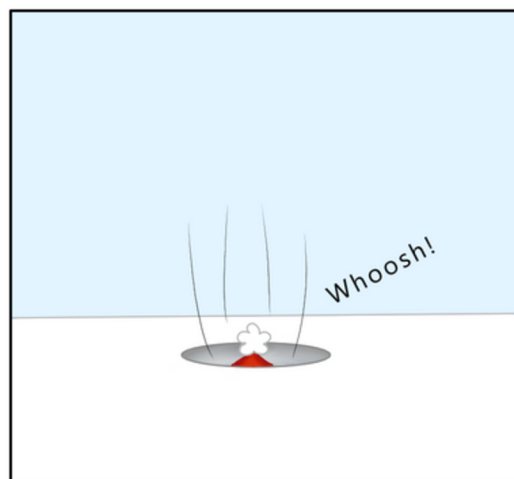
28TH • BETHANY CHRISTIAN

## JANUARY LAB SCHEDULES

8TH • BIOLOGY • CHEMISTRY 8:30-10:30

EXPLORATION IN MUSIC & MOVEMENT 10:40-12:40

**SPIRIT DAY • TOURIST DAY \$1**



Emile Matthews