



FEBRUARY 2025 | VOLUME 26 ISSUE 6

BRIDGE

Towle Institute Monthly Newsletter

“—

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.

Let perseverance finish its work so that you may be mature and complete, not lacking anything.

—”

James 1:2-4



TOWLE LIONS FEBRUARY GAMES

FEBRUARY 4TH • AWAY GAME VS FAIRWINDS
4 PM GIRLS • 5:30 PM BOYS

FEBRUARY 7TH • GIRLS AWAY GAME VS NEW COVENANT • 4PM

FEBRUARY 11TH • AWAY GAME VS LANCASTER COUNTY CHRISTIAN
2390 NEW HOLLAND PIKE LANCASTER, PA 17601 • BOYS ONLY 5PM

FEBRUARY 21ST • AWAY GAME VS WEST CHESTER CHRISTIAN
1237 PAOLI PIKE, WEST CHESTER PA, 19380
4PM GIRLS • 5:30PM BOYS

Let's Advertise

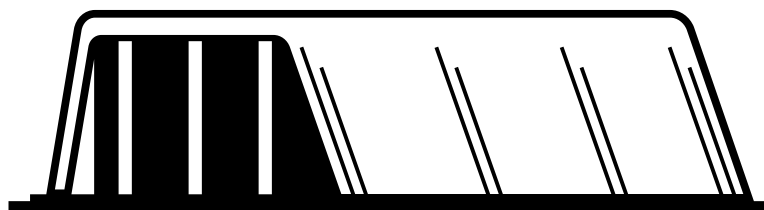
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ART & HISTORY field trip



Towle Families are invited to join the Art & History Field trip to
The Tabernacle Experience!

When : Tuesday, March 25th (Time will be either 11am or 12pm)

Where: The Biblical Tabernacle Experience

2215 Millstream Road

Ronks, PA 17572

Cost: Students \$7 / Adults \$10

Optional suggestion: Some of us will be going to the Noah show at Sight & Sound Theatre for the 3pm showing.

There are still many tickets with good seating available if anyone is interested in going also. This is not part of the official field trip, but an invitation to anyone who wants to join, the Tabernacle is approximately 10 minutes from Sight & Sound.

300 Hartman Bridge Road

Ronks, PA 17572

Feel Free to invite friends and families, email Mrs. Miller for permission slip and details
faith.miller@towleinstitute.com

Appreciation for Towle

Since February is a month typically focused on sending greetings of love and friendship, I thought it might be a great time to share my appreciation for Towle. I really like this school, I like how it's set up, I like the freedom in choice of classes and whatnot, and I love the teachers and staff.

Towle really is an excellent school and places a lot of responsibility and independence on the students, as it should be. It helps to learn to use time wisely and weigh what's most important. One example for me on Mondays would be that I have to decide whether to hang out with my friends or complete more homework so I have less for the week ahead. So I mapped out what I do each study hall and which ones I enjoy the most and which ones I can give up and I adjusted likewise. I know this isn't the case for everyone, since I myself am a part time student so I have more study halls to use. But this is just the example I am using to show my point.

The teachers are also very nice and are always there to help whenever anyone needs assistance. Once I was very confused about an algebra concept and could not figure it out. I asked a couple of other friends in this class and they were confused as well, so we asked Mrs. Watts for help and she set aside a certain time for a Google meet to explain it to us.

All in all, I really enjoy Towle Institute, and thank you to all the teachers and staff who make it exceptional!

ACADEMIC ADVISING NOTES

- **Summer Opportunities** – This is the time of year to begin planning! **The University of Delaware's Edge Summer College Program** is just one example. It offers rising high school juniors and seniors (ages 15 to 17) opportunities to enrich and expand their academic experience, including earning up to 7 fully accredited college credits and living on campus for the 5-week summer session. It is intense but very rewarding! Visit <https://www.udel.edu/apply/undergraduate-admissions/precollege-programs/edge/> for more information and deadline application dates!
- Numerous (not all) colleges have similar summer programs. Check the websites of those colleges that you are interested in attending. It's a great way to "check out" that college!
- For Juniors: It is expected that you have at least one set of standardized test scores under your belt in preparation for next fall's college application process. Many Juniors take their first SAT and/or ACT test in the spring.
- To register for the SAT, go to <https://satsuite.collegeboard.org/>
- To register for the ACT, go to <https://www.act.org/>
- If you are a **Full-Time Towle** student and you are going to take the **SAT** or the **ACT**, please use the School Code of **080071** so Towle will receive a copy of your score report. These scores, however, are NOT automatically printed onto your transcript. For that, you must give me permission to do so. Contact me for details.
- **Extracurricular activities** will play an important role in the college application packet. Please make every effort to accrue meaningful experiences and keep track of them.
- For all **High School-aged students**, it is not too early to begin looking into summer volunteer opportunities. Don't forget to ask your relatives and friends for ideas as to where to apply.
- It is the student's responsibility to keep a detailed list of any **academic honors and/or awards** earned in high school. *Please give me a copy of that list at the end of the school year, so that I can include this information onto your transcript.* Keep in mind, you need to note the level of the competition (school, county, state, regional, national, etc.), the exact name of the competition, and the specific award earned (first place, honorable mention, meritorious award, superior ranking, etc.). *For example:* Second Place, Individual Exhibit Category, School-level National History Day Competition.
- If you have any questions or concerns that arise, please feel free to email me or stop by the office on Monday.

Mrs. Watts

jill.watts@towleinstitute.com

NEW TO TOWLE

By Kelly McHugh

Valerie Kendall • 8th Grade

WHERE DID YOU GO TO SCHOOL BEFORE TOWLE?

I WAS HOME-SCHOOLED BEFORE TOWLE.

DO YOU HAVE A FAVORITE SUBJECT? MY FAVORITE SUBJECT IS ENGLISH.

DO YOU HAVE ANY SIBLINGS OR PETS? IF SO, HOW MANY? I HAVE THREE YOUNGER SISTERS, TWO GUINEA PIGS, SIX CHICKENS, AND A DOG.

WHAT IS YOUR FAVORITE FOOD AND/OR RESTAURANT?

I DON'T HAVE A FAVORITE FOOD OR RESTAURANT, I LIKE ANYTHING.

IF YOU COULD HAVE ANY SUPERPOWER, WHAT WOULD IT BE? WHY?

I WOULD CHOOSE TO HAVE THE POWER TO TALK TO ANIMALS AND GROW AND HEAL PLANTS.

DESCRIBE YOURSELF IN THREE WORDS. ARTSY, BIG SISTER, AND KIND.

WHAT IS YOUR FAVORITE HOLIDAY AND FAVORITE THING TO DO DURING THAT HOLIDAY? MY FAVORITE HOLIDAY IS EASTER (PASCA) AND I LIKE TO GO TO MY CHURCH'S MIDNIGHT SERVICE AND HAVE FAMILY OVER.



Delaney Liebl • 6th Grade

WHERE DID YOU GO TO SCHOOL BEFORE TOWLE? I WAS HOMESCHOOLED.

DO YOU HAVE A FAVORITE SUBJECT? MINE IS HISTORY FOR SURE.

DO YOU HAVE ANY SIBLINGS OR PETS? IF SO, HOW MANY?

I HAVE ONE DOG NAMED MOLLY WHO IS VERY NAUGHTY.

WHAT IS YOUR FAVORITE FOOD AND/OR RESTAURANT? MY FAVORITE FOOD IS CAKE AND MY FAVORITE RESTAURANT WOULD BE CHICK-FIL-A.

IF YOU COULD HAVE ANY SUPERPOWER, WHAT WOULD IT BE? WHY? I WOULD PROBABLY HAVE MIND READING SO I WOULD KNOW WHO I COULD TRUST.

DESCRIBE YOURSELF IN THREE WORDS.

SMART. SPACEY. DIFFERENT. (IN A GOOD WAY!)

WHERE WOULD YOU LIKE TO TRAVEL FOR A HOLIDAY?

THAT WOULD DEFINITELY BE JAPAN BECAUSE I LIKE THEIR CULTURE.



PHOTO FUN!

FEBRUARY FREEZE!

PHOTOS BY FRANCES MCHUGH

WINTER IN DELAWARE

GIRLS BASKET BALL PRACTICE

BOYS BASKET BALL PRACTICE

TOWLE'S 4TH / 5TH GRADE BIRD FIELD TRIP TO WCC PARK
1/15/25. FUN OUTING ON A COLD DAY. SAW LOTS OF BEAUTIFUL
BIRDS. MR. RUSH LOVES HIS LITTLE STUDENTS.

"WINTER BLUES" TIPS FROM MRS. K

Most people experience some measure of 'winter blues' and there is nothing shameful about it! As the sun shines less during a given day in the cooler months, all humans are forced to adjust to this decrease in solar energy. Commonly, our bodies increase the amount of time devoted to sleeping in the cold months. Don't fight this tendency; sleep is crucially important to our mental and physical health! In addition to maintaining a healthy sleep schedule, here are some additional tips:

- Exercise! For example, make a habit of getting out for a daily walk. This helps your mood by breathing in fresh air and providing a change in scenery, all while exercising. It doesn't have to be hard exercise, but moving your body will provide physical stimulation. If you participate in an exercise group or class, this will allow you to get physical as well as social benefits.
- Find out the level of vitamin D in your blood. It turns out that 41.6% of the American population suffers from a deficiency of this "sunshine vitamin" (PubMedID: 21310306). That's a lot of people! In general, it's recommended to consult with a nutritionist or physician on what kinds of vitamins /minerals you should target in your diet or what you should increase. You might have other vitamins or minerals that need a boost!
- ☑ Think of your family and friends as a form of medicine! Plan fun activities and stick to those commitments. Get social with friends and family. This helps to stimulate your mind and mood by being around others.
- Unwind! None of us can be "on the go" all the time. Give yourself a chunk of time to reflect, ponder, pray, listen to music, read, and so forth.

You are never alone. If you feel you are digging deeper into a hole, reach out for help! We all need help at one time or another.

Source: <https://health.ucdavis.edu/blog/cultivating-health/seasonal-affective-disorder-winter-blues-and-self-care-tips-to-get-ahead-of-symptoms/2023/11>

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

TOWLE BASKETBALL GAMES

4th • Away • Fairwinds
7th • Away New • Covenant
11th • Away • LCC • Boys only
21st • Away • WC Christian

LAB SCHEDULE FEBRUARY 12

Biology & Chemistry 8:30-10:30am
Exploration in Music & Movement 10:40-12pm

SPIRIT DAY • Valentine's Day \$1

February 10th, Wear Valentine's Theme

2	WEEK 20 REPORT CARDS 3	4 AWAY VS FAIRWINDS	5	6 DRAMA	7 GIRLS VS NEW COVENANT	8
9	10 WEEK 21 School Spirit	11 BOYS VS LCC	12 LABS	13 DRAMA	14	15
16	17 WEEK 22	18	19 TOWLE'S HISTORY DAY	20 DRAMA	21 AWAY VS WCC	22
23	24 WEEK 23	25	26	27 DRAMA	28	

