

## **SAME FACES - NEW ROLES**

### **Mrs. Nitzberg**

By Ellie Kim

Coming into the new year, Harrington Park welcomed Ms. Nitzberg as the Acting Superintendent! As a dedicated member of the staff for over thirteen years-- originally as a teacher in another district and previously as both Assistant Principal and Principal-- Ms. Nitzberg welcomes the new role with her years of experience alongside her to guide her adjustment as Acting Superintendent.

As the Superintendent, Ms. Nitzberg's list of responsibilities has greatly expanded from before. "The Superintendent position entails many more big-picture items, [such as] the school budget, operations, facility management, working with the BOE and local stakeholders, calendar preparation, collaboration with Northern Valley Administrators, and long-term district planning." It's clear that our Superintendent does a lot for our school and district!

According to Ms. Nitzberg, each day comes with a new (but still packed!) schedule due to the variety of her responsibilities. She writes, "From day to day, I spend some of my time at the BOE Office which is located at the Community Church and time at school. As I sit here sharing with the Sentinel, today I have a meeting with the HSA Executive Board, two teacher observations, a budget meeting with our Business Administrator, a parent meeting, and I am judging the Junior Women's Club Spelling Bee after school." Our Superintendent does so much for our district! As Ms. Nitzberg concludes, "Each day is most certainly different."

Through all of this change, Ms. Nitzberg always keeps a positive attitude. "It has been busy, but I am enjoying the new position. Having been in the district for the last thirteen years certainly helps with the transition," she says. HP is excited for what you can accomplish as Superintendent, Ms. Nitzberg! From her own experience as the Acting Superintendent, she tells students, "Starting something brand new that takes you out of your comfort zone can be challenging but exciting at the same time!"



## **Mr. Herbert**

**By Zach Chaung**

As you may know, HP's former Assistant Principal, Mr. Herbert, has now started working as our Acting Principal in January of 2023. He will continue to do so until June, replacing Ms. Nitzberg, who is now Acting Superintendent. We interviewed him on his experience at HP and what he thinks of his new role.

Mr. Herbert started working at HP over twenty years ago as a Science teacher for 6th and 8th graders. During his teaching years, he coached Girl's Basketball and revised the science curriculum. He has also chaperoned on 6th and 8th grade field trips, such as Stokes (now Fairview Lakes).

"As a science teacher, I always tried to ensure that my students made a connection with the content through an activity, lab, or movement during the lesson. As an administrator, I look for the same and for students to be actively engaged during the lesson," His past teaching has certainly influenced his role as an administrator.

Being an Interim Principal is different from being Assistant Principal, but he said his job will always be "ensuring that HP is a safe, warm, and nurturing environment...". In his new role his daily tasks differ but he continues to be able to visit classrooms and interact with the students.

Of course, Mr. Herbert is very excited about this role and told us that he is, "honored to be named Acting Principal," and is "excited to continue to work with our teachers and staff on the many initiatives within the school." All of us at Harrington Park School are excited for our new Acting Principal and wish him a wonderful second half of the year.



## **Mrs. Wise**

**By Lasya Hota**

In accepting the position of Interim Assistant Principal, we are delighted to welcome Mrs. Wise to the school community! As an elementary school teacher, Mrs. Wise has been a part of the Harrington Park School District since 2015. Let's take a look at her memorable past experiences and her hopes for the future as she assumes this new position.

As a truly dedicated teacher throughout her years, Mrs. Wise had taught first, second and third grade at Harrington Park, Saddle River, and River Vale. In her freetime, she has coached a girls soccer team and even tutored children of K-8. Some of her most admirable experiences include creating and directing the Summer Escape Program at HP, as well as teaching children in Africa during one of her summer breaks! "These opportunities taught me numerous lessons and skills that have shaped me to become the unified leader I am today," she reminisces the attributes she had acquired throughout her experiences, as they will prove to be huge benefits in the future while undertaking her new role. Mrs. Wise has and always will strive to "make a positive impact on the children I interact with," as many of her inspiring involvements involve working with and helping children grow.

Thus far, Mrs. Wise describes becoming the Interim Assistant Principal as a wonderful experience— one for which she is extremely grateful for— along with the opportunities it has provided her with.



“The role allows me to make a larger impact on the Harrington Park students which I have found very rewarding,” she conveys. A delightful aspect of this role is the chance to work with former students and their families, as well as meeting and interacting with new members of the community. When asked what is the most enjoyable part of this job, Mrs. Wise replies that she simply loves her interactions with the students and being able to witness their excitement while at school. She strongly believes that this position allows her to “give each child the opportunity to learn and grow,” while at the same time “[she] develops the tools they need to become a successful and happy adult - whatever that means to them!” The transition, however, comes with a few challenges, one of which is the lack of the one-to-one connections with each child that she used to have as a teacher; as Mrs. Wise elaborates, “I wish I had the time to see and talk with each child everyday.”

With an eye on the future, as a proud member of the Harrington Park community, Mrs. Wise greatly looks forward to the prospect of working alongside Ms. Nitzberg, Mr. Herbert, their staff, and parents. She depicts their ultimate goal, which is to establish collaborative relationships that provide best support for all students in achieving their highest potential. “The future of the HP community is bright and I can’t wait to see what all these students grow up to be!” Her only wish, as the students become leaders themselves, is that they look back on their time at this school with fond memories.

When reflecting on her motivation behind her career throughout the years, Mrs. Wise reveals that she has always been inclined towards the educational field her whole life. With her mother having been a teacher for 40+ years, and her father always involved and coaching children in the community she grew up in, Mrs. Wise exclaims, “It’s safe to say it’s in my blood! I have been so fortunate to have amazingly supportive parents and other positive role models throughout my childhood,” especially as they have always encouraged her to “shoot for the stars and follow my dreams.” Mrs. Wise expresses her gratitude to the Harrington Park administration, faculty and leadership for all their support, which has been nothing short of amazing, since she started in 2015. “When I received the Acting Assistant Principal role I knew it was the right next step for me in my career, and Ms. Nitzberg and Mr. Herbert have been unbelievable advocates for me every step of the way!”

With a passion for helping children succeed, Mrs. Wise’s teaching journey has been truly inspiring. It is well known that her students find her easy to talk to and that she plays a significant role in encouraging their futures. All of Mrs. Wise’s support she has given to the students will progress as she further continues her work through this new position.

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**Dear Spartacus,**

I was so happy to start this year of school!! I could not wait to meet my new teachers and fellow students. I love my teachers but it is much more complicated than last year. What comes with struggles is a lot of work. I am having a very hard time with my homework and after-school activities. I am really having a difficult time and I just want to give up. I don't want to be upset at school work when I love going every day. After school when I do my homework my friends are hanging out without me because I don't finish fast enough. My mom keeps trying to help me but sadly she is NOT helping me either! Also, my parents expect so much of me which is a TON of pressure since my siblings have good grades. I have tried everything that I should do!

Please help ASAP,  
Frustrated Felicia

**Dear Frustrated Felicia,**

Don't be stressed. If you are having trouble, ask your teacher for help. She/he will be more than happy to help you succeed. The work might seem heavy, but creating a schedule may help all of this pressure. Also, don't give up! You have to keep pushing through and not stop. Even in your darkest times take a deep breath and relax. You might want to speed through just to get it done, but DON'T. It will result in bad grades and your teacher might have you do it again since they know you can do better. Another idea would be to go see your guidance counselor. They are there to support you with anything you need. He/she will give you more strategies to cope with stress or work. One strategy might be to try separating your work into sections, this strategy will make it easier and not have you stressed about doing it all at once. Finally, don't compare yourself to other people. We all learn at different paces and it might take extra time for some. Just think, when all your work is done you can spend time with friends, family, and pets, or do after-school activities.

Sincerely,  
Spartacus

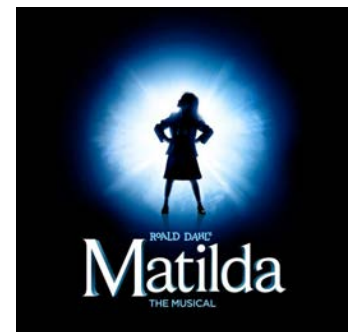
# SHOW TIME!

## 8th Grade Play - Matilda

By Anay Nadguada

As an annual tradition in Harrington Park School, the graduating class is performing a very big event and a memory eighth graders can hold on to forever: the school play. A new play is performed every year, the Addams Family last year, or the High School Musical in 2020. This year it is Matilda. Matilda was originally a book written by Roald Dahl and was converted into a movie, which came out in the year 1996. In recent years, the movie has come out as a play and a new movie has come out in 2022.

The story is about Matilda, a brilliant and intelligent girl with a magical mind. Her intelligence takes wild turns in the storyline, including defeating the evil head-mistress of her school, Mrs. Trunchbull.





Mrs. Allen and Mrs. Hess are directing our school play this year and have been on and off for a number of years. Here are some questions and answers from our interview with them.

❖ **What inspired you to do Matilda for this year's play?**

➤ "Matilda is a fun show with a lot of parts. We wanted to involve as many of the 8th grade class as possible; they are such a special group."

❖ **What have you looked for in the cast while choosing?**

➤ "Mrs. Hess and I pride ourselves in our casting. We are usually pretty quick to cast because we can see the potential in students, and know what roles they would be good for."

❖ **How do you think this play is going to turn out?**

➤ "We are very confident Matilda will be one of the best shows HP has seen. It's a great story, but more importantly, the 8th grade class is so invested and excited. It makes all of the difference!"

❖ **Has HP school ever done Matilda before?**

➤ "HP has never done Matilda before. We were so excited to see that Netflix was coming out with a film version of the musical after we chose it. Just kind of cool."

❖ **How long have you and Mrs. Hess been doing this?**

➤ "Our first show was Little Shop of Horrors in 2002 which made last year's Addams Family our 20 year anniversary. We took a few breaks here and there to raise our children but were so excited to get back involved with the shows when we did Shrek with Mrs. Weber in 2019."

Cast List

(in order of appearance)

Doctor: Lasya Hota

Eric: Vasilios Perides

Tommy: Matthew Morrissey

Amanda: Gabi Kim

Bruce: Anay Nadgauda

Lavender: Nora Lee

Alice: Allison Mimeles

Hortensia: Yuri Lee

Nigel: Andonis Vazacopoulos

Matilda: Stella Restiano

Mr. Wormwood: Henry Kraus

Mrs. Wormwood: Ella Budinich

Michael: Jack Jensen

Mrs. Phelps: Isabella Guerra

Escapologist: Caleb Ahn

Acrobat: Yesah Hong

Cook: Evelyn Lehmann

Miss Honey: Abigail Greer

Agatha Trunchbull: Nicholas Lee

Mechanic: Liam Malara

Rudolpho: Max Rush

Sergei: Dylan Park

Big Kid 1: Peter Vitsentzatos

Big Kid 2: Andrew Milli

Big Kid 3: Zoey Aydin

Mums: Bianca Benasillo, Erin McTigue, Peyton Callahan, Diya Damwani

Dads: Henry English, Max Rush, Daniel Kim

Big Kids: Ellie Kim, Fionn Maginn, Aaron Choi, Emilia Sanchez, Melanie Gross (also Acrobat #2)

Gianna Park, Anjali Kolkebeck

Russians: Noah An, Henry English

Ensemble: Charley Zukowski, Lindsey Wiseman, Emma O'Malley, Alexa Zeccardi, Nick Blanchard, Hannah Chang, Lucas Chen,

Eunice Cho, Emma Choi, Jenelis Diaz, Jason Goodman, Noah Kim, Yujin Kim, Emma Landers, Jenna Maragliano, Kadence Moy,

Zach Orfan, Duncan Skogerson, Lânã Tesker-Pinset

# NORTHERN VALLEY MAGAZINE

## FEATURE ARTICLES

### New Year, New Life

By Ellie Kim

As the new year rolls around, there's a larger focus on health and wellness. With the height of COVID-19 pandemic barely behind us and viruses being spread everyday, maintaining good health and wellness is more important than ever. School nurses- specifically have adapted greatly to keep students safe. To get a better look into how this role has changed, Harrington Park School's two dedicated nurses, Mrs. Goldstein and Mrs. Boyle, detail how their jobs have changed significantly during the turbulent pandemic with new guidelines being practiced at school.

"Before Covid, we weren't too concerned that we could be exposed to something as serious as [this]," the nurses write. "During the height of the pandemic, we took extreme caution with protecting ourselves and others by wearing personal protective equipment. We also disinfected our rooms and washed our hands more frequently and encouraged others to do the same."

It's no surprise that with the restrictions from COVID-19, Mrs. Boyle and Mrs. Goldstein's jobs became much more complex. "We became investigators, Covid testers, contact tracers, communicable disease reporters, and advocates," they write. "Now, we have a heightened awareness of how easily a virus can spread. We continue to take precautions such as disinfecting areas and surfaces." It's incredible how school nurses around the nation took up such a huge responsibility in short notice.

COVID-19 has made everyone more aware of how quickly sickness spreads. This has brought about new guidelines that school nurses have to maintain. "We are still involved in contact tracing and documenting different infectious diseases," state Mrs. Goldstein and Mrs. Boyle. "We are required to report cases of COVID and the flu in the school (both students and staff) to the NJ Dept. of Health each week, which we didn't have to do before the pandemic," they state.

What does Mrs. Boyle and Mrs. Goldstein's day look like now? "Our job is even more multi-layered as we are dealing with students' emotional issues as well as their physical ailments," they reveal. "Our day is as busy as ever, with kids coming down with colds and other viruses that they hadn't had in a while with masks and distancing. We try to keep an open line of communication to staff and parents and hope they keep one open with us in return."

It's clear that school nurses do so much for everyone to maintain safety for all. Now their jobs extend way beyond the typical gym class injury. Other responsibilities include keeping track of illnesses at school, reporting them to the state, and dealing with student's emotional struggles related to school. Show your appreciation to school nurses whenever you can!

As for tips as we head into 2023, Mrs. Boyle and Mrs. Goldstein suggest to "keep up good habits like washing your hands frequently. Take care of yourself-- enjoy fun activities, time with friends and family, and do things that make you happy. Remember that your emotional health is just as important as your physical health!"



# Spreading Kindness

By Zach Chaung

Around the world, life can be challenging for many people. But even in these uncertain times, people commit acts of kindness and put smiles on our faces. These acts of kindness can be found everywhere, including at Harrington Park School. Small acts of kindness make a big impact on others. There are small things we can do each day to brighten someone else's.

Harrington Park School students show kindness in big and small ways. One big way is the Kind Kids Club which is dedicated to committing acts of kindness to teachers and students around the school. The students get to participate in acts such as writing notes and placing them on the lockers for the middle schoolers to see. And if you look closely, you can see rocks with kind quotes painted on them around the school. These rocks are part of a project that the Kinds Kids do during the school year.

Another act of kindness that is often seen at our school is respecting each other's passions. Like many schools, Harrington Park School has multiple clubs and extracurricular activities. But even if someone's friend is in one club and they are in another one, they celebrate the differences between them. Middle schoolers who have lockers also help each other when their lockers are jammed. Oftentimes, carrying books through the hallway is difficult for the upper grades to manage. Around the school building, you can see kids helping each other carry books, picking them up after they slip out of someone's hands, or even just saying please or thank you. Acts of kindness like these require little to no thought and only take a few minutes to change someone's day for the better.

Showing kindness is a wonderful way to connect with others. Through this kindness, people can make a positive impact on the lives of others all around them. As students grow up, they will witness and commit many acts of kindness, making them more empathetic to those around them. It's amazing to see kids at Harrington Park School care for each other like a family, and create a safe and loving environment.

# Asian American Role Model: Grace Weng

By Chaerin Isabella Oh

At the beginning of the school year in 2020—a year dominated by COVID-19—the Harrington Park School District was fortunate enough to have Grace Weng step in as President of the Home and School Association (HSA). Her strong sense of leadership has helped her to navigate the ups and downs of the last few years, making her a role model for many students and staff members at Harrington Park School.

Ms. Weng, her husband, and their two children moved to Harrington Park in 2017 from Forest Hills, a neighborhood in Queens, NY. Although Forest Hills has good schools, they decided that they wanted a suburban environment for their children. "Schools in NYC are very overcrowded, so we looked to buy a home in the Northern Valley area for a better school district," Ms. Weng stated. It took some time to get used to the area, but they never doubted their decision. "There was a lot less traffic getting around, everyone said 'Hello' as they walked past our house, and Harrington Park School was exactly what we had envisioned for our children," she affirmed. "I still feel lucky that I get to live here and raise my family in this community."

When asked what she likes most about HP, Ms. Weng explained that it represents what a small community is truly all about. "The fact that most neighbors are so quick and happily willing to help each other out—my husband and I certainly did not grow up in a neighborhood like this, and we love that our children get to grow up



here.” And when asked specifically about the Asian American community at HP, she beamed, “There are so many amazing Asian American leaders in HP. My parents were both immigrants from South Korea, didn’t speak any English, and worked most of the week. For so much of my childhood, they were never at my school events, nor did I see many volunteers that looked like me.” As a result, she feels compelled to take on some community responsibilities, like being an active member of the Harrington Park Korean Parents Association (KPA).

During her term as President of the HSA, Ms. Weng has appreciated the support of the community during fickle times, such as when the first normal school year since COVID-19 started. “We had to pivot and change the way we served lunch multiple times during that school year, and I will never forget the gracious way all those volunteers went along with the changes and served with a smile, just to give our kids a sense of normalcy during a time when things were anything but normal.” She emphasized her team’s dedication.

Ms. Weng has many strengths, and one of them is her humility. “I am far from a significant member of the HP community, but I couldn’t be prouder to be a part of a community with so many Asian American leaders who serve on the town council and Board of Education and work so hard for the HP Community,” she said.

Although she will be missed as HSA President, Ms. Weng hopefully will remain a visible part of the community. “My hope for the future of the HSA community is that parents will continue to feel excited and get involved and that every family feels it is represented,” Ms. Weng said.

## **CIRCLE OF LEADERSHIP**

### **Bruce Marshall**

**By Chaeran Alyssa Oh**

The HP Circle of Leadership is a group of distinguished Harrington Park citizens selected by the HP School District. From athletes to politicians, the Circle of Leadership is full of role models that young HP residents can look up to! One of these icons is Bruce Marshall, who was chosen as a Circle member primarily because of his dedicated service to the HP Volunteer Ambulance Corps (HPVAC), especially during the pandemic. “I was honored to be selected to become a member of the Circle of Leadership, especially to join the prestigious list of honorees who have preceded me,” Mr. Marshall remarked.

Mr. Marshall has served as Lieutenant of HPVAC for three years and will be serving as Assistant Captain in 2023. He is also a member of the HP Board of Health, but it may surprise you to learn that Mr. Marshall had no medical or ambulance background prior to joining HPVAC.

In addition to HPVAC, he is a volunteer with both the Center for Food Action in Hackensack and the annual Snack Pack event hosted by the Community Church. He served on the Borough Council for nine years in the late 1970s and early 1980s, coached many sports teams as his children were growing up, and was a founding member of the group that established Project Graduation at Northern Valley Old Tappan High School. Having lived in HP for 50 years, Mr. Marshall said, “I love the small-town character of Harrington Park, where you can participate in many activities with friends and neighbors. It provides opportunities to directly impact our quality of life, the education our children receive, and the services our town provides without the bureaucracy often associated with a larger town.”

Mr. Marshall was raised next door in Closter, back when high school students from Closter were split in half to attend either Northern Valley Old Tappan High School or Northern Valley Demarest High School. Mr. Marshall attended NVOT, where he met





his high school sweetheart Jane. Jane was from HP and later became his wife. Today, Bruce and Jane have three adult children: Melissa, Director of Development for a non-profit; Jeff, a management consultant; and Tim, Managing Director for Broadway and Television Talent Management. All three children attended Harrington Park School, as did Jane. Bruce and Jane are also blessed with six grandchildren, ages 14 through 31, named Allison, Andrew, Grace, Jack, Haddie, and Henry.

The early days of the pandemic were very challenging for HPVAC. Not much was known about COVID-19 and many became seriously ill. Some HPVAC members asked to step aside due to underlying medical issues. HPVAC modified its protocols to include specialized gear to protect the responders, and they instituted significant sanitizing procedures after every call to protect future patients. “We transported approximately 75 known COVID patients during this pandemic. Due to the ongoing concerns over COVID, we still deploy PPE gear and sanitize our equipment after every call,” said Mr. Marshall. “Fortunately, none of our members contracted COVID as a result of their service to the town!”

HPVAC is a program committed to serving those in need during an emergency. It has seven Duty Crews, each staffed with four or five members with at least two being certified EMTs. “I am thankful that I can help our residents and those in neighboring towns who are experiencing a physical, medical, or emotional emergency. Our team approach, combined with extensive training, makes a difference and ensures that patients receive a professional and timely response whenever they dial 911. We have a strong squad, with approximately 40 members, who are committed to serving our residents. In 2022, we responded to approximately 375 calls and provided 2,500 man-hours of emergency support. We are always seeking new members as some members retire or move away,” Bruce Marshall explained. HPVAC is also seeking to expand its Junior Member program for those aged 16-18. There will be a Junior Member training program in 2023. “Serving is a great way to help our residents—they appreciate the care we render and the personal service and support our members provide!”

## **HOLIDAY CONCERTS**

### **String Ensemble**

By Nora Lee

This Winter, the String Ensemble Holiday Concert was, as always, a beautifully orchestrated performance consisting of HP school’s finest cellists and violinists. Led by Mrs. Woods, the concert consisted of pieces like “Carol of the Bells,” “Maoz Tzur,” and “Themes from The Nutcracker.” The string ensemble has worked diligently with hard work since September to deliver the exquisite concert that took place on the 8th of December. The history, however, behind some of the pieces performed is quite intriguing and strikes a chord of harmony that goes along with the concert’s theme of the Holidays. Some might not know that “Carol of the Bells,” in fact, originated from a Ukrainian folk song called “Shchedryk,” meaning bountiful evening. The purpose behind “Carol of the Bells” and “Shchedryk” was to instill a sense of prosperity and good fortune in those who listen for the upcoming New Year. These melodies were made to induce glimmers of happiness and peace which were all present throughout the



concert. This year's performance was a perfect representation of the joyful spirit that lingers around the holidays!

## 6th-8th Grade

By Chloe Song



The sixth through eighth grade band had the first concert of the year on December 8th, 2022. The sixth graders led by new band director Mr. Daleus kicked off the night.

They performed three classic tunes,



Good King Wenceslas, Jingle Bells, and Jolly Old Saint Nick. Afterwards, the Jazz Band (seventh and eighth grade) got on the stage to perform Feliz Navidad. The Jazz Band was followed up by Mrs. Park's Chorus sang three fantastic songs. They sang Another Day of Sun, Let it Be, and Rhythm of Life. Unfortunately, these songs had no soloists. To end the night, the seventh and eighth grade band, directed by Mr. Daleus, played Hanukkah Dance, All is Well, and Polar Express. After all the performances concluded the audience clapped wildly for these amazing performers. The students certainly put on one grand show!



## 4th-5th Grade

By Chloe Song

This year's fourth and fifth grader's Winter Concert was held on December 15th, 2022. The fourth graders started off the night with their beginner band directed by Ms. Woods. They played six lovely tunes, Hot Cross Buns, Au Claire de la Lune, Merrily We Roll Along, Dreydl Dreydl, Jingle Bells, and lastly Good King Wenceslas. The fourth grade Chorus, led by Mrs. Park performed five spectacular songs. Happy, Lullaby (solo by Shael Kim), Mean, Be a Light (solos by Leighton Schryver, Joseph Kim, Arsh Nadganda, Holly Mitchell), and finally Sleigh Ride.



After the amazing performance from the fourth grade, the fifth grade Band and Chorus arrived to perform. The new band director Mr. Daleus started off the concert with two classic songs, The Hanukkah Song and The Little Drummer Boy. After

the Band's lovely performance, Ms. Park and her Chorus took the



stage singing four songs: Eye of the Tiger, Don't Stop Believing (solos by Bentley Paller and Quinn Hutchinson), Be a light (solos by Brandon Sim, Connor Brondo, Claire Jeon, Catherine Davis), and finishing off the night with All I Want for Christmas is You. This year's fourth and fifth grade concert certainly did not disappoint!

## **GUIDANCE CORNER**

### **Reverse Inclusion Model**

By Lasya Hota

One of the many great activities that come with the 8th grade Project Pride experience, in which all 8th graders participate in community service projects, is the wonderful Reverse Inclusion Program! Due to the pandemic, the Reverse Inclusion Program had unfortunately been on hiatus, but excitingly, it is now back on for the first time again. The program allows students to contribute with a community service project that directly gives back to the community by working with other students from The Valley Program, in a system where HP students can partake in many recreational activities to build socialization skills and be a "model" for children in the Valley. Running once a week and led by Ms. Rozema, students have a great opportunity to truly learn as the program lasts for several weeks when they get to share a lunch period or have recess time together. The unique effect that this eye-opening experience provides is not only its reflection on the students, but also its impact on the general school community.

Part of The Valley Program itself that students will work with is situated in the school building itself, but in general, the entire program is a public school program that is for students who have autism. So what is autism? Autism is known as a developmental disability that greatly affects the way a person may relate to other people and the environment around, and they tend to have a different and unique range of skills, which proves to be a crucial part to understand when students interact; commonly including communication difficulties, different social interactions, and other types of behavior patterns (tantrums, frustration, etc.). Therefore, the main goal of this program is to help by stimulating more interaction between the children, whether it is reading a book or playing games with them.

Therefore, the Reverse Inclusion Program is a wonderful experience, as it establishes a sense of belonging and an empathetic connection within the school community!

## **EVENTS**

### **Have a Heart**

By Eunice Cho

A famous HP school tradition is one that all 8th graders look forward to, the Have a Heart volleyball game! This legendary game is where 8th graders must try to defeat the staff in a rotational pattern. This exciting event occurs a few days before Valentine's Day, in the gymnasium. Decorating the building with hearts and posters, the school spirit grows until the special day! Furthermore, an art competition is hosted by





the Student Council, to see who can create the best artwork, with the reward being their design worn by HP staff during the game. Additionally, younger grades can decorate their own paper hearts and send them in with \$1. These hearts are hung on the walls of the gymnasium during the game.



After the class of 2023 Have a Heart game, the students had a triumphant win! While the teachers kept insisting they'd take the gold, the 8th graders managed to beat them in a round of 5. This is the first time since 2019 the 8th graders won! Great job and a big thanks to everyone who helped out in making this event possible!

## SAIL Field Trips

By Chaerin Isabella Oh

Second trimester was quite a busy one for the students in SAIL, or the Students Accelerated in Learning Program. Being a special program from grade ranges fifth to eighth, it couldn't be more diverse than it currently is! With numerous students and events going on, only so many can fit into one article. However, there were various experiences that were some of the most notable ones this trimester.



One highlight of the SAIL program was the seventh graders' termination in their huge Law Adventure project. The annual Law Adventure Competition is a prominent event where seventh and eighth graders from all over New Jersey compete on writing the best mock trial cases. This year's topics were defamation and student rights, with 7A choosing student rights and 7B going with defamation. After approximately three months of drafting, revising, and looking over the cases, the teams have finally submitted their cases and are currently waiting for the results to come out at the end of March. Good luck,

seventh graders!

A major field trip that occurred from the dates February thirteenth to the sixteenth was the VIA trip. This is an annual trip for seventh and eighth graders inside of the SAIL program. After arrival at the designated location (Demarest Middle School this year), students are randomized into teams with different students from the schools in the valley such as Old Tappan, Demarest, and even the Old Tappan High School. The students are started off with icebreakers then assigned a mission to complete. For this year, the goal was to build a car with a Sphero robot. This robot could be used in any way, although it was given additional points if you used it as a motor. Teams C and A had qualified for these traits and won first and second place. The top winners were teams C, A, and G. (in order of placement). The seventh graders that won were the following: Charlotte Kwon and Caroline Ryu (Team C), Alyssa Oh and Ashley Weng (Team A), and Mia Russo (Team G).



Team E's vehicle. Sadly, they did not place.



As of the date this article was written, the eighth graders have not participated yet.

Overall, the SAIL program was very occupied these first two trimesters. Along with several Brain Buster meetings, numerous projects, and the VIA trip, they had many responsibilities to take care of. All of these students have successfully balanced their schedules with these events and their academic life. Kudos, SAIL! All of the spartans truly wish you an enjoyable, educational third trimester.

# SCHOOL LUNCH

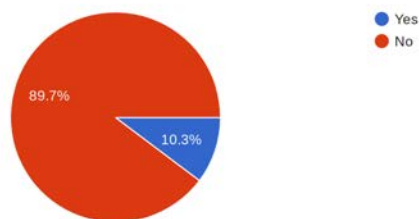
## Lunch Review

By Caroline Ryu

Lunchtime is a great time to get together with friends from other classes and friends who may share your entire schedule! The lunch room is always alive with the sound of chatter. But what's going on during lunchtime at HP? Here is a breakdown of the more statistical part of the lunchroom!

According to a survey, 89.7% of students don't get milk at lunch, while 10.3% do. The same poll also says that 65.6% of students get lunch from school, and 34.4% get meals from home. Results from this survey show the most popular foods at HP! Out of those who have ordered school lunches, the most popular

Do you get milk with your lunch?  
302 responses

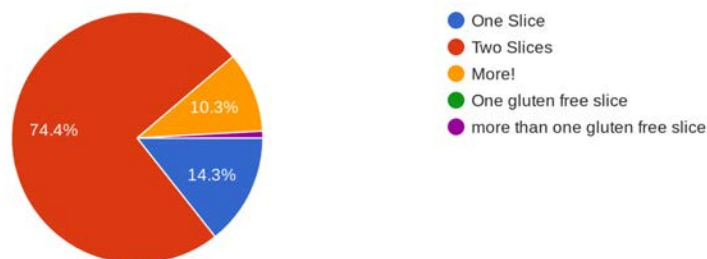


dish at Tri-Valley are the French Toast Strips (62/142 students). The Silver Dollar Pancakes are close behind (59/142 students). The favorite of our beloved local store, Jerry's, is the chicken strips- 70 out of 148 students voted for them. That leaves the mozzarella sticks as the second most popular, with 30 votes out of 148. Over at Cousin's, the taco bowl and the pulled pork sliders with chips are at a tie- both receiving 46 votes. Though not a draw, the top two foods at Evergreen come close. The chicken lo mein comes on top, but only a few votes away from the sesame chicken. An even closer match, the cream cheese

bagel (with 46 votes) and the bacon, egg, and cheese on a roll (50 votes) from Wally's. 59 out of 107 fans of Super Juice Nation voted for the strawberry acai bowl, the runner-up being the original acai bowl with 30 votes. The meal with the most at Bare Burger is the cheeseburger with fries- 102 votes (including the gluten-free cheeseburger and fries), and the remaining 49 votes go to the hot dog with fries! The favored

entree at Naturoll is the teriyaki chicken with broccoli having 40.9% favor, with second place going to the California rolls with a quarter of the votes. Out of the seven dishes at La Casa Formosa, the top two come out with just a 2-vote difference- the butter pasta and the spaghetti and meatballs! Going back to Cousin's, the garden salad with chicken has been deemed the favorite of the four orders (cheese or pepperoni calzone and garden salad without chicken) And finally, last but not least, pizza!

Pizza  
223 responses



Judging from the graph, the trend when ordering pizza is two slices on Wednesdays! Unfortunately, this survey doesn't include sides like chips or fruit cups- and it doesn't involve ice cream sandwiches or popsicles on Fridays either. But, with all that aside, an open-ended question at the end of the survey asked what students may want on the menu (realistically). A couple of the best answers and ideas were bringing back Panera and adding more diversity to the menu. Lots of students suggested Chick-fil-A as well! Some students requested waffles, quesadillas, and tacos. Others asked for desserts like brownies and beverages like sodas. While maybe not all these proposals could be met, the most popular suggestion was bringing back Panera or adding Chipotle to the menu. Thanks to all the students who took the survey, and thanks for all the great ideas!

# 100TH DAY OF SCHOOL CELEBRATIONS

## Kindergarten & First Grade

By Claire Jeon

The 100th Day of School is an important event where we Spartans celebrate the 100th Day of School. Each year, different grades do fun activities and projects to celebrate the 100th Day. This year, Kindergarten and First Grade did fun activities and made marvelous projects to show they understand the importance and meaning of the 100th Day of School!

### KINDERGARTEN

Kindergarteners did amazing with those awesome projects! All of the Kindergarten classes made 100th Day Gumball machines with dot pens and put them up on the bulletin board. All the projects look equally amazing and stellar!



Ms. McGinley's class did fun and entertaining activities. They made t-shirts with 100 dots. They also did other projects that are not the bulletin board based on counting by ten. Out of all the spectacular projects and activities, their final activity was to practice counting by one and ten, all the way to 100.



Ms. Maduri's class did some interesting activities. They made 100th Day hats and masks. Then,

they worked on their 100th Day Class Book. Next, they did some physical activities, and the 100th Day Fitness made sure they had fun. For their final activity, they drew a portrait of themselves being one hundred years old.

Ms. Scuro's students did some different activities. Ms. Scuro's class painted glasses. To follow the art pattern, they decorated their own 100th Day crown! Another art activity they did was to stamp one hundred stamps in a 100th Day booklet! Then, lastly, they saw who could successfully count to 100. Those who were successful got a little certificate.



Ms. Fottrell's Kindergarteners participated in lots of interesting activities. Then, they counted to 100 by one, five, and ten. Lastly, the Kindergarteners brainstormed what they could eat 100 of.

### **FIRST GRADE**

First Graders had a lot of fun celebrating, too! Instead of Gumball Machines, First Grade made 100th Day Crowns and T-Shirts.

Ms. Franceschini's class went on a little scavenger hunt. They had to find 100 words in the classroom. Aside from the T-Shirts and Crowns, the class also described what they would look like if they turned 100 years old.



Ms. Pabst did some unique activities that I would never even think about. Her class made an impressive tower of 100 cups! Then her students made ten rows of ten stickers in each row. After that, they focused on writing and wrote about "If I Were 100 Years Old" and ended the day.

Ms. Reilley's Class was very busy. They did stations including: 100th Day Sticker Station, Write 100 Words, 100th Day Structure, and 100th Day Game. Then, they settled down after writing about what they wrote about what they would do once they are 100 Years old and read 100th Day Books.

Last but not least, Ms. Murphy's class did something called "Special Centers" and there were two groups. One was the T-Shirt decorating, and the other was where kids design a picture using a cut out of 100. Afterwards, they wrote about what they would do if they were 100 years old. Finally, the first graders drew a self portrait of themselves being 100 years old.

Kindergarteners and First Graders certainly had a busy day!



## **Second Grade & Third Grade**

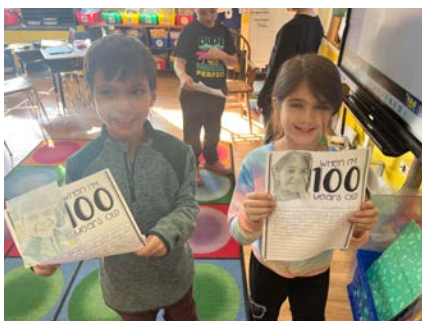
**By Joy Kim and Tylar Trumbo**

### **SECOND GRADE**

Meanwhile in 2nd grade the students are having fun in their own party! 2nd graders count to 100, read for 100 minutes, jump 100 times, say 100 numbers in 100 seconds and decorate the number 100. Something new for the 2nd graders are the 100 acts of kindness. The 100 acts of kindness is when 2nd graders will help teachers, friends and say compliments.

### **THIRD GRADE**

When it's the 100th day of school, our school celebrates all our hard work! In the 3rd grade class, Students rotate classes with great fun and activities. All of these wonderful activities are surrounded by the number 100. Whether it's the choice of what you would have 100 of, how many exercises you can do in 100 seconds, 100 things to build with.





# STUDENT COUNCIL

## Recent Events

By Evelyn Park

Recently, the Student Council has been working on many events such as Have-A-Heart, 100 days of School Food Drive, and our Annual Heart Gram sale.

Have-A-Heart took place on February 9th, 2023. Congratulations to Peyton Callahan for winning the t-shirt designing contest for the teachers to wear during the game. The 8th graders



played an amazing game against the teachers. The 8th graders started off with a rough start losing to the teachers 21 to 25. But made a big comeback during the second round. The third and final round was the tie breaker which would determine the winner. The score was 2 to 4, students. They needed one more point to win. The eighth graders won two rounds out of three. This was the first win for the



students, breaking the teachers' almost ten year streak. Have-A-Heart will benefit the American Heart Association with all the money raised during this event.

The Student Council has also worked very hard on the 100 days of school food drive. These donations will benefit The Norwood Food Pantry. Each grade has been assigned a specific food item. Congratulations to Mrs. Howell's homeroom for reaching 100 food items. The food drive ended February 8th on the 100th day of school. All donations were sent to the pantry the same day.

Our Heart Gram Sale is an ongoing tradition here in HP. This tradition supports the American Heart Association. Heart Grams are hand decorated cardstock hearts made by our very own Student Council. Each gram contains a personalized message with a heart keychain. Students and parents can purchase a heart gram through a google form for a dollar. These "Heart Grams" can be sent to any student or teacher in every grade level. The student council definitely did not let down HP with their hard work put into all of these events.





# SPARTAN SPORTS

## Girls Basketball

By Sammy Finer

Harrington Park has done an amazing job of keeping the basketball teams going! It is a great experience for all of the girls!

First, our coach - Ms. Paternostro, is the most amazing coach! She is so kind, caring, and so supporting to the team; whether we win or not. She makes fun drills, themed practices, and she is just super fun in general!

Our basketball team this year has been an amazing experience for all of the girls on the team. The basketball team is made up of sixth, seventh, and eighth graders. The girls on the team this year, were Madison Plecia, Alyssa Criaris, Sammy Finer, Charlotte Forma, Lilah Kramer, Grace Lynch, Grace Jacobowyc, and Chloe Han - are all in sixth grade. Maya Fernandez, Noelle Grassi, and Avery Lynch - are all in seventh grade, and Alexa Zuccardi - in eighth grade.

The girls played the towns including Old Tappan, Closter, Haworth, Norwood, Northvale, and Demerest. All of the girls on all the teams were amazing, and great supporters whether they won or lost.

All the girls had the most amazing experience, and they all can't wait to try out again next year, and meet all of their new teammates!



## Boys Basketball

By Sophia Park

The boy's basketball team finished its regular season with a record of 2-13. Although having a tough season, the boys still tried their best and were successful in many other areas. "Spartans learned a great deal about the fundamentals and strategy of the game throughout the season. They also worked hard, showed great sportsmanship, and grew friendships along the way," says Mr. Leichte the boy's basketball coach. The team consisting of Andrew Milli, Jason Goodman, Ryan Preolo, Nick Blanchard, Henry English, Ben Moon, Ethan Tyska, Michael Rezendes, Henry Kraus, Chris Goodman, Marshall Plescia, and Vincent Rossi collectively played less basketball than other teams in the league. Even with less time, our Spartans learned a great deal about the fundamentals and strategy of the game throughout the season, and we are proud of our boys for their hard work and perseverance. Good job HP boys!



# Ask a Teacher...

By Cyla Cafuoco

Do you really know your teacher? How many times do you see them every day in school, but you have no idea what they are doing in their lives away from school? Some will say that it is super important to know more about your teachers especially considering how much time you spend with them. Is it possible that they could teach you something OUT of school? I asked Mr. D, Ms. Paternostro, and Mrs. Giannella three questions that could help you learn what their lives outside of school are like.

## **What is your favorite holiday tradition during the holidays?**

For as long as I can remember, my mother's side of the family gathers every Christmas Eve together to celebrate. We start with mass and then a big family dinner. Once dinner is over, let the games begin! Our favorite game to play as a family is charades, but there are a ton of different games we all play to win presents. It can get verrrrrry competitive. Right before dessert, it has been a tradition that every child gets a new pair of pajamas to wear that night. Yes, I still get a new pair of pajamas every Christmas Eve. ~ Mr. D

My favorite tradition during the holidays is making an Italian dessert called struffoli with my family. Struffoli are little balls of fried dough drenched in honey with sprinkles. It is always fun to make struffoli with my family because everyone participates, whether that means rolling the dough balls, frying them, or being the one to throw on the sprinkles in the end! ~Ms. Paternostro

I'm torn between hosting all of my family and some friends on Christmas Eve and a quiet night in front of the fire with my husband and sons watching a movie. It is always great to have loved ones gathered, eating good food, and enjoying each others' company, but quality time with my boys is the best!

~ Mrs. Giannella

## **What is your favorite homecooked meal in the winter?**

My favorite meal to sit down to during the winter would be a "Thanksgiving Feast". I could eat "Thanksgiving" for dinner any time, but there is nothing like sitting down to a hot turkey and gravy dinner. ~ Mr.D

I love tomato soup with orzo in the winter! It is so nice to have a nice, hot bowl of soup for dinner when it is snowy and cold outside! ~ Ms. Paternostro

Because I am gluten and cow's milk-free, my answer may not be terribly exciting, but I have found a gluten-free pizza dough that I love to make homemade pizza with. I top it with sheep's milk cheese and my mother-in-law's sauce recipe. Soooo good! ~ Mrs. Giannella

## **What is the craziest thing you have ever done in your life?**

I have done a lot of things that one might consider crazy, but if I had to pick ONE thing, it would have to be my bus ride to Memphis. When I was in college, I, along with three friends, took a bus to Tennessee to watch one of our favorite bands perform. The bus ride took 27 hours! We got to see some cool cities along the way, but next time, I'm flying! ~ Mr.D

I think the craziest thing I have ever done was stay on an island in Fiji for a whole week without electricity! It was great to kind of unplug from technology for the week and really immerse myself in the experience! ~ Ms. Paternostro

Let's just say it involved a school bus bully and my son referring to me as his "crazy neighbor" to the kids at the bus stop after that. ~ Mrs. Giannella



Did you know these facts about your everyday teachers? I bet not! All teachers definitely have something that you don't know about them. You can learn so much from someone's experiences and opportunities they were given. Who knows maybe you have something in common with your teacher?

# REVIEWS

## Movie Classics

By Madison Kim

There are many popular movies out there, but have you ever watched any classics? Here are 2 classic winter movies that I would recommend.



### Miracle on 34th Street

Miracle on 34<sup>th</sup> Street is a fun, classical movie set in New York City, 1946. It is set around Christmas time. A little girl named Susan Walker is taught by her mother not to believe in all of the fantasies of life. She was taught to not believe in Santa or the Easter bunny, and she had never read a fairy tale ever in her life! That was until Kris Kringle came along. He trained her to let her imagination run wild with all the ideas a child can think up. Kris kept spreading love and joy until he had to go to court. He had to prove that he was truly Santa because some people thought he was delusional. A Macy's worker got jealous and tried to sue him. Santa was sent to an asylum, but escaped just in time for Christmas Eve with the help of his lawyer friend, Mr. Gayling. He delivered the presents to all the children of the world. Even Susie, who wanted a little pink house with a porch and a swing.



### Little Women

Little Women is a heartwarming story of four sisters, Beth, Jo, Meg, and Amy March, along with their mother, Marmee, growing up during the Civil War without their father at home. They grow up as loving sisters and must make do with what they have. They are relatively poor, but their love for each other still stays strong in times of hardship. They learn to make do without luxury and must save every cent possible. Their father is deployed in the army as a doctor, and must help wounded soldiers. Then, one day Mr March becomes fatally ill and Marmee must leave her daughters to tend to her husband. Months pass and while Marmee is still away, Beth gets scarlet fever. The girls must send for Marmee if they want Beth to live. Beth lives, though her heart has been weakened forever. Christmas comes and Mr March returns from duty. The war is over but Beth isn't as she was. More months pass and the girls are now women. Jo has a job as an author and earns enough money to go home and bring Beth to a beach. Beth then starts to tell Jo that she is slowly dying. Jo brings her home, but the next week, Beth dies. It's a sad time for the Marches, but slowly, things piece together again. The girls all get into relationships and everyone is merry.



Next time you are looking for a movie to watch, try one of these! They are sure to tug on your heart strings.

## Movie Reviews

By Ryan Weng & Noah Ahn



### Avatar: The Way of the Water

Sequel to: Avatar

Age Rating: PG-13

**Summary:** In the movie *Avatar: The Way of the Water* we are brought back to the world of Pandora, where the Na'vi people live. The main character, Jake Sully, now lives as an avatar, and he is the leader of the Na'vi. Jake and Neytiri now have 4 kids, 2 boys named Lo'ak and Neteyam and 2 girls named Kiri and Tuktirey. They are being hunted down by the sky people for their land and resources. The sky people bring back Colonel Miles Quaritch as an avatar to help in taking over Pandora. Colonel Quaritch wants to kill Jake Sully and will do anything to find him and his family. Jake will do anything to protect his family and goes into hiding with the water people of the Metkayina tribe. But he soon realizes he can't hide and is found. An epic battle begins. Does he succeed in protecting his family? You will have to watch the movie to find out. This movie is only showing in theaters.

**Rating:** This movie would be loved by anyone who loves action. It also would be loved by anyone who loves the first *Avatar*! The story was great so I would give it a 4.5 star rating and I would recommend this movie to anyone!



### Strange World

Age Rating: PG

**Summary:** A boy named Searcher and his dad go on an adventure and they find a lifesaving plant, called Pando, that gives electricity. The dad continues on, but Searcher goes back home with the plant.





Searcher's dad never comes back home, he mysteriously goes missing. 25 years later, Searcher becomes a farmer and has a son of his own named Ethan. Searcher is forced to go on an adventure because Pando is dying and losing its energy and they have to follow its roots into the ground to save it, but his son and dog sneak on board without him knowing. Searcher is not happy about this because he doesn't want to lose his son the way he lost his dad. They land in a world underneath Earth and find Searchers' long lost dad. The reunited family realizes that Pando is killing the island that they live on and they must destroy Pando. Do they succeed in destroying Pando? Watch the movie to find out! This movie is only streamed on Disney+.

**Rating:** I give this movie a four star rating because the plot is great, but it's mostly for younger kids. It's a great movie with action, excitement, and heartwarming moments. I recommend this movie to people of all ages, but younger kids would enjoy this movie more!



### **Minions the Rise of Gru**

**Sequel to:** Minions

**Age Rating:**PG



**Summary:**Minions the Rise of Gru is a funny and action packed movie. It includes the famous Minions and Gru and takes place in the 1970's. It's currently streamed on Peacock TV, ROW8, Prime Video, Vudu, Redbox,,Apple TV, or in the movie theater.

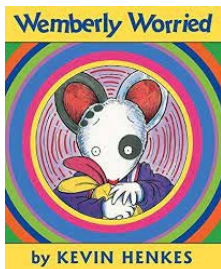
**Rating:** I give this movie a 4 star rating. This movie is funny and action packed. I recommend this movie to all ages. The plot was spectacular yet straightforward.



## **Book Reviews: Grades K-2**

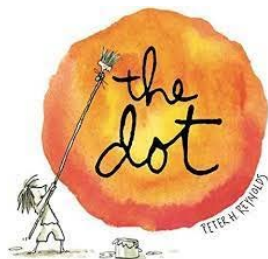
**By Quinn Hutchinson**

Kindergarten: *Wemberly Worried*

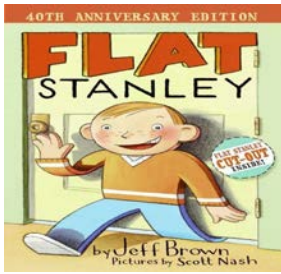


Wemberly is a shy mouse who worries about everything, morning, noon and night. Her fears grow even more on her first day of nursery school. At the beginning of the year she meets a friend in class, Jewel, and Wemberly realizes that they have a lot in common, such as worrying. Eventually, Wemberly and Jewel realize school is simply too fun, so they should not panic over fears and have fun in school along with all other places. I recommend this book to young children who might have just started something new. I highly recommend this book to those who are young and might be starting something new.

First Grade: *The Dot*



Vashti sits through art class waiting for it to be over. She is clueless, and spends most of the time staring at her blank piece of paper. Weeks pass and she keeps doubting herself more and more, until her teacher encourages her to, "Make a mark and see where it takes you." She experiments with dots until she grows confidence to help other classmates who struggled, like her, in art. It's a wonderful book, and I think you should definitely read it!



Second Grade: *Flat Stanley: His Original Adventure*

After Stanley is flattened by a bulletin board, his life changes. He finds he can do cool things that he couldn't accomplish in his original state. However, his brother, Arthur, begins to grow jealous of Stanley. Soon, Stanley heard rumors that the local museum would be getting robbed. He manages to heroically save the museum, and has a moment of fame, but he still is not that happy with being flat and neither is Arthur. The brothers have a chat and they agree on restoring him which they do successfully. I suggest this book if you wish to read a story with a crazy plot.

## Book Reviews: Grades 3-5

By Ashley Weng

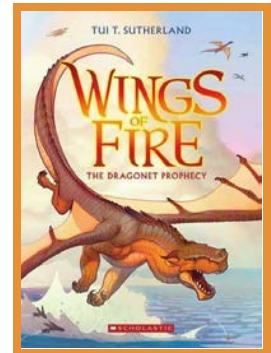
### *Land of Stories*



The story follows two siblings named Alex and Conner, twins who are gifted a magical storybook from their grandmother. They discover that the book they are given is a portal to another dimension, and the two accidentally fall in. After some wandering around, Alex realizes that the universe she and her brother had stumbled upon is a home to infamous fairytale characters. The twins come across a frog man, who advises them to look for the items needed to make the Wishing Spell if they want to return home. However, the items would prove to be extremely difficult to obtain, especially with some unexpected and unwanted obstacles in the way.

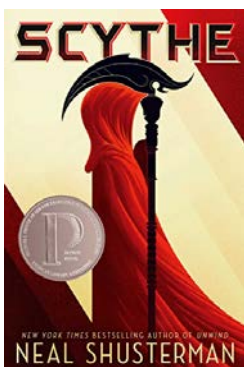
### *Wings of Fire*

Secretly raised by the Talons of Peace, five young dragons have lived their whole lives knowing they are destined to save the world. They have grown up in a mountain for the entirety of their lives and are determined to escape, especially since they know that their leader wants one of them dead. However, the young dragons have never been outside of the mountain they grew up in before. If they do manage to escape, what dangers await them in the world around them?



## Book Reviews: Grades 6-8

By Chaeran Alyssa Oh



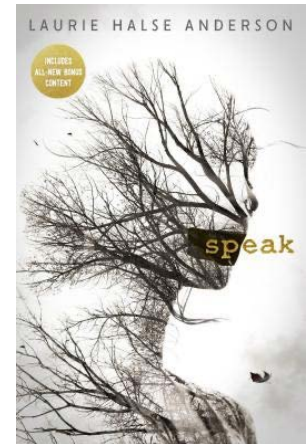
6th Grade Book: *Scythe*

Citra Terranova and Rowan Damisch are not-your-average teens in a not-your-average world. In their dystopian dimension, humans are essentially immortal because all ways of dying are undoable, except one. Murder. Due to this crisis, the risks of overpopulation are substantially increasing, and there is only one solution to it. People like Citra and Rowan are considered scythes and can murder, "glean", people they believe deserve it. These killers are the only solution to the problem this futuristic world is facing. As they carry out their job, they see find dark profanity in the scythe system. While this duo goes more in depth about the dreadful side of this system; their relationship, jobs, and future are at stake. Will Citra and

Rowan be righteous, or will they stay silent about the horrible system? Read *Scythe* by Neal Shusterman to find out!

7th Grade Book: *Speak*

Melinda “Mel” Sordino is a high-school girl in Merryweather High who you could call a party-pooper, outcast, weirdo, or mute. In the duration of her high school career, she could tell high school wasn’t all puppies and rainbows like she was lied for it to be. Within breaking up a end-of-year party by calling the cops, she is a total social outsider. However, the foremost reason why Melinda phoned the cops weren’t because she was an outcast; she was assaulted. As time passes, Mel is looked more down on and unspoken to. Her mouth is gradually being permanently zipped up and experiences isolation from socialization. The only distinct way of her depicting her trauma is in art class, where she can draw her genuine feelings out. Mel’s assaulter still lurks in school, and it is her job to overcome her fear without staying silent. Will Melinda be able to achieve justice, or will she stay as Merryweather’s party-pooper? Read Laurie Halse Anderson’s novel, *Speak* to find out her future.



8th Grade Book: *My Year of Rest and Relaxation*

Being the definition of “mentally ill”, our unnamed protagonist is a woman in her twenties trying to find herself in an unreal way. Bearing depression, she finds a bizarre solution to cure it. She wants to be asleep for a year. As she is human, it is inevitable that this doing is impossible. By taking more and more medications, our unnamed protagonist cannot stop increasing her intake of pills. In the end, will she be able to fall asleep, or will her mental and physical health simply deteriorate? Read *My Year of Rest and Relaxation* by Ottessa Moshfegh to find out!

# Winter Pages

## Winter Activities

By Elisha Kim

Winter is an amazing time of the year. The weather starts to turn cold, and soon, snowflakes start to fall from the sky. But what are some fun things to do in the winter? Here are some winter activities that you can do:

Skiing and snowboarding are all time favorites. You can go to a mountain or a resort. At most resorts, you can learn from an instructor if you are new to these sports. When you ride the chairlift, you can see the beautiful scenery around you. Many people like to ski and snowboard in Vermont. In the winter, Vermont’s mountains are covered in about seven feet of snow.





I have gone skiing in Pennsylvania before, and skiing is now one of my favorite things to do. If you have never skied or snowboarded before, you should definitely try!



Another activity is ice skating. Ice skating is an enjoyable activity. Some good places to ice skate are Bear Mountain, George Street Park, and Ice House, which is in Hackensack. I've been to all three places, and I love them all. Bear Mountain and George Street Park are outdoors, and Ice House is indoors. I love the feeling of gliding across the ice, and I feel relaxed when I ice skate.

Snow tubing is a great way to have fun in the winter with family and friends. There are many spots to go snow tubing in the Pocono Mountains in Pennsylvania. When I went down the hill in the tube by myself, I didn't go down the hill as fast as I did when I went with one of my family members. The heavier, the faster.

Those are some fun things to do in the winter. So the next time you have a break from school you'll have a small list of things you could do in your head.



## Winter Crafts

By Rees Cafuoco

Are you bored in the winter? Well I have found two winter crafts that will keep you busy. They are also not too hard to follow.

### CRAFT #1 - PAPER PLATE SNOWMAN

Materials:

- Two paper plates ( does not matter the size)
- Crayons or colored pencils
- One sheet of black paper
- Scissors
- Glue

Directions:

Step One: Take one paper plate and draw a mouth and two eyes. Make sure that there is enough room for a nose and cheeks. (cheeks are optional.)

Step Two: Draw an orange carrot shaped nose in the middle of the eyes and mouth. If you are doing cheeks, draw one pink circle on each side of the nose.

Step Three: Grab the black piece of paper. Cut out a hat for your snowman.(Do whatever style you want. Just make sure the hat fits the snowman.)

Step Four: Glue your hat onto the first plate with the face on it. Set this plate aside.

Step Five: Then with the black paper again, cut out two black circles for the buttons, and glue them vertically leaving space in the middle.





Step Six: On the second plate with the buttons, draw a scarf any color you like.

Step Seven: Lastly, glue the bottom end of the first plate and the top end of the second plate together to create a snowman!

## **CRAFT #2 - PAPER ROLL PENGUINS**

Materials:

- One toilet paper roll (any size)
- Elmer's glue or a hot glue gun
- Two sheets of black paper
- One sheet of orange paper
- One sheet of white paper
- Eye balls (you can also just draw them on)
- Scissors



Step One: Take the toilet paper roll and put glue all over it.

Step Two: Grab one sheet of your black paper and wrap it around the toilet paper roll. You may have to trim the edges if your paper is bigger than your roll.

Step Three: Grasp your white paper and cut out a belly for your penguin.

Step Four: Glue the belly in the middle of the penguin. Make sure that the bottom of the belly is touching the bottom of the toilet paper roll.

Step Five: Draw or glue on your eyes. You could either put them towards the top of the belly, or you could put them on the black paper.

Step Six: Cut out an orange triangle nose and glue it underneath the eyes.

Step Seven: Take your second piece of black paper and cut two oval shapes for the wings. Glue one on the right side of the body, and one on the left side of the body.

Step Eight: Cut out two small feet from your orange piece of paper. Glue them to the bottom of your penguin.

## **Top Holiday Gifts**

**By Ava Topple and Quinn Hutchinson**

This holiday season, like always, there were new gift interests for kids. Here below are some of the more popular gifts for holidays celebrated 2022-2023.

### **Fujifilm Instax Mini 11 Instant Camera**

\* captures bright backgrounds and bright objects, even in the darkness. Want to take a selfie? Press the power button, and the lens extends automatically.





### All-New Echo Dot Alexa

shows more info on its brighter, bigger display. It also has more helpful smart home features, thanks to a new temperature sensor. Lastly, it has a new accelerometer that makes tap to snooze actually work.

### Force one tornado LED remote control car double wheeled

Drives upside down or rightside up. This remote control car has 2-sided, off-road driving. It also has bright LED rainbow lights, and tough rubber tires. If you want to have the best LED remote control car ever, Force One Tornado is definitely the way to go!



### Pixicade

Is a virtual and in-person fun game, all in one! You draw *your own* video game obstacle on paper (which is included) and then snap a picture of your creation on the app! Once you've done that, you can play your personalized video game on your device!

### Creative Motion Groovy Glitter & Lava Lamp

which heats glitter liquid to create a mesmerizing image. Can also be used as a light in a room and has coloring changing in the background of the satisfying, flowing colorful liquid. Simply click on the button when you want to turn it off.



### Terez Coloring Book Leggings

Is a coloring book that you can wear! White leggings with your choice of pattern and design for them. Next, color and customize your very own coloring book leggings. Be creative!!

### Winning Fingers Flashing Cube: Electronic Memory & Brain Game

Challenges your hard-working brain and fast-pacing fingers with FlashDash by playing Winning Fingers! Learn to play the world's greatest electronic cube game! This fun, challenging, and brain-building game has 4 exciting fast-paced games using flashing lights that test and improve your memory and speed.



### Kids Create Absurdity: A Fill in The Blank Card Game

Is a Family Card Game that is so much fun that you will *LAUGH UNTIL YOU CRY!* Kids and adults say that this game is *A BLAST TO PLAY* for all ages. It's easy to play, too! Also, *SO* simple to set up. This fun, interactive, laughing card game is an award winning gift for boys and girls!

### Ravensburger Gravitrax

is an engineering, marble run, and construction game for children. The interactive track has so many different pieces that all work differently, making everyone really think about where the marble balls will end up. Also to think about how to get them where they want to go.





### **Play 22 Foot Keyboard**

Piano mat comes with eight musical instrument sounds and four play modes to create your musical piece! Simply press down with your foot on the key under the instrument you wish to interpret. Have fun making some music!

These interesting gift choices are everlasting and we hope we supplied you with good ideas for the next gift giving holiday!

## **Winter Holidays**

**By Arsh Nadgauga**

“It’s the most wonderful time of the year,” a popular song by Andy Williams. Can you guess when this song is played on the radio? Yes, you guessed it right. This song is played during the Winter season.

The Winter season starts around December and ends around March. Winter in most parts of the U.S.A. and in most of the Northern Hemisphere is usually cold and chilly. However, in the Southern Hemisphere the weather during this time of the year is hot and sunny. Did you know that Winter in the Southern Hemisphere is from June to August? Winter is also home to the shortest day which in the Northern Hemisphere is December 22. This is also known as the Winter Solstice.



During Winter break and holidays, many people build snowmen, snow angels, and mountains if they are lucky to get snow. If people live somewhere close to New York City, they like to visit Rockefeller Center and see the enormous Christmas tree



full of lights. You could go sledding, skiing, or snowboarding. There are many sporting events that take place in the Winter season. Some such as the Winter Olympics and the Soccer World Cup take place every four years. Many holidays are

celebrated around the world such as Christmas, Hanukkah, Kwanzaa, and Sankranti. The New Year begins in Winter, and is celebrated around the globe. People make New Year's Resolutions of all kinds.



This explains why Winter is one of the most enjoyable seasons. Winter is an exciting time of the year. Are you excited for this season?



# History of New Year's Resolutions

By Sophia Varni

Did you know that New Year's Resolutions started almost 4,000 years ago, by the Ancient Babylonians? New year's resolutions are a great way to get into a new year. Many enjoy the new year for a new beginning.



The New Year is a great time to restart, set new goals, and more. New Year Resolutions started a long time ago, in 2000 B.C. the Babylonians celebrated during a twelve day festival called "Akitu". The reason they had a festival was because the crops started growing, they crowned their king, and made promises to pay their debts. The Babylonian new year was then adopted by ancient Romans, in 45 B.C, since it was the tradition of resolutions. Julian Caesar decided to change the date to January 1. New Year's resolutions were also made in the Middle ages. Medieval knights would renew their vows to chivalry by placing their hands on a peacock. The once in a year "Peacock Vow " would take place to maintain their knightly values. By the 17th century, resolutions were so common that people would make resolutions just to break them.

Either it's eating healthy, getting good grades, or even going to bed early, everyone has different resolutions for the new year. What are yours?

# Fun, Fabulous February Vacation Spots

By Chaerin Isabella Oh

Feeling stressed and burnt out because of school? Do you need a little break with your family or friends? These February vacation spots will give you a break from your tiring school agenda and get you back on track after your well-deserved vacation!

Do you know the dazzling, colorful city in Thailand called the Rose of the North? This Thai city, also known as Chiang Mai, celebrates a wonderful Flower Festival every February annually. In 2023, the dates of this unforgettable experience will be from February 3rd to the 5th. This stunning celebration has been running for over forty years in Chiang Mai. Two of the most important events in this tradition are the Saturday morning parade and the Flower Festival Queen contest. The contestants of this beauty pageant are



The Flower Festival Queen contest is an elegant, competitive touch to the festival.



a statuesque, jaw-dropping display for the citizens and tourists of Chiang Mai. Expect many, *many* floral exhibits and fairs, it's the iconic Flower Festival after all!

an incredible vacation spot, but a slightly risky destination. Make sure to bring all of your warmest coats, helmets, ski goggles, and other necessities!

Mammoth Mountain, California, is just as majestic as it sounds. It is known as a tourist trap with varieties of activities, rentals, and rarely even weddings! The experience is one you won't ever want to miss out on. The activities possible in this snow-filled ski resort include snowmobiling, snowboarding, skiing, and scenic gondola rides. Perhaps, are you too young or inexperienced to do these listed? Don't worry, there are lessons for skiing and snowboarding on the spot! Standing at 11,053 feet, it's

Of course, although these are great potential vacation attractions, there are still plenty out there that you can discover on your own! Whether you want to go somewhere cultural and festive like Chiang Mai or somewhere full of adventures and anticipation-filled like Mammoth Mountain, it's your choice!

# Lunar New Year

By Yujin Kim

Lunar New Year is a celebration for the new year in most of the Asian countries, especially China, Vietnamese, Korea, Tibet, and other Asian countries. The celebration begins with the first new moon of the Lunar calendar and ends on the first full moon of the lunar calendar, which is 15 days later.

The Lunar calendar is a calendar that is based on the cycles of the moon, therefore the dates they celebrate do vary from year to year, approximately beginning at between January 21 and February 20 according to Western calendars.



## How do people celebrate?

A little more than 10 days before the beginning of the Lunar New Year, people clean their house and thoroughly search to purge out all the bad luck that stays in their house. This kind of custom is called "sweeping of the grounds." Traditionally, New Year's Eve and New Year's Day are reserved for family celebrations, including religious ceremonies honoring ancestors with the large amount of the foods they prepared for their ancestors; the food that is prepared is thrown away or the family eats it after the celebration is over. Also, especially for the Chinese, they receive red envelopes (lai see) on New Year's Day. Those envelopes contain a small amount of money.



Splendid dances and fireworks are prevalent throughout the holidays, culminating in the Lantern Festival, which is celebrated on the last day of the New Year's celebrations. During this celebration, colorful lanterns light up the houses, and traditional foods such as yuanxiao (sticky rice balls that symbolize family unity), fagao (prosperity cake), and yusheng (raw fish and vegetable salad) are served.



## What is Lunar New Year Animal or Chinese Zodiac?

The Chinese Zodiac or the Lunar New Year Animal is an ancient belief system considered to be a tool for deciding one's



destiny. Following the traditional Chinese lunisolar calendar, this belief is based on a 12 year cycle in which each new year is represented by one of 12 zodiac animals (called 生肖 (shēngxiào) in Chinese). There are 12 animals that are known as rat, ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog and pig. 2023 is a year of the Water Rabbit, and in addition to the 12 cycles of animals, each animal is associated with one of five elements (wood, fire, earth, metal, and water), which are associated with their own "life force" or "chi," and corresponding luck and fortune.

# Valentine's Day

By Jessica Kim

Have you ever wondered why Valentine's Day is not an official holiday or where it originated from? Valentine's Day, also known as Saint Valentine's Day, is celebrated every February 14. People around the world argue that Valentine's Day should be a federal holiday while others don't. Lis Carey comments on Quora, "It doesn't commemorate any national event or major national figure. It doesn't originate in our national traditions, like Thanksgiving." Many people don't want to celebrate this holiday simply because it originates from worshiping mythological gods, or because it was once related to a pagan festival. Many historians believe that Valentine's day originated from the pagan festival of fertility, Lupercalia. In this event, they sacrificed animals, randomly coupled, and whipped women. The definition of 'pagan,' (noun) according to Oxford Languages, means a person holding religious beliefs other than those of the main or recognized religion. In other words, it is defined as non-Christian. This unofficial holiday originated as a Christian feast day appreciating a Christian martyr named Saint Valentine. This is where the name 'Valentine's Day' came from. Encyclopedia Britannica states, "Although there were several Christian martyrs named Valentine, the day may have taken its name from a priest who was martyred about 270 ce by the emperor Claudius II Gothicus." This portrays the fact that people would assassinate each other just because they don't have the same religious beliefs.

## Recipes

### Winter Recipes: Hot Chocolate & Brownies

By Rayna Nadgauda

Winter is finally here! Jumping in the snow, drinking hot cocoa and making snow angels all seem like good ideas. What if I told you that you can make the most delicious recipes which are all winter themed. This article has 2 recipes.

#### HOT CHOCOLATE

Time: Approximately 10 minutes

Servings or Amount: 4

Ingredients:

- ¼ cup of white granulated sugar
- ⅓ cup unsweetened cocoa powder
- 1 pinch salt
- ⅓ cup of boiling water
- 3 ½ cups of milk
- ¾ tsp vanilla extract
- ½ cup half-and-half cream

Decorating Ingredients:

- Crushed candy cane
- Melted white chocolate





- Mini marshmallows

Directions:

1. Combine sugar, cocoa powder, and salt in a saucepan.
2. Add boiling water and keep whisking until smooth.
3. Bring the mixture to a simmer, and keep stirring continuously to prevent scorching or burning. Cook for about 2 minutes.
4. Add milk to mixture and heat until very hot. Make sure it doesn't boil.
- 5.

Steps to prepare your hot chocolate mug:

- Take melted white chocolate on a plate and dip the rim of the mug into it.
- Take crushed candy cane and now dip the rim of the mug into it.
- 

Getting the hot chocolate ready:

1. Distribute the half-and-half cream into each mug to cool the cocoa to drinking temperature.
2. Pour the ready hot cocoa into the prepared mugs and sprinkle mini marshmallows in the cocoa.

## **BROWNIES**

Time: Approximately 50 minutes

Servings or Amount: 16 brownies

Ingredients:

- 1 ½ cups granulated sugar
- ¾ cup all purpose flour
- ⅔ sifted cocoa powder
- ½ cup sifted powdered sugar
- ½ cup dark chocolate chips
- ¼ tsp sea salt
- 2 large eggs
- ½ cup canola oil or olive oil
- 2 tbsp water
- ½ tsp vanilla extract



Decorating Ingredients:

1. Powdered Sugar

Directions:

1. Preheat oven to 325 degrees F
2. Lightly spray an **8x8** baking dish with cooking spray and line with parchment paper. Spray the parchment paper with cooking spray too.
3. In a medium mixing bowl, combine the sugar, flour, cocoa powder, powdered sugar, chocolate chips, and salt. Set aside.
4. In a large mixing bowl, mix together the eggs, canola oil, water and vanilla.
5. Add your flour mixture in thirds and pour into the egg mixture.
6. Mix until combined. Scrape down the batter sides into the middle.
7. Pour the batter into the prepared pan and place into the oven for about 40-48 minutes. Check by

- inserting a toothpick in the center to see if it only has a few crumbs.
- Cool completely before slicing the brownies into squares.
  - Finally, dust the top with powdered sugar (Optional).

I hope you have liked these wonderful recipes with your loved ones! Enjoy!

# CONTESTS

## Contest Winner

Contest by: Ava Toppie and Quinn Hutchinson



1st Place Winner:  
Brendan Pribila, grade 5



2nd Place:  
Noah Kim, grade 4



3rd Place:  
Jacob Lee, grade 4

### Honorable Mentions:

Mela Precel, grade 3

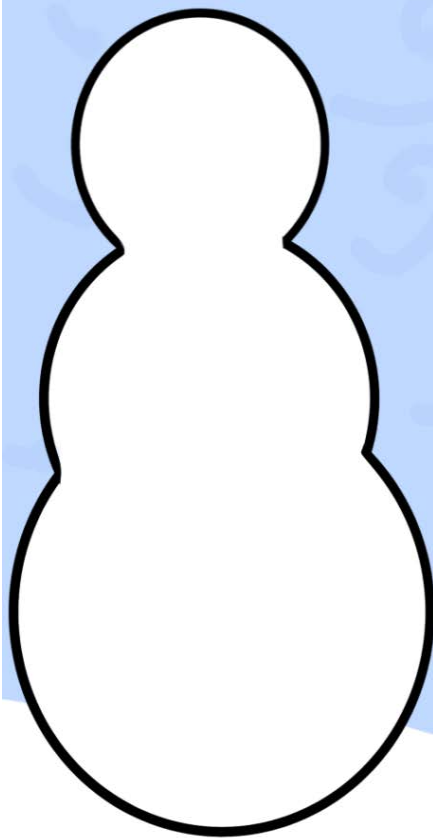


Braeburn Dao, Kindergarten



# FUN PAGES

## Decorate the Snowman!

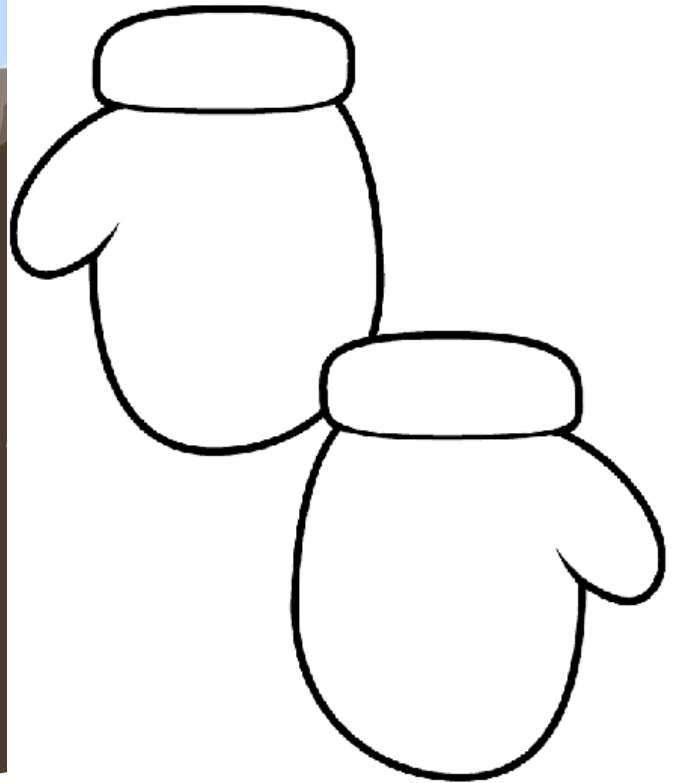


- Things to Add:
- Hat
  - Scarf
  - Buttons
  - Eyes, Nose, and Mouth
  - Arms
  - Anything of Your Choice!



## MY MITTENS

Pretend you're making your own mittens. Color and decorate them!



LET THE EXCITEMENT OF WINTER BREAK BEGIN!

## WINTER RIDDLES

1. What is it called when a snowman throws a tantrum?
2. What is a snowman's favorite aunt?
3. What do snowmen call their offspring?
4. What do mountains wear to keep them warm?
5. How did the snowman get to work?





**Answers:**

1. A Meltdown 2. Aunt Arctica 3. Chill-dren 4. Snowcaps 5. By icicle

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