

Horseheads Middle School

February, 2020



Late Winter Edition

Contact Us!

607-739-6357 • <http://Horseheadsdistrict.com/HHMS.cfm>

What's Happening at HMS

2/1/20

MS Musical

HS Aud. 2:00 pm

2/4/20

Report Cards

& Aimsweb Reports Issued

2/7/20

Group Picture Day

2/17/20 - 2/18/20

Presidents Day

No School

2/26/20

MS Variety Show

MS Café. 7:00 pm

3/8/20

Daylight Saving Time Begins

Turn clocks AHEAD one hour

3/10/20

Progress Reports Issued



George Washington's birthday, the first federal holiday created to honor an individual's birthday, was signed into law by President Rutherford B. Hayes in 1879.

In 1971, the Uniform Monday Holiday Act (yes, really!) was created to have more three-day weekends for workers. Reasons given for this proposal were:

- Increased family time
- Increased travel time
- Stimulate "industrial and commercial production"

So, Washington's Birthday was moved from February 22 to the third Monday of the month. Curiously, the name of the holiday was never officially changed to "Presidents Day". That seemed to morph into being probably because it was now wedged in between Washington's and Abraham Lincoln's birthdays.

Don't you love a good Presidents Day Sale?!

Work Cited:

U.S. Congress, Senate, Committee on the Judiciary, *Monday Holidays*, report to accompany H.R. 15951, 90th Cong., 2nd sess., S.Rept.1293 (Washington: GPO, 1968), p. 1.

Fas.org



NYS ASSESSMENT DATES

Our 7th and 8th grade students will take:

English Language Arts: 3/30, 3/31

Math: 4/20, 4/21

Our 8th grade students will take:

Science Performance Test: 5/19

Science Written Test: 6/1

Our 8th grade Algebra I students will take the Algebra I Regents Exam on June 18th, 12:00-3:00pm. All 8th grade Algebra I students will be exempt from the 8th grade math assessment.



TIME TO SIGN UP FOR SPRING SPORTS

Varsity/JV on February 8

Baseball
Girls Golf
Boys Tennis
Track
Softball
Lacrosse



Modified on February 22

Baseball
Lacrosse
Track
Softball

If you plan to play up to JV/V level, you must see the school nurse to pick up an athletic placement process (APP) packet. Returning JV/V players must also pick up paperwork. All paperwork is due back to the nurse by Feb. 19th.

Character Trait of the Month **Trustworthiness**

Honesty • Integrity • Promise-keeping • Loyalty

Tell the truth. Be sincere. Don't betray a trust. Don't withhold important information in relationships of trust. Don't steal. Don't cheat.

Stand up for your beliefs about right and wrong. Be your best self. Resist social pressures to do things you think are wrong. Show commitment, courage and self-discipline.

Keep your word.

Stand by, support, and protect your family, friends, employers, community and country. Don't talk behind people's backs, spread rumors or engage in harmful gossip. Don't violate other ethical principles to keep or win a friendship or gain approval. Don't ask a friend to do something wrong.

School Notes

Progress Reports / Report Cards

Parents are informed of student progress in two ways. Progress reports are sent home with students at the five-week point of each marking period. A report card is sent home with students at the end of the ten-week marking period. We encourage parents to sign-up for Parent Portal to help keep track of your student's progress between the reporting periods. Don't have Parent Portal? Stop by the Guidance Office with your I.D. and fill out the form.

Honor Roll 85.0 cumulative average

Failing Grade 64.0 or lower in any course

Report Cards Issued February 4, 2020

Homework Request

Missed a day? Call the office by **10:00am** and request your student's homework assignments for the day. Materials may be picked up in the main office from **3:15 - 4:00pm**.

Lost and Found

Lost your lunchbox? Misplaced your math book? Check the Lost and Found! There are blue bins under the table in the Main Office.

Attendance Auto-call and Email

To keep you updated regarding your child's attendance, the middle school will send you an auto-call and email when your student(s) are absent from school. If a student is absent from first period, a call and email will be generated and delivered in the morning. If the student continues to be absent, another call will be generated and delivered in the evening with all of the periods the student has missed.

PARENT PORTAL

If you have not already signed up, please visit the Guidance Office. You will be asked to complete a short form and present identification. If you have questions, please call Karen McLain at 739-5601, x4251 or email kmclain@horseheadsdistrict.com.

Checking your student's grades on Parent Portal? The URL for a computer browser is:

<https://schooltool.horseheadsdistrict.com>

The URL for the mobile app is:

<https://schooltool.horseheadsdistrict.com/sthhweb>



That's Entertainment!

MS Variety Show

2/26/19 • HS Aud., 7:00pm

Singing, Dancing
Instrumental and more!

Spelling Bee Champ!

Nathan Zhou was named Champion at our annual spelling bee held in January, with Kris Patel taking Reserve Champion. Both will move on to the Regional Spelling Bee in Corning this March. Good Luck!



The *Digital Citizenship News* is an invaluable tool for parents and students alike to learn about and protect themselves on the Internet.

Follow this link to read the monthly newsletters for more information you can use to keep your family safe online.

<http://www.horseheadsdistrict.com/digcitnews.cfm>



Sign Up to receive this newsletter in your email inbox

Scan this QR code with your phone, or go to <http://go.gstbooces.org/dcnews-signup> in your browser.

YEARBOOK SALE



To order your 2019-2020 Middle School yearbook go to the following website: ybpay.lifetouch.com.

Enter the Yearbook ID code 11056520 and then follow the easy on- screen ordering instructions.

The cost is \$ 19.00 and all major credit cards are accepted. The Middle School will not be handling any yearbook payments.

If you need further information or details, please call 1-800-453-9764. All yearbooks must be ordered online. The deadline for ordering is March 31st. School Yearbooks will be distributed in June.

Six More Weeks of Winter?



Information about Emergency School Closings and Delays

Schools are closed when the weather makes it impossible to have reasonable attendance or when the schools or vehicles would not be able to operate safely. The school day is delayed when inclement weather conditions improve by early morning. Inclement weather may include snow, ice and freezing temperatures. If the school day is delayed, buses will run and schools will open two hours later than the usual time.

If it is necessary to close or delay schools, the information will be posted on the district's website at www.horseheadsdistrict.com, the district's Facebook pages, Twitter and the local television and radio stations. Horseheads schools now uses SchoolMessenger to alert you of school closings or emergencies. Opt-In from your mobile phone: Just send "Y" or "YES" to 67587.

What a Blast We Had at the Food Drive Assembly!



Assistant Principal Mr. Hoeffner contemplates his pie.



What's in your bucket?
L-R: Ms. Leland
Mr. Donovan
Mr. Holloway
Ms. Stratton.



Mr. Johnson pulls Micah Perkins in the scooter race.



Below:
Taliq Weigle throws a pie in Ms. Kelly's face, while Mr. Spencer, Micah Perkins and Mr. Johnson cheer him on.

On December 20, teachers and students participated in the Food Drive Games. It was a fantastic display of athletic ability and, of course, pie throwing!

Congratulations to the students for collecting over 3,000 food items for the Food Bank of the Southern Tier.



Left: Mr. Holloway burns rubber on his tricycle; Ms. Amey and Ms. Kelly give it their all in the scooter race; Mr. Holloway enjoys his pie.





**SOUTHERN TIER TOBACCO
AWARENESS COALITION**

Chemung, Schuyler, and Steuben Counties

Vape / E-Cigarette Information

(From December Presentation at
Horseheads High School)



AN UNHEALTHY ADDICTION

What's the impact of nicotine?

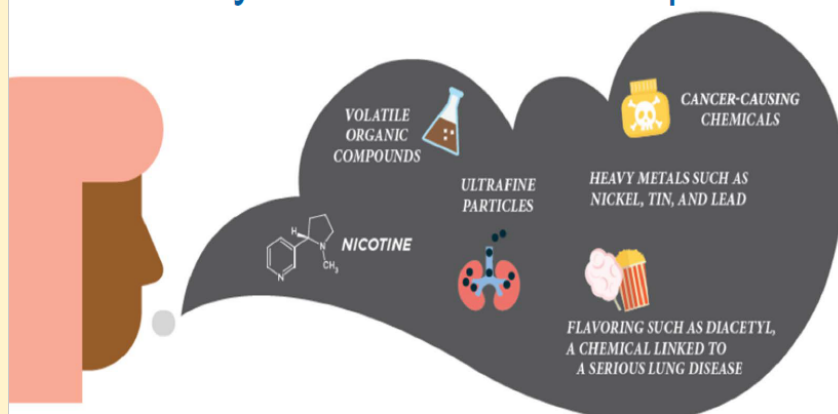
- Nicotine harms the brain, which keeps developing until you're about 25 years old.
- Nicotine impacts the parts of the brain that control attention, learning, mood, and impulse control.
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build connections faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine in adolescence may also increase risk for future addiction to other drug.

History Repeats Itself



E-CIGARETTE USE IS NOT SAFE FOR YOUNG PEOPLE

What do you think is in an e-liquid?



2-butanone 2-furaldehyde Acetaldehyde Acetic acid Acetone Acrolein Aluminum Barium Benzene Boron Butanal Butyl hydroxyl toluene Cadmium Chromium Copper Crotonaldehyde Diethylene Glycol Formaldehyde Glyoxal Iron Isoprene Lead Isoprene Lead Limonene M,p-Xylen Magnesium Manganese Nickel Nicotine N-Nitrosomonicotine O-Methylbenzaldehyde P,m-Xylene Phenol Polycyclic Aromatic Hydrocarbons Potassium Propanal Propylene Glycol Sulfur Tin Toluene Valeraldehyde Zinc Zirconium

Youth Cessation Resources

**Go to: [Teen.Smokefree.gov](https://teen.smokefree.gov)
for tips**

OR

Text: DITCHJUUL to 887-09

▶ 81% of kids who ever used tobacco products started with a flavored product.¹

▶ 99% of E-Cigarettes sold in 2015 contained nicotine.²

Horseheads District Policy on Vaping

Student Code of Conduct:

Prohibited Student Conduct - A student shall be subject to disciplinary action in relation to the following:

13 - Use of tobacco products on school property or at a school function. Tobacco products shall include vapor pens (and any material used in vapor pens or similar devices), electronic cigarettes or any nicotine dispensing product, chewing tobacco, snuff, cigarettes, cigars, or loose tobacco.

**Legal age
to vape in NY
is 21.**

REALITY CHECK

Reality Check is a state-wide program engaging youth as leaders in the movement against tobacco-use and the tobacco industry.

This is a group for teens 13-18 years old who are passionate about making positive change in their community.

CONTACT:

Samantha White

Chemung County Health Dept/STTAC

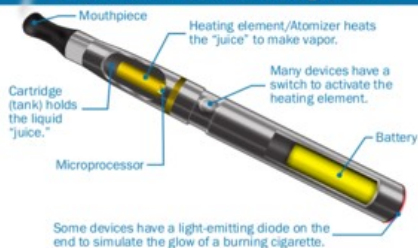
(607)737.2858

spwhite@chemungcountyny.gov

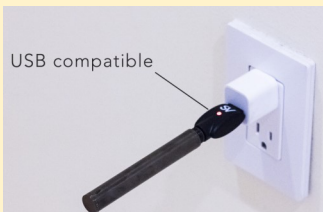
Reality Check Seeks to:

- ◆ Empower youth across new York State to become leaders in their communities.
- ◆ Empower youth to see that they are more than replacement smokers for the tobacco industry
- ◆ Produce change in our communities through grassroots mobilization and education

Parts of an Electronic Cigarette



USB compatible



**What does a
vaping device
look like?**





WORLD LANGUAGE WEEK

MARCH 2-6

MONDAY * LUNES * LUNDI

Teachers wear a shirt with **text in a Foreign Language**.

TUESDAY * MARTES * MARDI

Wear a shirt that promotes a **place you've traveled**
or would like to visit.

WEDNESDAY * MIÉRCOLES * MERCREDI

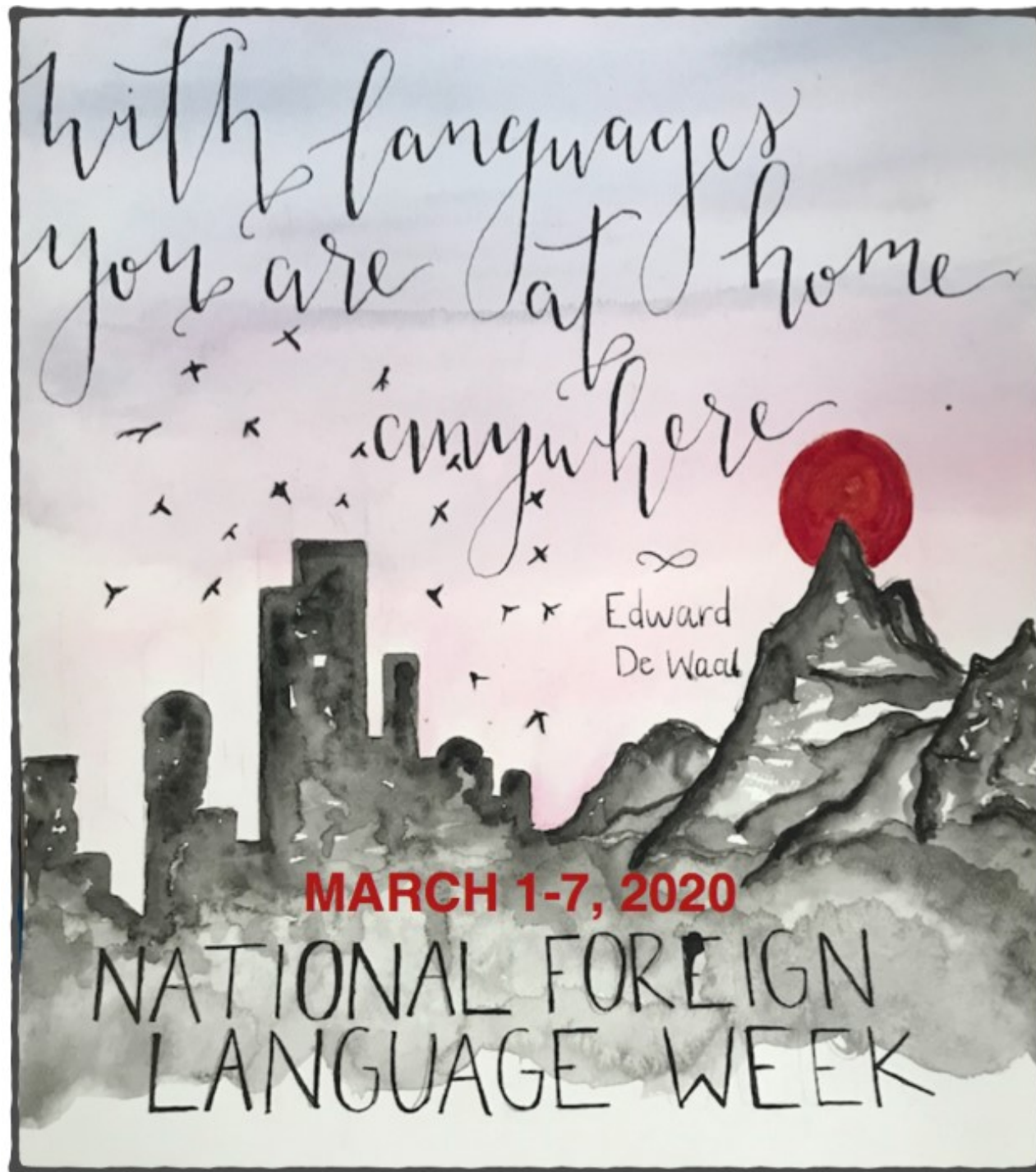
Wear anything that represents **a language or culture**.

THURSDAY * JUEVES * JEUDI

Dress in the colors of a **flag** from another country.

FRIDAY * VIERNES * VENDREDI

Wear something that promotes **world peace**.



"National Foreign Language Week"
is a registered name by Alpha Mu Gamma,
the National Collegiate Foreign Language Honor Society

National Headquarters at Fairfield University
Email: amgnational@fairfield.edu
Website: www.amgnational.org

Original design submitted by Emily Hellwig, student at Rockbridge County High School in Lexington, Virginia





Leap Day - February 29

You can thank Pope Gregory XIII and his Gregorian Calendar (which we still use today). Since 1582, his method of adding an extra day to February makes each year on Earth relatively even.



Random Acts of Kindness Day - February 17

It all started with a message written on a restaurant placemat. In 1982, Anne Herbert wrote "Practice Random Acts of Kindness and Senseless Acts of Beauty" on a placemat and people noticed. From bumper stickers to the web, people began to do nice things for others for no reason, other than being kind. The rest is history.

Do something kind today!

Mardi Gras! (Fat Tuesday) - February 25

Mardi Gras was first celebrated on March 3, 1699 near New Orleans, Louisiana. "Fat Tuesday" dates back to medieval Europe and the French House of the Bourbons. They referred to the last day before Lent as "Boef Gras", or "fatted calf". Meals were heavy on the meaty side, with rich and fatty foods.

In 1872, the Russian Grand Duke, Alexis Romanoff, visited New Orleans during Mardi Gras. It was then that the festival adopted his family's colors of purple, green and gold. Purple is for justice; green



Left: Carnival!!

Right: King Cake

Traditionally, a toy baby is hidden inside. Whoever finds it is "king" for a day, and must host next year's party.



Scholastic Art Award Winners

The Arnot Art Museum is pleased to announce the winners in 2020 New York/Pennsylvania Scholastic Art Awards program. This is the 77th year of the Museum's association with the program; over 900 works were entered last month and 228 will receive awards. Eleven are from HMS!

Congratulations to the following students who will have their artwork on display at the Arnot Art Museum this February:

Honorable Mentions:

JAYDESS AYERS	Drawing, <i>Dexton</i>
JAYDEN FRYCEK	Drawing, <i>Bubble's Bow</i>
OLIVIA GIAMMICHELE	Drawing, <i>Bumby Blossom</i>
KATHERINE HINMAN	Drawing, <i>Beanie Baby</i>
JIWOO KIM	Drawing, <i>Chopsticks</i>
ALEXIS KROHMALNEY	Drawing, <i>Sophisticated Stare</i>
AMELIA ROULEAU	Drawing, <i>Far Away and Still Here</i>



Silver Keys:

ISABELLA ENRIGHT	Drawing, <i>The Orange Jacket</i>
LUCY THEETGE	Sculpture, <i>For the Birds</i>

Gold Keys: (Moves on for National Competition)

JIWOO KIM	Drawing, <i>In Mother's Arms</i>
KEIRA MILLER	Drawing, <i>Doll Face</i>

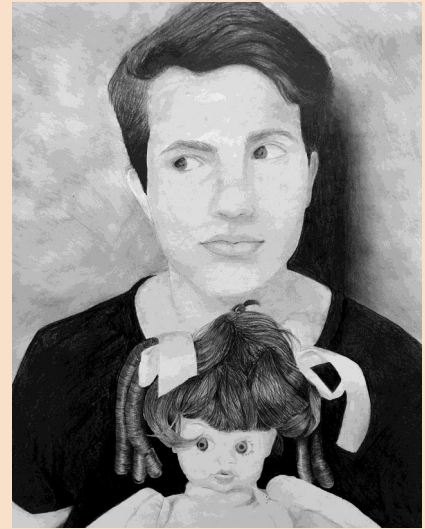
Congratulations Artists!

Scholastic Art Award Winners



Jiwoo Kim, *In Mother's Arms*

**Gold Key
Winners**



Kiera Miller, *Doll Face*



Lucy Theetge, *For the Birds*

**Silver Key
Winners**



Isabella Enright, *The Orange Jacket*

Scholastic Art Award Winners

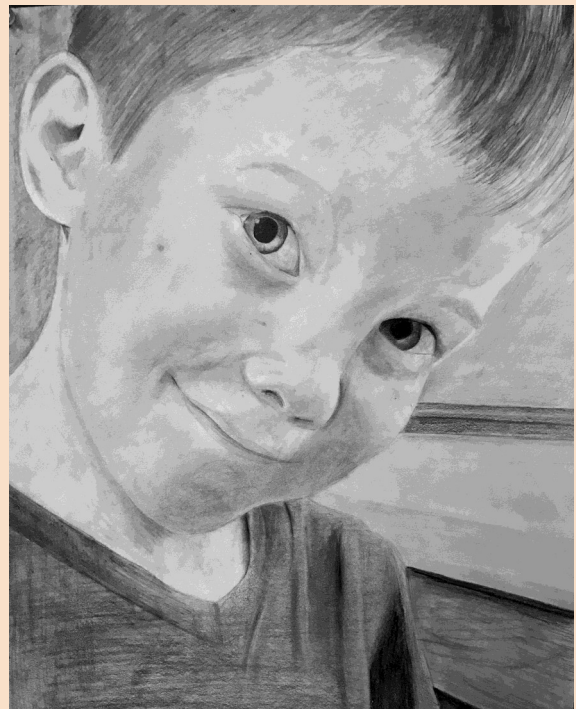


Jiwoo Kim, *Chopsticks*

Honorable Mention



Jayden Frycek, *Bubble's Bow*



Jaydess Ayres, *Dexton*



February

in the Middle School Café

"Fueling young minds to do their very best"



New York Menu Day – Feb. 5!

NY Macaroni & Cheese made with Great Lakes Cheddar

Fresh NY Mixed Salad Greens

Fresh NY Apples from Wagner Orchards

Upstate Farms Milk



Valentine's Special:
Mystery dessert!



We're looking for food service workers to join our team!

Applications are available online or at the district office.

**[http://www.gstboces.org/ms/foodservices/newsite/
index.cfm?district=horseheads](http://www.gstboces.org/ms/foodservices/newsite/index.cfm?district=horseheads)**

Contact Jessica Preston with any questions:

jpreston@gstboces.org or (607) 739-5601 x3671

Join the Horseheads Central School District as a School Bus Driver



- Paid training
- Benefits package including health insurance
- No weekends, holidays, or summers

To apply, submit a completed employment application to our Human Resources Office, south wing of Horseheads High School, during school hours. Our application may be found at www.horseheadsdistrict.com, or you may pick one up in our Human Resources Office.

Applicants must be 21 years old.
Fingerprint/background check and
drug testing are required.

Questions?

Call the Transportation Department at
(607) 739-5601, x4401, or email us at
hcsdinfo@horseheadsdistrict.com.



Explore Empower Excel



February is Black History Month


ASALH ANNOUNCES 2020 BLACK HISTORY THEME: AFRICAN AMERICANS AND THE VOTE

The year 2020 marks the centennial of the Nineteenth Amendment and the culmination of the women's suffrage movement. The year 2020 also marks the sesquicentennial of the Fifteenth Amendment (1870) and the right of black men to the ballot after the Civil War. The theme speaks, therefore, to the ongoing struggle on the part of both black men and black women for the right to vote. This theme has a rich and long history, which begins at the turn of the nineteenth century, i.e., in the era of the Early Republic, with the states' passage of laws that democratized the vote for white men while disfranchising free black men. Thus, even before the Civil War, black men petitioned their legislatures and the US Congress, seeking to be recognized as voters. Tensions between abolitionists and women's suffragists first surfaced in the aftermath of the Civil War, while black disfranchisement laws in the late nineteenth and early twentieth centuries undermined the guarantees in the Fourteenth and Fifteenth Amendments for the great majority of southern blacks until the Voting Rights Act of 1965. The important contribution of black suffragists occurred not only within the larger women's movement, but within the larger black voting rights movement. Through voting-rights campaigns and legal suits from the turn of the twentieth century to the mid-1960s, African Americans made their voices heard as to the importance of the vote. Indeed the fight for black voting rights continues in the courts today. The theme of the vote should also include the rise of black elected and appointed officials at the local and national levels, campaigns for equal rights legislation, as well as the role of blacks in traditional and alternative political parties.





Important Message from the School Nurse

I NEED TO STAY HOME IF...						
I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
						
Temperature of 100 or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching or fever	Itchy head, active head lice	Redness, itching and/or "crusty" drainage from the eye	Hospital stay and/or ER visit
I AM READY TO GO BACK TO SCHOOL WHEN I AM...						
Fever free for 24 hours without the use of fever reducing medication like Tylenol or Motrin, etc.	Free from vomiting for at least 2 solid meals	Free from diarrhea for at least 24 hours	Free from rash, itching, or fever. I have been evaluated by my doctor, if needed	Treated with appropriate lice treatment at home and proof is provided	Evaluated by my doctor and have a note to return to school	Released by my medical provider to return to school

If your child has strep throat or another bacterial infection, he/she should stay home until the antibiotic has been given for at least 24 hours and your health care provider has given permission for your child to return to school. We encourage you to seek medical attention when your child is sick and to follow your health care provider's recommendations about returning to school or other activities.

Please communicate with your school nurse about any health concerns your child might be experiencing. We want to ensure he or she receives appropriate care at school.

Do NOT touch the **T**Zone!



mucous membranes
of your eyes, nose or
mouth are where germs
enter your body!



The 4 Principles of Hand Awareness

1. **WASH** your hands when they are dirty and **BEFORE** eating.
2. **DO NOT** cough into your hands.
3. **DO NOT** sneeze into your hands.
4. Above all, **DO NOT** put your fingers into your eyes, nose or mouth!

Spread the word not the germs!

Visit www.henrythehand.com

The 4 Principles of Hand Awareness have been endorsed by the AMA & AAFP

©2009 William P. Sawyer, M.D.

Handwashing at Home, at Play, and Out and About



Germes are everywhere! They can get onto your hands and items you touch throughout the day. Washing hands at key times with soap and water is one of the most important steps you can take to get rid of germs and avoid spreading germs to those around you.

How can washing your hands keep you healthy?

Germes can get into the body through our eyes, nose, and mouth and make us sick. Handwashing with soap removes germs from hands and helps prevent sickness. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

Handwashing helps prevent infections for these reasons:



People often touch their eyes, nose, and mouth without realizing it, introducing germs into their bodies.



Germes from unwashed hands may get into foods and drinks when people prepare or consume them. Germes can grow in some types of foods or drinks and make people sick.



Germes from unwashed hands can be transferred to other objects, such as door knobs, tables, or toys, and then transferred to another person's hands.



What is the right way to wash your hands?

1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel or air dry them.



Centers for Disease
Control and Prevention
National Center for Emerging and
Zoonotic Infectious Diseases

Student Contributions from Ms. Schiefen's Reading Class



American Football, Flag Football, & Canadian Football

by Lucas Clark

Question 1

- Started in 1920
- 11 players on field
- game is one hour, 15 min quarters
- field length 360ft width 160ft
- 4 downs

Choose your answer

- A. American Football
- B. Flag Football
- C. Canadian Football



Question 2

- 5 players on the field
- Must wear shoes
- 20 min halves with 3 min half time
- 100yd field

Choose your answer

- A. American Football
- B. Flag Football
- C. Canadian Football



Question 3

- 12 players on the field
- Does not have fair catching rules
- field 110yd 20yd end zone
- 3 downs

Choose your answer

- A. American Football
- B. Flag Football
- C. Canadian Football



#3 Answer: Canadian Football

#2 Answer: Flag Football

#1 Answer: American Football

Work Cited: Britannica School. <https://school-egst.erc.scoolaid.net/levels/middle/search/articles?query=american+football> Accessed 10 October 2019.

Student Contributions from Ms. Schiefen's Reading Class



Do You Know Computer Lingo?

by Blake Tremaine

https stands for: Hypertext Transfer Protocol Secure

what **html** stands for: Hypertext Markup Language

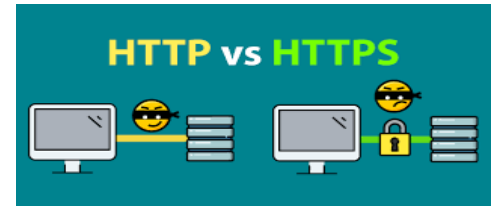
what **jpeg** stands for: **JPG** is a file extension for a glossy graphics file. The JPEG file extension is used interchangeably with **JPG**. JPEG **stands for** Joint Photographic Experts

Group

What **URL** stands for: Uniform Resource Locator

What **org** stands for: ORGanization

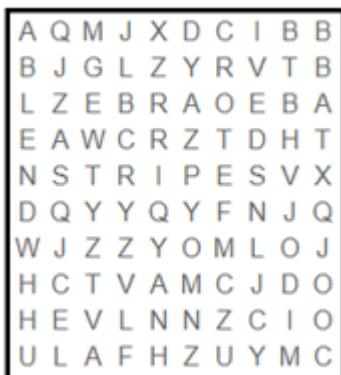
What **net** stands for : NETwork



DOTTED ZEBRAS

by Cove Tillnghast

There are many different zebras in the world like the dotted zebra. The dotted Zebra is very rare. The reason the zebra is dotted is because the **melanin** makes a pattern that has different effects that sometimes makes them different than other zebras with stripes.



ZEBRA
BLEND
FOAL
HERD
STRIPES



Editor's Note:

This spotted zebra is an example of pseudomelanism, a rare condition where stripes are replaced by spots. This photo was taken by Wildlife Photographer Frank Liu, who "spotted" the foal in Kenya on the Masai Mara National Reserve. The foal is named Tira, in honor of Masai guide Antony Tira, who was the first one to see her.

text

<https://www.dogonews.com/2019/9/30/kenyas-masai-mara-national-reserve-is-home-to-an-adorable-polka-dotted-zebra-foal>

word search

http://www.wordsearchesmaker.com/word_search_maker/list_words.jsp

Student Contributions

from Ms. Schiefen's Reading Class



Best Top 10 Female Singers of ALL Time

by Alexis Knox

Whitney Houston

(Whitney Elizabeth Houston)
(August 9, 1963 – February 11, 2012)
Whitney is one of pop music's best-selling artists of all – time. She has sold about 170 200 million records worldwide.



Mariah Carey

(March 27, 1970)
Mariah is one of the biggest best – selling women in the industry and she has won 5 Grammy Awards.



Celine Dion

(Céline Marie Claudette Dion)
(March 30, 1968)
Celine is a Canadian singer. She is best known for her song “My Heart Will Go On”.



Adele

(Adele Laurie Blue Adkins)
(May 5, 1988)
Adele graduated from BRITT School for Performing Arts and Technology. She is best known for her songs “Rolling in the Deep”, “Someone Like You”, and “Hello”.



Christina Aguilera

(Christina Marie Aguilera)
(December 18, 1980)
She is best known for some of her songs such as “Beautiful”, “Genie in A Bottle”, “Fighter”, “Hurt”, and many more.



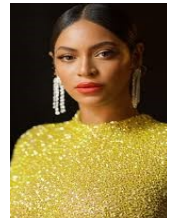
Aretha Franklin

(Aretha Louise Franklin)
(March 25, 1942 – August 16, 2018)
Aretha was a pianist and she began her career as a child singing gospel at a church in Detroit, Michigan, where her father was a minister.



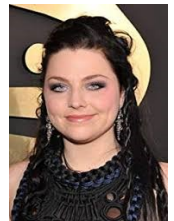
Beyoncé Knowles

(Beyoncé Giselle Knowles – Carter)
(September 4, 1981)
Beyoncé started out in a popular pop/ r&b girl group, Destiny's Child. Then in 2006, the group broke up and Beyoncé pursued her solo career.



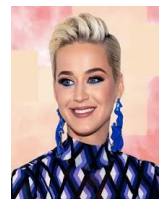
Amy Lee

(Amy Lynn Hartzler)
(December 13, 1981)
Amy is a trained pianist and composer. She is in the Arkansas band Evanescence and is the lead singer.



Katy Perry

(Katheryn Elizabeth Hudson)
(October 25, 1984)
She is one of the best-selling artists of all time.



Madonna

(Madonna Louise Ciccone)
(August 16, 1958)
She is an influencer to many singers. She is also known as the Queen of Pop.



Student Contributions from Ms. Schiefen's Reading Class



Things to Know about Some Teachers

By Megan Badeau and Nicole Buchalla

Questions

1. Do you know what teacher taught the second longest?
2. Which teacher do you think likes to teach Algebra?
3. Which teacher likes giving homework?
4. Which teacher taught the shortest amount of years?
5. Which teacher likes teaching about Civil Rights?

Teachers

- A. Mr. Porter
- B. Mrs. Menechella
- C. Mr. Brightman
- D. Mr. Laney
- E. Officer West
- F. Señora Fischer

Answers
1. Mr. Porter
2. Mrs. Menechella
3. Señora Fischer
4. Mr. Brightman
5. Mr. Laney

Top 10 Sports that Cause the Most Injuries

by Austin Janowski



1.	Professional basketball	# of injuries 533,509	Age 5 - 14 Percent of injury 32.8%	Age 15 - 24 Percent of injury 47.8%
2.	Professional Bicycle riding	# of injuries 521,578	Age 5 - 14 Percent of injury 33.4%	Age 15 - 24 Percent of injury 18.3%
3.	Professional football	# of injuries 420,581	Age 5 - 14 Percent of injury 51.2%	Age 15 - 24 Percent of injury 39.5%
4.	Professional exercising	# of injuries 365,797	Age 5 - 14 Percent of injury 10.6%	Age 15 - 24 Percent of injury 20.6%
5.	Professional soccer	# of injuries 229,088	Age 5 - 14 Percent of injury 44.6%	Age 15 - 24 Percent of injury 37.8%
6.	Professional swimming	# of injuries 184,190	Age 5 - 14 Percent of injury 41.7%	Age 15 - 24 Percent of injury 17%
7.	Professional baseball	# of injuries 143,784	Age 5 - 14 Percent of injury 50.2%	Age 15 - 24 Percent of injury 26.8%
8.	Professional skateboarding	# of injuries 120,424	Age 5 - 14 Percent of injury 35.1%	Age 15 - 24 Percent of injury 51.3%
9.	Professional Weight lifting	# of injuries 110,188	Age 5 - 14 Percent of injury 8.6%	Age 15 - 24 Percent of injury 35.8%
10.	Professional softball	# of injuries 100,010	Age 5 - 14 Percent of injury 30.5%	Age 15 - 24 Percent of injury 30.9%

Work cited: Selby, Shawn. Top 10 Sports that Cause the Most Injuries
<https://www.propertycasualty360.com/2016/04/25/20-sports-that-cause-the-most-injuries/>. Accessed 10 October 2019.

Student Contributions

from Ms. Schiefen's Reading Class



VOLLEYBALL

by Hayden Burrell

Have you ever wondered what volleyball was about? Or the certain rules or equipment you need? Well I'm about to tell you some facts.

Volleyball consists of many rules, some important ones are not crossing over the line when your serving, having only 6 players on the court from (each team), in volleyball there's always rotations but say you're in a setters position but you're regular base is an outside you can switch once the server serves the ball, each team plays 3 games but most games are split up between grades like 7th, and 8th grade play different games. The first team to reach 25 points wins that game. You can never hit the ball twice every hit you make a teammate must help bump it over. Let's talk about serving. When you serve you can serve the ball over hand or under hand. When you serve you cannot cross over the line: if you do the other teams gets the point. If you serve and do not make it over the net its then the other team's ball and point. When you're playing the two outsiders should always move in towards the middle blocker to help with the ball. When you are playing outside, you should always be moved up and the middle blocker should be back more. The front row players are called "blockers". They are in charge of blocking a hitter's ball. A back-row setter cannot block the ball: if you do the other team will get the point. Now that you know some facts about volleyball would you be interested to play?



New York State's Animal

by Anna Charbonneau

Every state has a specific animal. New York has an interesting animal. It has a long flat tail, strong and big teeth, and very thick fur. Yes, it is a beaver. Beavers are primarily nocturnal, and they are semiaquatic rodents. Our state, New York adopted the beaver because in the 1970's, New York captured beavers and sold their pelts to Europe to get money, so now New York's animal is now the beaver. The beaver is known for building dams, canals, and lodges for their homes. When they build their home's, they must get wood and sticks so they chew down trees. Beavers alone can chew down a tree in 5 minutes and 2 beavers can chew it down in 2 minutes.

Adult beavers weigh 24 to 71 pounds usually and they eat only vegetation. Beavers live in fresh water rivers, ponds, lakes, marshes, and swamps. With their webbed feet they can swim up and down stream easily, and with their tail they can navigate easily too.

Work Cited:

New York State Animals.<https://www.nationalgeographic.com/animals/mammals/b/beaver/>



Work cited: Volleyball.britannica school middle:<https://school-eb-gst.orc.schoolaid.net>

Student Contributions from Ms. Schiefen's Reading Class



Sunsets

by Julissa Johnson

Why the sunset makes all the colors you ask?

Well the sun doesn't rise or set. The scientist says the sun stays in its position. The sun light is only on one side of the earth. The sun doesn't really go down. The sun is low on the horizon, sunlight passes through more air at sunset. Most sunrise and sunsets are often yellow, orange, and red. The reason it does this is because the sun is low on the horizon. Sunlight passes through more air at sunset and sunrise than during the day. When the sun is higher in the sky, more atmosphere means more molecules. That's why the blue, violet, or the indigo doesn't show up as much. We can't see the violet in the sky so that's why the sky is blue. Sunrises and sunsets are my favorite times of the day when I look at all the beautiful colors.

Work Cited: <https://journeynorth.org/>. Accessed 15 October 2019.

ZODIAC SIGNS

by Natalee Turpin

In history, Astrology has been studying stars for over 2,000 years. It is based on the position of heavenly bodies that affects a human's life. As Astrologers, we study these positions by drawing it on a chart that's called a horoscope. The horoscope is held by 12 zodiacs. The signs are called Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Aquarius, and Pieces. These positions are relative to the planets, signs, and homes of a person's birth. Some people believe that the signs can show what can happen to someone in the future. In the end, zodiacs are fun to learn about, they're personalities are interesting to learn, and they're information leads us to know more about our signs.

Work Cited: <https://worldbookonline-gst.orc.scoolaid.net/kids/home?subacct=F2942#article/ar830118>



ARIES March 20-April 18	TAURUS April 19-May 19	GEMINI May 20-June 20
CANCER June 21-July 21	LEO July 22-August 21	VIRGO August 22-September 21
LIBRA September 22-October 22	SCORPIO October 23-November 21	SAGITTARIUS November 22-December 20
CAPRICORN December 21-January 18	AQUARIUS January 19-February 17	PISCES February 18-March 19

Student Contributions from Ms. Schiefen's Reading Class



OVERWATCH

by Devin Godwin

Overwatch was made in May 24, 2016 also it is a first-person view game and there are a lot of heroes.

The whole goal of the game is to get the payload to the other team's side before the time runs out for the match also the way to do that is to fight the other team of and have a player push the pay load to the other team's side. Its not a bloody or gory game when you get knocked down you drop



Genji

your weapon and flop on your face and then you can wait for Mercy to come revive you or you can wait 20 seconds to respond. There are types of fighters Offense, Defense, Tanks, and Support there all useful in different ways. They also have different skins that they can wear, but the photos above are there starter skins you can open loot boxes that you earn from battle or you can buy them with coins. Also, personally my favorite character is Genji because he is a cool sword ninja but he is hard to play. The ones I suggest for you to play as is Tracer and D'Va because they have less controls and there just easier to play. The support is Mercy, Baptiste, Ana, Lucio, Moira, Zenyatta, and Brigitta. The offense and defense are Ashe, Bastion, Doomfist, Genji,



Tracer

Hanzo, Junkrat, McCree, Mei, Pharah, Reaper, Soldier 76, Sombra, Symmetra, Torbjorn, Tracer and Widowmaker. The tanks are Reinhardt, D'Va, Orisa, Sigma, Roadhog, Winston, Wrecking Ball, and Zarya and that is the overwatch crew. Overwatch is a very popular game and its very fun to play.

Work Cited: [https://en.wikipedia.org/wiki/Overwatch_\(video_game\)](https://en.wikipedia.org/wiki/Overwatch_(video_game)) Accessed 10 October 2019.



D'Va

District Dignity Act Coordinator

The Dignity Act Coordinator (DAC) for the Horseheads Central School District is Caitlin DeFilippo, director of Human Resources. If there is a complaint regarding discrimination, harassment or bullying of any student, the complaint should be filed with Caitlin DeFilippo, at One Raider Lane, Horseheads, NY 14845; 607-739-5601 x 4211 or at cdefilippo@horseheadsdistrict.com.

Middle School Dignity Act Coordinator

The Dignity Act Coordinator (DAC) for the Horseheads Middle School is Ron Holloway, building principal. If there is a complaint regarding discrimination, harassment or bullying of any student, the complaint should be filed with Mr. Holloway at 950 Sing Sing Rd., Horseheads, NY 14845; 739-6357 x 3640 or at rholloway@horseheadsdistrict.com.

Notice

The Horseheads Central School District offers educational programs without regard to race, color, national origin, creed, religion, marital status, military status, sex, sexual orientation, age, gender identity, predisposing genetic characteristic, or disability, and provides equal access to applicable groups under the Boy Scouts of America Equal Access Act. Inquiries regarding this policy may be made to Caitlin DeFilippo, Title IX/DASA Coordinator, and Co-Civil Rights Compliance Officer; Anthony Gill, Co-Civil Rights Compliance Officer; or Kelly Squires, Section 504 Coordinator, Horseheads Central School District, One Raider Lane, Horseheads, NY 14845, (607) 739-5601.

This policy of non-discrimination includes access by students to educational programs, counseling services, course offerings, and activities, as well as recruitment and appointment of employees and employment pay, benefits, advancement and/or termination.

Horseheads Middle School:



Home of the Raider Way