

Horseheads Middle School

March, 2020



Spring Edition

Contact Us!

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

What's Happening at HMS

3/8/20

**Daylight Saving Time Begins
Turn clocks AHEAD one hour**

3/10/20

Progress Reports Issued

3/16/20

**Grade 6 Parent Orientation
MS Café 6:00pm**

3/20/20

**No School
Superintendent's Conference Day**

3/24/20

MS Bands • HS Aud. 7:30pm

3/27/20

**MS Dance/Open Gym
7:00 - 9:00pm**

3/30/20

**MS Orchestra/HS Concert Band
HS Aud. 7:30pm**

3/30 - 3/31/2020

Grade 7-8 ELA Assessments

4/3 - 4/10/2020

SPRING BREAK

**Horseheads team finishes second in
Southern Tier Regional Science Olympiad
Competition. All team members win medals!**

See story on page 6

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 Ex-
am on June 18th, 12:00-3:00pm.*

*All 8th grade Algebra I students will be exempt
from the 8th grade math assessment.*



See Parent Resources at the following link:

<http://www.p12.nysed.gov/assessment/ei/parent-resources-20.html>



Horseheads 2020-21 Budget Development



The Board of Education and district are currently developing the proposed 2020-21 School Budget to be offered to voters May 19. Here is a schedule of public meetings regarding the proposed budget. All are welcome. The Multi-Media Center is located in the south wing of Horseheads High School.

Thursday, March 5	Budget Workshop, Multi-Media Center, 6pm
Thursday, March 19	Board of Education Regular Meeting, Multi-Media Center, 6 p.m.
Thursday, April 16	Budget Workshop, Multi-Media Center, 6pm
Wednesday, April 22	Board of Education Meeting, Multi-Media Center, 6 p.m.
Wednesday, May 5	(Tentative) Board of Education Candidates' Forum, Multi-Media Center, 6 p.m.
Thursday, May 7	Public Hearing, Multi-Media Center, 6 p.m.
Tuesday, May 19	Budget Vote/Board of Education Election, High School South Gym, 7 a.m. - 9 p.m.

For more information on the proposed budget, including videos and presentations from the Board of Education meetings above, please visit the district website at <https://horseheadsdistrict.com/Budget2020-21.cfm?school=District>. Questions? Please email hcsdinfo@horseheadsdistrict.com or call (607) 739-5601, x4295.



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

Progress Reports Issued March 10, 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>



March 8



Spring Dance!



The MS Spring Dance and Open Gym is March 27. The dance will start at 7:00 p.m. and end promptly at 9:00 p.m. Students should make certain their transportation is waiting in the front of the school at 9:00 p.m.

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 **May 1st**. School Yearbooks will be distributed in June.

Character Trait of the Month

R-e-s-p-e-c-t !

Be courteous and polite. Judge all people on their merits and abilities. Be tolerant, appreciative and accepting of individual differences. Don't abuse, demean or mistreat anyone. Don't use, manipulate, exploit or take advantage of others.



PTO Spring Spirit Wear Sale

The link below will take you to the BSN Store for our PTO Spring Spirit Wear Sale (open the link through Chrome). The store will close on March 12. Please update your Spirit Wear and Support our PTO.

<https://d1qp7h00tpj2kq.cloudfront.net/v3/flyer/590/59073/5907358/3804ec/5907358-flyer.pdf>



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.gstbores.org/dcnews-signup> in your browser.

Fish Philosophy

PLAY™
MAKE THEIR™
DAY

BE THERE™
CHOOSE YOUR™
ATTITUDE



The DIGITAL CITIZENSHIP Pledge

I will keep myself **SAFE** on the Internet

I will keep my information **PRIVATE** and **SECURE**

I value my **IDENTITY**

I will develop a good **REPUTATION** online

I will **COMMUNICATE** respectfully

I am not a **CYBERBULLY**

I am digitally and technologically **LITERATE**

I will give **CREDIT** to others for their work

I am a DIGITAL CITIZEN





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.





Exploring the World of Science



Congratulations Science Olympiad Team!

HORSEHEADS HAS QUALIFIED FOR THE STATE TOURNAMENT!

The Science Olympiad team travelled to Maine-Endwell Middle School on February 8 to participate in the Southern Tier Regional Science Olympiad Competition. The team finished in second place overall, with all members winning individual medals.



Team members:

Jaydess Ayers

Adam Bailey

Gabby Ives

Nathan Johnson

Jiwoo Kim

Sophia Lorenz

Julianna Mason

Dylan Nguyen

Carder Pawlak

Ryan Sadler

Clara Thompson

Thai Tran

Connor Trimmer

Nathan Zhou

Medals Won:

gold medal

1 silver; 1 bronze medal

1 gold, 1 silver, 1 bronze medal

1 silver; 1 bronze medal

2 gold medals; 3 silver medals

3 gold medals; 2 silver medals

1 silver; 1 bronze medal

1 gold medal; 2 silver medals; 2 bronze medals

2 bronze medals

silver medal

2 silver medals

gold medal

gold medal

2 gold medals; 2 silver medals



Congratulations! The team will now head to the State Tournament in Syracuse, where 40 of the best teams in New York will compete to qualify for the National Tournament in Raleigh, NC. Great job Horseheads! If you see any of these Olympians, please congratulate them on their fantastic achievements!



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

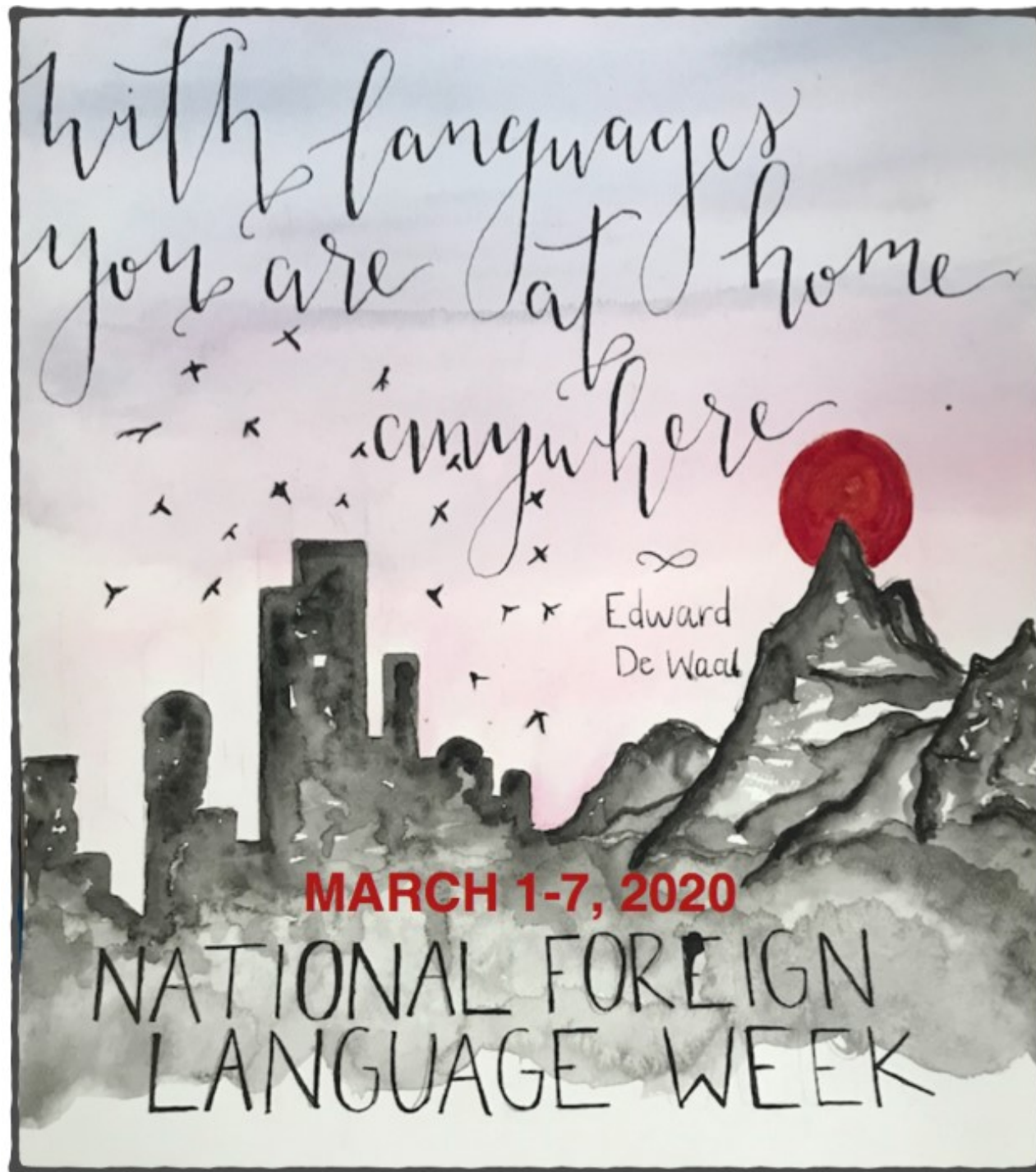
Wear anything that represents **a language or culture.**

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





in the Middle School Café

"Fueling young minds to do their very best"



March 2 - 6

Foreign Language Week Foods

All week long, enjoy exotic cuisine from around the world! We will tempt your tastebuds with delicious entrees! Our menu will feature dishes from a different region each day!



March 9 - NY Farm to School Menu

Featuring:

NY yogurt from Upstate Farms

NY potatoes served up breakfast style



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.



HMS is Proud to Present our 2nd MP 7th Grade Honor Roll Students!

Kirafiki Alsworth

Amos Ames

Sofia Andrus

Adam Bailey

Ian Balster

Grace Beck

Maycie Bennett

Jack Benton

Joseph Biviano

Jenna Blitz

Hailee Bly

Mikiera Breedlove

Michael Brink

Riley Bronson

Laikyn Brown

Aubrie Burke

Ryan Burns

Julia Busch

Adrianna Calbi

Honey Campbell

Dominic Cardinale

Alyssa Carlson

Connor Carpenter

MadisonRose Cavanaugh

Lilia Chaffee

Hayden Chatlani

Zhi Chen

Benjamin Church

Carlo Cipolla

Isabelle Clark

Lucas Clark

Jack Clate

Michael Colon

Haley Comfort

Victoria Cortright

Cecilia Cowen

Calvin Cragle

Garrett Cunningham

Virginia Curione

Nikolas Darr

Kirsten Davis

Alexis Daw

Corinne DeFilippo

Nancy Deng

Ryan Denton

Olivia DeSarno

Hannah DeWert

Ellia Diezhandino

Ethan Domey

Alexandra Drake

Patrick Dunn

John Durr

Marney Durr

Ethan Dziennik

Casandra Eaton

Noah Edson

Amelia Ellison

Gem Fazzary

Sequoia Fazzary

Gianna Ferraro

Jack Fesetch

Wilson Foster

Hunter Francisco

Elijah Friend

Arianna Fuksman

Rebecca Fullmer

Jalen Fulwood

Patrick Gallagher

Olivia Gavin

Zachary Giammichele

Sienna Gibson

Gavin Gilbert

Casey Golden

Jordyn Gross

MacKenzie Grover

Mickenzie Grysa

Olivia Haberstroh

Trent Hague

Karis Adams

Lauren Hall

Tori Harley

Noelle Harpster

Donald Hatch

Karleigh Hays

Micah Hays

Christian Headley

Samuel Heffner

Aiden Hickox

Andrew Hollenbeck

Mason Holloway

Martin Huang

Dominic Hugg

Tayvon Huggins

Johanna Ingerick

Gabrielle Janeski

Darius Jividen

Nathan Johnson

Sofia Johnson

Continued on next page



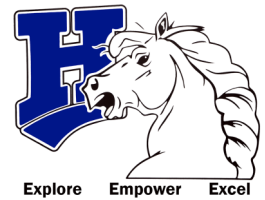
HMS is Proud to Present our 2nd MP 7th Grade Honor Roll Students!

Carter Jones
Nicole Kailbourne
Mariam Kamal
Anika Kamaraju
Emma Kamas
Liam Kane
Zachery Kathan
Alexandra Keller
Kegan Kent
Hannah King
Lilly Kintz-Smith
Isabella Kitchin
Lainey Knapp
Michelle Koester
Meleah Kohberger
Goran Krajnik
Madisyn Labuski-Logan
Luke L'Amoreaux
Lucas Landowski
Marloe Laughlin
Elise Levantovich
Alexander Lotocky
Seth Loucks
Anna Lowe
Sibby Lowe
Isabelle Lucas
Natalie Luckette
Alivia Lunger
Jordyn Lunger
Nathan Machadapally
Alexa Malay
Dylan Mattoon
Mari Mayo

Malorie McCarthy
Zoey McClelland
Morgan McCooey
Rylee McGann
Finnegan McInerney
Gavin McInerney
Amanda McLaughlin
Ayden Mekos
Danika Morehouse
Santiago Moreira
Cayden Mosher
Brennan Murray
Madison Mustico
Nikolas Narsiff
Adam Nielsen
Narayani Niraula
Laken Niver
Tabitha Oakes
Emma O'Harra
Lexie Ostrander
Emma Overdorff
Emily Overly
Coleton Owen
Drew Parsons
Avi Patel
Lily Patelunas
Chloe Perriitt
Abigayle Perry
Alexis Peterson
Casey Pietrzak
Trevor Reidy
William Reiman
Caleb Remchuk

Mia Richardson
Makenna Rounds
Elena Ruffer
Mia Ruggiero
Allison Ruhmel
Annalee Ruhmel
Camdyn Ryhal
John Savash-Acuña
Chase Schermerhorn
Ryan Schiavone
Joel Scibek
Leah Scott
Jordan Sheehan
Gracie Sherman
MayAnna Sindlinger
Caitlyn Slavin
Lilian Snowburg
Mia Sophia
Thomas Spencer
Griffin Stevens
Raegan Stevens
Joshua Stout
Hunter Stratton
Ian Suh
Devin Sullivan
Lawson Swarthout
Logan Swarthout
Braelyn Switala
Lucas Teets
Aubrianna Tenny
Joanne Tiberia
Sofia Toribio

Continued on next page



HMS is Proud to Present our 2nd MP 7th~8th Grade Honor Roll Students!

Lauren Tournour

Thai Tran

Connor Trimmer

Miles Twomey

Brady Utter

Lillian Walton

James Waters

Lincoln Watson

Madelyn Weigand

Serenity Welch

Drue Welty

Britney Wheeler

Maeve Wheeler

Paislie White

Kaylee Williams

Natalie Williams

Ava Wing

Megan Wolf

Miles Woodhouse

Logan Woodrow

Braden Woodworth

Alexis Zimmer

END OF 7th GRADE

8th Grade

Daylyn Crawford

Nathan Crooker

Camden CrosslandAva Aderhold

Ryan Anderson

Gavin Antes

Alivia Augustine

Makayla Austin

Jaydess Ayers

Jenna Baker

Andrew Bauman

Katherine Beecken

Abigail Bennett

Jacob Bennett

Anthony Bifano

Donald Bolt

Sophia Bonnell

Peter Boris

Joseph Born

Ryan Bo

Cameron Buitrago

Braeden Butts

John Cain

Lia Carrier

Owen Cassada

Anna Charbonneau

Amelia Christmas

Vincent Cole

Kevin Comfort

Cole Cooper

Richard Cornett

Colton Cox

Nolan Cruise

Cody Dale

Aleksander Davis

Jayla Davis

Kiersten Davis

Nathan DeWeese

Brandon Dildine

Zane Dixon

Sidney Donaldson

Jacob Edsall

Isabella Enright

Jordan Ewell

Keru Fabiny

Ava Fairbrother

Julia Faroni

James Fedele

Lila Fell

Katelyn Fenton

Matthew Finch

Kathryn Finlayson

Sean Fossaceca

Iylan Fowler

Caiden French

Olivia French

Jayden Frycek

Anthony Funair

Sara Gafsi

Nathan German

Olivia Giammichele

Ethan Goliber

Grace Grantier

Ryan Green

Maya Grow

Continued on next page



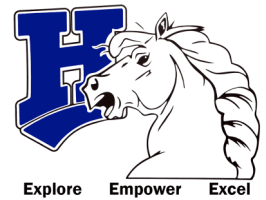
HMS is Proud to Present our 2nd MP 8th Grade Honor Roll Students!

Chase Harmer
Charles Hartman
Olivia Hatch
Olivia Hepinger
Lindsey Hess
Addelyn Hester
Katherine Hinman
Ryan Hoffman
Christian Hoskins
Sophie Houghtaling
Ayanna Howerton
Maddox Hughey
Dylan Hulslander
Nora Ingham
Gabrielle Ives
Austin Janowski
Abdullah Javed
Madilyn Jerzak
Heidi Jewell
Abby Johns
Kaitlyn Jones
Spencer Kaschalk
Brayden Kelly
Alexis Kemmer
Autumn Kemp
Jiwoo Kim
Jubin Kim
Ethan Kiser
Madison Kittle
Lukas Klee
Jackson Klug
Alexis Knox
Alexis Krohmalney

Alexis Lambert
Camden Larrabee
Sarah Lenhardt
Zachary Lese
Quentin Lewis
Savannah Liddy
Shoonfon Li
Anneliese Little
Shane Lohmuller
Sophia Lorenz
Delaney Majiros
Jasmine Mallow
Kristopher Marble
Jasmine Marks
Julianna Mason
Madisyn Matkosky
Jenifer Mattison
Kiersten McCarthy
Logan Meisner
Emma Michalko
Keira Miller
Kelly Morse
Matthew Mucci
Isabella Myers
Dylan Nguyen
Jacob Ortmeier
Benjamin Pagano
Cameron Palmer
Makaya Parsons
Mallory Patchen
Kris Patel
Carder Pawlak
Micah Perkins

Gracie Pierce
Logan Pike
Andrew Potter
Nadia Powers
Noah Rangstrom
Elizabeth Reed
Kaiya Rhoads
Patience Richards
Olivia Rightmire
Isabella Rivera
Olivia Rose
Sydney Rose
Amelia Rouleau
Dominick Russ
Ryan Sadler
Bradock Salisbury
Vivienne Saunders
Finnian Scanlon Shaw
Jacob Schanbacher
Jessica Schultz
Maryn Schwenke
Anna Sheahan
Sam Shutter
Jaebreonna Smith
Jacob Staats
Alexis Stout
Tyler Strickland
Brooke Sumner
Sophia Tappan
Jaret Teeter
Lucy Theetge
Shaelyn Thomas

Continued on next page



HMS is Proud to Present our 2nd MP 8th Grade Honor Roll Students!

Zachary Thomas
Clara Thompson
Jaycie Tillinghast
Shayna Tressler
Jeremy Truax
Elvonus Tyler
Kyra Ungvarsky
Gage VanNordstrand
Ian Wandell
Isabelle Warrick
Nicholas Webb
Aubreigh White
Mallory White
Alicia Williams
Gage Wilson
Laura Wintermute
Andrew Wood
Lindsey Wood
Delanie Woodworth
Abigail Youngman
Matthew Young
Eman Zenati
Nathan Zhou



100th Anniversary

March is...

Women's History Month

Right to Vote



"College Day" picket line (led by Alice Paul): Univ. of Kansas, Univ. of Missouri, Stanford, Bryn Mawr, Swarthmore, Vassar and Oberlin represented. January, 1917.



Susan B. Anthony

Women's Rights icon. Addressed Women's Rights National Convention in 1854 in Rochester, NY.

Became an agent for the American Anti-Slavery Association.

Co-founded National American Woman Suffrage Association (NAWSA) with Stanton.



Alice Paul

Daughter of a suffragist, she led the Washington, D.C. chapter of NAWSA. Formed the National Woman's Party in 1916. Organized protests and led the largest parade in D. C. the day before Wilson's inauguration.

Wrote the Equal Rights Amendment in 1923; it is still not ratified.



Elizabeth Cady Stanton

With Lucretia Mott, held the first women's conference in Seneca Falls, NY, in 1848.

Wrote the Declaration of Sentiments, in which she added "women" to her version of the Declaration of Independence.

Co-founded NAWSA with Anthony.



Lucy Stone

Suffragist and abolitionist. Spoke at the National Women's Rights Convention in Rochester, NY, in 1852 (may be credited for inspiring Anthony to action).

Formed American Woman Suffrage Association with Julia Ward Howe (focused on state's rights for women).



Ida B. Wells

Journalist, abolitionist, suffragist. Owned newspaper *Memphis Free Speech and Headlight* in TN.

Wrote about white mob violence and the condition of black people in the south; her newspaper office was burned and she moved north to Chicago to continue her work.

The 19th Amendment to the Constitution was ratified on August 18, 1920, finally granting women the right to vote.

The Teen Brain: 7 Things to Know

Did you know that big and important changes are happening in the brain during adolescence? Here are 7 things to know about the teen brain:

1. The brain reaches its biggest size in early adolescence.

For girls, the brain reaches its biggest size around 11 years old. For boys, the brain reaches its biggest size around age 14. But this difference does not mean either boys or girls are smarter than one another.

2. The brain continues to mature even after it is done growing.

Though the brain may be done growing in size, it does not finish developing and maturing until the mid- to late 20s. The front part of the brain, called the prefrontal cortex, is one of the last brain regions to mature. This area is responsible for skills like planning, prioritizing, and controlling impulses. Because these skills are still developing, teens are more likely to engage in risky behaviors without considering the potential results of their decisions.

3. The teen brain is ready to learn and adapt.

The teen brain has lots of plasticity, which means it can change, adapt, and respond to its environment. Challenging academics or mental activities, exercise, and creative activities such as art can help the brain mature and learn.

4. Many mental disorders may begin to appear during adolescence.

Ongoing changes in the brain, along with physical, emotional, and social changes, can make teens vulnerable to mental health problems. All the big changes the brain is experiencing may explain why adolescence is a time when many mental disorders—such as schizophrenia, anxiety, depression, bipolar disorder, and eating disorders—can emerge.

5. Teen brains may be more vulnerable to stress.

Because the teen brain is still developing, teens may respond to stress differently than adults, which could lead to stress-related mental disorders such as anxiety and depression. Mindfulness, which is a psychological process of actively paying attention to the present moment, may help teens cope with and reduce stress.

6. Teens need more sleep than children and adults.

Research shows that melatonin (the “sleep hormone”) levels in the blood are naturally higher later at night and drop later in the morning in teens than in most children and adults. This difference may explain why many teens stay up late and struggle with getting up in the morning. Teens should get about 9 to 10 hours of sleep a night, but most teens do not get enough sleep. A lack of sleep can make it difficult to pay attention, may increase impulsivity, and may increase the risk for irritability or depression.

7. The teen brain is resilient.

Although adolescence is a vulnerable time for the brain and for teenagers in general, most teens go on to become healthy adults. Some changes in the brain during this important phase of development actually may help protect against long-term mental disorders.

Finding Help

If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, there are ways to get help. Communicating well with your doctor or other health care provider can improve your care and help you both make good choices about your health. **Speak with your child’s school counselor or social worker if you have any concerns.**

If you are in immediate distress or are thinking about hurting yourself, call the National Suicide Prevention Lifeline toll-free at 1-800-273-TALK (8255) or the toll-free TTY number at 1-800-799-4TTY (4889). You also can text the Crisis Text Line (HELLO to 741741) or go to the [National Suicide Prevention Lifeline website](https://www.suicidepreventionlifeline.org/).

Source: U.S. Department of Health and Human Services
National Institutes of Health
NIH Publication No. 20-MH-8078
Revised 2020

Student Contributions

from Ms. Schiefen's Reading Class



HISTORY OF BASKETBALL



by Jeremy Truax



James Naismith and his peach basket.

Basketball is a very popular sport and it is played all around the world, but did you know that James Naismith invented it? James Naismith was going to go to college to be a preacher, but he wanted to be involved in athletics, so he moved to Springfield, Massachusetts to study physical education at the International YMCA Training School. In the winter of 1891-1892, James Naismith was assigned to create an easy to learn game but challenging enough to make it interesting. The game had to be played indoors, include a lot of people, and it couldn't be as rough as football or rugby. He used 2 peach baskets and a ball. He called the game basketball. Next, he came up with 13 rules that are still used in basketball today.

1. The ball may be thrown in any direction with one or both hands.
2. The ball may be batted in any direction with one or both hands (never with the fist).
3. A player cannot run with the ball. The player must throw it from the spot on which he catches it, allowance to be made for a man who catches the ball when running at a good speed if he tries to stop.
4. The ball must be held in or between the hands; the arms or body must not be used for holding it.
5. No shouldering, holding, pushing, tripping, or striking in any way the person of an opponent shall be allowed; the first infraction of this rule by any player shall count as a foul, the second shall disqualify him until the next goal is made, or, if there was evident intent to injure the person, for the whole of the game, no substitute allowed.
6. A foul is striking at the ball with the fist, violation of Rules 3,4, and such as described in Rule 5.
7. If either side makes three consecutive fouls, it shall count a goal for the opponents (consecutive means without the opponents in the meantime making a foul).
8. A goal shall be made when the ball is thrown or batted from the grounds into the basket and stays there, providing those defending the goal do not touch or disturb the goal. If the ball rests on the edges, and the opponent moves the basket, it shall count as a goal.
9. When the ball goes out of bounds, it shall be thrown into the field of play by the person first touching it. In case of a dispute, the umpire shall throw it straight into the field. The thrower-in is allowed five seconds; if he holds it longer, it shall go to the opponent. If any side persists in delaying the game, the umpire shall call a foul on that side.
10. The umpire shall be judge of the men and shall note the fouls and notify the referee when three consecutive fouls have been made. He shall have power to disqualify men according to Rule 5.
11. The referee shall be judge of the ball and shall decide when the ball is in play, in bounds, to which side it belongs, and shall keep the time. He shall decide when a goal has been made, and keep account of the goals with any other duties that are usually performed by a referee.
12. The time shall be two 15-minute halves, with five minutes' rest between.
13. The side making the most goals in that time shall be declared the winner. In case of a draw, the game may, by agreement of the captains, be continued until another goal is made. <https://www.usab.com/history/dr-james-naismiths-original-13-rules-of-basketball.aspx>

Word spread around quickly about this newly invented game called basketball. Many people were introducing basketball to their YMCA's and basketball started to spread to other countries. By 1905 basketball was named an official sport for high schools and colleges. Thank you Mr. Naismith for inventing basketball!

Work Cited: Where Basketball was Invented: The History of Basketball. <https://springfield.edu/where-basketball-was-invented-the-birthplace-of-basketball> Accessed 2/20/2020

Student Contributions from Ms. Schiefen's Reading Class



Living With Type 1 Diabetes

by Samantha Clark

Type 1 Diabetes, known as juvenile diabetes or insulin-dependent diabetes is a chronic condition in which the pancreas produces little to no insulin. Insulin is a hormone needed to allow sugar (glucose) to enter cells to produce energy. This disease has no cure and is managed with insulin.

Symptoms of Type 1 Diabetes include, increased thirst, frequent urination, bed wetting, extreme hunger, weight loss, mood changes, fatigue and weakness, and blurred vision. The cause of Type 1 Diabetes is still unknown. The body's own immune system which normally fights harmful bacteria, viruses, destroys the insulin producing cells in the pancreas.

Although there is no cure, there is a treatment which includes, take insulin as prescribed, eat a healthy balanced diet with accurate carbohydrates counts, check blood sugar levels, and get regular physical activity. People who have this disease lose about 11-13 years of life. Diabetic coma caused by critically low blood sugar and ketoacidosis caused by a lack of insulin in the body. High blood sugars cause loss of eyesight, fingers, toes, legs, arms, etc.

There are many things diabetics have to keep track of a lot of things such as blood sugar meter, insulin pump infusion sets, insulin pump reservoirs, insulin, syringes, insulin pens, pen needles, lancets, testing strips, alcohol swabs, glucose tablets, juice boxes, extra snacks, and Dexcom supplies. Living with diabetes is a lot of work and is very exhausting. Most days diabetics do not have the energy to even get out of bed because they are so tired and exhausted. But each diabetic continues to fight for their health every day. I myself fundraise for JDRF (Juvenile Diabetes Research Foundation) to help find a cure for all people, young and old, living with this disease.



Work Cited: Type 1 Diabetes <https://www.mayoclinic.org/diseases-conditions/type-1-diabetes/symptoms-causes/syc-20353011> Accessed 19 February 2020

Student Contributions from Ms. Schiefen's Reading Class



THE HISTORY OF LACROSSE

by Ben Pagano

Created by Native Americans, stickball or as we know it as lacrosse was not always just a game to play for fun. The Native American games which stickball was played in. Stickball, the early version of what we know today as lacrosse, was a past training for warriors of native tribes. It was used for religious reasons, until later in time where it became a sport in many places. Such as the St. Lawrence River Valley by the Algonquian Tribe. But also followed by other tribes near the Great lakes.

The Native American games were major and not to be messed with. These so-called games took place for several days. They took place in large open areas up to 500 yards up to several miles apart. The games were played between villages and the goals they set up. These goals could be two trees or other natural features.



Lacrosse balls used to be made with wood but were later replaced. The wood was replaced with deer skin. The netting was made from deer sinews. They decorated their bodies with charcoal for face markings.

Work cited: Origin of Men's Lacrosse <https://worldlacrosse.sport/worldlacrosse/origin-history/> Accessed 12 Feb., 2020



Student Contributions from Ms. Schiefen's Reading Class



TOP 10 GOAT FACTS

by Dylan Pearson



There are around 300 different type of breeds of goats around the world. Each goat breed is different based on their size and shape. Goats are used as pets and even for yoga classes! Goats are usually raised for meat, skin and hair. Did you know there are many interesting facts about goats? Please read the following list.

- Goats and octopus' pupils of their eyes are rectangular.
- Goats do not like eating food that has been soiled, contaminated or has been on the ground.
- Goats are usually between 17 to 42 inches tall from the shoulders.
- In earlier centuries, goats were often used to nurse babies.
- Goats are herbivores (plant-eaters) that spend most of their day grazing.
- Goat's milk is easily digestible and less allergenic than cow's milk.
- According to Roman history, on February 15th, young men would run around wearing only the skins of goats they sacrificed earlier and hit women with strips of goat skin, known as februate, to promote fertility. It is from these purification instruments that the month of February gets its name.
- The heart rate of goats is between 70 to 135 beats per minute.
- Depending on the breed, adult female goats can weigh between 22 to 300 pounds and adult males between 27 to 350 pounds of body weight.
- The early explorers used goat skins for water and wine bottles when they traveled.



After reading this list, you may or may not want to get a goat. But I bet the next time you see a goat you will look directly into it's eyes to see if their pupils are really recatangular!

Work Cited: 102 Facts About Goats https://www.famu.edu/cesta/main/assets/File/coop_extension/small%20ruminant/goat%20pubs/Facts%20About%20Goats.pdf Accessed 20 February 2020



Student Contributions from Ms. Schiefen's Reading Class



Vincent Van Gogh

by Paige Janowski

Vincent van Gogh was born in Holland in the village of Groot-Zundert on March 1853. Vincent was named after his stillborn brother who was also named after their grandfather. Vincent's brother even named his son Vincent.

Vincent started painting at the age of 27 and had also self-taught himself how to paint. When he had first started painting his paintings were not colorful at the beginning his paintings were dull with only white, black, and grey shades.

Vincent met his best friend Paul Gauguin in Paris in 1887. The two often painted together, but their painting styles were stylistically different. Their friendship which was thought to have ended after the shocking ear cutting incident in which Van Gogh cut off his ear and sent it to a woman he was in love with.



*"Self-portrait with Bandaged Ear",
1889.*



Vincent van Gogh at age 19.

Vincent wrote over 800 letters during his lifetime. 600 of them were to his brother Theo. Vincent had made one of the most important and expensive paintings. His painting of Dr. Cachet which he painted in 1890 sold for almost 82.5 million dollars.

In less than 10 years Vincent had painted over 900 paintings. He began as a missionary then he quit and started his paintings using peasants and farm workers because he was too poor to pay for models to paint so he used what was around him and didn't cost anything.

Vincent's brother reported that Vincent's last words were "la tristesse durera tou jours" which means "the sadness will last forever."

Work cited : Who was Vincent Van Gogh <https://www.biography.com/news/vincent-van-gogh-biography-facts> Accessed 20 February 2020



Student Contributions from Ms. Schiefen's Reading Class



THE MEMORIAL OF ANDREW SPERR

by Kara Pearson



In the town of Big Flats there is a special park that honors fallen trooper Andrew Sperr. The park was created as a memorial and a way for the community to turn something tragic into something good.

On March 1, 2006 Andrew Sperr was on his lunch break and decided to drive to Lowe Road in the town of Big Flats where Sperr Park is now located. Earlier in the day, two men had robbed the Big Flats branch of Chemung Canal Trust Co. When Trooper Sperr was patrolling the area, he pulled a vehicle over because he noticed their license plate dangling loose. While Trooper Sperr was pulling the vehicle over, Trooper Sperr was taken down by gunfire. The men fled the scene and then police were on the hunt to find the suspects. Hours later the men were captured. Unfortunately, Trooper Sperr lost his life that day but he has not been forgotten.

Community members and fellow Troopers wanted to honor Trooper Sperr and turn the site of a tragedy into something beautiful and for all to enjoy. Now the community can come to this wonderful park and play on the playground, walk the trails around the pond, see the pavilion for events, or just enjoy the beauty of nature surrounding the park.

Work cited: Trooper Andrew J. Sperr's murder still haunts community
:<https://www.stargazette.com/story/news/local/2016/02/26/trooper-andrew-j-sperrs-murder-still-haunts-community/80456528/> Accessed 13 February 2020 .



Above: Dedication of Memorial

Below: Sperr Park



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