



Bullying Prevention



Bullying needs to stop now and we need to know how to prevent it. Bullying can be harassment, name calling, gossiping, rumor spreading, threats or other forms of intimidation. In this article, you learn about the four types of bullying and can do to prevent it.

There are four different types of bullying, verbal, social, physical, and cyberbullying. These types of bullying make someone feel good about themselves, and make someone else feel bad. Here are different types of bullying and what it is. Verbal bullying is when someone says something to hurt someone else. Which includes, name calling, insults, teasing, racist comments, inappropriate comments, threatening to cause harm, or intimidation. Social bullying is hurting someone's reputation. It includes lying and spreading rumors, telling someone not to be friends with that person, embarrassing someone in public, and leaving someone out on purpose. Physical bullying is laying hands on someone, and damaging or stealing the person's belongings. Physical bullying is probably the worst type of bullying. It involves hitting, kicking, slapping, stealing or destroying other things and making hand gestures. The last type of bullying is cyberbullying. Cyberbullying is very similar to social bullying. Cyberbullying involves making online threats, purposely excluding others online, nasty gossip or spreading rumors, posting or sending hurtful texts or emails and or post images or videos online.

Here are some ways you can tell if someone is being bullied. They can have missing belongings, unexplained injuries, and a limited number of friends. The child or teen could also experience anxiety, sadness, loneliness, helplessness, and feeling isolated. They also avoid social situations.

If you are experiencing bullying, talk to an adult and if you can't do it in person you can call the Response Crisis Center or go to their website. The Response Crisis Center has helped many people and it can help you too.

Response Hotline Center:



HOTLINE: (631) 751-7500
WEBSITE: www.responsehotline.org

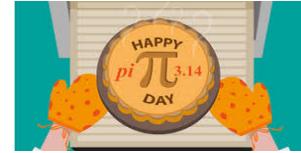
4 Types of BULLYING

PHYSICAL Bullying	VERBAL Bullying	SOCIAL Bullying	CYBER Bullying
Hitting, kicking, slapping, pinching	Name calling	Lying & spreading rumors	Posting/sending hurtful texts, emails or posts, images or videos
Spitting	Insults	Leaving someone out on purpose	Making online threats
Tripping, pushing	Teasing	Telling others not to be friends with someone	Imitating others online or using their log-in
Stealing or destroying someone's possessions	Intimidation	Embarrassing someone in public	Deliberately excluding others online
Making mean or rude hand gestures	Homophobic or racist remarks	Damaging someone's social reputation or relationships	Spreading nasty gossip or rumors
	Inappropriate sexual comments		
	Taunting		
	Threatening to cause harm		

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Fun Facts by Sarah Terletsky



Hello again and welcome to fun facts! I have some more facts about some upcoming months. First up is February, which is National Cherry month. Did you know there are more than 1,000 varieties of cherries in the United States? One of those types of cherries was the world's heaviest cherry, grown in Sannicciola di Bari, Italy by Gerardo Maggipinto. On June 21st, 2003 it weighed 21.69 grams, that would be one large pit to spit out. February is also National Grapefruit month! Grapefruit trees can reach 28 to 30 feet tall. They can come in colors such as pink, red, white, and a golden yellow. Lastly, February 27th is Polar Bear Day. Polar Bears, or *Ursus maritimus* (meaning sea bear), are currently the largest land carnivore. They can smell prey from up to 20 miles away, that's about the distance from Sunken Meadow State Park (Kings Park) to Patchogue! Now moving along to March. March 1st is National Pig Day, dedicated to the adorable, intelligent, and social animals that pigs are. Pigs are actually very clean and prefer to keep non-soiled living spaces. National Pi Day is also March 14th, which is coincidentally Albert Einstein's birthday. Pi is a never-ending number or concept. On Pi Day in 2004, Daniel Tammet recited 22,514 digits, that's a lot of digits! See you next time with more fun facts.



Winter Sports and Activities

by Tori Zaun



It's Winter season!! That means that it's time for fun and exciting winter activities to start. There are so many fun winter activities to do such as ice skating, snowboarding, skiing, baking cookies etc. There are also winter sports that are going on as well!!! Currently at Saxton, we have Girls' Volleyball and Boys' Basketball. But soon this season will end, and Girls Basketball and Wrestling will start too!! But if you're like me and don't like winter sports you can watch them. You can go to watch games at our school, or you can watch them outside of school at home on your tv. You can go home and watch football, basketball, or whatever sports you prefer to watch. Currently right now there are football playoffs going on right now. So far, the teams that have won are the Colts, who beat the Texans. The score was 21 to 7. Then we have the Cowboys who beat the Seahawks. The score was 24 to 22. Then the chargers beat the Ravens. The score was 23 to 17. And lastly, we have the Eagles who beat the Bears. The score was 16 to 15. There are still more playoffs going on, so this is what we know for now. So, get up and get out and go enjoy some winter sports and activities!!!

Update: The New England Patriots and the St. Louis Rams were in the Super Bowl this year. The winners were The New England Patriots!



St. Patrick's Day Quiz



How much do you know about St. Patrick's Day? Take our quiz and see how much. (Answers are on page 8.)

1. St. Patrick's Day is celebrated on March 17th because it's the day that:
 - a. St. Patrick was born
 - b. St. Patrick died
 - c. St. Patrick ran the snakes out of Ireland
2. What does the shamrock symbolize?
 - a. The Holy Trinity
 - b. The luck of the Irish
 - c. The green fields of Ireland
3. Where did the first St. Patrick's Day parade take place?
 - a. Dublin
 - b. New York City
 - c. Chicago
4. What will kissing the Blarney Stone bring you?
 - a. Good luck
 - b. Eloquence
 - c. A cold sore
5. Why do you get pinched if you aren't wearing green on St. Patrick's Day?
 - a. You've been naughty
 - b. It's a fun way to meet people
 - c. Leprechauns can see you
6. What was the first official color of St. Patrick's Day?
 - a. green
 - b. blue
 - c. gold



What Happens When You Chew TOO Much Gum?

By: Daissy Pereira



Most people I know chew a lot of gum. But what happens when you chew too much gum? What harmful things can it do?

According to Business Insider, excessive gum chewing may be harmful to your jaw and cause chronic pain. So if you begin to feel pains in your jaw, you should stop chewing immediately.

And if you consume too much sugar-free gum it could cause bloating, cramping, and chronic diarrhea.

I spoke to science teacher, Ms. Fonte, she says, "that if you decide to chew gum because you're hungry, it's a bad idea! When you chew the gum, it puts air into your stomach and so it makes you even hungrier".

Another thing that happens to your stomach is, when someone chews gum on an empty stomach, their body tends to think that they are eating real food so it releases acid. Acid is what breaks down food to digest it. However, since one is not consuming food there is nothing for the body to digest, so the acid begins to break down the layers of the stomach.

Finally, according to, Kids Health, if you were to swallow too much gum or too often, in rare cases, the gum could block your digestive tract. Gum is made of resin and your body can't digest it. If you do however accidentally swallow gum, it will move along in the digestive tract and the end trip will be to the bathroom.

To conclude, please be very cautious about the amount of gum you chew daily. It can help you in many ways like concentration, memory, and protecting teeth, but be aware of the cons as well.

Did you know?

1. It is believed that ancient Greeks found relief from stress by chewing a gum that was made from a resin.
2. Sixty to 70 percent of bubble gum is sugar.
3. 100,000 tons of bubble gum is chewed every year all around the world.
4. The largest piece of gum ever was equivalent to 10,000 pieces of chewing gum!
5. Scientists found a 9,000-year-old wad of chewing gum in Sweden.

Source: <https://www.uselessdaily.com/>

Movie Review: Aquaman

by Brennan Sullivan



This weekend, I saw the movie Aquaman. This movie is the next superhero movie in the DC universe. This movie was great, and did right what a lot of other DC movies did wrong. This movie has awesome underwater fight scenes and a rich story plot. This movie is also funny, and the jokes are well timed. I recommend this movie to everyone and you should go see it before it leaves the movie theater. It definitely deserves a 5 star rating.





Should Service Dogs Be Allowed in School?

by Julia Spencook



The first few days of school are the most nerve racking time of year. Especially when changing schools for the first time. Middle school. Ah yes, the noisiest, fast going, and heart beating time of your life. In some cases, some kids may have social, emotional, or mostly uncontrollable twitches, screaming, crying, or jerking. Luckily, we have service dogs to comfort people. Dogs are a source of security. Some people have allergies to fur or hair. That is a problem, but the service dog and owner do stay their distance away from other classmates. So rare allergy attacks nor any would happen. Service dogs are trained. No barking, causing distractions with other students. Most people have dogs or cats as a pet. But what if you were to have a service animal if you had emotional issues? Would having a trained service animal help you? Well, animals are very comforting. They can't speak, but they have their own language. As if they tell you it's going to be ok. Wouldn't that be great in schools? Service dogs can help unsocial kids, or anyone open-up, they simply just let you pet them and stay quiet. But they can also cause distractions. Most kids want to pet and talk to the puppy or dog, but that could make the dog unstable and scared, and unfocused on the person. Also walking in the hallways with a service dog can be work, between people trying to pet the service dog, and trying to get through the huge crowd. It would be a struggle. But to justify service dogs are important for therapy for certain people. What do you think?

Meeting with Dr. Hynes

by Ewan Hargraves



I met with Dr. Hynes on January 26th with my friends AJ and Morgan, about the reasons why the students should get their own laptop. This is how it went. I was nervous. I got my friends Morgan and AJ to come down the room with me. To prepare, we spent months making this presentation to show to the Director of Technology, Mr. Richroath, and the Superintendent, Dr. Hynes. AJ, Morgan, and I set up the presentation titled "Why Pat-Med School District Should Provide Students with Laptops." It was 5 minutes until the meeting, and I peeked out the door and saw Mr. Richroath. I whispered to my friends "They're here get ready!" We stood next to the ENO-Board. A few minutes later, they walked in and we started presenting. We thought it went well. I personally thoroughly enjoyed the experience. After the presentation, we sat down at a table, and talked. Mr. Richroath and Dr. Hynes asked us some questions. Then we presented them with our questions. Also, we had a list ideas from some of our peers. In conclusion, this was an outstanding meeting with Dr. Hynes and Mr. Richroath. Here is a link to the video: bit.ly/hynespresent

ATTENTION: There is a poll in the library on why or why not you think we should get laptops! Please come down and answer

Or you can go to: bit.ly/laptoppoll

Happenings at Saxton Middle School

P.S. I Love You Day



The Let Grow Project



Prehistoric Cave Paintings and Egyptian Cartouches



Virtual Reality with Google Expeditions



The 6th grade Independent Research Seal Trip to Cupsogue Beach



The Saxton Leadership Podcast Club



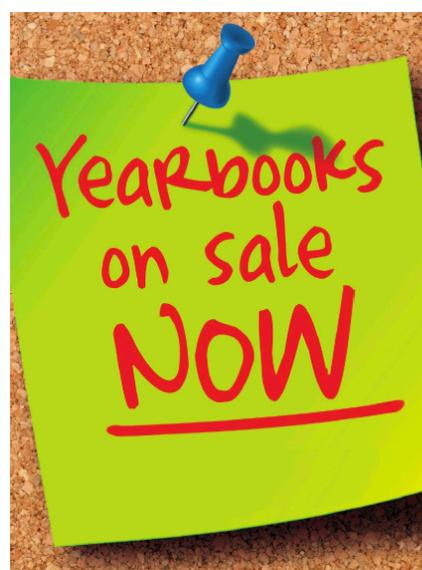
Did You Know?

by Ewan Hargraves



- 1) The quick brown fox jumps over the lazy dog uses EVERY letter in the alphabet!
- 2) More than 95 percent of lipsticks contain fish scales!
- 3) Venus is the only planet in the solar system that rotates clockwise, whereas all other planets rotate anti-clock wise.
- 4) Just like humans fingerprints, dogs nose prints are unique, and it can be used to identify the identity of dogs.
- 5) Have you ever put an apple into the water and noticed the apple float? Yes, apples float on water. It is because apples are made of 25 percent air!
- 6) Watermelon is 95% water!
- 7) Did you know that you cannot talk and inhale or vice versa. When you speak, you will not be able to inhale. Give it a try?
- 8) Did you know our names empower us? Yes, our names carry a power and it will influence us and our behavior.
- 9) Have you heard about a chocolate flower? A flower named Cosmos Atrosanguineus carry the aroma of a chocolate. Obviously, it appears in brown color!
- 10) The goosey security - Geese are used as security guards in a prison in Brazil! How cool is that?

IMPORTANT INFORMATION



Order your Saxton Yearbook! Yearbooks cost \$40. Order online at Balfour.com with a credit or debit card.



National Dates in March

by Ewan Hargraves

- | | |
|--|--|
| 1 National Pig Day | 17 Saint Patrick's Day |
| 2 Old Stuff Day | 19 Poultry Day |
| 3 National Anthem Day | 20 Spring (Vernal) Equinox |
| 4 Fun Facts About Names Day | 21 Credit Card Reduction Day |
| 5 Multiple Personality Day | 22 National Goof Off Day |
| 6 Dentist's Day | 23 National Puppy Day |
| 7 National Frozen Food Day | 24 National Chocolate Covered Raisin Day |
| 8 Be Nasty Day | 25 Waffle Day |
| 9 Panic Day | 26 Make Up Your Own Holiday Day |
| 10 Middle Name Pride Day | 27 National 'Joe' Day |
| 11 Johnny Appleseed Day | 28 Something on a Stick Day |
| 12 Plant a Flower Day | 29 National Clean out your pantry day |
| 13 Ear Muff Day | 30 National Doctor's Day |
| 14 National Pi Day- Why today? Because today is 3.14, the value of Pi. | 31 World Love Day |
| 15 Everything You Think is Wrong Day | |
| 16 Everything You Do is Right | |



ST. PATRICK'S DAY WORD

E M H L A K L D A T N O H K L
 I R A G Q C R I V R R S C M S
 R S I W A U K S M F U O P A H
 E E B N E L V A Z E R U I B H
 L U L Z G D E A C M R N L X R
 A Y A Q N O W L A Q T I D A J
 N I R I B O B H L P D L C T H
 D C N P W G S R A I O L N K C
 F Z E W L F A T A G H B R G R
 M H Y V G I R G N G Z S F G A
 B D S D N I O G R E H L Y J M
 R Q T B C N U A H C E R P E L
 E F O K C I T L E C R R K S Q
 U W N F O L K L O R E E G I D
 K G E O G Q W Y O T U Q N A V

BLARNEY STONE
 FOLKLORE
 GREEN
 LIMERICK
 SAINT PATRICK
 CELTIC
 GOLD
 SAINT PATRICK

SHAMROCK
 ERIN GO BRAGH
 GOOD LUCK
 LEPRECHAUN
 RAINBOW
 SHILLELAGH
 IRELAND

Snowman Hat Cookies

by Matthew Terletsky



FROSTING:

1 tablespoon Land o lakes butter, 1 (1-ounce) square semi-sweet baking chocolate, 1/2 cup powdered sugar, 1 to 2 tablespoons milk.

HAT:

12 4-inch strips fruit leather rolls, each cut in half lengthwise, 24 marshmallows, Candy flowers, White decorator gel, 24 dark chocolate wafer cookies, White edible glitter or sparkling sugar, if wanted Decorator sprinkles. **Nutritional Facts:** 110 cal, 2g fat.

STEP 1:

Combine butter and chocolate in bowl. Then microwave 1 minute and stir. Keep microwaving, stirring every 15 seconds, 50-60 seconds or until chocolate is melted and smooth. Add powdered sugar and enough milk for desired spreading consistency. Then beat at medium speed until creamy.

STEP 2:

Place small dot of frosting on each end of 1 strip fruit roll. Wrap strip around lower half of 1 marshmallow, pushing ends together. Repeat with remaining strips fruit roll and marshmallows. Put on candy flowers to each marshmallow with white gel. If wanted (I would want it), add dot of gel to center of each flower.

STEP 3

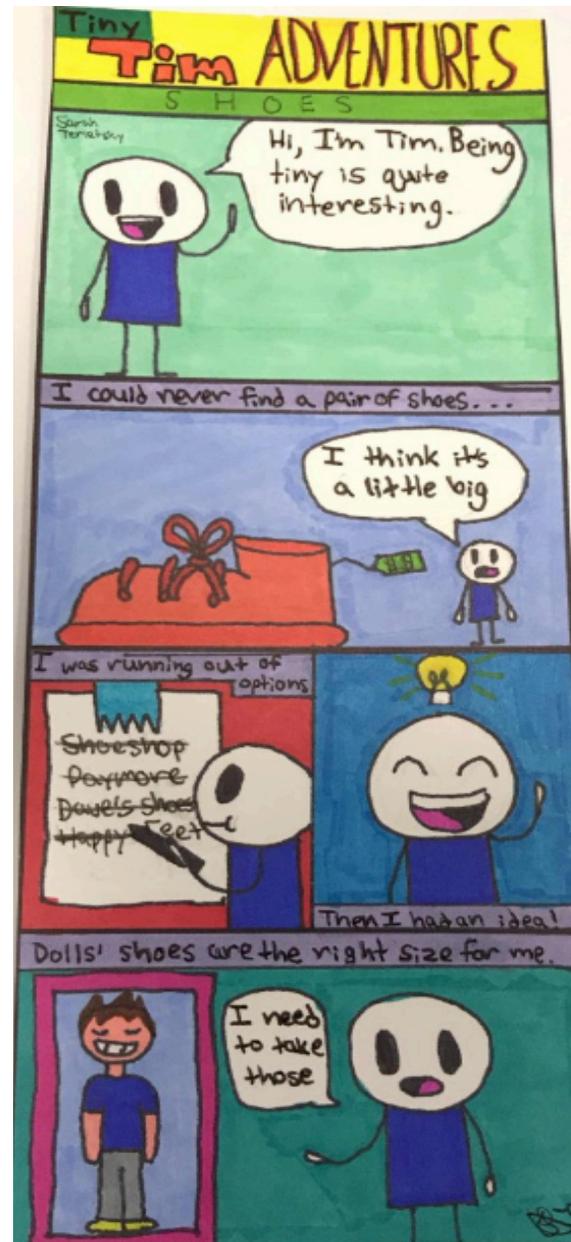
Spread about 1 teaspoon frosting over each cookie. Place marshmallow, decorated side-down, onto center of cookie. Pipe or spread white gel on edge of cookie and top of marshmallow, as wanted. Sprinkle with edible glitter to resemble snow or decorator sprinkles, if desired.

The great thing about this recipe is there is no baking involved! Except for melting the chocolate, all ingredients are pre-made so all you need to do is assemble. So, YAY no skills of cooking required =

This recipe is adapted from Land o Lakes

COMICS

by Sarah Terletsky



St. Patrick's Day Quiz Answers:

1. b, 2. a, 3. b, 4. b, 5. c, 6. b,

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Dr. Kelly, Assistant Principal
Dr. Sullivan, Assistant Principal

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