



## Welcome Back to a Brand New Year! A Lovely Winter Season



### New Years

By: Evelyn



Each culture around the world has different traditions and celebrations for holidays. One of the most interesting and widely celebrated holiday is New Year's Eve. The holiday brings people together worldwide, even though each culture celebrates it differently, there is always a common theme of bringing love and luck into the New Year.

In the United States, many families gather around the TV to watch Times Square in New York as the ball drops at the stroke of midnight. There is confetti, music, performances, and fireworks to celebrate the New Year.

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### Christmas

By: Alex

Every year all Christians celebrate the holiday Christmas. December 24th is the legend to believe that "Santa" also known as Saint Nick goes to every Christians house in the world and slides down the chimney to place presents under their Christmas tree. Songs and decorations are all very popular in the world. People purchase ornaments, lights, and most popular, mistletoe. Family and friends all come together to eat, open presents, and just hang out.

On December 25, Christians go to church to celebrate the birth of Jesus who they believe is the Son of God. Some things that people do to celebrate is to have a family dinner and make their favorite cookies or desserts, they exchange gifts with family member, donate items to the less fortunate, and parents read to their children traditional stories like Twas the Night Before Christmas written by Clement Clarke Moore, or The Christmas Story written by Jane Werner Watson, there are many other popular stories.

References: History.com. N. p., 2019. Web. 9 Dec. 2019.  
"The Best Christmas Stories For Kids | Brightly." Brightly. N. p., 2019. Web. 9 Dec. 2019.



### Hanukkah

By: Jackson

Hanukkah is a Jewish holiday where Jewish people celebrate their ancestors who defeated the Syrian army during the Maccabean Revolt over 2,000 years ago. They fought and won the right to religious freedom. Hanukkah is also known as the Festival of Lights, and it lasts eight days. Some of the best places to go to celebrate Hanukkah are Israel, Iran, and New York City, "A miracle happened here" some people say after they visit Israel during Hanukkah.

After the Maccabean Revolt, the soldiers only had enough oil to read the Tanakh (Jewish Bible) for one day but the oil lasted for eight days and that is why it is celebrated today. It is a magical time of the year for those of the Jewish faith and is celebrated each year in December

Today when Jewish people celebrate Hanukkah they light their menorahs to symbolize the 8 lit candles.

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### Kwanzaa

By: Brendan

Kwanzaa is a week-long annual cultural celebration that is celebrated by Africans and African Americans. Kwanzaa is celebrated to honor life, its cultural heritage and traditional values. It takes place in the month of December, starting December 26th and ending January 1st. Dr. Maulana Karenga introduced the festival in the year 1966 to the United States. It was introduced as a ritual to welcome the first harvest to a home. The symbols of Kwanzaa include crops which represents the historical roots of African Americans and their agriculture. During Kwanzaa you may receive gifts and your family will hold feasts. Another part of Kwanzaa is different colored candles, the colors are black, green, or red. According to Interexchange.org the seven symbols of Kwanzaa are: crops, place mat, ear of corn, the seven candles, the candle holder, the unity cup, and gifts.

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# STOMP Out Plastic



## STOMP On Plastic In The Environment

By: Mary H.

All eighth grade students at WMS are joining together to help reduce the impact of plastic in the oceans on our planet. The **STOMP** acronym stands for **S**tudents **T**aking **O**n **M**inimizing **P**lastics. The students wanted to focus on the five R's: Reduce, Reuse, Recycle, Repurpose, and Refuse. Each participating student received a T-shirt with the slogan "Project Stomp: Reducing Our Plastic Footprint", designed by Mrs. Mitchell & Mrs. Schulze. The students from 81 and 82 watched a movie called "A Plastic Ocean" to get them interested in the project, and are looking forward to working together to help the environment. They have been studying the ocean, the currents, layers, salinity, and the impact we have on the sea. Teachers Mrs. Schulze and Mrs. Mitchell, the fantastic science teachers in the eighth grade, asked three businesses to help with the cost of the T-shirts and art supplies. DeMarey Landscaping, Luso Federal Credit Union, and Monson Savings Bank have helped by donating money and spreading awareness. These three businesses donated \$200 each and are featured on the T-Shirts. The projects consist of, but are not limited to, creating an informational brochure, recycled art, steel straw fundraiser, and a community trash pickup at Spec Pond and behind the school. All the physical projects were displayed in a showcase on Friday, November 8th that displayed the work of the students to families. Some students ran a door decorating contest for all three grades, and the winners were Ms. Walulak in 8th grade, Mr. Murphy in 7th grade, and Ms. Kirk in 6th grade. Mr. Murphy's StarTime won the overall prize (each member of his Star Time received a reusable stainless steel straw).



Did you know that each year, it's estimated that 100 million marine organisms die because of plastic waste? You probably didn't. Most people don't realize the impact we have on the environment. When you are driving down the highway, do you see signs saying "No Littering", and pay no attention when you throw your plastic water bottle out the window? That same water bottle can be either pushed by the wind or carried by water until it ends up floating in the ocean. A blue whale may swallow it, due to the fact that blue whales are filter feeders. Filter feeders swallow large quantities of water and filter out small animals like krill, zooplankton, or shrimp to eat. The blue whale may take in a gulp of water and the bottle may get caught up in the pull. The whale could choke on the bottle, leaving you responsible for the death of an endangered species.

Microplastics (any plastic smaller than 5 mm) are also eaten by marine organisms, like fish. Microplastics are bits of broken down plastics that are so small, they are almost invisible to the human eye. When fish eat them, they enter the food chain, and there is a good chance that there is some plastic in the fresh haddock your parents bought from the store, or the sea bass your great uncle caught fishing, or even in cocktail shrimp your best friend prepared for a party. Plastic has entered the food chain, and the only way to stop it is for you to reduce your use of plastic.

Do you want to help the ocean, wildlife, and the environment? As an alternative to plastic bottles, try using reusable metal water bottles like HydroFlask, Mira, or Yeti. You could also personalize your water bottle with vinyl stickers. Did you know that 500 million plastic straws are thrown away daily? You could also help prevent that by using a reusable metal straw. Students sold over 200 steel straws and raised \$400 for an organization devoted to cleaning the oceans and spreading awareness. You can still buy straws at the school store for \$4 each.

All of this will do nothing if you don't spread the word. Tell your friends and family to start using reusable bags when they shop. Remind your grandparents to recycle to save the environment for future generations. When you are walking down the street, pick up any plastic trash and throw it away.

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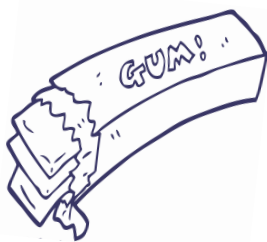




# Student Voice

## WMS' Gum Policy

By Ava S.



In most schools chewing gum is never allowed, but what if schools were allowed to chew gum? First of all, the reason most schools don't allow gum is because of the mess it can create. One of the advantages of allowing gum in school is if teachers were fine with having gum, kids wouldn't try to hide it. Kids put gum under desks and water fountains because they are scared of being caught. One of the biggest advantages of having gum in school is that it can relieve stress, and help people concentrate. According to a Wrigley gum study, 65% of athletes chew gum to relieve stress before a game. This would mean if students were to chew gum before tests they could overall concentrate more, and be less stressed out. The reason gum gives these effects is because chewing gum helps to release insulin into your bloodstream which helps jog your memory, and the chewing motion causes our hearts to pump more blood to our brain, which helps us think better. One of the many adventures of middle school is braces, almost everyone has them. Some school authorities would say it isn't fair to kids with braces because they wouldn't be able to chew it, but sugar-free gum actually can't stick to braces. Small careless mistakes are also common when kids aren't focused. So, peppermint gum can help solve that! Along with all of these advantages, there are also many disadvantages. One of the most obvious is that it can be very distracting for other students. If you hear one of your classmates chewing gum with their mouth open or blowing bubbles, it can definitely be distracting from school work. Along with it being distracting it can also be messy. If students don't properly dispose of their gum it can get under desks, on the floor, on water fountains, etc... Students could also feel left out if one student is giving their gum to everyone except them, and can create uncomfortable feelings. One major con is that you should never chew gum in chorus, Spanish, or band class. Chorus, Spanish, and band especially use your throat and mouth more than other subjects in school. Chorus and band have the dangers to start choking if you have gum while you are singing or using your mouth to play an instrument. Spanish also has a choking hazard with gum because of rolling your r's and different motions you use to speak Spanish. Personally I think that there is a time and place for gum, and in some situations it can really help students calm down. Gum should be allowed in most schools before all important tests and quizzes. I remember in fourth and fifth grade being allowed to chew gum before taking the MCAS. I never really knew why they gave us gum, I just knew that I enjoyed having it before taking a test. But in sixth grade they stopped handing it out, and I was confused as to why, but once the test started people were anxious and squirming around more than usual. The Spanish and chorus concern makes a lot of sense, and it can be a real choking hazard for students. But of course the one major reason most schools don't allow students to chew gum is the fact that it can get everywhere. But if students are allowed to chew gum they won't hide it under their desks. Students do that so they don't get caught, but if there is nothing to be caught they won't try and dispose of it under desks. Overall I think gum should be allowed, especially for students with anxiety and/or depression. It can help calm nerves and relieve stress. Overall I do think gum should be allowed in class, but not in Spanish, chorus, or band. If students have it they should not abuse the right to have it. This will ensure everyone can safely chew gum in school.

References: "Why Chewing Gum Should Be Allowed At School." Santa Rosa Press Democrat. N. p., 2009. Web. 22 Oct. 2019.  
"Chewing Gum In School." Chewinggumfacts.com. N. p., 2019. Web. 22 Oct. 2019  
"8 Reasons Why Gum Has No Place In The Classroom." The Educators Room. N. p., 2014. Web. 22 Oct. 2019.

## Student Council

By: Victoria

The Student Council consists of 6th, 7th, and 8th graders who meet once a month on the first Thursday, where they organize events for WMS. It's lead by Mrs. Derosia, our health teacher and Mrs. VanDerBeken, who is a reading teacher. Some of the events are dances, socials, and dodgeball. Did you know that they're the reason you have kind notes on your locker? They're also the reason we have spirit weeks, where they think of dress up days that students would enjoy. The dress up favorite among the council is PJ Day. Student Council also helped organize the annual Fall Festival by staying after school to set up tents and games. The meetings are fun and enlightening, and a down right for a good cause! Any student interested in joining Student Council should speak with Mrs. Derosia or Mrs. VanDerBeken.



## Save the Date:

By: Eva

At Wilbraham Middle School, Mr. Cuoco is our band teacher and general music. There next band concert is Wednesday, January 15. Some of the songs the bands doing are "Jingle Bells! Somba Bells!", "El Toro", "Temple of Ka Uka", "Celtic Air and Dance", and "Prelude to a Festival." The instruments that are played in the band are the flute, oboe, bassoon, clarinet, saxophone, french horn, trumpet, trombone, baritone, tuba, and percussion. The kids and Mr. Cuoco work very hard. They have class everyday to work on the pieces they are performing. Make sure you attend the concert. You will hear the amazing songs they will perform!







# Featured Athletes & Artists

## Ryan the QB

By: Shawn

Ryan, on the Falcons Junior Varsity football team is in seventh grade and plays quarter-back. In a normal practice, he says he works on agility and footwork which are all core skills for football. He told us about his favorite cleat brand; Nike and he wouldn't choose any other maker. He has a great trust with his team and can depend on them to run their plays correctly. Ryan has great potential to make it to the big leagues because of his trust. I wish them best of luck on their next season in eighth grade!



## Matt the Lineman

By: Elliott

7th grade Matt, lineman for the Junior Varsity Wilbraham Falcons had a great last game against the Longmeadow Lancers. Matt usually plays left guard but the week before center Ian broke his hand during a game so Matt had to step up and play center. I have never I would say that matt played the best game of his life and even though they took a hard loss that seen someone who has never played a position like that to step up and end up doing so well! broke their perfect record, they played a great game. They may have lost to Longmeadow the last game of the season but they beat them two times prior.



## 8th Grade Artist

By: Carley

Ms. Allen, a WMS teacher, selected Erika P as an eighth grade Featured Artist. Erika has been making art since the age of five years and she prefers to create art in the afternoon when she is finished with school. Among the variety of Mediums to choose from, Erika prefers to paint and draw. Her paintings and drawings are created in a realistic style, she is also a self taught artist. Out of all her pieces Erika's favorite is an eye she made when she was twelve years old. As she works on her pieces she sometimes uses references to help her get a more accurate picture, although it does depend on what piece of art she is making.



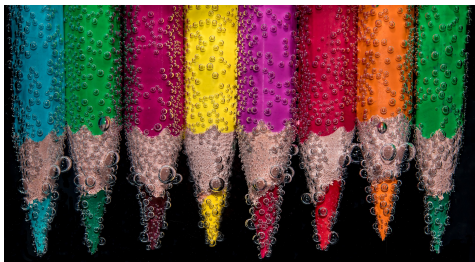
## 6th Grade Artist

By: Dakota

Lucas is a sixth grade art student. His class is currently working on a project where they use black ink to make pictures. Lucas has been doing art since kindergarten. He sees art as a way to clear his mind and relax. He likes using colored pencils because you can do so many things with them. Lucas prefers paintings over sculptures and sketches. More specifically Bob Ross' paintings. Although Lucas' favorite artist is Bob Ross, his favorite painting is Starry Night by Vincent Van Gough. He is unsure if he will take art in the future. He says, "it depends on how much I improve." Ideally Lucas would like to incorporate art into a career, but that is still a long way away. He says, "art is something to get stuff off of your mind, and it's an enjoyable hobby." Lucas is an amazing artist and I can't wait to see more of his work.





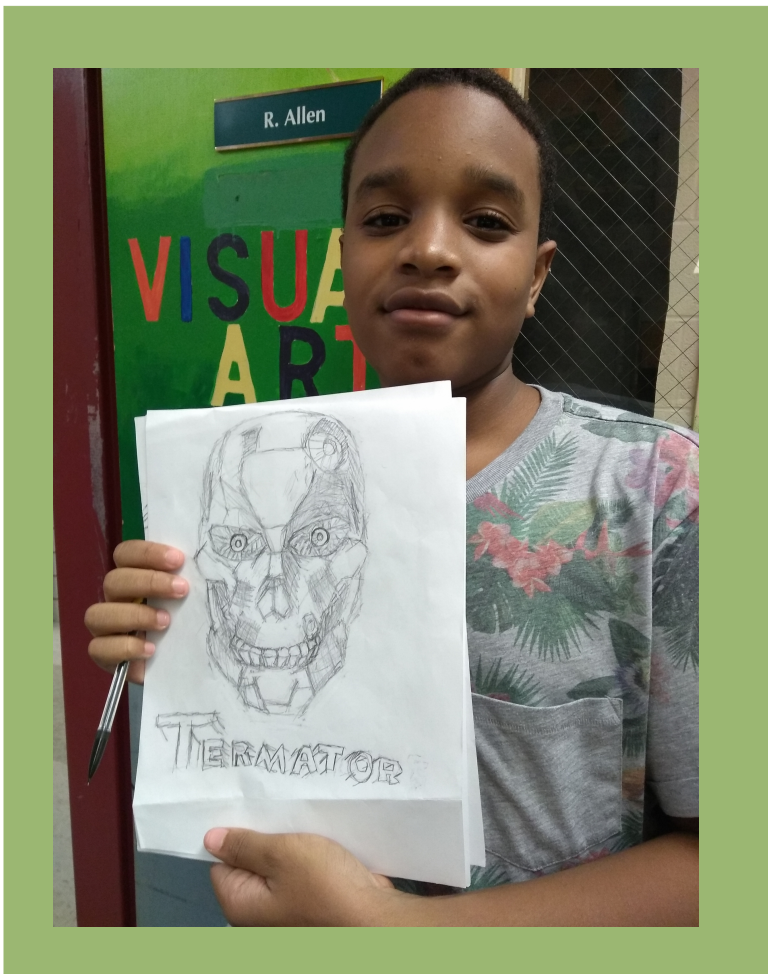


# Featured Artists *(Continued)*

## 7th Grade Artist

By: Kayleigh and Lindsay

A 7th-grade artist named Jevaughn A has been chosen as a featured artist. Despite being in seventh grade, his artistic talent is far from lacking. His favorite style of art and most frequent style is as he calls it “scribble” art. The form of this art is basically a rough sketch with a pencil or pen, which he develops into an amazing piece of art! Everyone has something that they love to do, in this case, Jevaughn’s favorite thing by far to draw is; “Sci-Fi! Anything with a UFO interests me.” During his captivating interview, he had a chance to share a comic he was working on with us. Using his interesting “Scribble Art,” he developed an invigorating comic. We had asked him where he would see himself 20 years from now, and would he be as interested in art as he was now? “I hope to be an artist for Marvel,” Jevaughn shared confidently with us. We have full faith that he will accomplish his goal. Such artistic talent is hard to find in people these days, so it is with great pride that we got the chance to interview someone of such great artistic ability.



## Creative Writing Club

By: Ms. A. Nicotera



The Creative Writing Club is back and better than ever at WMS this year! With 23 members for the first session, this is the biggest the club has ever been. Throughout the year, students in this club learn how to write different styles with short prompts and games, including fiction, poetry, plays, and “collaborative” writing, when kids pair up and write different parts of the same story. One of the most exciting parts of writing club is the month of November. Did you know that November is National Novel Writing Month, sometimes called “NaNoWriMo”? During this month, writers from all over the world, of all different ages, challenge themselves to write an entire novel in just four weeks. The goal for adults is usually 50,000 words, but kids can choose their own word count goal. Students in the Creative Writing Club spend the month furiously writing on their own time. When the challenge is over, one or two students’ work may be selected to be published by Ms. Nicotera. The students whose work is selected spend hours and hours completing the editing and revising process with Ms. Nicotera, and then begin to format their book. Eventually, the book gets published to big name retailers, like Amazon or Barnes and Noble. It takes a long time to get to that step, and the selected students need to prove to not only have well-developed plots and writing style, but also show dedication to the publication process. Last year’s two winners were eighth graders Evelyn Labbe and Katja Wurm. Their novels will be published in the upcoming months - keep an eye out for their awesome adventure stories!

## New Year's Around the World *(continued)*

The streets of Times Square are always crowded with couples and families to watch in person as the celebration happens. But in other places around the world, there are even more interesting experiences and traditions that people celebrate. In Spain, people eat 12 grapes, one for each stroke of midnight. They believe that for each grape they eat, it will bring them one month of good luck. Bigger cities, like Madrid and Barcelona, have squares where people gather to celebrate together. One of the biggest New Year's Eve celebrations in Europe is in Berlin, Germany, where there is a huge celebration at a few monuments, featuring live bands, DJs, and fireworks display at midnight. This celebration includes almost one million people each year. In London, there is something for everyone, since on New Year’s there is an event everywhere in the buzzing city. All the festivities lead to London’s world famous display of fireworks at the River Thames. Another European City with an amazing New Year’s celebration is Paris, the City of Lights. At midnight, fireworks shoot off from the Eiffel Tower, where hundreds of thousands of people gather to watch the show. The festivities don’t end after midnight though, because throughout France, people send gifts and cards to friends and family to wish them a happy new year.

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# Healthy Habits



## Nutrition and Diet

By: Emily

In my last article, I explained the main points to staying healthy with exercise, diet, and limited screen time. Now, I will go into detail on ways to eat healthy and what foods to avoid when doing so. It is important to eat three meals everyday, breakfast, lunch, and dinner. Most importantly is breakfast, “Many kids come in around ten o’clock complaining about a headache or stomach ache, usually due to them not eating breakfast,” said the school nurse Mrs.Puhalski. Along with eating healthy and including the five food groups in every meal, it is important to know what not to eat. Foods like sweets and snacks are never good foods. An example of a healthy snack is a snack mix, including whole grain cereal, dried fruits, nuts, and crackers or pretzels. Even if they say that they are low in fat or calories, you shouldn’t consume more calories than your body needs, which is 2,200 to 2,800 for our age. This translates to about 225 to 325 grams of carbohydrates a day, and 25 to 35 percent of calorie intake in fat intake a day.

You may think that fat is bad for you, but that is false. There are good and bad fats. Good fat is a major source of energy and helps your body to absorb vitamins and minerals. This type is split into two categories of monounsaturated and polyunsaturated fats. Bad fats, or trans fat, have no known health benefits and no safe level of consumption. Considering this, you need to learn how to stay away from foods that contain trans fats like fast-food and baked goods.

There are many different healthy and delicious snacks. For most of these though, you’re going to have to learn how to follow a recipe. The first thing you see is the recipe name. This tells you what you will be making and a description of it. Under Nutrition Facts, like on the label, it will tell you how many servings there are, the calories, fats, and other important information. Next will likely be the time you should cook it if you need to, and the ingredients that you will need to make the snack. If you have an allergy, the list of ingredients will help you see that. Finally, are the directions that will show you step by step how to make your snack. To the right, is an example of a recipe. The recipe is for Homemade Baked Banana Chips.

When it comes to having snacks and eating yummy treats, you might not be able to eat what your friends are eating. This may be because you have a food allergy. Many people have food allergies, but the most common are cow’s milk, nuts, fish, shellfish, wheat, and eggs. If you eat the food, or foods that you’re allergic to, you could break out in hives, get nauseous, get itchy, and many other symptoms may occur.


**References:** KidsHealth - the Web's most visited site about children's health  
"Kidshealth - The Web's Most Visited Site About Children's Health". Kidshealth.Org, 2019, <https://kidshealth.org/>. Accessed 21 Nov 2019.  
Laura, V.  
Laura, View. "Baked Banana Chips". Momables® - Mealtime Solutions For Busy Parents!, 2018, <https://www.momables.com/homemade-banana-chips-recipe-baked/>. Accessed 26 Nov 2019.

Be careful, and watch what you eat. Now that you know all the basics about eating healthy and maintaining a well balanced diet, use these tips to enjoy every meal!

Please enjoy making these delicious banana chips!

### Recipe: How to Make Healthy Banana Chips Treat!

- Author: MOMables.com
- Prep Time: 5 mins
- Cook Time: 2 hours
- Total Time: 2 hours 5 minutes
- Category: snacks
- Method: baking



**INGREDIENTS**

- 2 Bananas
- Lemon juice
- Water
- Kosher salt

**INSTRUCTIONS**


1. In a small bowl, combine 3/4 part lemon juice with 1/4 part water.
2. Slice bananas very thin, about 1/8" thick coins, brush with lemon juice and water mixture. Sprinkle with kosher salt.
3. Bake at 250F for about 1 1/2 to 2 hours or until they are crispy, making sure to flip them over halfway through.
4. Remove them from the oven and allow them to cool (the longer they cool the crispier they become).

SCALE

1X

2X

3X



### Nutrition Facts for the Banana Chips

### Nutrition Facts

Serving Size 9-12 chips  
Serves 2

Amount Per Serving	
<b>Calories</b>	110
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.4g	1%
Saturated Fat 0.1g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1.4mg	0%
<b>Total Carbohydrate</b> 28.5g	10%
Dietary Fiber 3.1g	13%
Sugars 15g	
<b>Protein</b> 1.4g	3%
Vitamin A 0%	Vitamin C 32%
Calcium 1%	Iron 2%
Vitamin D 0%	

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# Technology at WMS

## Continuing the Robotics Club's Journey

By: Zack and Matt



It has been almost a month since the WMS Robotics Club started and they have met around 20 times and have made a lot of progress. They started to create and program their robots. To be specific, the members programmed the Mindstorms to follow lines using sensors and built arms to complete various tasks. Even though the teams made lots of successful moves in the correct direction, it doesn't mean they didn't hit bumps in their process. One example of those issues is while coding each mission, the coder had to change either the angles or distance the bot has to go, which is about 25 times for each mission! Another problem was that they lost some of their items in making the robot.

The teams went on a trip to Littleton, M.A. to get a feeling for what the competition on December 1st would be like. On this trip, the two teams showed off what they'd done on the missions. Another thing that happened with these teams was that they were interviewed on the six Core Values which are Teamwork, Inclusion, Fun, Impact, Innovation, and Discovery. They were asked about the roles for each member and their codes and additions to their robots. (arms, sensors, etc.)

Our robotics team members have been on fire since they won their first competition which was held November 25th at Longmeadow High School! One team received second place and another team tied for first place! They tied first by scoring double points on the mission when they had to push the red blocks into a circle by having all inside the boundaries! They also raised both flags on the final mission when they drove up a ramp and raised the two flags by making the robot end with one tire on each side covering a button causing the flags to raise! The other team however that finished in second place did the same as the first place WMS team, but didn't get the double points and didn't complete the ramp. Both WMS teams did amazing, and they both did their best! Even though there were some bumps the WMS teams now know what they need to fix or modify to be ready for the next competition!

Of course this opportunity wouldn't have been possible without the donations by three parent volunteers (Devin Ryan, Sam & Kelly Lam)! Let's not forget the tech company out of Worcester area, IPC, and the WHAT foundation for funding all of the materials. A special thank you to the volunteers and teachers who have stepped up to teach the next generation. Speaking of the next generation you should think about joining! This is a good way to learn about building and coding bots in a fun and non-judgment zone! It teaches social skills and what you learn will help in this field for jobs that have been sky-rocketing in opportunities!

**News Flash:** On December 7 it was announced that the WMS Robotics Team finish third out of 26 districts at the Northeast Regional Tournament. The team is waiting to see if they will attend the finals at WPI.

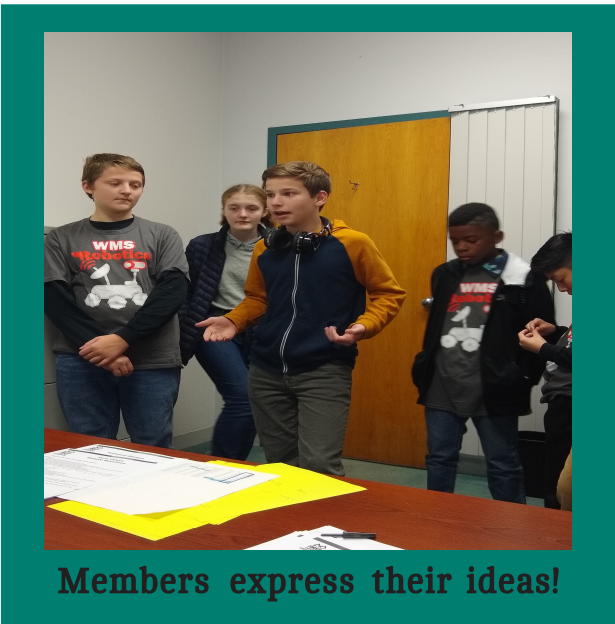
**Congratulations Robotics Team!**



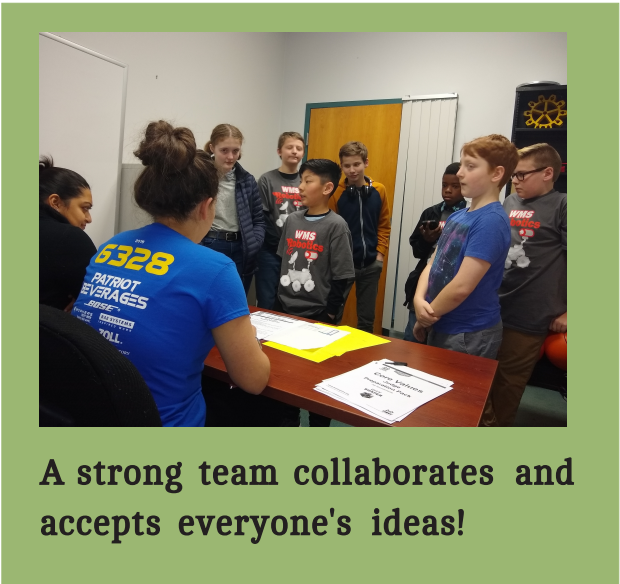
The robotics team at their first competition!



Hard at work!



Members express their ideas!



A strong team collaborates and accepts everyone's ideas!





# November Happenings



## To Give Thanks

By: Olivia

Thanksgiving in America is a time to get together with your family and to be thankful for your life. The first Thanksgiving was celebrated in 1621. It is a national holiday celebrated on the fourth Thursday of November, and this year, it's November 28th. Usually, people eat turkey, mashed potatoes, cranberry sauce, pumpkin pie, pumpkin bread, and much more! Thanksgiving is a favorite holiday for many, because it was a harvest celebration, and there is a lot of food prepared by family members who celebrate together. Thanksgiving is celebrated in America, Canada, some Carribean Islands, and Liberia. In Canada, they celebrate Thanksgiving on the 2nd Monday of October. In the Caribbean Islands, and Liberia, it is celebrated at about the same time as it is in America.

Reference: History.com

## Gobbler Cobbler Dodgeball Tournament

By: Ben & Hunter

Dodgeball is an intense game where you are given balls and your objective is to throw them at the players and try to get them out. You must eliminate all opposing players by hitting them with the balls. The teams select two players to run and once the whistle is blown the whole team can throw a ball. If a ball is caught, the team that caught the ball is allowed one player back in and the player who threw the ball is out. Once everyone on a team is out their opponents have won! On November 22, WMS hosted a dodgeball tournament of its own. Teams of 10 from any grade had the opportunity to join and compete. Anticipation grew in the days leading up to the tournament while teams formed. By the day of the tournament, a total of 12 teams had signed up. The matchups were arranged in a way that gave 4 teams a first round bye. The other 8 teams would play each other with the 4 winners moving on to play the 4 teams with byes. These matchups would decide which teams would advance to the semi-finals. In the semis, it was the Grrr's over the Benchwarmers, and Mumzie Mob over the Dodgers. In the finals matchup between two eighth grade teams, it was Mumzie Mob who came out on top. They sealed the game with Ben eliminating Brendan to finish it. Go to page 14 to see the winning team included Jonathan, Kaden, Ben, Nick, Noah, Ben, John, Matt, Johnny, and Alex. When asked about the victory, Nick said "We all carried the team." The tournament as a whole was a huge success and together playing with friends was a blast. I believe it was truly fun for everyone and everyone had an amazing experience.

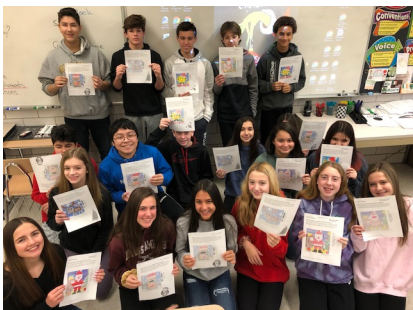
## Native Americans in Wilbraham

By: Abby

In 1674, William Pynchon of Springfield purchased land extending to the Springfield Mountains from the Nipmuc Indians. It was a rather unusual land transaction that only involved three Native Americans. The land was sold for six feet of strung shell beads and they fairly received their pay, although the Indian War drove them away in 1675. The territory that was once theirs, extended into northern Rhode Island and Connecticut. The Nipmuc are a group of Algonquin Indians native originally to Worcester County Massachusetts. Nipmuc originated from the word 'nipnet' meaning "small pond place," and commonly referred to as "Fresh water people" because of where they first settled, around a lake system at the Chaubunagungamaug Lake in Webster, MA. These Native Americans settling in the area now called Wilbraham operated the only two stearite quarries on Wilbraham Mountain. The finished products from the stearites were arrowheads, bowls, scrapers, awls, pipe, spear points, plow heads, hoes, hand hammers, digging tools, pestles and cutting tools. Those that still remain are artifacts now. Their first meeting house and church house were established on Wigwam Hill. The hill was named after one Native American who lived along a small brook in a single wigwam. She was known to be the last native inhabitant among us, but nobody knows the date of her disappearance or burial place. Today, the Commonwealth of Massachusetts has recognized over 500 remaining Nipmuc living around the Chaubunagungamaug Reservation in Webster and the Hassanamisco Reservation in Grafton. For more information you can check for books and/or articles about the Native Americans settling in Wilbraham, which should be available at the Wilbraham Public Library, or search for Native Americans in Wilbraham and you should be able to find some more interesting facts about the Nipmuc people.

References: <http://www.wilbrahamatheneum.org/pdf/NipmucIndians.pdf>

**STOMP NewsFlash:** Project STOMP will be making a \$400 to Lonely Whale (<https://www.lonelywhale.org/>). The donation comes from the proceeds from the reusable straw fundraiser. Lonely Whale was chosen by students who organized the fundraiser.







# Who Else Enjoys Field Trips?



## 8th Grade Field Trip to Foster Family Farm

By: Ryan

On Tuesday October 15, 2019 team 81 and 82 took a lovely trip to Foster Family Farm to experience two corn mazes! Before leaving we watched videos in starttime about how they build corn mazes and how they get the design to look like animals, motorized vehicles, or even landscapes. We also talked about the reason for going to a corn maze is so that we could do group exercises, to gain more trust and friends in our groups. When we arrived at the farm we spent time at their petting zoo filled with adorable animals such as sheep, goats, cows, and llamas. In both mazes there were little dots that had hole punchers to mark your paper so that at the end of the maze, if you got all the whole punches, you were rewarded with a REACH ticket. In order to get a hole punch you must use the map that the workers gave you to find the stands with the hole punchers. Everyone got handed a map that displayed the two mazes , the first maze that we entered was made to look like a lion and her cub. Everyone dashed into the corn maze rushing to look for the first whole puncher. Once we finished the first maze they had the option of either going on a hayride with their group or go into the second corn maze that was made to look like a boar and a meerkat. After we had delicious pizza and soda to drink and as we relaxed the wonderful bus driver drove us. Before we left, we all got to choose a pumpkin to take home. After a great day of fun we returned back to school.

## Hanukkah (Continued)

Families light one candle each night for a span of eight nights. Over the course of that time people enjoy eating potato pancakes and jelly donuts. People also love playing with dreidels and exchanging gifts. The Festival of Lights is an amazing and colorful time.



## 7th Grade Goes to Springfield College !

By: Anissa



This year, on October 15th (team 71), and 16th (team 72), seventh gwent to Springfield College to practice their team building skills by working on an outdoor ropes course. There are 30 different courses spread across 57 acres of land, but students didn't go to all of them, they based their work on land based skills. The course is considered "Adventure Education." Students learned rope climbing techniques and worked together in groups. They had to focus on communication, problem-solving, and having fun. They had to learn how to trust each other and work together to make sure they were following the instructions that they were given. I had interviewed one student from each team about how they felt about the course and why. One of the students I interviewed said that they liked the course because it was fun working together in groups. I asked another student if they had liked it and they said they didn't really like it because it wasn't as fun as they wanted it to be. While on this field trip students had fun working together. Our seventh grade students at Wilbraham Middle School liked the ropes course at Springfield College even if it wasn't all that was expected.



## Kwanzaa (Continued)

The following principals symbolize the African and African American culture reminding the word of how beautiful it really is. The seven principles are: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith.

**Reference:** "The History, Principles, and Symbols of Kwanzaa · Career Training USA · InterExchange." InterExchange, InterExchange, 18 Dec. 2016, [www.interexchange.org/articlesg-usa/history-principles-and-symbols-of-kwanzaa/](http://www.interexchange.org/articlesg-usa/history-principles-and-symbols-of-kwanzaa/).



To greet the New Year in Denmark, they throw old plates and glasses at their family and friend's doors to banish bad spirits for the next year. They also jump off chairs at midnight to "leap" into the New Year. As a symbol of rebirth, Greece traditionally hangs onions on the front door of their homes, and they also tap their children on the heads with an onion to wake them on New Year's Day.

**Reference:** "9 New Year's Traditions From Cultures Around The World - Worldstrides." WorldStrides. N. p., 2016. Web. 15 Dec. 2020.





## Growth Mind Set Assembly With Charlie Appelstein

By: Mike

Charlie Appelstein is an internationally prominent youth care training specialist. He’s also the author of 4 books and his latest is about giving advice on how to deal with troubled kids. In October, he visited WMS to expand on that topic and teach us about what he believes. He says that kids who people think are bad kids, are actually regular kids, they just make bad choices and they have bad luck. He also told us how to get where we want to go and do whatever we want to do for a job when we get older. He said that the answer to all of this is to have a growth mindset and to work hard towards your goals. He gave us proof from Bill Gates that he worked hard for a long time and now he’s one of the richest people in the world. He goes to different schools, adult classes, and other places around the world to talk to kids and shows that we’re all different in our own unique ways.

According to Robert Lieberman, he is described as “the best youth care trainer in America.” When he came to our school he was really enforcing that parents should not tell their kids all the time that they’re smart because they wouldn’t try to strive for success. He believes that mistakes are good and that if your kid makes mistakes, the parents should tell them to do better next time, but don’t yell at them. According to Mr.Appelstein, kids are being rewarded and told that they’re already smart. The truth is, you want to feel like you have to do better next time. If a kid is spoiled, they won’t succeed as much as someone else might. According to Tim an 8th grade student, “A growth mindset is when you really put your mind to something and you can achieve it.” The Charlie Appelstein assembly was a great and we hope to see him again.

**Reference:** “Charles Appelstein Speaker Pricing & Availability from AEI Speakers Bureau.” AEI Speakers Bureau, 2018, [aeispeakers.com/charles-appelstein/](https://www.aeispeakers.com/charles-appelstein/).

## Students Visit Jack-O-Lantern Spectacular

By: Evelyn



On October 25, students from grades 6th, 7th, and 8th departed from Wilbraham Middle School and onto a bus to see the Jack-O-Lantern Spectacular at the Roger Williams Park Zoo. On their way, they stopped at Wright’s Chicken Farm in Burrillville RI to eat dinner. At the Chicken Farm they served pasta, salad, chicken, french fries, and ice cream for dessert! All the food was delicious, and students got an opportunity to visit the gift shop at the Chicken Farm, which had items like stickers, slime, and plushes. When they arrived at the zoo, they got tickets and glowsticks, then started on the path to the pumpkins. On the way to the spectacular, there were many cool things to look at. Many cosplayers, who are people who dress up in costumes as characters, preparing for Comic-Con, were on the path and students had the opportunity to see them. These cosplayers dressed up as characters such as Ariel from the Little Mermaid, and Reaper from Overwatch. There were also Halloween themed displays with inflatables, fake skeletons, and other spooky themed decorations. At the Spectacular, there were many Jack-O-Lanterns (see below photo), some were even resting on the trees. They went to the first section, dedicated to Stan Lee and Marvel characters. There was one large pumpkin carved with the face of Stan Lee on it, and the backdrop was a massive comic book with panels with characters like Captain Marvel and Spiderman on them. Then students kept on walking to see more Marvel-themed pumpkins, with characters like Doctor Strange, Iron Man, and the Hulk. After the Marvel section there was a Winter section, where there were pumpkins carved with themes of winter holidays. There was even a President’s Day pumpkin! Next was the Spring segment of themed pumpkins, which had Easter pumpkins, and other Spring themes. After that, there were Summer themed pumpkins, then an Autumn section. Also far each season there were pumpkins carved with the zodiac signs of that season. Once they had reached the end, students boarded the bus to head back home. Overall, the Jack-O-Lanterns really were spectacular, and the carvings left

## WMS Students are Going to Panama

By: Aren



This Summer at WMS, grades 6-8 are getting the amazing opportunity to go on an exciting eight day trip to a foreign country. The trip to Panama is all-inclusive. You get the opportunity to go experience many exciting things. For example, snorkeling, hiking and even exploring the ruins of a pirate city.

All of the students on the first day this vacation was announced were ecstatic. Everyone was talking through the halls about the wonderful trip opportunity. The trip is all-inclusive even adults would go crazy over this, though parents are not invited on the trip.This wondrous experience is open to all grades.

To quote Mrs. Hokanson, “What is a synonym for excited?” She is thrilled to be able to host all of the incoming students for this trip. The trip to Panama begins a week or two right after the students get out of school. It’s a great thing to look forward to right after school ends. There are, as of October 23, 14 students signed up but don’t lose hope. There is plenty of room for sign-ups still.Their main goal for this trip is to expand the cultural and environmental awareness of the students. Mrs. Hokanson told me that the most exciting part of the trip for students will probably be the snorkeling and canoeing, but her favorite part will be watching the students’ reactions when they are presented with unfamiliar situations. It will be an experience of a lifetime and I’m sure everyone will have a very fun time.

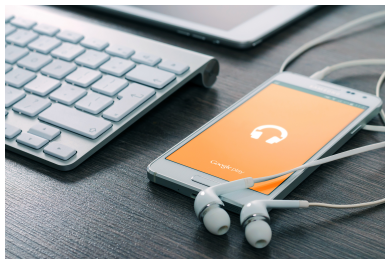






## Digital Citizenship Celebration!

By: Paige



Digital Citizenship is something that WMS celebrates. This celebration is an entire week from October 14-18 and is about being smart and safe online. Good citizenship applies to everyone who uses the internet. During this celebration week, all WMS students dress up with different things for each day. Since we didn't have school Monday, it started on Tuesday. On Tuesday, our theme was Crazy Sock Day, to represent your digital footprint. On Wednesday, our theme was Sports Day, to team up for digital citizenship. On Thursday, our theme was Camouflage Day, to show that you are never hidden when you are online. Lastly on Friday, our theme was Neon Day, to show that it is not healthy to always be online. Mrs. Slawiak's 8th grade students made six large posters that hung on the walls. They were super colorful, and all about digital citizenship topics. We researched the following topics: online safety, digital footprints, digital etiquette, digital friendships, strong passwords, cyberbullying, avoiding plagiarism, copyright ethics and many others. These paragraphs informed everyone about digital citizenship and how to act online. WMS will celebrate digital citizenship every year.



We all must be responsible digital citizens



Practice online safety no matter what electronic device (laptop, PC, tablet, e-Reader, cell phone, or gaming device) you are using!

## Practice Online Safety

By: Ryan



We work online, play online, shop online, talk online and share online. And we need to stay safe from bad things that can happen online. There are multiple rules for Online Safety, 6 in fact, and you should follow every single one.

**Rule #1** is, *Online Life is Real Life*. Everything you post online will be with you for the rest of your life, no matter what. If you post something bad about a friend, or even someone random, it will stay with you forever. Before you post something, ask yourself, "Would I say this in person?" If not, than you shouldn't post it.

**Rule #2** is, *Keep Your Identity a Secret*. You shouldn't share your real name, or any of your personal information with random strangers. A smart thing to do is make your **username** something that won't give away your real name. I play baseball so I could use **ThirdBaseman33**. If you put your personal information online, you are pretty much giving it away. If a site that you are signing up for has a privacy policy, you should definitely read it. It will tell you all the ways the site or app plans to use the information you gave it. But before you sign up for anything, ask your parents!

**Rule #3** is, *Be Extra Careful With Strangers*. It's really easy for someone to hide their true identity online. All you know is what they tell you. They could say they're a track star in North Dakota or an IT guy in Georgia. You might be talking to a 37 year old man who told you they are 13 year old girl. They will try to get you to meet them in person, so they do harm. You shouldn't talk to people you don't know online.

**Rule #4** is Tell Somebody. If someone makes you feel uncomfortable, then you need to ask someone for help. Screenshot the messages the person sent you that made you feel uncomfortable, and show them to a trusted adult, because the best people to ask for help are parents and teachers, and if you can show them what happened, they can help you by taking action. And if the situation goes farther, the screenshot could be used for evidence.

**Rule is #5**, *Protect your Passwords*. You should never share your passwords with anyone, not even your best friend. **Use strong passwords** containing random numbers and letters. **Ex: R@49O!**. You should also keep a little notebook with all your passwords in a secret and/or locked place.

The last **rule** is **#6, Be Nice**. If you don't know someone your talking to online, you shouldn't just be rude. If you say anything bad, the person can find out who you are and you can get in big trouble. And you could be accused of Cyberbullying. You could also get banned on the site that you are using. Those are the 6 Rules of Online Safety you should always follow.

Reference: "Online Safety." BrainPOP, November 15, 2019 [www.brainpop.com](http://www.brainpop.com)

Any WMS student can publish, please make sure that your article is approved by your ELA teacher.





# At WMS, We...



Take field trips to extend our classroom learning!



Take field trips that help us to develop our problem solving skills!



Forge lasting friendships!



Work as a team!



Prepare for challenges!

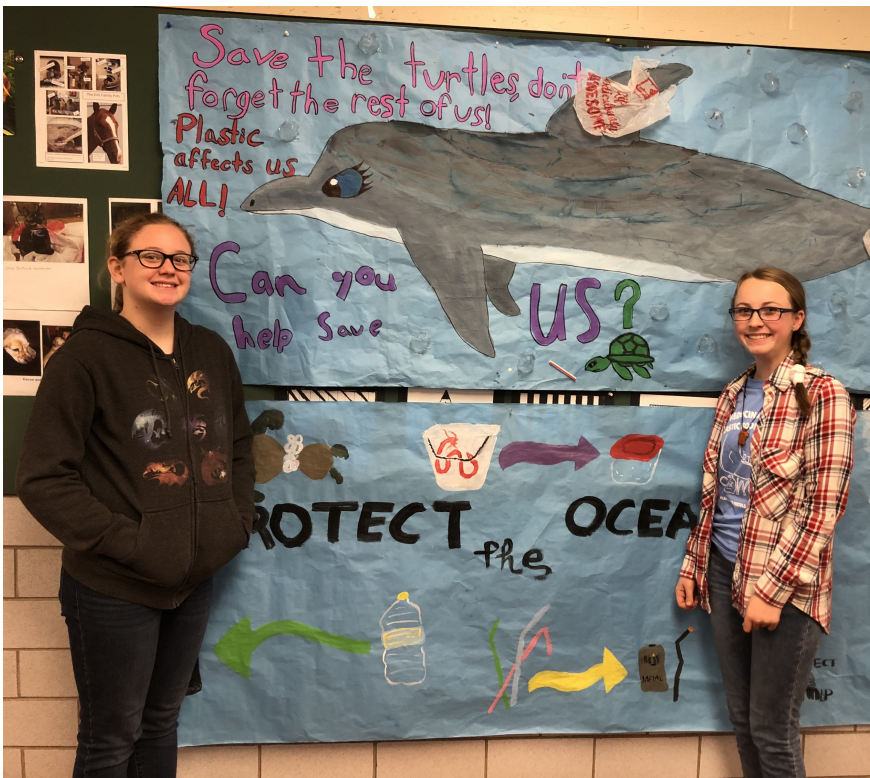


Fundraise for our cause!

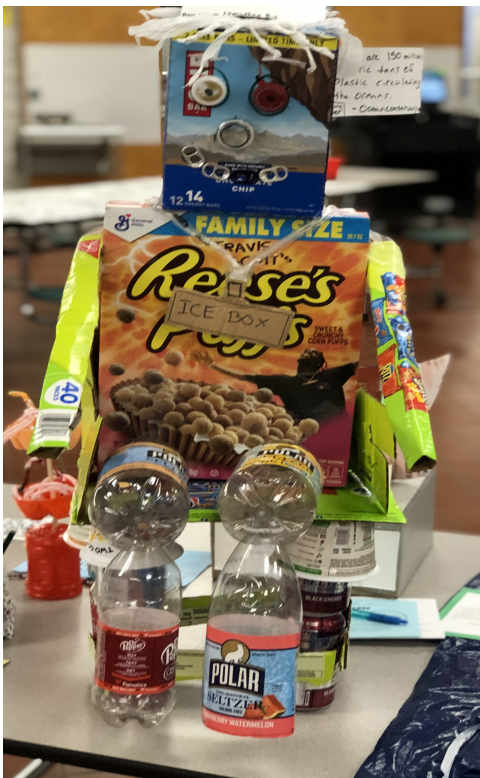




# At WMS, We...



Design future ads to advertise our cause!



Show the world what can be possible from plastic garbage!



Clean up school grounds!



Practice for our upcoming concert!



Compete in robotics!



Stand proud because of our accomplishments!





# At WMS, We...



Compete in dodgeball for fun!



Donate to a local food pantry!



Run to take advantage of the beauty of nature!



Stand for unity!



Have fun on Halloween!

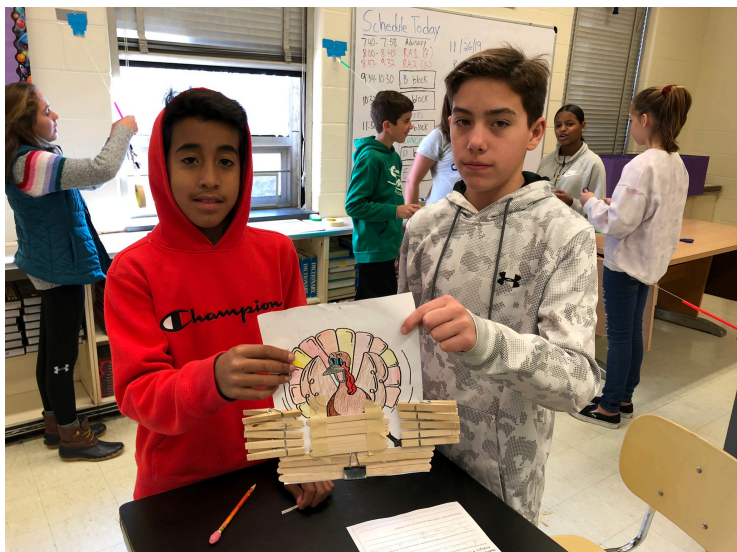


Donate PJs to keep others warm on cold winter nights!





At WMS, We...



Incorporate Thanksgiving while learning!



Engage in lab experiments!



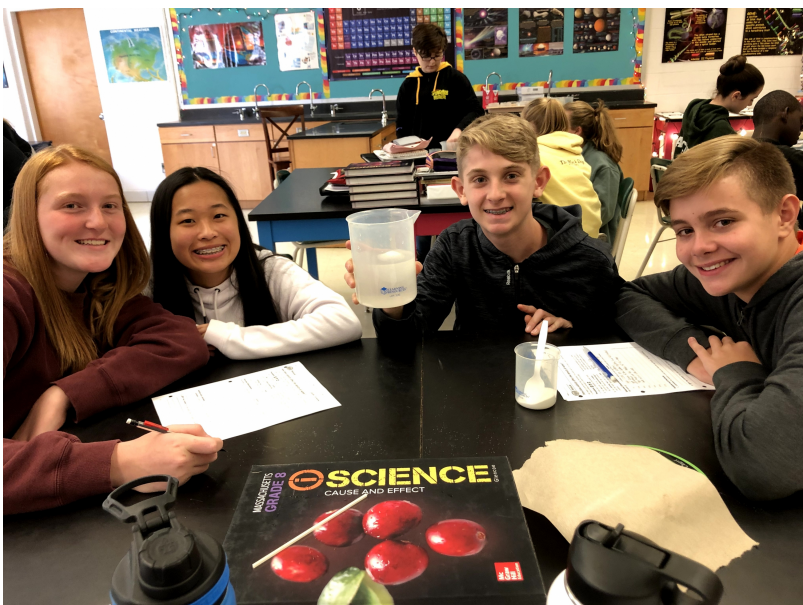
Practice engineering!



Engage the public about our scientific findings!



Collaborate while conducting a lab experiment!



Are future scientists & engineers leading the world to be a better place!

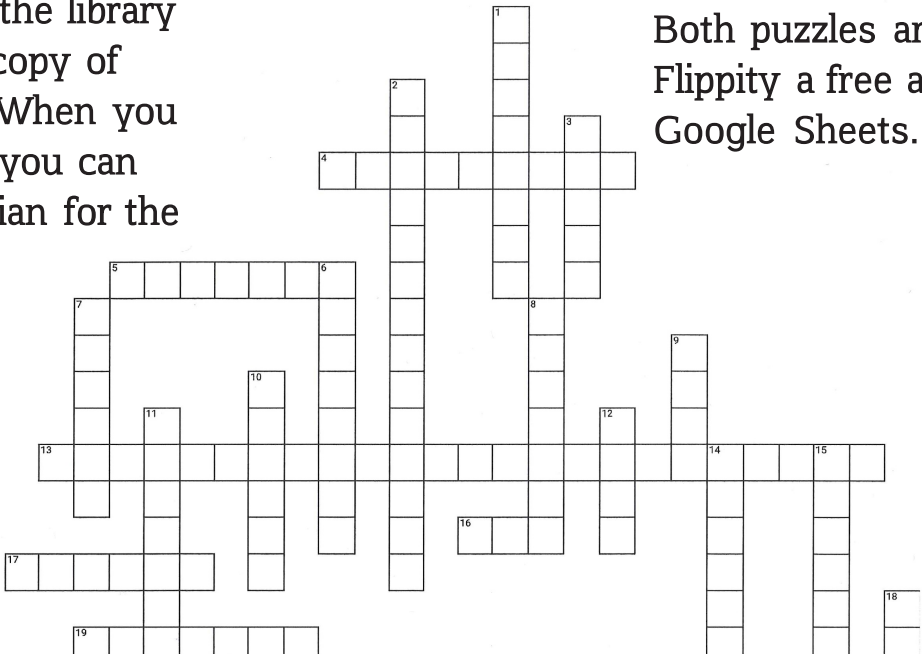




# Puzzle Fun!

Please go to the library to receive a copy of our puzzles. When you are finished, you can ask the librarian for the answers.

Both puzzles are made with Flippity a free add-on for Google Sheets.



Across

Down

4. harmful contamination in the enviroment

5. the center of an atom, made of protons and neutrons

13. a gyre of marine debris particles in the north pacific ocean

16. molecule that has gained or lost electrons

17. state of matter that takes the shape of its container

19. the amount of mass per volume

20. the amount of matter in an object

21. smallest form of a chemical element
1. subatomic particle with a negative charge

2. the father of science

3. state of matter with a definite shape and volume

6. mixture made up of multiple substances

7. subatomic particle with a positive charge

8. subatomic particle with no charge

9. a large system of circulating ocean currents

10. state of matter similar to gas

11. number of protons in an element

12. facts and statistics collected together for reference or analysis

14. an in school project to stop ocean pollution

15. a substance that has been purified or prepared

18. state of matter with no definite shape or volume

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

Word Direction: → ↓ ↘ ↙

Clues

- apple pie

◦ baked potatoes

◦ blueberry pie

◦ canied yams

◦ corn
- cornbread

◦ cranberry sauce

◦ cream pies

◦ gravy

◦ green bean casserole
- ham

◦ mashed potatoes

◦ pecan pie

◦ pumpkin pie

◦ salad
- stuffed turkey

◦ stuffing

◦ turkey

◦ yams