



“Hubear” News

January-March 2018

CREATIVE breaks

By: Rashi Jakhotiya

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It's break and you are on the couch eating chips, popcorn, and cookies. Let's just face it you're killing time. Well if that's the case, follow these tips and tricks to stay on task and have fun while accomplishing them.

- 1) Get exercise in the day. You should always get at least 10 minutes of exercise done in the day. Exercise is proven to not only make you look fit but to also improve your mental health. It has a positive impact on depression, anxiety, and etc. You'll look, and most importantly feel better.
- 2) Play board games with your family. Playing board games will take your mind off drama happening in school and will create a stronger bond between you and your family.
- 3) Start building a habit. Some say it takes 21 days to build a habit. So, why not get started now than later. In India there is a saying, “Whatever you want to do tomorrow do today. Whatever you want to do today do right now.” Start building a POSITIVE habit that will make you a better person from inside and out.





Things To Do On Break (continued)

4) Help your family members. It never hurts to help someone when they are in need. If you see your mom cooking, ask her if she needs help with anything. A random act of kindness will make you and the person whom you are helping smile.

5) Make goals for the day, week, or month. Making a minor and major goal for the day will make you want to accomplish the task, since crossing it out will feel as if weight and tension has been lifted off of your shoulders.

6) Watch a short movie to give yourself a break. Watching a short movie will do you no harm and will give your mind a break. But remember that you should not always eat popcorn when you're in front of a T.V. You should always change it up. Like eat sliced fruit, vegetables, and etc. instead of popcorn.

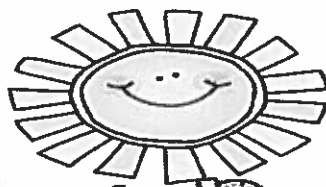
7) Read at least 30 minutes each day. Reading will teach you new words and give you a detox. It will pull your mind away from all the drama and take away all the tension. The more you read the smarter you get.

8) Call an old friend. Calling an old friend will bring back old memories that you enjoyed. It will also create a stronger friendship between the both of you.

9) Make a vision board. Put all the things you love on a construction piece of paper. This will remind you of the goals you have set or yet need to accomplish.

10) Cook or bake. Start learning how to cook or bake with the help of your mother. Cooking will help you to become more independent as well.

This will surely entertain you all through your break and even longer. Hopefully this list will help you stay on task without turning on the T.V every minute.



Spring Break!



Movie Review: Wonder

Reviewed by: Amanda Ranaudo Gianna Monnecka



The movie *Wonder* shows what acceptance is all about. *Wonder* is based on a ten year old boy with a craniofacial condition. Craniofacial is a deformity of the head and facial structure due to a birth defect. When Auggie Pullman was growing up, he was homeschooled due to his abnormalities. However, this movie focuses on his first experiences in school and how he came to interact with his peers.

Wonder was a tearjerker from start to finish. At first, Auggie was stared at, made fun of, and was left to eat alone. It seemed to be that his only friends were his parents and his sister.

Soon enough he found that one special person, Jack Will who became friends with him.

At the end of *Wonder*, friendship, compassion, and acceptance shined through like the sun on a cloudy day. Auggie was able to change what people thought and said about him. His peers were now his friends and his appearance no

longer mattered. As the moral of both the book and the movie, “If you have the choice to be right or kind... choose kind.”





The National Geographic Bee

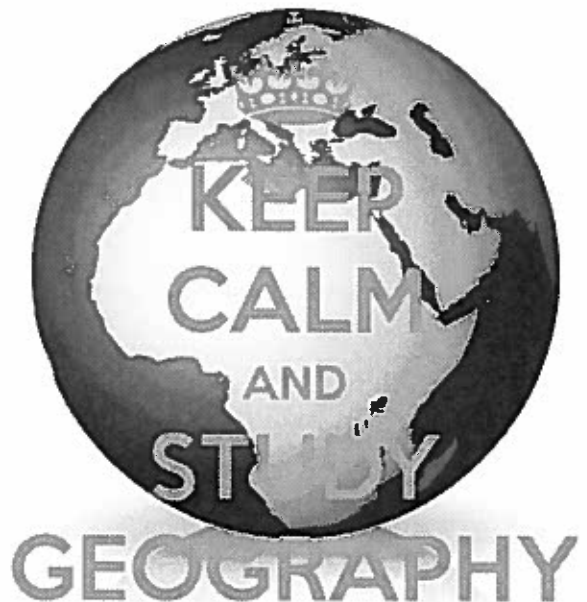
By: Evan Papadopoulous



It is that time of year again, the National Geographic Bee is here. The National Geographic Bee is for students who are in fourth through eighth grades. This is a competition about geography. First, there are the school preliminaries which consists of geographical questions given by the instructor. Those students who advance enter into the school finals. Then, the winner of the school finals takes a state qualifying test which decides whether or not he/she will move on to the next level. That next level is at the state level, which is comprised of all the finalists who did well on the qualifying exam. Those who advance will go to the national level. The student who wins at the national level will receive a scholarship. Once that level is achieved that student will no longer be able to participate in the competition again. The students can study by going to

[https://
www.nationalgeographic.org/bee/
study](https://www.nationalgeographic.org/bee/study)

and going to the National Geographic Bee. It will ask you ten questions about geography and you will get your score. You can also study this year by using Kahoot. The options range from State Savy to Forces of Nature. This is truly a contest for those who have a pas-



Kid Friendly Recipes

By: Rashi Jakhotiya

Imagine you come home from school starving, begging your mom to give you something to eat. But her response, to your shock, is to make your own snack. Well in that case these fun kid friendly recipes come to the rescue! Below you will find fruity, savory, and sweet recipes that you could stir up in just a few minutes to delight your growling stomach. Always remember parent supervision is needed at all times.

Fruity Dish: Brown Sugar Strawberries (gluten free)

Ingredients: Cup of Yogurt, Brown Sugar (white sugar works as well), and strawberries

Directions: First, rinse your strawberries and place them in a serving bowl. Next, place the yogurt and brown sugar in 2 separate bowls. Finally, dip the strawberries into the yogurt and then the sugar.

Savory Dish: Pizzadillas

Ingredients: 2 Tortillas, Grated (or sliced) Cheese, Favorite Pizza Sauce, Cooking Spray, and Topping of your choice (optional)

Directions: First, preheat flat griddle or large skillet over medium heat, with parent supervision. Next, spread a little of your favorite pizza sauce onto 1 tortilla. Sprinkle with shredded cheese and any other topping of your choice. After, place the other tortilla on top like a sandwich. Finally, spray griddle with cooking spray and cook quesadillas for 2-3 minutes per side or until browned, with parental guidance. Cut into triangles and serve.

Sweet Dish: Cereal Bars

Ingredients: Cooking Spray, 2 tablespoons Mini Marshmallows, Chocolate Chips, $\frac{3}{4}$ cup of your Favorite Cereal, and Topping of your choice (optional)

Directions: First, spray your bowl with cooking spray. Next, add a $\frac{3}{4}$ cup of cereal and 2 tablespoons of mini marshmallows in your bowl. Then, microwave it for 30 seconds. After, melt chocolate chips and drizzle just a little bit into the mixture. Finally, mix it all together and mold into the shape of a bar. If you want you can put any toppings on your bars. For example, sprinkles, coconut flakes, mini chocolate chips, etc.

Hopefully this article inspired you to cook more often around the house. Always remember that in cooking there are no failures, only attempts to master your skills.



Stand Up to Bullies

By: Jazmine Bradley

Don't get so mad
Try not to cry
Just stand up tall
Please at least try

Listen to my advice
It won't be that long
All you have to do
Is follow along

Tell those bullies
They need to stop
If they don't
Stay on top

If they push you
Don't start fussin'
All you need to do
Is ask them that question

"What is the point?"
You will ask
They're gonna lie
So stay on task

Calm down a little
Give them that look
The next thing you know
They'll be hooked

Now you're not
That lonely weirdo
You're officially
the school hero

No need to thank me
It's only my job
Go have lunch
They're serving corn on the cob!





**VALENTINE'S DAY:
A DAY OF LOVE &
FRIENDSHIP**

By: Mariana Valente

Each year on February 14, many people exchange cards, gifts, candy and flowers on Valentine's Day. Valentine's Day is named after a Christian martyr and dates back to the 5th century. However it has origins in the Roman holiday Lupercalia.

Valentine's Day is important because you can show extra kindness to family and friends. On Valentine's Day you can eat chocolate, candy and mostly have fun.



**HAPPY
VALENTINE'S DAY**

**HUBER STREET
EVENTS:**

**4th and 5th Grade S.G.O
Social:
Wednesday, April 18th at
4:00 p.m.**

**Huber Street and
Clarendon 5th Grade
Social @ Clarendon
School, Tuesday, April 24th
at 4:00 p.m.**

**Huber Street Dance
Performance: Thursday,
April 26th at 7:00 p.m.**

UPCOMING EVENT:

**Huber Street Drama Club
Show: Thursday, May 17th
at 7:00 p.m.**

