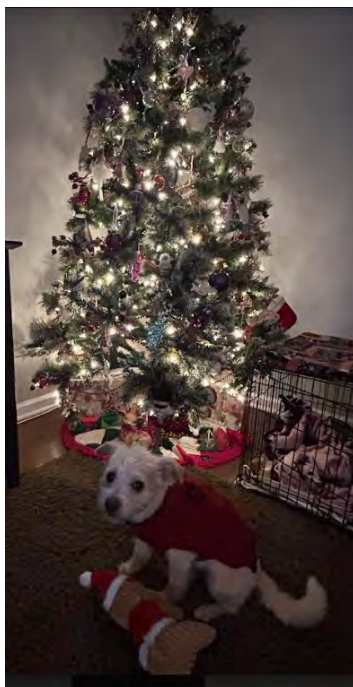


Key Club Gives Back

Key Club has been working hard to contribute to our community through their annual Giving Tree and Box Drive. The Giving Tree is a program to provide children in need with well deserved holiday gifts. Mrs. Carr, the leader of this club, works with parents in our community and provides a list of gifts. Then our own members of the Key Club and other students buy gifts from the list that are posted on a tree on ornaments. The Box Drive is another donation that all Schalmont students participate in. For this boxes are made by Key Club participants and put in every classroom. Students are encouraged to participate by filling the boxes and checking off the items to get a greater chance of earning a bagel breakfast in their homeroom. This encouragement has led to a great outcome and many boxes filled with necessities for the holiday season which will be donated to local food banks. The efforts that Key Club has put into making holidays great for the community are tremendous and well appreciated.



Winter 2023-2024

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IMPORTANT DATES

- No School MLK Jr - 1/15/23
- Therapy Dogs (commons) - 1/18/24
- End of 2nd Marking Period - 1/26/24
- 1st Day of 3rd Quarter -1/29/24



Managing the Work

HOMEWORK

You are human, you will make mistakes, it is okay.

It is 5:30 in the morning, exhausted just getting up and out of bed. I go to begin getting ready for the day, dreading stepping foot into the school halls. Getting dressed alone is draining in itself. Clinging onto the fact that after school I can go home, without judgment, and be in my own space. Teachers always saying "practice makes perfect" until you get to a point where you get so frustrated with the classes, that it makes you not want to even go to school. Some things that you can do to help manage the time, and not get overloaded include the following: Pack your bag for school the night before, maintain a clean environment, try to get as much work done ahead of time as possible so you realise that it is okay to make mistakes because if you cannot accept that then you cannot move forward. As humans we are constantly growing and developing, but knowing that school does not need to be stressful is a step in the right direction.

OVERDUE

- Step #3 Research - Counterclaims
15 days overdue
English 12
- Step #4 Research (outline and internal citations)
8 days overdue
English 12
- Crash writing assignment
2 days overdue
Current Affairs in the 21st Century

UPCOMING

- FINAL NEWS ARTICLE DUE! UPLOAD HERE!
Due Friday, October 20, 2023 at 10:45 am
Creative Writing
- Exercise #4
Due Monday, October 23, 2023 at 9:15 am
Part. In Government
- Research Article
Due Thursday, November 2, 2023 at 2:15 pm

Ryleigh Bishop



YOUR VOICE

You should not have to suffer to be beautiful

Imagine taking a shower and you end up extremely sick from it just because of the products you used. You should not have to choose between your beauty and your health.

Parabens and sulfates are ingredients that are used in common name brand shampoos and conditioners. As time has gone on research has found that these chemicals are harmful and are found in many day to day beauty products. According to Columbia University Irving Medical Center, these chemicals cause problems with the endocrine system, disrupt the body's normal functions, and may increase your risk of cancer. You may wonder why this is an issue. The Columbia University Irving Medical Center states, even small exposures to endocrine disruptors can lead to issues with childhood development and onset attention-deficit hyperactivity disorder, and development of tumors, including cancer. The *Columbia University Irving Medical Center* research also found endocrine disruptors have also been linked to increased risks of diabetes and other metabolic disorders.

One of the harmful parabens found in beauty products is formaldehyde. According to *The National Science Teachers Association* formaldehyde is also found in many common beauty products like nail treatments, nail polish, styling lotion, and baby bath products. Formaldehyde is a preservative that is commonly used on dead bodies to preserve them for funerals. While formaldehyde might be appropriate for dead bodies it is not good for living humans. According to *The National Science Teachers Association* formaldehyde is linked to cancer/developmental toxicity and allergies/immunotoxicity and organ system toxicity.

In addition to parabens being harmful to humans, sulfates are another concern. *The National Science Teachers Association* stated sodium lauryl sulfate is a cleansing agent that is used in toothpaste, tooth whitening products, shampoo, hair color and bleaching products. This is not a healthy option for consumers. According to *The National Science Teachers Association* many studies have determined various health effects related to sodium lauryl sulfate, including links to cancer and developmental/reproductive toxicity.

While companies should have the right to put what they want in their products they are producing for either financial reasons, shelf life, or to increase sales, the Federal Drug Administration should have stricter regulations and pay attention to what is being put in beauty products. It is their right to protect citizens' rights to good health.



By Maddy Uhl

YOUR VOICE

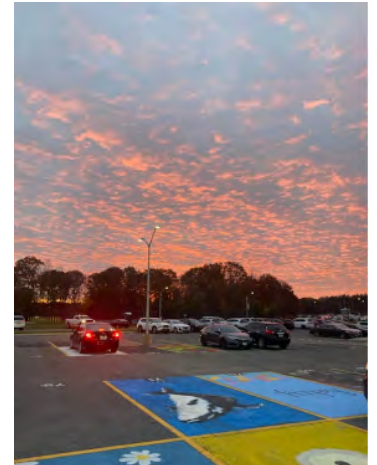
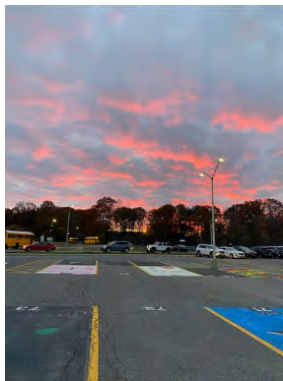
How Heat Affects Behavior

Written by Alexa Little

During the summer, I can be unbearable to be around and I can become annoyed very easily. This behavior is dubbed the "Heat Hypothesis." The theory states that hot weather can increase angry, aggressive, and even violent behavior. Being in uncomfortably hot environments has been found to breed aggressive thoughts, while also reducing positive emotions like delight and contentedness. Hot weather is also associated with more emergency room visits for mental health crisis, suicides, and poor mental health days. A temperature increase of 1 degree Celsius is associated with a distinguishable increase in the presentation of neurotic and anxiety disorders, schizophrenia, and other mood disorders. I always tell people, "I don't do well in the sun," and now I actually have evidence to prove it.

YOUR VOICE

Every time I see a beautiful sunrise or sunset, it reminds me of my grandfather because he would always make a comment on how pretty the sky looked even if it was gray and cloudy. He always had a love for the sky and so now whenever I see a beautiful sky I try to capture it as a way of remembering him. By Dannah Smith



By, Mikaela Woods

STOP A BULLY



WHERE CAN BULLYING OCCUR?



Bullying can happen in various areas and occur in several situations but is more bound to happen in high school by other teenagers.

CAUSE AND EFFECT

Bullying can change someone and the way a person acts. Bullying is dangerous and needs to have a stop to it. "14.9 percent of adolescents been cyberbullied and 13.6 percent of those adolescents made an attempt".Bullying affects so many people. Bullying includes name calling, teasing gossip, spreading rumors, etc. I see a lot of body shaming. Calling someone fat or picking at their features really changes someone. Calling someone fat will influence that person to develop an eating disorder. Better yet, picking at their features. Lots of teenagers wear pounds of makeup and wear baggy clothes because they are scared and worry about what others think. Being bullied causes people to develop unhealthy

I MET WITH THE ASSISTANT PRINCIPAL, MRS. MARTYN AND INTERVIEWED HER.I ASKED WHAT SOMEONE SHOULD DO IF THEY ARE BEING BULLIED OR SEE IT AND SHE SAID THEY SHOULD REPORT IT WITHIN 24 HOURS AND TELL SOMEONE THEY ARE COMFORTABLE WITH. FROM THERE SHE HAS 30 DYAS TO COMPLETE AN INVESTIGATION

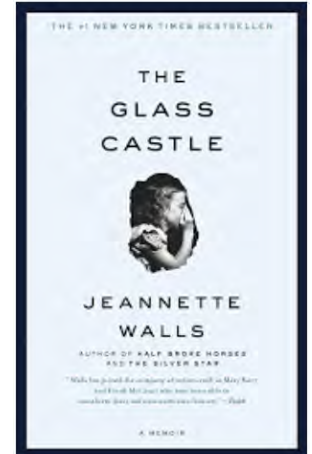
ALL ABOUT BOOKS

The Glass Castle: Book Review

In the story, The Glass Castle, Jeannette Walls retells the story of her childhood and the adversities she faced throughout it. After reading through pages 1-63, my review of the book so far is overall very positive. The way Jeannette writes her story shows a perspective of what it is like to face childhood trauma. Jeannette shows the innocence of what it is like to be a child in those situations and how despite all that happened she still loved and looked to her parents. By including the scene of her older self in the story really sets the tone of what's to come and makes you wonder just what happened to her parents to get to that point. We see how her parents' choices affect her and causes her to struggle even in adulthood. Jeannette shows that even still she loves her parents and wants to help them. Throughout the story we see just how chaotic Jeannette's family is and it's written in a way where you can see just how crazy it is but still we see the innocence of Jeannette and her naivety to what is truly happening.

We see the worst parts of her parents but also the parts that were good. Seeing the mix of poor parenting choices but also the love they hold for each other as a family we can see how it embodies how painful it can be to have a difficult relationship with your parents. The book truly is a tragic love story because you want so badly for Jeannette's parents to change but you know they never will.

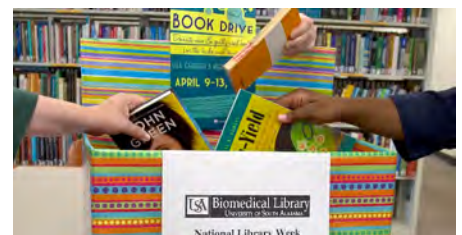
Sophia Shultis



EHS BOOK DRIVE

The English Honor Society is hosting a book drive until the end of the year. The levels of reading can range anywhere from K-12 with appropriate content for a school setting. If you have your books, you can drop them off at Ms. Cohen's class (room 54) until

Memorial Day weekend.



LOVE FOR READING



On December 15th, English Honor Society members took a field trip to Jefferson Elementary school. While there, members read to groups of students in grade levels K-4 with the goal of instilling in them the joy of reading. The younger kids enjoyed listening and asked many questions about the books. They also asked a lot of questions about the high school, which the members were happy to answer. The English Honor Society appreciates the opportunity to participate in this event and enjoyed it as much as the elementary students did.



MOVIE AND BOOK REVIEW

All Quiet on the Western Front Book Review by Caleb Cunniff

"This book is to be neither an accusation nor a confession, and least of all an adventure, for death is not an adventure to those who stand face to face with it. It will try simply to tell of a generation of men who, even though they may have escaped its shells, were destroyed by the war."

These are the opening words of *All Quiet on the Western Front* by Erich Maria Remarque. Remarque fought in the first World War for a short period of time and experienced the horrors firsthand, later deciding that someone should write about them. After interviewing many fellow veterans for their stories, he published this nightmarish novel in 1929, a witness for a lost generation.

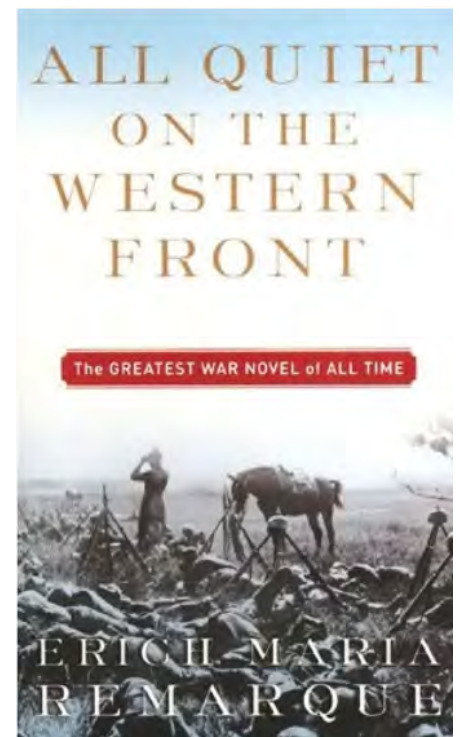
The plot follows a fictional German soldier named Paul Bäumer who was eighteen years old when he enlisted to fight for his country, anticipating glory promised by his school teacher. This glory, however, was not to be found. He and his comrades find their lives dominated by the wretched and brutal life of trench warfare as well as the psychological trauma which creeps in whenever there is safety. The novel is written from an experienced Paul's first person narration several years into the war. You won't find much "plot" per se, as the characters have no achievable goals that matter to the story but survival. Rather, the book's structure consists of scenes, flashbacks, and Paul's thoughts which act as vessels for bleak and disturbing imagery and sorrows. If you are easily disturbed, you may not be able to handle this.

So much has been said about this book that I will limit myself to my own takeaway. This book's sincere admittance of human suffering touched me deeply, and I now have a deeper respect for those who serve in the military.

All Quiet on the Western Front Movie Review by Caleb Cunniff.

The third movie adaptation of *All Quiet on the Western Front*, the first one in 44 years, faces the challenge of bringing the shocking anti-war novel to the big screen for modern audiences who are used to war-based entertainment. Thankfully, director Edward Berger tackles the challenge very well.

First of all, normally when directors stray from specific plot points of the novel things fall apart very fast, but here Berger deviates with purpose. One of the book's most important components is shock-factor, which comes as one reads Paul's memoir-like accounts of life in the trenches, written with unsettling frankness. While actor narration during scenes can do the job, Berger instead scraps that and focuses on the realm of sight and sound. This film successfully does not glorify war: action scenes are frightening, not thrilling. There is so much to talk about, but I will narrow it down to that this movie ultimately succeeds in bringing the significant spirit and message of this historic tragedy back to the big screen.



A RECIPE TO SHARE

Pumpkin Bread

Servings: Makes 2 loaves

Prep Time: 20 Minutes

Cook Time: 65 Minutes

Total Time: 1 Hour 30 Minutes

INGREDIENTS

2 cups all-purpose flour,
(spooned into measuring cup and leveled-off)

½ teaspoon salt

1 teaspoon baking soda

1 teaspoon baking powder

Ingredients

1/2 teaspoon ground cloves

1 teaspoon ground cinnamon

1 teaspoon ground nutmeg

1½ sticks (¾ cup) unsalted butter,
softened

2 cups sugar

2 large eggs

1 (15-oz) can 100% pure pumpkin

3 teaspoons vanilla extract

1 1/2 teaspoon almond extract

Begin by combining the flour, salt, baking powder, baking soda, and spices

Whisk well and set aside.

Combine the butter and sugar in a large bowl or in the bowl of an electric mixer.

Beat until just combined. It will look a little crumbly.

Add the eggs one at a time, beating well after each addition.

Continue beating for a few minutes until light and fluffy.

Add the pumpkin.

Beat until combined. It will look a little grainy — that's okay.

Add the dry ingredients to the pumpkin mixture.

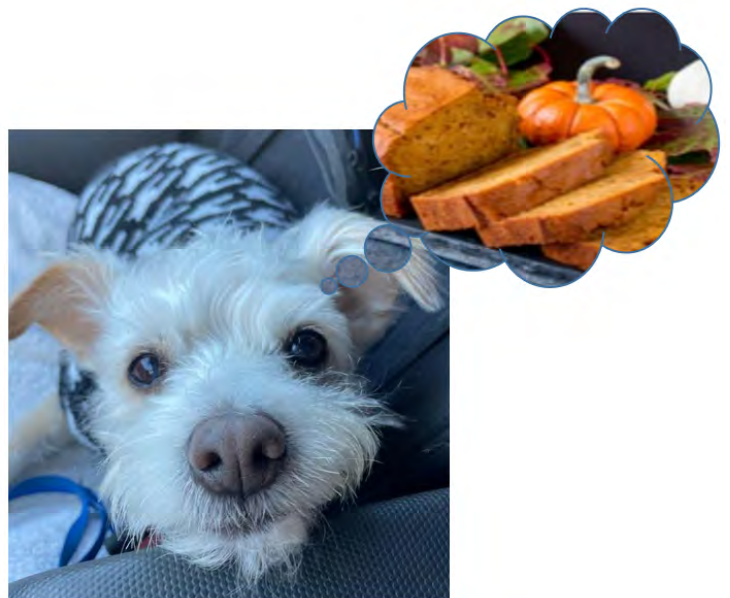
And beat on low speed until just combined.

Transfer the batter to loaf pans.

Bake for 65-75 minutes, or until a cake tester comes out clean.

Let the loaves cool in the pan for about 10 minutes, then turn out onto a rack to cool

Submitted by Lida Welch



Christmas Chex Mix

Prep Time : 30 Minutes

Servings : 8 - 10

Ingredients

- 4 cups Chex Mix cereal
- 2 cups mini pretzels
- 1 cup roasted almonds
- 4 tablespoons salted butter
- ¼ cup honey
- ¼ cup sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- ½ cup white chocolate chips
- 2 tablespoons coconut oil
- 1 cup red and green M&M's



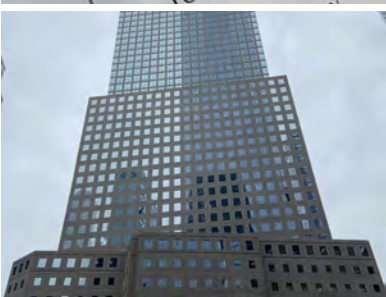
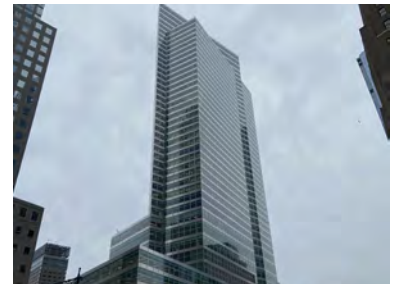
Directions

1. Preheat the oven to 250 F. Line a baking sheet with parchment paper. In a bowl, combine the cereal, pretzels and almonds.
2. In a saucepan over low heat melt the butter, honey and sugar until it starts bubbling. Then add the cinnamon and vanilla until combined. Next, pour half of the liquid mixture over the cereal and stir until coated. After cereal is fully coated, add the remaining butter mixture on top and toss around until evenly coated again.
3. Then spread the cereal mixture evenly onto a baking sheet. Bake until toasted, stirring around every 10 minutes.
4. After the mixture is toasted, combine white chocolate chips and coconut oil into a bowl and microwave in 30 second intervals until the mixture is melted. Stir between each 30 second interval so the chocolate does not burn.
5. Drizzle white chocolate over the Chex mix and put the M&M's immediately over the cereal. Let chocolate harden and break into small bite sized pieces.

NEW YORK TIME



On December 1st, Current Affairs students along with AP US History students went down to New York City to experience history with a touch of holiday spirit. Students first visited the 9/11 memorial and then went over to the 9/11 museum to learn more about this tragic day in our history. In the museum there were a plethora of memorials including a room full of pictures of the victims, a memorial of the color of the sky on 9/11, fire trucks, and pieces of debris that were kept from the wreckage. After the 9/11 museum students had some time to walk around the city in small groups to shop, sight see, or grab something to eat. Next on the students list to go see was the Freedom Tower. Students traveled up to the observatory on an elevator ride 102 floors up in under 60 seconds! As you rode up the elevator it showed an animation of the city growing over the years since it was founded. The view on top was breathtaking even on this cloudy day. You were able to see the skyline of the city and the Statue of Liberty from the observatory. After this, everyone headed over to see the Rockefeller Christmas Tree and then were set free to walk around Times Square for about an hour. There were many different fun stores in Times Square including the M&M store. To end off this amazing day, students walked back to the bus to depart the city in pouring rain which added a layer of memories to this trip. Students had a great time on this trip and got to have independence and learn more about American history. Thank you to all the staff that made this trip possible!



SCHALMONT NEWS



Our Girls Varsity Schalmont Soccer Team claimed the Class A Section 2 title and are Sectional Champions for the third straight year! The girls made it to the final eight, however in State Regional play they lost 3-2 against New Hartford. They ended the season 15-6 overall, scored 121 goals and allowed 31 goals. Great job ladies!

Congratulations to the students inducted into the New York State National Honor Society (Chapter #3) on November 13, 2023.

Congratulations to NHS Inductees:

Gabrielle Attanasio, Ian Bernardi, Dhylan Beston, David Cafarelli, Natalie Castiglione, Gianna Cirilla, Caleb Cuniff, Caelyn Eiser, Mikaela Frank, Mattingly Hindes, Abigail Hughes, Connor Hughes, Jarrett Jaster, Mia Jensen, Evan Krenav, Zara Kushner, Kyle Larabee, Taylor Lastrup, Hayden MacEntee, Spencer Moreau, Jack Moyer, Logan Opalka, Olivia Paniccia, Juliana Parks, Madelyn Quick, Kiera Reed, Taylor Teetsel, Madelyn Uhl and Jack Zieber



Congratulations to the students inducted into the New York State English Honor Society on December 21, 2023.

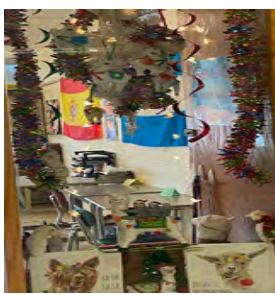
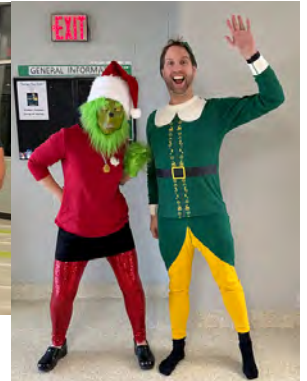
Congratulations to EHS Inductees:

Angelo Della Porto, Mikaela Frank, David Cafarelli, Maggie Rymond, Carmelena Halsdorf, Hayden Rowe, Jayden Backus, Raegan Montrym, Gavin Brinkman, Aleena Ramsudh, Angelina Riccio, Leah Pauquette, Addison McCanney, Eliza Leszczynski, & Ali Mulyca



Holiday Spirit

This holiday season the Yearbook Club' hosted a window competition for all of the teachers. The winner won a \$50 gift certificate with Mr. Williams taking first prize with the creative Elf, spaghetti and maple syrup combo.



Ugly Sweater Competition

It was that time of year again for the ugly sweater competition. The student winners were Jordan Negron and Abigail Hogan

The teacher winner was Ms. Cohen with her grandmother's homemade goose sweater.

Through out the months of November and December, the Current Affairs and APUSH classes raised money to buy presents for the children and parents of the Ronald McDonald House. They raised about \$ and on December 22nd, they arrived at the Ronald McDonald House to deliver the gifts to the children. Well done everyone for providing these kids and their parents a wonderful holiday!



SPANISH 4 PINATAS

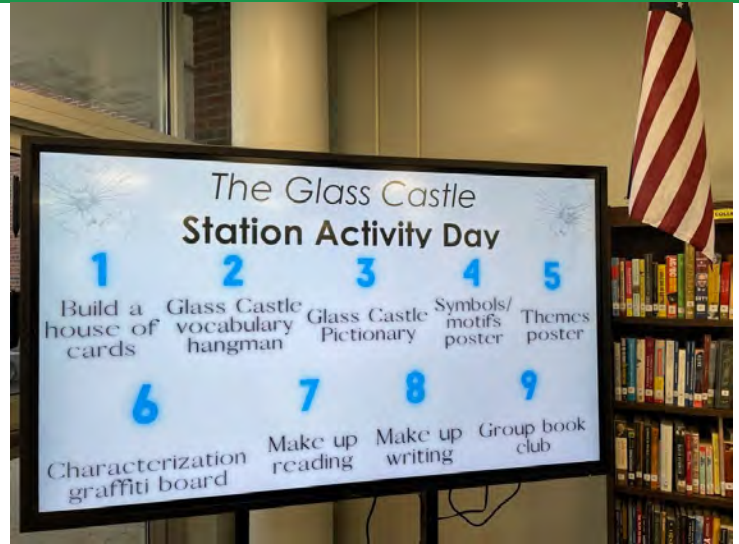


In Señora Riffin's Spanish 4 classes, students have been working on a creative project. Over the past several weeks, students have created their own piñatas in small groups of three to five. This project teaches the culture of Three Kings Day and the origins of why the piñata was originally created, immersing them deeper into the culture. They also got to learn and watch videos of where the city is in Latin America that makes thousands of handmade piñatas each year. Students were able to be creative and come up with an idea of their own to create. They used paper mache, cardboard, paint, and colorful paper to create their projects. These piñatas are to celebrate Three Kings Day and will welcome the kings into the classroom. This gave students a fun thing to work on before break, and a fun thing to look forward to working on after break. All piñatas were entered into a vote in which students and staff could vote for their favorite piñata in a plethora of categories. Students had fun breaking these piñatas which are filled with

goodies!



IN THE CLASSROOM



Ms. Cohen's twelfth grade class play games like Pictionary, hangman, charades and more to review the characters, vocabulary, plot, themes, and symbols in the 2005 best selling autobiography The Glass Castle by Jeannette Walls.

Mrs Jensen even let us draw on the windows!

Ms. Cohen's quote of the year, "See, studying can be fun!"



MID TERM SCHEDULE

Examination Schedule: January 2024

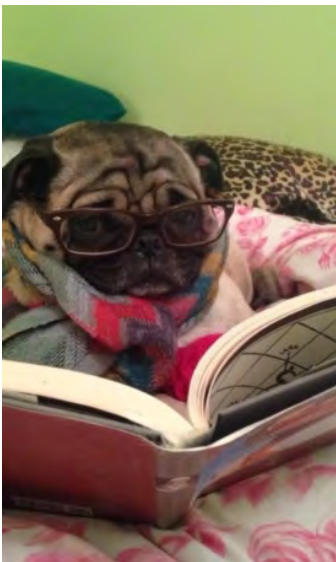
Tuesday January 23	Wednesday January 24	Thursday January 25	Friday January 26
8:00 a.m.	8:00 a.m.	8:00am	8:00am
English Language Arts RE - Gym 2 English 9 MT <ul style="list-style-type: none"> Houlihan Per 1 - room 55 Houlihan Per 6 - room 57 Houlihan Per 8 - room 61 Libertucci Per 1/5 - room 64 Libertucci Per 7 - room 33 Libertucci Per 9 - room 35 	Geometry RE - (room 32) US History RE - (room 35) Global Studies 9 MT - Gym 2 AP US History MT - room 31 9:00 a.m. SUPA Policy Studies -room 56 10:00 a.m. English 10/10H MT - Gym 2	Global History and Geography RE - (room 36) Algebra I Part II MT - Gym 2 Algebra I MT - Gym 2 Algebra I w/Lab MT - Gym 2 10:00 a.m. Chemistry MT - Gym 2 Chemistry H MT - Gym 2 Physics MT - Gym 2	Earth Science RE- (room 41) Chemistry RE- no rooms Earth Science MT - Gym 2 10:00 a.m. Spanish 3 MT - Gym 2
10:00 a.m.			
Economics Final <ul style="list-style-type: none"> Per 1 - room 32 Per 4 - room 33 Per 8 - room 34 			
12:00 p.m.	12:00 p.m.	12:00 p.m.	12:00 p.m.
Living Environment RE - (room 41) Global 10 MT - Gym 2	Algebra 1 RE - (room 62) Physics RE - no rooms US History MT - Gym 2 English 12 MT <ul style="list-style-type: none"> Per 2 - room 34 Per 3 - room 57 Per 8 - room 61 Per 9 - room 64 	Algebra 2 RE- no rooms Living Environment MT - Gym 2	Exam Rating

Universal Admission Deadlines for Regents Exams


Morning Exams: 10:00 am
 Afternoon Exams: 2:00 pm
 Conflict Room: Room 75









Release Time for Local Exams

All local exams are scheduled for 1.5 hours, unless otherwise requested. Students can be released after 1 hour.



Top Study Tips



1 Give yourself enough time to study 	2 Review syllabuses and subject reports 	3 Organise study groups with friends 
4 Take regular breaks 	5 Practise on past papers* 	6 Snack on 'brain food' 
7 Plan your exam day 	8 Organise your study space 	9 Get plenty of sleep 