



South Plainfield Middle School

2022-2023

Newsletter Committee

Chrissy Briskin
Melissa Cook
Elyse Phillips

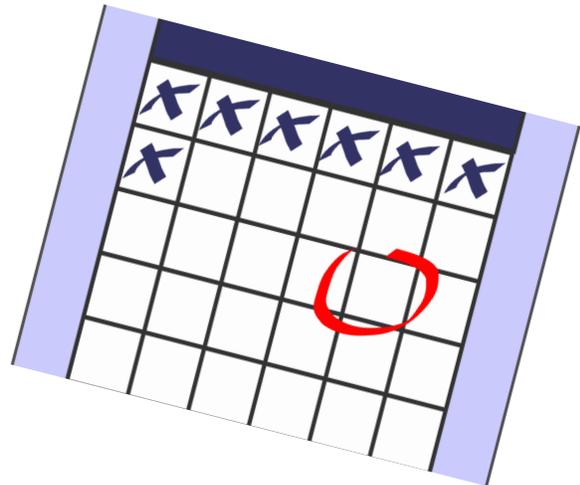
Michele Rodriguez
Kelly Richkus

April 2023 NEWSLETTER

UPCOMING EVENTS!

April:

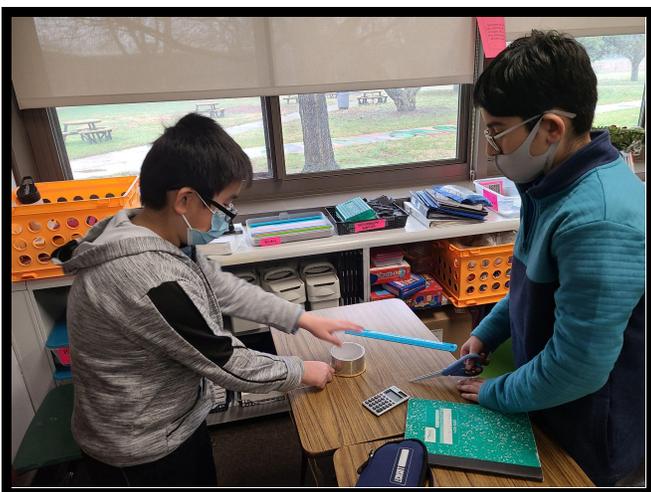
- School Closed April 7-16
- End of MP 3 April 17th



Happy Pi Day!



Ms. Kousoulis' Classes celebrated Pi Day on March 14! Students explored how to get pi by using string and a ruler to measure the circumference and diameter of various circles. They learned that no matter what size circle you measure, the ratio of the circumference and diameter will always equal pi! Students pictured: Melanie Obligacion, Myra Mehrotra, Elaina Competello, Nidhi Patel, Kelvin Kong, Apurva Kansara, Annie Flannery, Anupreet Kaur, Marwah Haji, Ava Valluzzi, Alianna Belt, Lilliana Davis





Women's Herstory Month

Ms. Pinelli's grade 8 History classes wrapped up their studies about Women in American History Month by writing about their favorite woman in USA History. They researched nine facts and when they were done, the students discussed the accomplishments that drove their choices.



Music To Our Ears!

Region Band/Orchestra/Percussion Ensemble Concert

We had several students audition for the 2023 CJMEA Region Band, Chorus, and Orchestra bands. About 800 students auditioned and we had several students make the ensembles. The students worked hard and had several rehearsals with the most elite students in Central New Jersey. Molly Van Wyk performed on March 5 at Bridgewater Middle School with the Intermediate Region Wind Ensemble, the highest achieving concert band. The Region Chorus and Percussion Ensemble performed on March 12 at Monroe High School. For this concert, Blake Greco performed with the percussion ensemble, Wren Rasmussen and Jason Miller performed with the Region II Mixed choir, and Anvi Dobhal performed with the Treble choir.

District Festival

The South Plainfield School District held the 54th Annual District Music Festival in the newly renovated South Plainfield High School Auditorium on March 9. This concert featured the bands, choruses, and orchestras from the Grant, Middle, and High Schools. In addition, the Middle School Jazz Band and the Gems performed at the concert. The first section included the Middle School Orchestra under the direction of Sarah Livecchi. They performed the Hawaiian version of “Over the Rainbow,” and the ever-popular “Wellerman” sea chanty. During the band section, the Middle School Jazz Band performed “Enter Sandman” from the rock band, Metallica. The second section included the Middle School Chorus under the direction of Kate Haughwout. During this section they sang “The Never-Ending Story,” the vintage movie theme that was revitalized by the popular television show, Stranger Things. They also performed “Shine like Stars” by the choral cohort PinkZebra. The final section included the Middle School Band under the direction of Andrew Veiss. In this section, the Gems performed “Speechless,” from Disney’s Aladdin. The band then performed “American Declaration” by Randall Standridge. They then played “My Shot” from the musical “Hamilton” featuring Natalie Travers on vocals.

Middle School Band Honors Day

On Saturday, March 25, Seven South Plainfield Middle School students performed at the CJMEA Middle School Honors Band Day. The students worked for weeks to prepare for the day. There were students from 46 schools who met each other for the first time on Saturday. They rehearsed for four hours and put the concert on the same day. The students involved were: Neill Wands, Jason Miller, Dylan Nicolay, Ellah Sanzalone, Molly Van Wyk, Josie Joseph, and Chris Czuba.

Band Festival Day

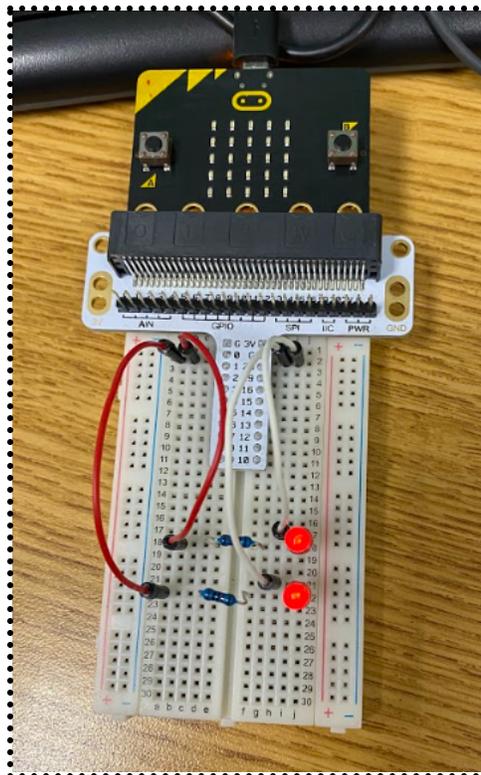
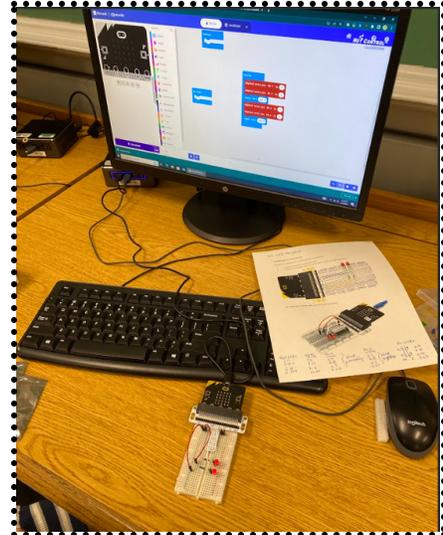
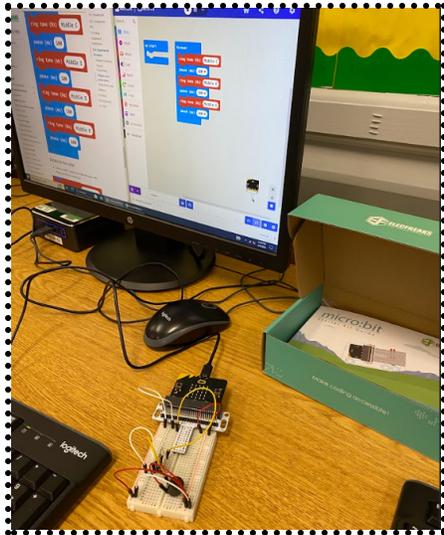
The Middle School hosted the second South Plainfield District Band Festival Day on March 29, 2023. For this event, all band students in the district got together to have a huge rehearsal in the gym. 316 Band students from the Grant, Middle, and High Schools as well as all four elementary schools participated in the band day. Each school played a piece once for the other students and then they played it again with the students in the older ensembles joining in. At the end, everyone learned “Armory” by Randall Standridge so that everyone could play the same piece together.

April 2023



7th Grade Technology Club

Students had fun learning about coding and electronics as they created simple circuits on a breadboard. Students programmed LED lights and buzzers with Micro:bits, breadboards, and Makecode software.



Nurse's Nook....

Seasonal Allergies: NIP THEM IN THE BUD!!

Seasonal allergies, sometimes called “hay fever” or seasonal allergic rhinitis, often happen during certain times of the year, usually when trees, grass and weeds release tiny pollen particles into the air. The immune system of people who are allergic to pollen treats these particles (or “allergens”) as invaders and releases chemicals, including histamine, into the bloodstream to defend against them. It is the release of these chemicals that causes all of those bothersome symptoms (sneezing, itchy throat, nasal congestion, runny nose, post nasal drip, itchy watery eyes). For those who have been prescribed allergy medicines, it is important to take those EVERYDAY during allergy season!

Tips to for Allergy Sufferers to Prevent Symptoms

REDUCE EXPOSURE	KEEP INDOOR AIR CLEAN
<ul style="list-style-type: none">· Stay indoors on dry windy days· Remove clothes worn outside and shower to rinse pollen from skin and hair	<ul style="list-style-type: none">· Clean floors with a vacuum cleaner with a HEPA filter· Keep indoor air dry with dehumidifier· Use air conditioning when possible

**EXTRA STEPS WHEN POLLEN
COUNTS ARE HIGH**

- Check pollen counts daily during allergy season
- Close doors and windows at night if high pollen counts are forecasted

ALLERGY MEDICINES

- Many nonprescription medicines can help ease symptoms (antihistamines, decongestants, nasal sprays, eye drops). Speak with your pediatrician to decide what is best for your child.
- Take allergy medications daily during allergy season



Need to reach us?
SPMS ADMINISTRATION



Main Office

- **Principal: Mr. Leo Whalen ext. 2610**
- **Administrative Assistant: Mrs. Lodato ext. 2601**
- **Assistant Principal: Mrs. Kelly Richkus ext. 2611**
- **Administrative Assistant: Mrs. Santiago ext. 2602**

Guidance

- **7th Grade Counselor: Mrs. Mikaelian ext. 2633**
- **8th Grade Counselor: Mrs. DeMello ext. 2632**
- **Administrative Assistant: Mrs. Giannakis ext. 2631**

School Nurse

- **Ms. Wollman: ext. 2620**

Please visit the new [nurse's page](#) on the middle school website