



South Plainfield Middle School

2022-2023

Newsletter Committee

Chrissy Briskin
Melissa Cook
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March 2023 NEWSLETTER

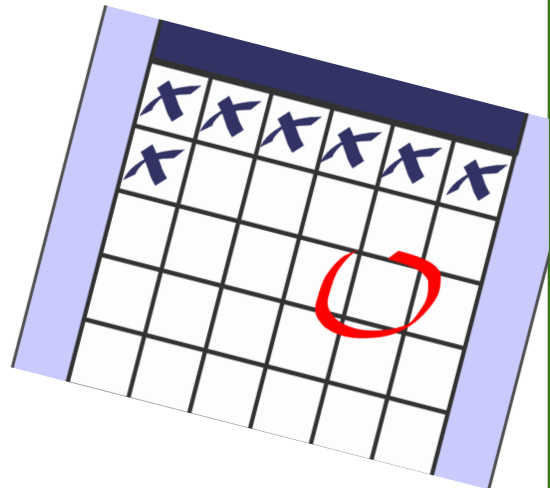
UPCOMING EVENTS!

March:



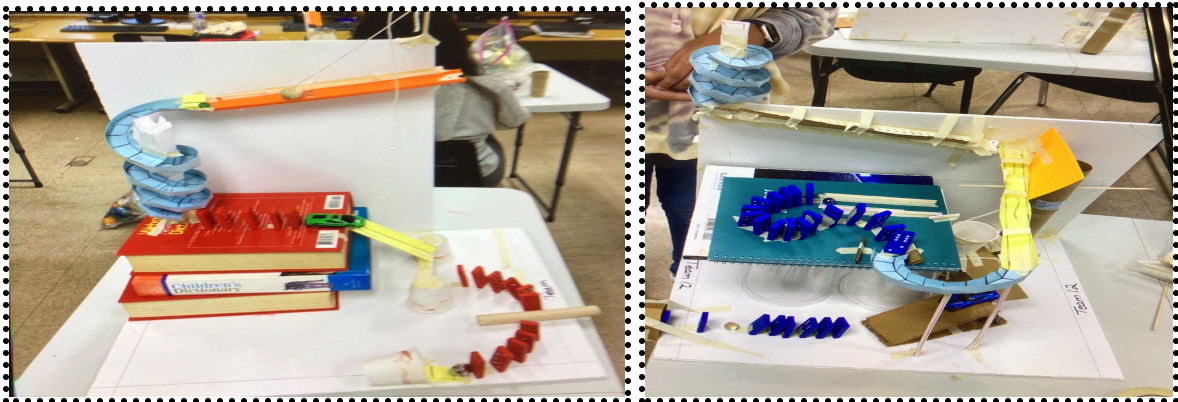
- *March 17- St. Patrick' Day Dance
- *March 22-24 Book Fair
- *April 7-16 Spring Break
- *April 17-end of third marking period

SPMS is proud to celebrate Women's History Month in March.

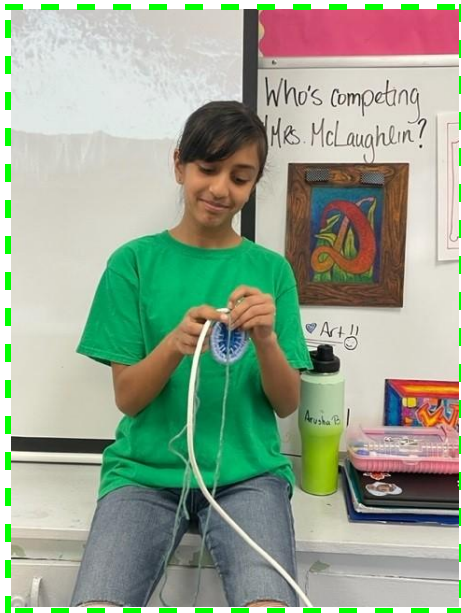


8th Grade STEM Class

Eighth grade students were challenged to apply their knowledge of simple machines as they designed and built Rube Goldberg models.

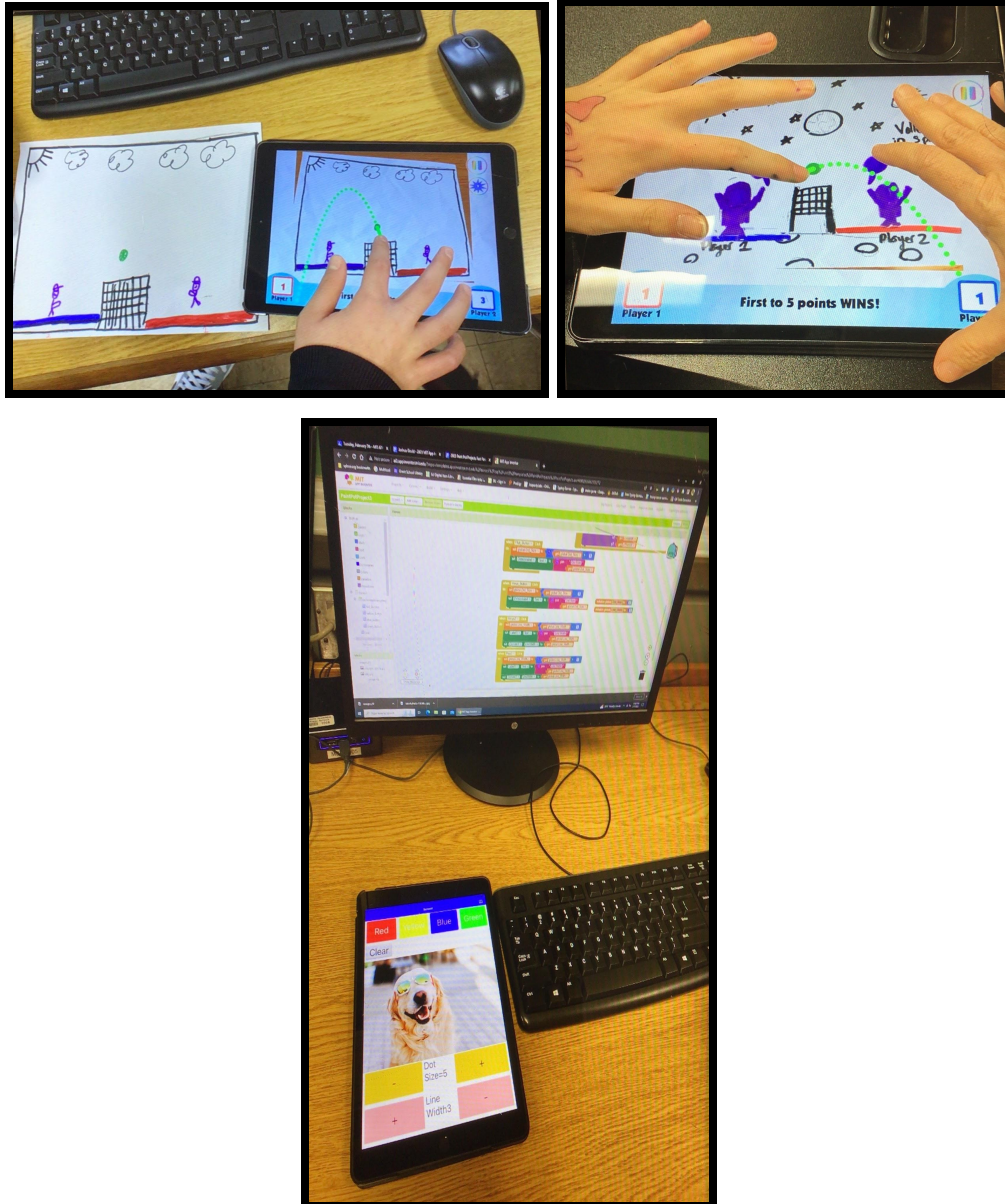


Mrs. McLaughlin's 7th period artists are busy working on a special coiling project. We are practicing our coiling skills and working on creating sculptures from just rope and yarn. Stay tuned to see our sculptures come to life as an SPMS installation! Pictured: Arusha Bakshi, Carter Patterson, and Abdiel Roman



8th Grade STEM Class

8th Grade STEM class recently explored how to create apps and design games using Pixicade and MIT App Inventor software.





March is National Nutrition Month!

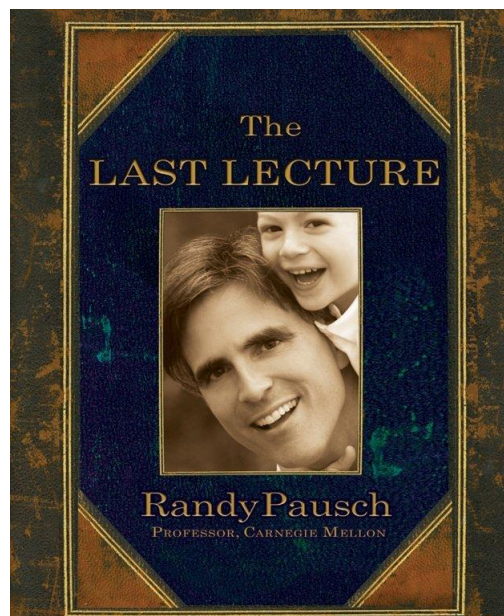
Fruits and vegetables are a very necessary part of a healthy diet. It is challenging especially with middle school age children to have them eat enough of this important food group. Here are some quick and easy tips to add fruits and vegetables to your teens diet:

1. Use vegetables as a pizza topping. Try broccoli, spinach, peppers, mushrooms, or zucchini.
2. Make a breakfast smoothie with low fat milk, frozen or fresh berries and a banana.
3. For lunch pack a veggie wrap with roasted vegetables and low fat cheese rolled in a whole wheat tortilla.
4. Instead of adding chips to their lunch, try adding crunchy vegetables with their favorite low-fat salad dressing for dipping.
5. Place colorful fruit such as apples, oranges, bananas where everyone can easily grab a snack on the run.
6. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, cereal, yogurt or waffle.
7. Microwave a cup of vegetable soup as a snack or send in a thermos with a salad or sandwich for lunch.
8. Stock your freezer with frozen vegetables to microwave, steam or stir fry for a quick side dish.
9. Keep cut veggies handy for mid-afternoon snacks, lunch box additions or a quick nibble while waiting for dinner. Ready to eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.
10. Dip Ideas: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low fat yogurt, or graham crackers in applesauce.



Legacy....

In Mrs. Briskin's English class, students are interrogating legacy. What does it mean, how are we affected by legacy, and who determines someone's legacy? Students learned about Emmett Till, John Lewis, and they are reading *The Last Lecture*. This project will culminate with learning about our own legacies and an artistic response to the question of legacy.



March 2023

8th Grade Technology Club

8th Grade Technology Club had the opportunity to use a sewing machine and cricut machine to make their own unique pillows as well as name stickers for their Chromebooks. Pictured: Alana Mercado and Briana Escalante



🎤 Music to Our Ears.... 🎤

The District Festival will be on March 9, 2023. There are three concerts, an orchestra concert which includes the Middle School Jazz Band, a choral concert, and a band concert which will include the Gems. The Orchestra concert will start at 6:00pm, the Choral Concert will start at 7:00pm, and the Band Concert will start at 8:00pm. Tickets are not available at the door, but you can purchase them online at <https://spboe.booktix.com/>.

On March 2, 2023, the Middle School Music Department did a performance for the Middle School. This enabled the students to get the experience of performing in front of an audience before the District Festival. After the Gems sang the Star-Spangled Banner, the Jazz Band started the concert with two pieces: Autumn Leaves and Enter Sandman. Then the orchestra performed a Hawaiian version of Over the Rainbow followed by The Wellerman. The Gems then took the stage with the piece Speechless. Afterwards, the Chorus sang The Never-Ending Story and Shine Like Stars. Finally, the Band performed American Declaration followed by My Shot from Hamilton, which featured Natalie Travers on Vocals.



Women's History Month

In honor of Women's History Month, Ms. Pinelli's 8th grade classes did projects about famous women in United States History. The students created resumes of a list of women that they could choose from. The resumes included the women's names, occupations, 5 interesting facts, education, skills, awards/accomplishments and references. The students also wrote a short summary of the woman that they chose. Not only did the students learn more about women in US history, but they also learned how to create a resume for when they need one in the future. The students did an excellent job on their projects!

Ruth Bader Ginsburg

Justice of the Supreme Court - 1993-2020

USA



5 INTERESTING FACTS

- Ruth Bader Ginsburg and her daughter were the first mother and daughter to work on the same staff.
- She is one of four female justices in history.

- First Justice to have married a same sex couple and she worked towards LGBTQ+ rights.
- She was a popular Halloween costume and internet meme.
- She faced sexism from teachers at both Columbia and Harvard.

AWARDS/ACCOMPLISHMENTS

- Berggruen Prize
- Fought and won against gender discrimination in the Supreme Court
- Tied for Valedictorian at Columbia Law School
- First female Jewish Supreme Justice

SUMMARY

- Ruth Bader Ginsburg was born in Brooklyn, New York in March 1933. Her mother always encouraged her to pursue a proper education even though it was uncommon for women during that time. Her mother died the day before Ruth Ginsburgs high school graduation from cancer. She first graduated from Cornell University in 1954 with a Bachelor of Arts Degree in government, and met her husband, Martin Ginsburg. They had a daughter in 1955 named Jane C. Ginsburg, afterward, she went back to school and studied law at Harvard. During her time at Harvard, she was constantly belittled due to her gender since there were only a handful of women in her class. Her

Dorothea Lynde Dix

Nurse

USA



8 INTERESTING FACTS

1. Moved to live with her grandmother at the age of 12 because of her abusive parents.
2. She was never married.
3. She was influenced by her religion.
4. She did not want credit for her work, she just wanted to help the poor and sick.

5. Worked hard to create a National Asylum, but the bill was vetoed by President Franklin Pierce.
6. Raised as a Catholic and was led to Congregationalism.
7. Louisa May Alcott was a nurse under Dorothea Dix and wrote Dix's experiences in *Hospital Sketches* years before being famous with the classic novel, *Little Women*.
8. Suffered from both depression and tuberculosis.

AWARDS/ACCOMPLISHMENTS

- Founded The Asylum Movement.
- Founded more than 30 hospitals.
- Established asylums in New Jersey, North Carolina, and Illinois.

SUMMARY

- Dorothea Dix was born on April 4, 1802, in Hampden, Maine and was an American Nurse who intensely changed the medical field during her life. She helped recruit more nurses for the Union Army during the Civil War and treated both Union and Confederate soldiers, gaining her respect. In her early life, her parents were alcoholics and her father was abusive. Dix was appointed as the

COUNSELING CORNER



Mrs. de Mello
7th Grade Counselor

Mrs. Mikaelian
8th Grade Counselor

Ms. Tamborra
Student Assistance Counselor

Welcome to the Counseling Corner! In the month of February the 8th graders began their transition process to high school. Mrs. Mikaelian met with small groups of students during their PE class periods to go over the selection of World Language and electives for their freshman year schedules. All 8th graders should have chosen their top selection for foreign language with a back up and a minimum of five possible electives in their Genesis portal regardless of what their high school plans for next year may be. Choices may be viewed in the Scheduling tab of the portal and edited until Feb 27. Please encourage your students to see guidance if they have any questions about the scheduling process or high school in general. Academic recommendations will be coming soon.

[2023-2024 Scheduling Letter for Parents/Guardians](#)

The JCK Foundation came to present a full day assembly and workshop on mental health during each physical education period. In these sessions, our presenters talked about who they are and what the JCK foundation promotes. They talked about stress and how mental illness is common. They went over mental health statistics among youth as well as college-aged individuals and adults. They talked about personal connections and stories, the power of community, and how important listening to someone can be. Our presenters raised awareness around red flags of mental health, discussed stress management techniques, and the importance of self-care. They also mentioned resources students can turn to. It's imperative to raise awareness about mental health so we can decrease the stigma, help our students identify if they are struggling and how they can get help.

We bid a sad adieu as Ms. Tamborra moves up to the high school. Her smiling face will be very missed around our building. Please join us in welcoming Ms. Waiter to our guidance office! Feel free to drop in and say hi.

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

- *8th Grade Counselor: Mrs. Mikaelian ext. 2633*
- *7th Grade Counselor: Mrs. DeMello ext. 2632*
- *SAC: Ms. Tamborra ext. 2634*
- *Administrative Assistant: Mrs. Giannakis ext. 2631*

School Nurse

- *Mrs. Wollman: ext. 2620*

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