



South Plainfield Middle School

2023-2024

Newsletter Committee

Alia Aziz
Melissa Cook
Elyse Phillips

Michele Rodriguez
Kelly Richkus

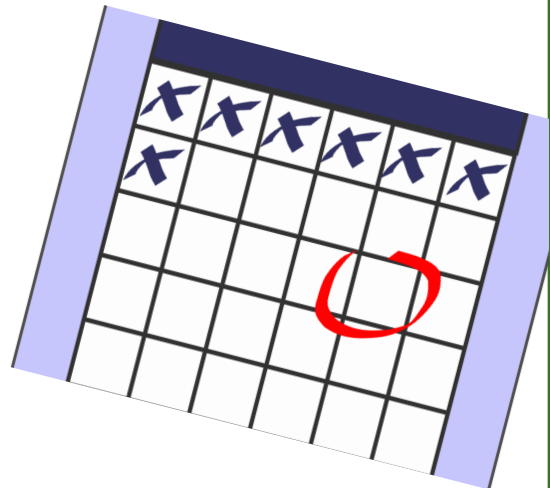
February & March 2024 NEWSLETTER

UPCOMING EVENTS!

March:



March 5 -15 - Food Drive
March 7th - District Music Festival
March 11th - 8th grade Graduation pictures
March 15th - SPMS PTO school dance
March 20th-22nd - Book Fair
March 29th - April 5 - Spring Break
(school closed)
April 15 - End of the 3rd Marking Period

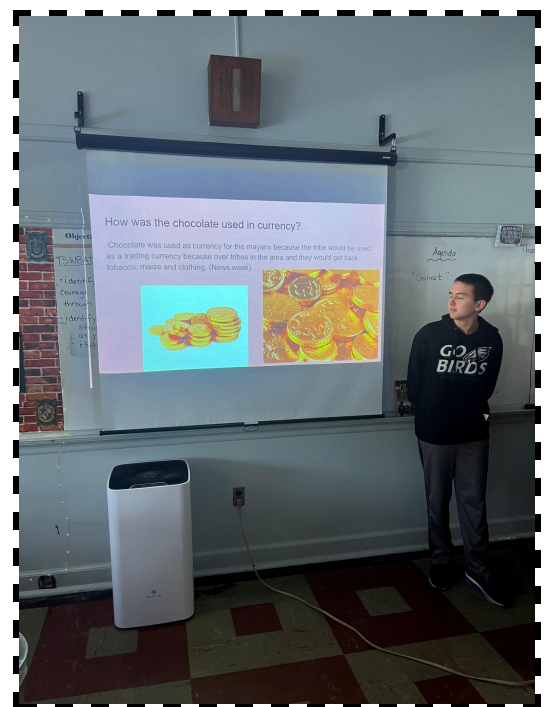
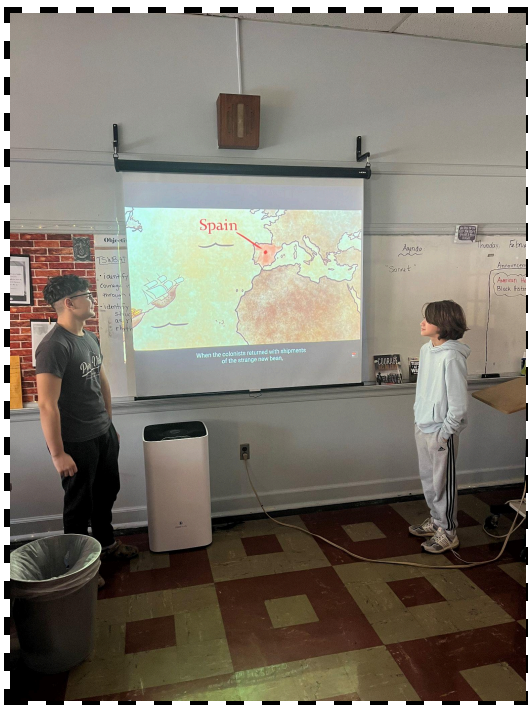


SPMS is proud to celebrate Women's History Month in March.

SWEET FINDINGS FROM FEBRUARY

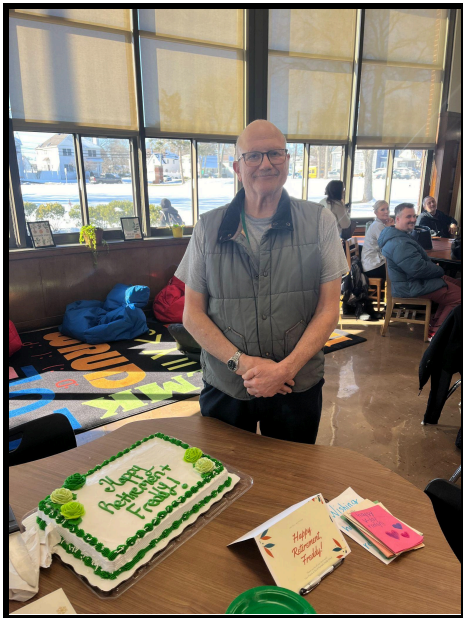


Every February 14th, people all over the world celebrate the sweet holiday called Valentine's Day. The origin of this decadent day is not completely clear, but it is attributed to various early Christians named "Valentine." Students in Ms. Cook's eighth grade English Language Arts class indulged in a mini-research project to discover how this holiday came to be as well as how chocolate became such an iconic gift on Valentine's Day. Students presented their findings to the class.



Freddy's Farewell

February 14th marked a bittersweet moment for the Middle School as we celebrated the retirement of our friend and custodian, Freddy Gapinki. Prior to joining the South Plainfield school district in 2012, Freddy worked as a chemical technician for Dow chemicals for twenty years. Upon arriving here, he started at Roosevelt school, then moved to Franklin school, then the High School, and saved the best for last with us :) Congratulations Freddy, the students will miss your high fives and fist bumps, and the faculty and staff will miss your smile and tireless work ethic. Enjoy retirement and please come back and visit us. The South Plainfield family will never forget you.



Drama, Drama, Drama

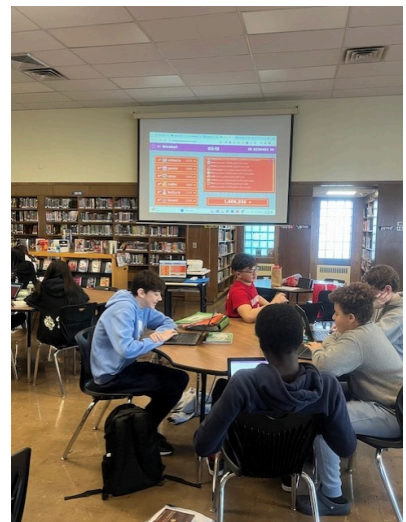
SPMS Drama Club is hard at work preparing for their next big performance, Treasure Island! We are extremely excited to announce that we will have TWO performances this year. Our show will be on May 2nd and 3rd. Get ready for adventures on the high seas and some buried treasure along the way!

Spanish Cooperative and Competitive Student Activities

In February our all year Spanish classes had the opportunity to share some winter indoor fun and compete with each other in Spanish board games as well as in Blooket games.

Students designed and created games around Spanish verbs, and nouns using sentence creation strategies learned in the full year Spanish classes. The board games were played in the cafeteria with each student having the opportunity to sample various games during the class period. The games were varied in their color, design, and approach.

The games were designed to test each other's knowledge of creating sentences and conjugating verbs. We played Blooket in the information center and students really enjoyed competing for 1st, 2nd, and 3rd place for knowledge of general vocabulary words. I believe they came out full of energy and quite enthusiastic for future cooperative and competitive projects between the classes.





March is National Nutrition Month Healthy Eating During Adolescence

What is healthy eating?

Eating healthy is an important part of a healthy lifestyle and is something that should be taught at a young age. The following are some general guidelines for helping your teen eat healthy. It's important to discuss your teen's diet with their healthcare provider before making any dietary changes or placing your teen on a diet. Discuss these healthy eating recommendations with your teen so they can follow a healthy eating plan:

- Eat 3 meals a day, with healthy snacks.
- Increase fiber in the diet and decrease the use of salt.
- Drink water. Try to avoid drinks that are high in sugar. Fruit juice can have a lot of calories, so limit your teen's intake. Whole fruit is always a better choice.
- Eat balanced meals.
- When cooking for your teen, try to bake or broil instead of fry.
- Make sure your teen watches (and decreases, if necessary) their sugar intake.
- Eat fruit or vegetables for a snack.
- Decrease the use of butter and heavy gravies.
- Eat more chicken and fish. Limit red meat intake and choose lean cuts when possible.

There "paint" no mountain high enough... at SPMS

Anthony Carmona and Lily Nicolay working hard with their oil pastel project in Mrs. McLaughlin's 7th grade art class. Stay tuned for the finished eye of their endangered species....can you guess what endangered species they might be?



SIP AND PAINT

Students in Mrs. McLaughlin's 7th grade art class worked alongside intern, Ms. D., to create their own rendition of Van Gogh's Starry Night. Students had a great time sipping (capri sun) and painting!



Art History

The 8th grade art students read poems from the Harlem Renaissance and then created inspired watercolor paintings. The Harlem Renaissance was an intellectual and cultural revival of African American music, dance, art, fashion, literature, theater, politics centered in Harlem, Manhattan, New York City, spanning the 1920s and 1930s. It was the golden age of art and culture in the United States.



Painting like Picasso

7th grader, Julyan Irizarry found his love of art in Room 52 during Art through Technology and Design with Mrs. Phillips. Julyan continued creating in Room 1 with Mr. DeLucia. He now has his artwork on display in Room 1. Great job Julyan!





SELF CARE WEEK!



While Valentine's Day is a wonderful time to spread love and share your feelings with others, the most important type of love is often overlooked. This year South Plainfield Middle School took the opportunity to celebrate self love during the week of Valentine's Day.

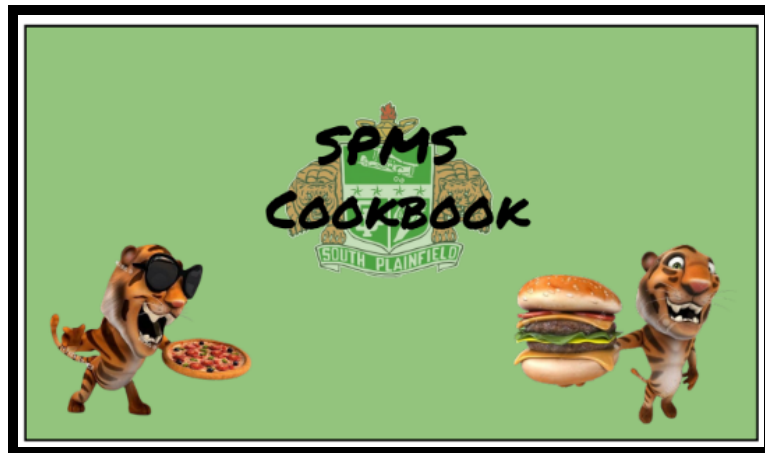
Clinician, Miss. Jordan, lead the school through a week of activities and events to promote the idea of self-love throughout the school. On Monday students were asked to wear something that shows others something they love about themselves. Many students wore religious symbols, teams they participated in and things that represented their culture. On Wednesday, students wore red to show and remember the love they have for themselves. Finally on Friday, students were reminded that self-care is self-love and the school participated in a comfy and cozy day. An activity was also hosted in which a bulletin board was created by students with over 160 hearts filled with things that they love about themselves.



A Gifted Cookbook

Tired of school lunch?

This is for you!

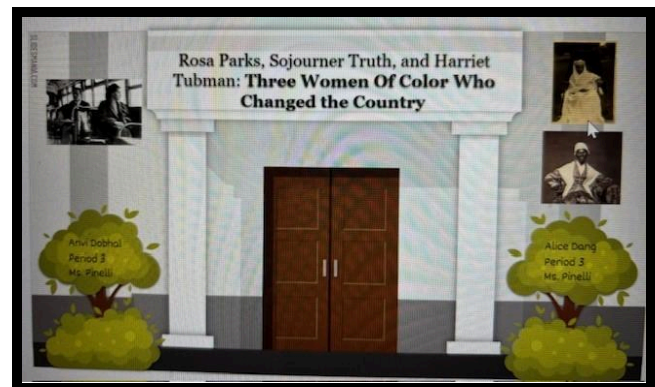


The 8th Grade *Gifted and Talented* program has decided to promote independence, with tasty and easy lunch options by making a cookbook! It can save you money, and has a number of meals that are fast school lunches! The cookbook provides a lot of different lunches, from quesadillas to club sandwiches, all are quick and easy to make. Recipes ! The fruit salad is one of these, which requires no cooking and only takes around 9 minutes to make. The cookbook also includes vegan, vegetarian, and gluten free options, so that everyone can enjoy the food in it. Treat yourself and develop a healthy habit with the SPMS cookbook!

Black History Month History Activity



Ms. Pinelli's history classes created online museums for Black History Month. Students had a variety of prominent figures to choose from and research. Museums included birth, death, contributions to the United States and the world, along with pictures. Then students shared their exhibits with each other and all were invited to take a virtual tour.



Music to Our Ears....

On February 4th, the CJMEA intermediate mixed and treble choirs performed their concert at Monroe Township High School. Among the performers from 6 counties across central New Jersey were South Plainfield Middle School students Anvi Dobhal, Jason Miller, Eddie Montanez, and Blaise Bailes. As the highest scoring choral student, Blaise Bailes received the honor of performing the Star Spangled Banner with the top scorers of each voice part.



On Saturday, January 27th, 600 students from Central New Jersey went to Community Middle School to audition for the CJMEA Intermediate Region Band. The competition was fierce, but the South Plainfield Middle School had three students pass the audition to make the ensemble. Diego Valdez-Mejia auditioned on Baritone Sax and made the Symphonic Band.

Molly Van Wyk auditioned on the French horn and made the Wind Ensemble. Blake Greco made the percussion ensemble and achieved the highest score out of all who auditioned. On March 3rd, Molly and Diego performed with their respective ensembles at Bridgewater Middle School and on March 10th, Blake Greco performed with the Region Percussion Ensemble at Monroe Township High School. Congrats to all!



On March 7th, the Middle School Music department participated in the South Plainfield All District Music Festival! The SPMS concert band played “Selections from Stranger Things” and “Brace for Impact”, the SPMS Orchestra performed “GPS” and “Man in the Mirror” while the Concert Choir performed “Homeward Bound” featuring soloists Julianna Russionello and Santiago Matias, as well as “Seasons of Love” featuring soloists Addison Kurzawa, Jason Miller, and Elaina Competello. Additionally, the SPMS Jazz band performed “Crazy Train” featuring soloists Juatin Zubietta on Alto Saxophone and Leonardo Martinez on Guitar. The GEMS performed “Fly Away Home” by Pinkzebra. A fabulous performance was done by all and everyone should be extremely proud.

Student Fundraising

South Plainfield Middle School students did a great job with the ***World's Finest Chocolate*** fundraiser this year. This month Mrs. de Mello, school counselor, hosted the prize activity where students who sold boxes could participate in games to win additional cash and prizes for their hard work. Every year students participate in fundraising to help with the cost of the 8th grade trip. It has been a great learning experience for our students and we can see some budding entrepreneurs who are highly motivated to be future business and sales leaders! Thanks again for all your hard work!



SPECIAL SHOUTOUT!

Congratulations to Logan Staunton who participated in the Winter Special Olympics!



YEARBOOK! Yearbook! Hear all about it!

Don't forget to reserve your copy of this years yearbook. Last year we sold out! Pre-order your copy today online. Reach out to Mrs. LiVecchi with any questions (slivecchi@spboe.org) -

https://www.jostens.com/apps/store/productBrowse/1056390/South-Plainfield-Middle-School/2024-Yearbook/2023092104220897761/CATALOG_SHOP/

COUNSELING CORNER



Mrs. de Mello
8th Grade Counselor

Mrs. Mikaelian
7th Grade Counselor

Mrs. Aziz
Student Assistance Counselor

Welcome to the Counseling Corner!

February kicked off our Middlesex County Teen Arts program. Students were able to audition for a number of different areas and mediums in the arts for a gifted and talented program housed at Middlesex County College. The Middle School had 9 students selected to attend-the largest group ever! For 12 Wednesdays, our students will be bused from our school to the college for intense art programs in the areas of anime, theater, dance, creative writing, and painting and drawing. The program will conclude in early May with a showcase for all the artists and their families. We are so proud of all our students that tried out as well as those that were selected for this honor.

During the month of March, our counselors will provide in-class career lessons to our 8th grade students. Topics discussed will include career exploration and interest inventories using a new platform provided by the state of NJ for all students. They will participate in online surveys and dive into the possibilities of education and careers after high school. Our 7th grade students will have their in-class career lessons later in the year.