

North River School News

Winter 2021

An Inaugural Year for NRS



It seems only fitting that we publish our inaugural North River News in an Inaugural Year!

We are very excited about the re-introduction of a newsletter to keep students, families, and our community informed about all the amazing things we have going on at our school.

As we hit the midpoint of our school year, I wanted to take this opportunity to thank all of our students, families, and caregivers for working with the North River staff. Collaboratively, we

have been able to ensure all of our students remain safe and healthy so we can continue to provide in person learning and support. We are so proud of our students who continue to display resilience and perseverance while we navigate these unprecedented times!

Please take a look and let us know what you think about the newsletter's new format. We look forward to hearing from you and incorporating your ideas into upcoming editions.

Lauren Enos, Program Coordinator

Staying Healthy in the New Year

Christine Ettridge, RN

As we ended the year 2020, which, as we know, was a challenging one since we were all dealing with a pandemic, we quickly roared into a new year with many promising changes in the medical industry. Navigating this pandemic was a collaborative effort. Teachers, staff, students, and families/guardians all had to work together to keep our school safe. Mask wearing, social distancing, frequent hand washing are just a few of the tools we used to keep NRS successfully open, keeping the virus away from the school.

Binax testing to detect the coronavirus will soon be available within the school setting and will help us continue to avoid cases here at NRS. Binax will provide better contact tracing and allow us to better keep students and staff safe. I look forward to 2021 with its promising vaccine and the hope that this "new normal" will happen sooner than later.

North River Gingerbread People Recipe

Hilary Parker, Chef Instructor

Ingredients

½ cup butter
½ cup sugar
½ cup molasses
1 egg yolk
2 cups sifted flour
½ teaspoon salt
½ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon ground cinnamon
1 teaspoon ground cloves
1 teaspoon ground ginger
½ teaspoon ground nutmeg

Step 1

In a large bowl, cream together the butter and sugar until smooth. Stir in molasses and egg yolk. Combine the flour, salt, baking powder, baking soda, cinnamon, cloves, ginger and nutmeg; blend into the molasses mixture until smooth. Cover, and chill for at least an hour.

Step 2

Pre-heat the oven to 350 degrees. On a lightly floured surface, roll the dough out to ¼ inch thickness. Cut into desired shapes with cookie cutters. Place cookies 2 inches apart on ungreased cookie sheets.

Step 3

Bake for 8-10 minutes in the preheated oven, until firm. Remove from cookie sheets to cool on wire racks. Frost or decorate when cool.

Frosting

Stir 2 cups confectioner's sugar, ¼ cup melted butter, 2-4 tablespoons hot water, and ½ teaspoon vanilla together in a bowl until sugar is completely dissolved, and the icing is smooth. Spread or pipe icing on cooled cookies. Yield: 2 ½ dozen.



The Innovation Studio

Mona Boulrisse, Technology Instructor

The students in the Innovation Studio have been working and learning with technology. Students have been utilizing their Chromebooks and the materials and machines they have available to them in our shop to learn and create a variety of things.

The students in grades 9 & 10 have been learning how to code using Scratch. Scratch is an online learning platform for students to learn the basic concepts of coding. Students have coded several different programs and games and have also been using materials that are available in the shop to build various simple machines. They have learned how to problem solve issues with their machines and fix those issues so the machines will function properly. We will continue to do problem solving projects through the end of the school year.

The students in grades 11 & 12 have primarily focused on how technology impacts their lives. They have been learning about the good, the bad, and the ugly things that arise from using technology. Students have also chosen some projects that they feel passionate about to work on. They range from designing and making senior class hoodies to learning how to use the online photo editing platform Pixlr. As the school year progresses, we will continue to work on these topics and projects.



Job Hunting Tips for Students

Dianne Sammon, Job Coach

We've put together a list of job-hunting tips designed especially for students, so that you can do just that. Let's get started!

1. Be realistic.
2. Work to keep your resume at a single page.
3. Show a willingness to work for free.
4. Stay focused on your studies.
5. Research a company and position before interviewing with them.
6. Don't give up on getting a reference.
7. Keep up with your reference list.

Leo's Movie Recommendation

Leo DeCosta, ELA Teacher

It was a cold pandemic weekend that made me think of comfort food. I felt the need to make something delicious from my past that would ease the nostalgia hunger pangs. I settled on my mother's American Chop Suey recipe. It seemed the perfect time for it. Once I started cooking I decided a comfort movie would be the perfect companion to my meal. On **HBO Max** I came across a movie I haven't seen in over 30 years. I loved the book when I was little and the movie was perfect when it was released in 1984. It's *The Neverending Story*.

The story is about an 11 year old boy, Bastian, whose mother has died and his father is too overcome with grief to give any attention to Bastian. He's a little overweight and the target of bullies. He escapes his reality with books. But books always end. One day while running from bullies he hides in an old bookstore. He sees a book titled *The Neverending Story*. He can't not be fascinated by a story that doesn't end. He steals the book and hides it in the attic at school.

The story takes place in the land of Fantasia ruled by a mysterious childlike empress. Fantasia is facing destruction from the Nothing and needs a hero to save it. The hero, Atreyu, is a boy who is everything Bastian thinks he isn't, brave, strong, and successful. As he reads on he discovers he is part of the story.

It's filled with fantastic creatures, including Falkor, the only luckdragon left. My memory of the movie was that it was sweet and charming at the time. The special effects are not what movie viewers of today are used to, but their age doesn't take away from the story. I recommend this movie very much.

Math Notes & Quotes

Elizabeth Darnell, Math Teacher

"Math. The only place where people can buy 64 watermelons, and no one wonders why..."

Try solving a few problems from recent math classes.

1. Two Step Inequalities - Solve for x : $-3x+5 \leq -16$
2. Equations of Perpendicular Lines - Write an equation of the line passing through point P that is perpendicular to the line - $P(-3,8)$; $y=-3x+4$
3. Solving Systems of Equations - Solve by Substitution: $x+2y=5$, $5, x= y- 1$
4. Understanding Taxes - According to a 2020 W-2, Sam's annual gross pay in 2020 was \$14,450.00 and his Federal Income Tax withheld was \$1,080.50. What percent of his wages were withheld for federal income tax? After filing his taxes, he learns his Federal Income Tax due is \$244.00. How much of a tax refund can he expect back?

Find the answers and other Math Resources on page 9.

his·to·ry

/ˈhɪst(ə)rē/

noun

- 1. the study of past events, particularly in human affairs.**
- 2. the whole series of past events connected with someone or something.**

Mark Connerty, History Teacher

In US History we have been digging into Massachusetts History, with a deeper exploration of watershed moments over the years: the Wampanoag Settlement in Massachusetts, the Boston Tea Party, the Louisiana Purchase, and the Cuban Missile Crisis. We have examined technological innovation throughout our nation's various eras, including the evolution of communication, medicine, and the progress of the water system in the form of the Quabbin Reservoir.

Classes have also concentrated on civics and civil rights. We have studied the separation of power among the three federal branches of the U.S. government. We have also delved into the individual institutions and their various mandates: the Supreme Court, the U.S. Congress, and the Executive Branch and presidency. Last, we have analyzed the Bill of Rights in relation to our rights and responsibilities as citizens.

In World History, we have been exploring different epochs. Our classes have recently studied the classical worlds of Ancient Greece and Rome. These studies include the cultural, political, and military developments of both empires, as well as their advances in math, art, science, and technology.

The students have been examining the importance of civics in our daily life as well, from the first ten amendments to the role of

executive, legislative, and judicial powers in our society. We have also studied the various mechanisms of the federal government that bolster the checks and balances the Founding Fathers wrote into the U.S. Constitution.

The students have done a great job tackling these complex subjects and bringing their own relevant points of view to our class assignments and discussions.

In February, we will celebrate Black History Month as we explore many of the contributors to our nation's and world's development. We will look at various prominent historical figures who have all helped shape our world and its ideals through their vision and leadership.



Bodie's Public Service Announcement: Proper Mask Wearing

How NOT to wear a mask:



Nose and mouth not covered completely

How to PROPERLY wear a mask:



Nose and mouth COMPLETELY covered - Good job, Bodie!

Middle School Happenings

Colleen Kelly & Tom "Ace" Piesco, MS Teachers
Amanda Carr, Counselor

The middle school students enjoyed making holiday cards for adults in a nursing home before the holiday break. They were hoping to lift some spirits while many struggled with only seeing family through telecommunication over the season.

In Gym class we have been playing basketball this month. Sometimes it can be frustrating that students are not allowed to play an actual game due to COVID protocols, but everyone is

enjoying shooting hoops with their own disinfected basketballs.

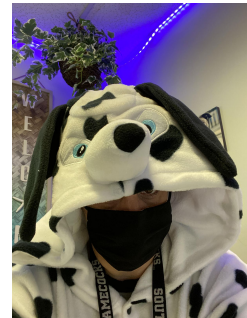


Get to Know Your Staff

Compiled by Phil Buckley, Science Teacher

Match each interesting fact with the correct staff member. Answers are on page 9.

- _____ I broke both elbows playing Rock, Paper, Scissors in summer camp.
- _____ I worked undercover security at Jordan Marsh department store.
- _____ I missed half a year of high school after I broke my neck diving into 2 ft. of water.
- _____ I swam on the Great Barrier Reef off Australia.
- _____ I was on the Today Show with Katie Couric and Al Roker when I was a Senior in High School.
- _____ I won trophies for catching ocean water fish when I was a kid.
- _____ I won a football scholarship to college.
- _____ I worked at Disney World after high school.
- _____ My first job was sanding boards for swing sets.
- _____ My first job was as a soda jerk at Brigham's at the Hanover Mall.
- _____ I am an only child and my first job was at Building 19.
- _____ I won the MIAA Sportsmanship Award for soccer in my Jr. year in high school.
- _____ After seeing a Ringling Bros. Circus, I wanted to be a lion tamer.
- _____ I have a 3-legged dog named Beau.
- _____ I visited the lowest elevation on Earth, 413 meters below sea level.
- _____ I traveled cross country and got stranded in Los Angeles.
- _____ I had to have my appendix removed in Africa while sailing around the world.
- _____ I learned how to do taxidermy while in high school.



Lauren
Kelsey
Mark
Phil
Olivia
Leo

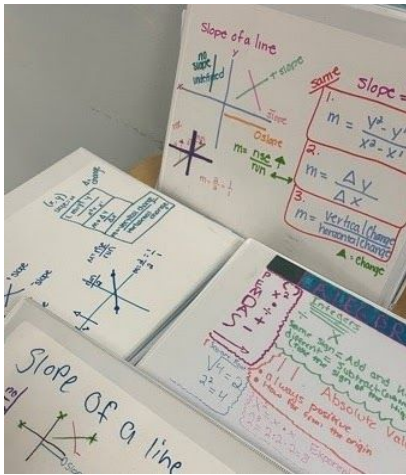
Mike
Hilary
Elizabeth
Christine
Mona
Heather

Betsie
Ace
Clarice
Colleen
Dianne
Amanda

Don't Forget to Take Care of Yourself

It can be easy to lose sight of how we are feeling and what we might need to stay healthy, both physically and emotionally. Listen to your body and try some of our favorite tips for de-stressing. For a full list visit: <https://counselingcenter.eku.edu/101-ways-cope-stress>

1. Get up 15 minutes earlier
2. Prepare for the morning the night before
3. Avoid tight-fitting clothes
4. Avoid relying on chemical aids
5. Set appointments ahead
6. Don't rely on your memory... write it down
7. Practice preventative maintenance
8. Say "no" more often
9. Set priorities in your life
10. Avoid negative people
11. Use time wisely
12. Simplify meal times
13. Anticipate your needs
14. Repair anything that doesn't work properly
15. Ask for help with the jobs you dislike
16. Break large tasks into bite-size portions
17. Look at problems as challenges
18. Unclutter your life
19. Smile
20. Be prepared for rain
21. Tickle a baby
22. Pet a friendly dog/cat
23. Look for a silver lining
24. Say something nice to someone
25. Walk in the rain
26. Schedule play time into every day
27. Be aware of the decisions you make
28. Believe in yourself
29. Stop saying negative things to yourself
30. Visualize yourself winning
31. Have goals for yourself
32. Practice breathing slowly
33. Find support from others
34. Ask someone to be your "vent-partner"
35. Do it today
36. Work at being cheerful and optimistic
37. Put safety first
38. Stretch your limits a little each day
39. Practice grace under pressure
40. Strand up and stretch
41. Learn to meet your own needs
42. Become a better listener
43. Know our own limitations and let others know them, too
44. Tell someone to have a good day in pig Latin
45. Exercise every day
46. Have a support network of people, places and things
47. Quit trying to fix other people
48. Get enough sleep
49. Talk less and listen more
50. Freely praise other people



Math Answers & Resources (continued from page 3)

Answers to questions on page 3:

1.) $x \geq 7$ 2.) $y = \frac{1}{8}x + 9$ 3.) (1,2) 4.) 7.47%, \$ 836.50

Useful and free math websites for families and students of all ages and grades:

<https://www.khanacademy.org/>

<https://www.ixl.com/math/>

<https://www.bigideasmath.com/BIM/login>

“The only way to learn mathematics is to do mathematics” Paul Halmos

Know Your Staff Answers

I broke both elbows playing Rock, Paper, Scissors in summer camp. (Mona)

I worked undercover security at Jordan Marsh department store. (Christine)

I missed half a year of high school after I broke my neck diving into 2 ft. of water. (Clarice)

I swam on the Great Barrier Reef off Australia. (Heather)

I was on the Today Show with Katie Couric and Al Roker when I was a Senior in High School. (Olivia)

I won trophies for catching ocean water fish when I was a kid. (Betsie)

I won a football scholarship to college. (Ace)

I worked at Disney World after high school. (Hilary)

My first job was sanding boards for swing sets. (Leo)

My first job was as a soda jerk at Brigham's at the Hanover Mall. (Mark)

I am an only child and my first job was at Building 19. (Mike)

I won the MIAA Sportsmanship Award for soccer in my Jr. year in high school. (Lauren)

After seeing a Ringling Bros. Circus, I wanted to be a lion tamer. (Colleen)

I have a 3-legged dog named Beau. (Elizabeth)

I visited the lowest elevation on Earth, 413 meters below sea level. (Kelsey)

I traveled cross country and got stranded in Los Angeles. (Dianne)

I had to have my appendix removed in Africa while sailing around the world. (Amanda)

I learned how to do taxidermy while in high school. (Phil)