

Welcome to Harrington Park's New Superintendent, Mr. Conlon!

By Chaerin Isabella Oh

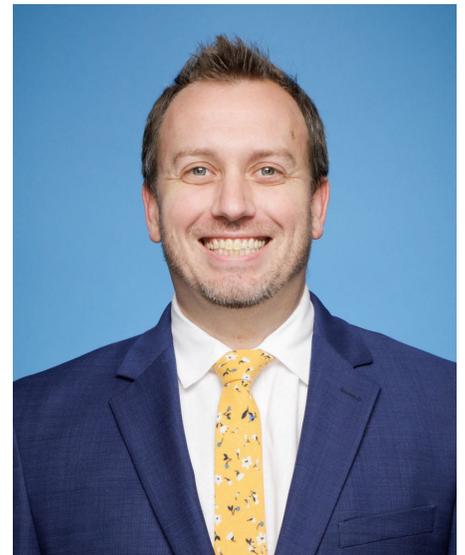
We welcome Mr. Conlon, new Superintendent of Harrington Park School District! Mr. Conlon, an enterprising addition to our staff, answered various questions asked by an interviewer. These questions ranged from questions regarding his job history to his hobbies. Upon asking these questions, it was evident that Mr. Conlon is a great fit as our superintendent!

One of the first questions that was asked was regarding his prior roles and jobs. In response to this, he had many things to say. "[I] worked in Cresskill for the past 12 years. I taught for 5 years before that. I was a 5th grade teacher, social studies supervisor, LA supervisor, and an elementary school principal." He stated that he had taken up various roles. With his expertise and experience, a good future for Harrington Park is guaranteed!

Additionally, he was asked what made him want to come to Harrington Park. Like many of the other staff in Harrington Park, he had connections to the town prior to his jobs. "Harrington Park is actually a place I've known for a long time. My best friend in high school went to Harrington Park. We both went to Bergen Catholic, and so, I got to meet a lot of people," he expressed. Similarly to many others opinions, he commented, "You could tell how unique and special Harrington Park is. It's small, but there are a lot of people here." He described his enthusiasm for how he approached his current position: "When the superintendent position opened up, I knew how much of a nice place Harrington Park was. I knew how much the community cared about its schools and that HP was the place I wanted to be in and work with great people."

Moreover, Mr. Conlon's vision for Harrington Park is wide and hopeful. In the spring, he plans to implement one of the board of education's plans named Strategic Planning. By the end of the year, there will be a plan that outlines the board of education's vision for the next few years. A facet of this plan involves maintaining some of the most positive aspects of Harrington Park. This includes volunteerism and service, which makes HP unique. These events include 8th grade's Project Pride and active participation in the ambulance corps. He hopes to continue to spread this positivity while also preparing the alumni for the future: "The world is changing quickly in a lot of ways. How can we help prepare for what the world is going to look like in 5, 10, 15, 20 years?"

With such an amazing town, Mr. Conlon has innumerable things to be proud of. He described the sense of family, even in between large age gaps: "I've seen a lot of times when the older students are helping out the younger students. It can be in really small ways like the Halloween parade. Seeing



everything that the student council is doing as well, I think that sense of family and community at this school is something that I'm very proud of." Additionally, he considered some of the staff's major achievements: "In particular, Mr. Torrie and Ms. Bradbury had some recent success in the implementation of the Daily Mile Program. The school won an award for its work with the Daily Mile for being a school that has done the program so well and made it a part of its school culture."

Finally, Mr. Conlon was asked about what his hobbies are outside of his role as Harrington Park's superintendent. As a loving father, his answer was somewhat expected: "I have a two-year-old son, so I watch a lot of Sesame Street and Mickey Mouse." He also expressed his other passions: "I personally like hiking a lot. I just like being outside as much as possible, and I really enjoy reading." Through all of these questions, Mr. Conlon's depth of knowledge of Harrington Park and extreme consideration of his students are shown. With his enthusiasm and passion for education, it is apparent to the Harrington Park community that Mr. Conlon will lead the way to a bright future!

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Dear Spartacus,

These days, I seem so weighed down by all of the things that I have to do. In addition to multiple sports and extracurricular activities, I also have loads of homework, and many tests and quizzes I have to prepare for. I'm just so stressed out. Please help!

Sincerely,
Stressed Out Sam

Dear Stressed Out Sam,

Wow! It seems you have a lot on your plate these days! The most important thing in busy situations like these is time management. Try creating a daily, weekly, and monthly schedule to try and help organize the things you have to do and accomplish. Writing everything can be a huge help. Also, ask for help from trusted adults like your parents or the guidance counselors. They can offer lots of valuable advice. If all of that doesn't work, it might be time to cut down on some of your activities. List out your activities in order of what's most important to you, then consider ending the ones that aren't as valuable. Hope this helps!

Your friend,
Spartacus

NEW FACES AT HP

Mr. Ross

By Heather Fabiano



Mr. Ross teaches Social Studies to the sixth grade and half of the seventh grade. Mr. Ross went to the University of Westchester and Montclair State University, and has been a teacher for two years. Mr. Ross is a very nice and kind teacher who always makes sure his students understand what he is teaching. His favorite part about being a teacher is being there for his students “Aha! Moment”. Mr. Ross loves that everyone tries their best everyday, and he learns everyday just like his students. Besides teaching Mr. Ross enjoys playing golf and stated “Playing golf teaches you how to have patience.” He also enjoys spending time with his family, with his younger sister Lisa, who is also a teacher, and his older sister Kristin who is the head of the Pediatrics of Hackensack Hospital. Mr. Ross enjoys Social Studies so much because of the research aspect. He also thinks learning it is enjoyable. Mr. Ross stated “Social Studies is fun.” Apart from Social Studies and golf Mr. Ross enjoys having chicken parmesan and Mexican food. Lastly, he loves watching hockey. His favorite team is the New Jersey Devils. He

loves rooting for all New Jersey teams.

Ms. Petrie

By Chloe Song

Harrington Park welcomes Ms. Petrie, the new SAIL teacher. Ms. Petrie has been a part of the teaching industry for around 25 years, but it is her first year teaching the students of Harrington Park.

When asked the question, “Why did you choose to become a teacher?” Mrs. Petrie’s immediate response was, “I love working with children, and I love when students are curious, and I love to see the joy when students learn new things. Teaching is a great way to watch students discover the joy of curiosity!”

A motto Mrs. Petrie lives by is, “just keep swimming” from the Disney movie *Finding Dory*. She believes the theme of perseverance in the movie demonstrates the importance of not giving up, which is a great skill to learn and retain as students. With this in mind, Mrs. Petrie explains her goals for this school year, “I hope my students will challenge themselves, take risks, try new things, and persevere in difficult situations.” Through Mrs. Petrie’s goals, Spartans can look forward to exploring new and exciting situations in the future.



Mrs. Petrie has many hobbies and interests. Some of hobbies include reading, solving puzzles (such as the *New York Times* connections and crosswords), camping, hiking, traveling, and of course, spending quality time with her family. Not only does Mrs. Petrie enjoy different hobbies, but there are also multiple fun facts about her. Mrs. Petrie elaborates, "I have previously taught highschool English, every single subject in middle school, have been a director of a preschool, and have worked with gifted students for ten whole years! I also have two dogs and a cat." Wow! Mrs. Petrie is quite an impressive teacher joining the students of Harrington Park.

We welcome Ms. Petrie, and we look forward to an amazing year with her. We hope Ms. Petrie--and all of the Spartans-- enjoy this school year!

Ms. Matasker

By Chaerin Isabella Oh



As a new school year begins, there are new students and teachers everywhere. One of these teachers includes Ms. Matasker, a resource room teacher who is beyond psyched to start teaching this year.

Being a warm, welcoming teacher, Ms. Matasker's favorite element about Harrington Park is the sense of community. Along with these, she loves the numerous positive qualities of the students and staff. She had noticed that everyone was kind and helpful, along with the fact that the students of Harrington Park are hardworking and respectful! "I also love Ms. Val's announcements with sports updates!" she had expressed enthusiastically in the interview.

A huge facet of being a teacher includes setting goals for the year. For Ms. Matasker, there is a lot she hopes to achieve. She has numerous academic goals for her students, such as teaching them how to become problem solvers. Another goal of hers is to grow their reading and writing skills. However, she believes that there is another goal that should be heavily emphasized.

"...something that is also part of being a teacher is to make students better citizens and people for our community. Things like manners and teamwork are just as important as learning your multiplication facts or tricky word strategies," she offered her wisdom to the interviewer.

Everybody who attends Harrington Park School should be aware of its special characteristics, such as the wide grade range from Kindergarten to 8th grade. Ms. Matasker had noticed this in particular. "I have never been a part of a school with this range of grades. It is so amazing to see where the students start and how much they can grow all in one school," she admired. Ms. Matasker also emphasized her satisfaction with the daily mile. She believed that giving both students and teachers an opportunity to go outside and take a breather is of significant importance. "Your body and brain benefit so much from exercising," she commented.

Most of the middle school students of Harrington Park know the thrilling month of February, where Have-a-Heart takes place! The Have-a-Heart is a volleyball game between the students and the teachers. The tickets that are sold to the audience gain money for donations to the American Heart Association. Although Ms. Matasker is psyched about all the things in Harrington Park School, she is especially delighted about this event. "I played 4 years at Montclair State and currently coach there too, so that is something that I am looking forward to," she stated. The eighth graders should be watching out, now that the teachers have a new star player!

Finally, Ms. Matasker was asked how she felt about the new school year as of now, and if she'd think this would change. Her answer could have not captured the enthusiasm of every teacher in the school; "Every school year is exciting. New students, new school supplies, and for me this year a new school. I am excited to grow as an educator and learn from the incredible colleagues and students at Harrington Park. I do not foresee my excitement changing this year, in fact, I think that it will grow as I discover more things in Harrington Park and get involved in more activities. " As Ms. Matasker will continue to spend her time at Harrington Park, it is clear that she will never stop loving the atmosphere. Welcome to Harrington Park, Ms. Matasker, and everybody else as well!

Ms. Faustini

By Chaerin Isabella Oh

The entirety of Harrington Park is beyond excited for the new students and staff this year. One of these new teachers is Ms. Faustini, a middle school resource teacher! She is already overflowing with the Spartan spirit. In an interview, she described her opinions and impressions of Harrington Park School as of now.

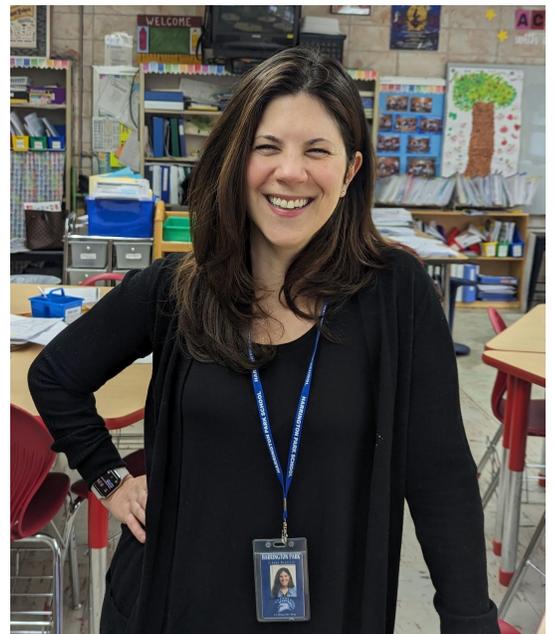
Everyone can agree that Harrington Park has a strong sense of community, especially within its school's premises! Ms. Faustini also agrees with this statement. She describes that it is a special, welcoming facet of Harrington Park. "My favorite part of Harrington Park is its sense of community. Everyone, from teachers to students, was welcoming, kind, and helpful! "

All of the teachers in Harrington Park can always be found enthusiastic to teach. Being enthusiastic can be signified by goals being set. Ms. Faustini has numerous goals for her students this year. Although she does continue to wish the best for her students academically, she wishes for something else as well. "My goal is that my students not only find success with the skills and strategies that I teach them but that they, more importantly, find joy in learning too! "

Returning to the topic of community, Ms. Faustini finds that it is one of the things that makes Harrington Park so special. Additionally, she expressed that something else that makes HP so amazing is its pride and spirit in its town and community. This couldn't be more true! Additionally, she had innumerable positive thoughts about the grades' structure. "It's also really unique that this is a pre-k-8th grade building. For me being a middle school teacher, it's nice to be able to collaborate with elementary and middle school teachers as well as see younger grades walking through the halls!" she exclaimed, displaying her eagerness.

When asked about something that she was excited about this year, Ms. Faustini had no hesitation. "I'm excited to attend some community events. I have some students who are a part of sports teams. I'm excited to watch them in their element outside of the classroom and show my Spartan spirit!" she expressed. Sports team members, Ms. Faustini is vigorously cheering you on!

Finally, at the interview, Ms. Faustini expressed her emotions about Harrington Park, and if she thought that these feelings would change. She disagreed with this and stated that his emotions would remain constant. "I would say I'm feeling curious and creative! I like learning from other teachers and finding new ways to teach which is exciting. I like to ask questions and create, so I don't think my feelings will change!" She explained, connecting her relationship with the other teachers to her point made about the Harrington Park community. Indubitably, everyone who enters HP can't help but love it here. Have a great year, everybody, and welcome new students and staff!



SPECIALS SPOTLIGHT

Music

By Zachary Chaung



One of the most memorable classes for students at Harrington Park School is music. Whether their teacher is Ms. Woods, Ms. Park, or Mr. Daleus, kids always remember learning about the history of it and some even remember playing musical instruments, such as the 3rd graders with recorder. I asked these three teachers what the curriculum is for their designated grade levels.

Ms. Woods teaches kindergarten and 3rd grade general music. In kindergarten, students learn how to feel and move to the beat, and how to sing music. To add a fun element to it, they get to listen to music as well! As mentioned before, 3rd graders get to learn how to play the recorder. Ms. Woods also said: “We...study the families of the orchestra and prepare for our field trip to NJPAC [New Jersey Performing Arts Center] for an interactive concert with the NJ Symphonic Orchestra.” She said that she loves working with students musically and academically, along with social interactions. Students will have lots to look forward to with Ms. Woods.



Ms. Park teaches 1st and 2nd grade and 4th-7th grade general music. The lower grades will learn to “...understand and appreciate music, ...read notes, and grasp simple rhythms and music production.” To keep her class engaging, she incorporates instruments and technology to provide a fun environment for the students. The upper grades learn more about the history and culture of music so that “students not only gain a deeper understanding of music but also develop a broader cultural awareness and appreciation for the global diversity of musical traditions.” They also get to work on projects for Ms. Park’s class. She said, “Music has a unique ability to inspire, connect, and create memorable learning experiences. My passion for sharing the joy of music with my students will continue to ignite their curiosity and creativity.” Just like Ms. Wood’s students, Ms. Park’s students will learn about music and further their love for it.

Mr. Daleus teaches 8th grade general music. The eighth graders will learn about John Cage and have a “music debate” on whether or not his musical arrangement, “Water Walk” should be considered music. Students will also learn about what music is and how to make their own using software such as Soundtrap. Through this website, students will learn the basics of online music composition. Mr. Daleus said he’s most excited for one of the projects that involves Soundtrap. Eighth graders have a lot to learn and will have fun in Mr. Daleus’s general music class.



Whether it’s listening to or playing music or learning about the history of it, Ms. Woods, Ms. Park, and Mr. Daleus will introduce students to new aspects of this art form while still engaging in a fun environment. The teachers can’t wait to show students how interesting music can be.

Art

By Cyla Cafuoco

As art teachers, Mrs. Pidane and Mrs. DeBellis are the best. This fall the HP students are working on all different types of art design like Tim Burton style self portraits, Folk Art printmaking collage, painting, sculptural projects, and much more. Mrs. Pidane says, “I chose the projects because they are all really fun to make while learning some interesting art facts. Whether learning about Folk Art, Tim Burton or collage

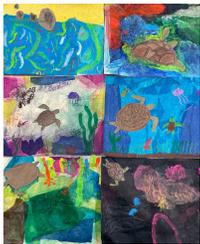
techniques, all students were creative in making some beautiful work.” Both Mrs. Pidane and Mrs. DeBellis have specifically found these special projects for each grade, and they are so excited for the outcome.

Kindergarten - Second Grade



Kindergarteners have been acquainted with the Bent, Straight and Curved lines who are a part of the very important “Line Family”. Without these categories, we would not be able to make art at all. They have created giant initials putting the line family to work in a beautiful way!

First graders are completing a Halloween inspired silhouette project just in time to decorate the halls of our school for the holiday! They discovered just how much detail can be shown through a simple but carefully drawn outline.



Second graders just finished exploring the lifecycle of the endangered loggerhead sea turtle. After drawing the creatures from observation, they provided a layered collage environment with mixed media including tissue paper, oil pastels, and fluorescent paints.

Third - Fifth Grade

Third graders discovered that many famous painters were avid gardeners. Inspired by Gustav Klimt's flower paintings, they created painted pollinator gardens and then provided a superstar pollinator: the bee.



Fourth grade is busy working on the concept of space and form in artwork, focusing mostly on the idea of creating positive and negative space. Students have been working hard on making autumn themed collages to clearly use positive and negative space in these beautiful pieces.

Fifth graders talked about the idea of contrast and created a brightly colored background with oil pastels. Then they used black and yellow paper to create a silhouette of a house on the background. The finishing touch was Jazz gloss to paint a frame.



Sixth - Eighth Grade



Sixth graders are working on a Folk Art printmaking collage. After learning about the simplistic style of art called Folk Art, they created a drawing of a house on printers foam. They then rolled printers ink on the foam and stamped it on various papers. Lastly, they cut out the houses and attached them to a collaged background to create our Folk Art scenes.

Seventh graders are working on Tim Burton style self-portraits. The students are having fun learning about the quirky style of artist, animator and film director, Tim Burton. They drew self-portraits in the style of Tim Burton and finally, shaded their work with chalk to stay with a grayscale theme.



Eighth graders are currently working on representational self-portraits using drawn collage techniques. A representational self-portrait is when the artist tells us about themselves without drawing their face. They first sketched ideas of what they wanted to represent them, then they traced a silhouette and drew all their images into a collage format inside the silhouette. Finally, it was outlined and colored with colored pencils.

Wrapping up, the art department has been working extremely hard with all of the students. This month's projects are going to turn out great!

NEW CLUB ALERT

Kind Kids Club - Middle School

By Yehvin Park

This year there has been a "new" addition to the *Kind Kid's Club*. The 6-8 middle schoolers have been able to join the club along with the younger elementary students. I have interviewed Mrs. Weber who is the organizer of this club. She stated that she started the club because she felt like spreading kindness was important for both the elementary and middle school students. During the past months, the older kids have decorated lockers, passed out kind notes for "World Kindness Day", and smiley face stickers for "World Smile Day." Students should be looking forward to the events that are coming up in January! She had told me that everybody can spread kindness by just doing as little as smiling at one another while passing each other in the halls or being friendly. In the future, if anybody wanted to join the *Kind Kid's Club*, they could ask Mrs. Weber to join at any time! (weber@hpsd.org) It was such a pleasure interviewing Mrs. Weber about the addition to the club! Remember, be kind!



EVENTS

Respect & School Violence Awareness Weeks

By Elisha Kim

Around the end of September, our school has been celebrating Respect Week. Respect Week is a time when younger students learn about respect through HP's two counselors, Ms. Rozema and Ms. Bradbury.

For each day of Respect Week, there was a different theme. On one day, everyone had to dress comfy to represent making others feel comfortable. On another day, students and staff wore clothes with peace signs to represent peace. The younger classes learned what respect looks like. They also learned how to show respect. The students discussed, and said that respect looks like sharing, waiting your turn, listening and making eye contact when someone is speaking as well as helping hands. Respect can not only look like something. It can also sound like something, which is another thing the kids talked about. Respect sounds like "please", "thank you", and "excuse me". The younger students also worked through activities to show that they knew how to show respect.

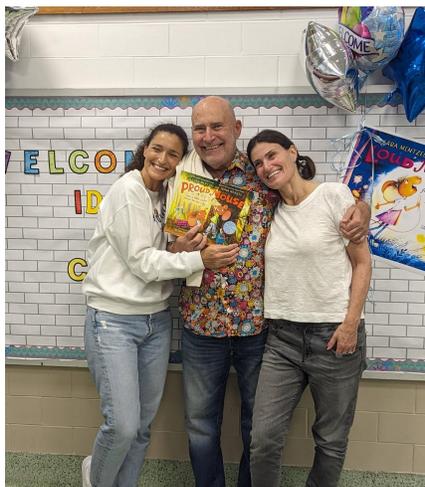
Respect is an important thing. If everyone respected one another, the world would be so much better, which is why we should all strive to be our best selves and just be kind and respectful. We should appreciate Respect Week because respect is something every person should know about, starting from a young age. HP is raising some respectful students!

Author, Author!

Idina Menzel and Cara Mentzel

By Rayna Nadgauda

There we were, the Kindergarten through 5th grade students, all assembled in the big gym. We were awaiting our very famous guests! Just then, the door swung open and in walked the authors, Idina Menzel and her sister, Cara Mentzel. They were here to present a book they wrote called *Proud Mouse*. The book *Proud Mouse* is about two mice named Cara Lee and her sister Dee. They were special mice in their own ways. After the book, about 20 hands shot up in the air almost all at the same time with questions about the book writing process for the sisters. . After calling all the students, it was unfortunately time for the authors to go. We all clapped as they exited the big gym. We all then exited the gym, happy we got to meet the real Elsa!



HP 5K

By Sammy Finer & Jessica Kim

The 5k race is a great way for the town to get together and interact with each other! During this event, both kids and adults can make many new friends while having fun running or watching the race. The 5k is a race where you run around the town, which is 3 miles long! But even if it seems like a lot of running, time flies when you are having fun with your friends and family! And if you get tired, there are water stations at 1st and 2nd mile clocks throughout the race, but you can also feel free to bring your own.



However, the 5k is not entirely based on winning. It is mostly about having a great time and feeling happy with the comfort of being with friends and family. At the end of the 5k race, the HP community announces the winners for each age group. Afterwards, there is food, lively music, and other stations like stretches, etc, for you to enjoy! In all, the 5k race is an amazing way to support friends and family, be outside in nature, and most importantly, have fun!

Nora Lee, age 14 from Harrington Park, won first place out of 20 people. Stella Restiano, age 15, from Harrington Park, won first place out of 6 people. R. Bonanno, age 7, won first place out of 6 people. Henry Kraus, age 15, won third place out of 35 people. L. Bareket, age 5, won second place out of 6 people.

Turkey Drive

By Madison Kim

Happy November! Thanksgiving is a time for gratitude and giving. It's also one of the most celebrated holidays in America. It is a time for family and friends to gather around the table and enjoy a warm Thanksgiving feast. But what about those less fortunate families who aren't able to?

The time from Oct. 30th to November 17th marks the annual HP Turkey Drive. Our HP Spartans are always looking for ways to give back to communities other than ours. The Turkey Drive is part of the annual 8th grade Project Pride. In past years, Project Pride has worked alongside HP Teens for Tomorrow and Woodcliff Lakes Project Nest. They have worked together to supply meals to families in need associated with the Apostles' House, a shelter that seeks to help homeless people and victims of domestic violence transition to more stable housing environments. Project Pride, the 8th-grade volunteer group, started the Turkey Drive to give back to outside communities. It's been 15 years since the first Turkey Drive and since then, we have donated 300+ meals to families in need every Thanksgiving.

This year, students are encouraged to participate in the event by helping to accumulate our goal of 250 bags of Thanksgiving goods. All items are dropped off outside Ms. Val's office and must be new and unexpired. Items donated include the following: Canned vegetables, canned yams,



boxed mashed potatoes, canned cranberry sauce, canned gravy, muffin or bread mix, cookie mix, cake mix, or brownie mix, and lastly, canned fruit. Colored and cut paper feathers may also be sent in with a dollar



attached going towards the purchases of hams and turkeys. Each 8th grade student assembles three or more bags of Thanksgiving meals, then about a dozen students will go out to Newark to distribute the bags.

The turkey drive brings our community together in truly heartwarming ways during a time of giving and gratitude for friends and family. It is an honor to live in this wonderful town that always strives to make a change.

NVOT Trip

By Violet Kim

One thing that is unique about high school is the option to choose between multiple schedules laid out for students every single day. For example, one day, you could have math one, and then the next you can choose to not have math at all! But to fill all that time, you have to worry about free periods, electives, double periods (Yes, in high school, you can have double periods for something else other than LA!).

To help our graduating eighth graders choose their electives and subjects, they had the opportunity to go to the high school on October 20th to tour the NVOT high school and all it has to offer. They learned about the electives and high school life in general and what to expect. Students toured the school and visited some of the classes and electives that are in the high school.

The class of 2024 from Harrington Park weren't the only ones in attendance, as soon-to-be freshmen from other schools like Closter, Old Tappan, and Norwood also went to this orientation to get a sneak-peek at the high school they will be attending next year.



Once out of buses and inside the building, students from all three towns entered the auditorium, where the principal and other important higher-ups gave a speech about their time at NVOT and what it felt like to be in the school for some other students. After the speeches, students had the opportunity to eat from a choice of pizza, salad, chips, and an apple for their lunch. They had a chance to mingle until groups were called.

With the help from the peer mentor club at the high school, students, in groups, walked around the school to different elective classrooms to see. They were able to see the classrooms of business, technology and engineering, art



experience, intro to theater, and life skills. Each teacher of the class talked about how the year goes and what they will learn in the class.

Once students are back in their own schools, they will have until January or February to decide what their three choices will be for electives. The school board has these three choices since some classes fill very easily. So having three options will give them the option to send you to an elective you like while still having a balanced number of students in each class.

Many students were able to enjoy their trip and see some of their friends from another school. Overall, it was a fun trip and got us all thinking about what electives we are interested in signing up for!

Performing Ensemble

By Irene Kang

Music is one of the most powerful ways to connect with others and stay in touch with creativity. It lets you express yourself through artistic means. Harrington Park channels your musical spirit through String Ensemble, Band, and upper Chorus.

The upper chorus is for those out there who enjoy voicing their passion through song. Mrs. Park is the upper chorus director of our school, and she is leading twenty-six middle-school students. The upper chorus is playing a traditional spirit song, Over My Head, arranged by Addam and Matt Pott, Little Drummer/Peace on Earth, a winter pop by Katherine Kennicott Davis and Ian Fraser, and Golden Hour, a pop song by JVCK.

One of the best things about being in the String Ensemble is working with all the different grades as a whole. String Ensemble has been a part of our school since 2008, created by Mrs Woods after realizing the multitude of students with talent in string instruments. Currently, our String Ensemble consists of five violins, five cellos, and one string bass. The ensemble is playing Hanukkah Habanera, which is composed of several traditional songs, Sleigh Ride which is a Mozart classic, and Bach's Sleeper's Wake.

Mr. Daleus is our very own band director. He leads the wind ensemble, concert band, jazz band, and the Symphonic band. The Wind Ensemble is playing Hanukkah Holiday, Green Sleeves, Christmas Tale(Beware the Krampus), and Christmas Festival.

All performing ensembles including the concert band are playing during the winter concert on December 6th. Also, the concert band will play on December 14th. Be prepared to listen to some enchanting holiday music! The string ensemble is going to the Brookside Village to perform on the first of December. Let's wish them good luck!

Chuseok

By Noah Ahn

The Chuseok festival is kind of like Korean Thanksgiving. It is when the whole country celebrates the harvest. This festival is held in autumn near the end of summer. It originates from Gabae started during the reign of the third king of the kingdom of Silla (57 BC – AD 935). People go to their hometowns to pay and show respect to the spirits and their ancestors. This festival has lots of food and festivities. This is one of the staples in Korea.



Fan Dancing: During the festival, our upper grades (6-8th grade students) performed a fan dance. Korean fan dancing, also known as Buchaechum, displays traditional Korean clothing and the culture.

K-Pop: K-Pop also known as Korean pop was performed by the 1st-3rd grade students. K-Pop is a more modern dance displaying upbeat music and dances. People usually wear trendy casual clothing.



Tae-Kwon-Do: Tae-Kwon-Do is a form of martial arts in Korea. It practices kicking and punching. The clothing worn during the practice is called dobok. This part of the performance was done by many different grade level students.

Drumming: Korean drumming, also called janggu, is one of the staples of this festival. This is when big drums are used and drummed on at the same time. It displays a lot of skills and requires practice. Geommu is something worn during drums in Korea.



HPS is so thankful for the opportunity to watch the Chuseok performance every other year. The students and parents put so much work into an incredibly talented performance!

OCTOBER FUN!

Student Council Boo Bag Fundraiser & Candy Count Contest

By Quinn Hutchinson

The student council is starting the year off strong with some fall fundraisers! These fundraisers included boo bags and the candy count. They are raising money to donate to the Leukemia and Lymphoma Society.

The boo bags consist of pencils, erasers and other goods. They cost one dollar per bag and were delivered on Halloween. The bags were made and delivered by student council members to the students who donated money, and it was a successful fundraiser!

The second fundraiser the student council hosted was the candy count. During lunch periods student council members had the jar of candy corn and the participants had to pay a dollar to enter their guess for how much candy was in the jar. Whoever won the closest guess to the accurate amount was awarded a basket full of Spartan gear! The





winner was third grader, Poppy Polifroni with a guess of 675 candies! Ms. Litchfield is our runner up with a guess of 672. There were 677 pieces of candy corn, making both of those guesses extremely close! The student council is eager to continue the year with more fundraisers and activities!

Library - Pumpkin Decorating Contest

By Quinn Hutchinson

Harrington Park School has hosted another successful pumpkin decorating contest. Many of the students here worked hard to decorate these lovely pumpkins to decorate our front vestibule!

In third place in this contest was fifth-grader, Holly Mitchell, with half Jack Skeleton-half Sally pumpkin based off of the classic Halloween movie, *The Nightmare Before Christmas*. The pumpkin was painted half blue and had hair made of red string to represent Sally. The other side of the pumpkin was painted white with great painting detail by Holly Mitchell!



In second place was Lucas Georgiev with a watermelon pumpkin whose colorful appearance caught the eye of many! This pumpkin includes a pipe cleaner as a stem along with the painting to make the pumpkin appear as a watermelon!

In first place was fifth-grader, Aaron Saland, with "The World's Largest Pumpkin." This pumpkin has a web made of pipe cleaners surrounding the pumpkin with legos on the web. When he was asked how he thought of the creative design, he responded, "I had to think out of the box, so I decided to add some of my Halloween legos and form a web around my pumpkin." This year's pumpkin decorating contest certainly did not disappoint!



SPARTAN SPORTS

Spartan Soccer

By Alyssa Oh

As leaves fall off trees and the sound of the school bell sounds familiar again, HP students may know what this means. Nets are put in practice and the *squeak squeak* of cleats is unavoidable. It's the annual fall soccer season!

In the first few weeks of school, Ms. Scuro, a kindergarten teacher and soccer coach, prepares to choose students who are qualified to join the soccer team. Through a mild try-out process, a group of students through the sixth, seventh, and eighth grades are chosen. According to Ms. Scuro, students "...hone their skills, and techniques, and build resilience. They also develop teamwork, discipline, and a strong work ethic." With Ms. Scuro's coaching, she creates an inviting environment to grow and work on sportsmanship. 8th grade soccer player, Jerry C. explains, "School soccer isn't a time-consuming activity at all. I get to measure myself getting better." In a different perspective, 7th grader Sarah H. describes the activity as, "...a good time to bond. I would definitely encourage a lot of people to try out next year."

In the academic year of 2023, the soccer team faced 12 opponents. The teams that were faced consisted of Haworth, Demarest, Closter, Old Tappan, Norwood, and Northvale. Coach Scuro believes this year's season was special for the HP soccer team. In the first 11 games, the team was undefeated and secured the top spot in the season which granted the team a "bye" for the first playoff round. "It was nice to see all the players come together on the field as opponents, but also friends, and have fun playing together!" Ms. Scuro states.



On the other hand, looking into 2024's annual soccer season, we can expect cloudy skies. Ms. Scuro will unfortunately stop coaching the HP soccer team! She hopes that she will be passing down the title of soccer coach to Mr. Lawlor next year. Ms. Scuro explains that she is rather excited than upset to see old and new players return and play: "I've been coaching soccer for approximately 25 years, with some breaks in between. This was my last

year coaching middle school soccer, I'm passing the baton to Mr. Lawlor. I'm excited to become a spectator, supporting our returning players, and seeing all the new talent on our team." Next year, students wanting to join the soccer team should know that tryouts will be organized by Mr. Lawlor, and he may change the details of the tryouts. 8th grader, Daniel K. advises future players, "Practice frequently, and have good sportsmanship." Additionally, one aspect that HP will miss about the school's soccer coach is explained by Daniel: "Ms. Scuro is honestly just a great coach in general. She's very positive and kind to everyone on our team."



As the school year passes by, students will miss Ms. Scuro's coaching but look forward to next year's soccer season.

Spartan Volleyball

By Sophia Park

With so many sports available at HP, there are so many ways to get active and have fun. One of those sports being volleyball. This season, we not only had the girl's team but we had a new addition, the boy's volleyball team.

This year, the girl's coach, Mr. Lawlor, chose 14 great players for the team. With such a great team and coach, the team won 12 out of 14 games this season, making it to the finals! The team worked hard, with practices 4 times a week after school. During practice, the team did scrimmages, stretched, and peppered with other teammates. The team spent many days throughout September and October refining their skills of bumping, setting, and serving during practices. Even without Mr. Lawlor being with them during the finals, the girls did an amazing job with teamwork and support to make it



to the final round! We are so proud of the girl's volleyball team and their hard work this season. If you want to try out for the team, contact Mr. Lawlor the head coach.



In addition, we had a new team added to our HP sports, the boy's volleyball team. With 11 players, and Ms. Von Tobel as the coach, the boys did great in their first season. Ms. Von Tobel reflects on how it was some of the boy's first time playing volleyball, and how she enjoyed teaching them the basic skills and building on those skills as the season progressed. With it being the first year, the team faced challenges such as finding players, scheduling conflicts, and novice players. But slowly, the team built its roster and had its committed players. These boys had the bravery to try something new and start a team that will continue to grow in the future years. If you are a middle school student and

are interested in joining this new team, make sure to contact Ms. Von Tobel the head coach, next fall!

Ask a Teacher..

By Gabeen Joy Kim

Harrington Park School has a lot of great teachers. But do you know alot about them? The teachers at our school tell us about them. Even if they tell us about them often we can't get to know them a lot. Here are a few questions I asked some of our teachers. These questions might get you to know more about your teachers.

Back in your childhood what was your favorite subject to learn and least favorite subject to learn?

My favorite subject was math because I loved solving the problems and finding the definite answer. I loved learning so I didn't have any subject I didn't like. - Ms. J

My favorite subjects were music and math. My least favorite subject was science. - Ms.Park

My favorite subject was English because I LOVED to read. My least favorite was History. I didn't like History because I had to memorize all these names, dates, and stuff. - Señora Lewis

What is the favorite book you have ever read when you were a kid?

Chronicles of Narnia, The Lion, The Witch, and The Wardrobe was my favorite. I still have the series at home! - Ms. J

My favorite book when I was young was *The Little Prince*. I liked this story the best because I liked how he traveled to all the different planets and made new friends. - Ms. Park

I loved *Where The Sidewalk Ends*. I liked it because I liked poetry growing up. - Señora Lewis

What do you enjoy doing during your free time?

I love spending it with Grace, my daughter, reading, yoga, and traveling. - Ms. J

I love rock climbing during my free time because it's like solving a problem. - Ms. Park

I love to read and be outside in nature walking and hiking. And I also like spending time with my kids. - Señora Lewis

Now that you've known a little more about your amazing teachers, you might see a few similarities of your own favorites! You might have more than one similarity with the teachers than you thought you would.

Maybe you like to travel like Ms.J? Maybe you love the book Little Prince like Ms.Park? Maybe you like poetry like Senora Lewis?

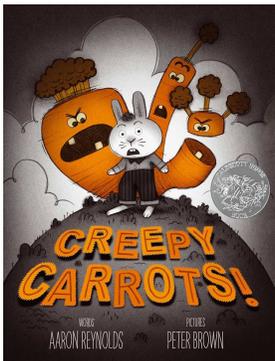


BOOK REVIEWS

Grades K-2

By Claire Jeon

It's the start of a new year at school, and new kids come in, and each of us move up to a higher grade. Sometimes, younger kids don't know what their reading level is, and they have trouble picking the right book to read. As it is fall, and Halloween season, here are three fall/Halloween books for kindergarten to Grade 2.

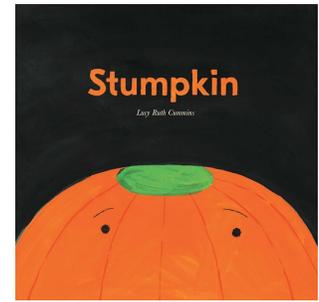


Creepy Carrots!
by Aaron Reynolds

Creepy Carrots! is a story about Jasper Rabbit and his love for carrots. The best carrots were the ones at Crackenhopper field. He would always pick some on his way to school, Little League practice, and whenever he could. But, one day the carrots started to follow him! He tried his best to get rid of them, but no matter how much he tried, they would always appear! Nothing seemed to work. Would Jasper get the carrots to disappear?

Stumpkin
by Lucy Ruth Cummins

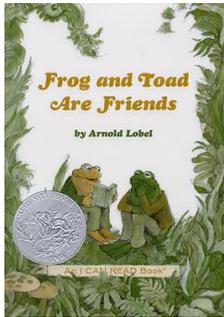
Stumpkin is a book with the main character as a pumpkin. He is round, has no scratches, but no one ever takes him home with them because he doesn't have stem. All the other pumpkins have stems, and they get to become cool jack-o-lanterns. Will he ever get chosen and will he be noticed?



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Frog and Toad are Friends

By: Arnold Lobel

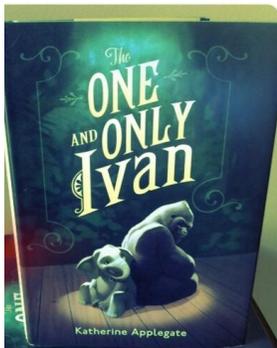


Frog and Toad are Friends is a book about a frog and a toad who are best friends. This book takes you into the world of their friendship, and as Toad may seem a little cold and unfriendly, he is kind on the inside and cares a lot about Frog. Frog also deeply cares for Toad and is friendly and has other friends, but Toad is still his number one friend. They admire the beauty of spring, try to tell stories to each other, try to find Toad's lost button, go swimming, and wait for Toad's letter together. This is a heartwarming story about Frog and Toad's friendship.

Grades 3-5

By Ryan Weng

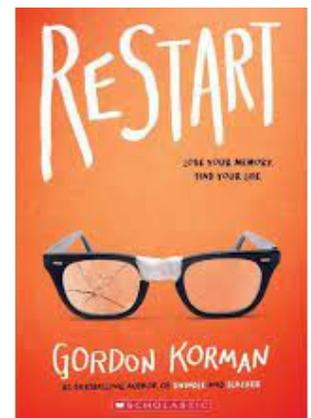
The One and Only Ivan
by Katherine Applegate



The One and Only Ivan by Katherine Applegate is based on a real life gorilla named Ivan who was held in a cage in a mall. He lives his life with his two friends, Stella and Bob. He is a special gorilla that loves art and watching TV. And then one day a young elephant named Ruby shows up and new adventures arise. A fun and heartwarming book. One of my favorite must reads!

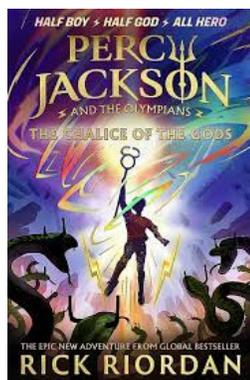
Restart
by Gordon Korman

Have you ever imagined waking up one day and not being able to remember who you are or anything at all? That's exactly what happens to Chase in the book *Restart*. He has to restart his life after falling off a roof and losing his memories. He soon finds that he may not have been a person that he would have liked to be. A great read!



Percy Jackson and the Chalice of the Gods

by Rick Riordan



Percy Jackson and the Chalice of the Gods by Rick Riordan is the long awaited continuation of the first series of *Percy Jackson*. In this book, Percy goes on a quest to find a special chalice for a god named Ganymede, with his girlfriend, Annabeth, and best friend, Grover. He must find this chalice before the next feast that the gods have. If he does not do it, he won't get his recommendation letter for college, and Ganymede will be destroyed. Read the book to find out if he gets the chalice to Ganymede or if he dies trying! A great read for all grades!

Grades 6-8

By Alyssa Oh

Sixth Grade Book Recommendation: *The Lost Hero*

Author: Rick Riordan Genre: Dystopian/Fantasy



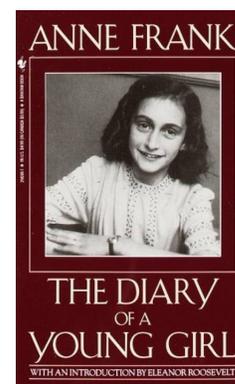
Jason Grace is a demi-god, the result of a human and a Greek God reproducing, and because of this it is inevitable that he doesn't face the normal problems of a 15-year-old. Waking up on a bus with no memory of his past, he is accompanied by his friends Piper and Leo as they discover that they are half-blood children of Greek Gods. The trio is taken to Camp Half-Blood, where they learn of a looming prophecy and a missing hero, Percy Jackson. As the three embark on a quest to free the Greek goddess Hera, who has been captured by an unknown enemy, they encounter new dangers and adversaries with monsters and tales from the Greek and Roman worlds.

Along the journey, the trio discover their own unique powers and abilities; however, will these inexperienced powers rather help or expose the trio in a vulnerable world? Read *The Lost Hero* to find out!

Seventh and Eighth Grade Book Recommendation: *The Diary of a Young Girl*

Author: Anne Frank Genre: Autobiography

During World War II, Anne Frank, a 16-year-old girl, faces the dark side of the world some do not even see the light of. As the Nazis rose to power during World War II, the Frank family, along with another family and a dentist, sought refuge in a secret annex concealed behind a bookshelf in Otto Frank's, Anne's dad's, office building. Anne, an aspiring writer, documented her thoughts, feelings, and the daily challenges of life in hiding in her diary, which she affectionately named "Kitty." She grapples with the complexities of adolescence, family dynamics, and the constant threat of discovery by the Nazis. As the stakes rise, those in the Annex find harder times. Food is running out. Space is getting cramped and uncomfortable. The Nazis are finding more Jewish families and putting them in dangerous situations. Will Anne Frank persevere through this situation with Kitty, or will the opposing forces prevail causing the separation of Anne and her diary? Read *The Diary of a Young Girl* to find out!



Fall Pages

Fall Activities

By Rees Cafuoco

Fall is a beautiful season and there are so many fun activities to do with your friends and family. These activities are my two favorites.

One of my favorite fall activities is apple picking. I go to Pennington



Farms every year with my family. Pennington Farms is in Warwick, New York, which is about an hour from Harrington Park. They have a great selection of apples that you can pick from. They also have a market. It has delicious pumpkin butter, apple cider, donuts, and so many other tasty treats. At their petting zoo, they have baby cows and pigs you can visit. There's something for everyone at Pennington



Farms.

Another one of my favorite fall activities is ghosting. It's a tradition in Harrington Park to surprise your friends with sweet treats. You can do it to anyone you want. First, you have to prepare a bag of candy.



Then, when it's dark out you go to your friends house, ring the doorbell, place the bag, and run away as fast as you can. It's so fun to find out who ghosted you, but also to ghost your friends.



Fall Crafts

By Arsh Nadgauda

Are you bored and don't have anything to do? Well, here is something that will brighten your mood. Let's make some cool and fun crafts that you can also use for decorations.

Noodle Pumpkin Craft

Materials you need:

- cardboard/paper
- acrylic paint
- ziplock bags
- parchment paper
- art trays
- googly eyes
- glue
- pasta (wheel and spiral)



Directions:

1. Paint the pasta noodles
* You can either paint the pasta noodles by hand or you can place them inside a ziplock bag with some acrylic paint and shake it up.
2. Dump out the pasta on parchment paper to let it dry.
* If you placed noodles in a bag with acrylic pain, you may have to hand-paint any spots it missed.
3. Paint the spiral noodles for the leaves of the pumpkins.
4. While the pasta is drying, draw and paint the pumpkins!
5. Add googly eyes and a funny face if you would like.
6. Once the pasta is dry, add a small amount of glue to the noodles and glue it down to the pumpkin around the face you created.
7. Finally, glue down the leaf next to the stem that you drew!

Fingerprint Fall Tree Craft

Materials you need:

- cardstock paper
- washable paint
- Construction paper
- Scissors
- Glue stick

Directions:

1. Trace your hand and lower arm for the trunk.
2. Cut out the hand and arm and paste it on the white paper!
3. Add a little brown, yellow, orange, and red paint to the background to make the leaves on the tree.
4. Then, put some paint with your finger beside the trunk.
5. Repeat this process for every color, and you will end up with colorful tree!



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Popular Halloween Costumes

By Sophia Cardone and Michaela Cappadona

Have you ever wondered what the most popular Halloween costumes are? Keep reading to find out! Research shows that one of the most popular costumes to wear on Halloween is the witch costume. Witch costumes vary in size from the littlest of preschoolers and the oldest of adults! About 7.2 million adults are planning to wear the witch costume this year. That's more than 7.10% of adults! This definitely shows that witch costumes are very popular.



Did you know that most little girls wear Disney Princess costumes for Halloween each year? According to a survey from the National Retail Federation, Disney Princess costumes have been the most popular amongst kids for the past eleven years. Believe it or not but in 2019, 3.1 million kids dressed up as their favorite princess. Most Disney brand clothing runs in smaller sizes, so you will probably not see older kids nor adult size costumes at stores. This research shows why little girls tend to wear Disney Princess costumes on Halloween!





The last costume we would like to talk about is the M&M costume. The M&M costume was a very popular costume last year, for having thousands of people wear them! M&M costumes can be worn in different colors and ways. For example, on Halloween people can dress up as a real M&M or they can dress up with a M shirt and in one color of their choice. Additionally, people can choose different colors to dress in. These are the reasons why M&M costumes are so popular!

These are just a few of the amazing Halloween costumes you can wear. We hope everyone had a fun Halloween!

Teal Pumpkin Project

By Janice Kim

Ever seen your friend not being able to eat your favorite candy; Reese's, Kit Kats, and others just because they have an allergy?

The Teal Pumpkin project makes Halloween all-inclusive, by handing out toys instead of nutty chocolate inside the teal colored pumpkins. This makes it much more safe to the 1 in 13 kids that have food allergies, and many others that are intolerant to some foods. A teal pumpkin on your doorstep signals that there are toys and gadgets, as well as candy that are safe for all children.

You can contribute by having a teal pumpkin and adding your house to the teal pumpkin map at [Teal Pumpkin Project - FoodAllergy.org](http://TealPumpkinProject-FoodAllergy.org).

Food allergies affect 32 million children across the US and can potentially be life-threatening. About 2 in one class might have a food allergy. Some common food allergies are eggs, wheat, nuts, milk, and seafood. Milk, nuts, eggs, and wheat can be found in common chocolate and candy. These ingredients often are contained in miniature candies that have different components than the big-sized candies.

The Teal Pumpkin Project helps a lot of children who are allergic to nuts and other common allergens, and also helps kids without allergies too. Because who doesn't love toys for Halloween?



Thanksgiving Traditions

By Natalie Cappadona

Whether it's watching the Macy's Thanksgiving Day Parade or an American football game, almost all people who live in the U.S. celebrate Thanksgiving. Thanksgiving, a national American holiday, celebrates blessings and is annually celebrated on the fourth Thursday of November. Many people have feasts and parties on Thanksgiving Day. To celebrate this holiday, many Americans travel to their friends and family's homes. There are many Thanksgiving traditions, some of the most popular being watching Macy's Thanksgiving Day Parade, viewing the National Dog Show, breaking the turkey's wishbone, having a feast

Watching New York City's Macy's Thanksgiving Day Parade is a fun way to recognize Thanksgiving. The Macy's Thanksgiving Day Parade begins around 9:00 am EST annually and ends around 12:00 am. People can go to watch it in person or watch it live from home. It is three hours long, going from 9:00 AM to 12:00 PM. Every year, different balloons and floats follow the route of the parade. There are also multiple performances on the streets, with some of the performers



including the Radio City Rockettes! To conclude, Macy's Thanksgiving Day Parade is very popular and exciting and occurs annually!

After the parade, many people either attend or stream the National Dog Show, which is held annually in Pennsylvania. It is broadcasted live from 12:00 PM to 2:00 PM and is a great hit. Watching it has been one of many people's Thanksgiving traditions since it began airing in 2002. Overall, many enjoy watching the National Dog Show on Thanksgiving each year.

Breaking the turkey's wishbone is another popular Thanksgiving tradition. Two people each take an end of the wishbone and pull after making a wish. Whichever person ends up with the biggest piece of wishbone wish comes true! Breaking the turkey's wishbone is a fun tradition to have on Thanksgiving.



Another popular Thanksgiving tradition is watching an American football game, the most watched sport in the US. Some families even divide into teams and play some football themselves! Obviously, American football is a Thanksgiving tradition.

Last but definitely not least, and by far one of the most popular Thanksgiving traditions, having a feast is another great way to celebrate Thanksgiving! Many, many Thanksgiving-celebrating families have a big feast with family and/or friends to celebrate this holiday of being grateful and giving thanks. Usually, most Thanksgiving feasts include turkey, cranberry sauce, stuffing, mashed potatoes, and pumpkin pie. Clearly, having a Thanksgiving feast is one of the most popular traditions.



There are so many Thanksgiving traditions out there. These are the most popular and well-known. There are multiple ways to celebrate Thanksgiving, and they are all so much fun!

What Are WE Thankful For?

By Spartan Sentinel Staff

Violet Kim - A home and a good family.

Natalie Cappadona - I am most thankful for my friends and family.

Heather Fabiano - I am thankful for my family.

Joy Kim - I'm thankful for everything I have including my family and friends.

Janice Kim - I am most thankful for being able to contribute a lot of things and I also am thankful for how people can work together without fighting.

Quinn Hutchinson - I am most thankful for my family and friends.

Cyla Cafuoco - I am most thankful for my family and friends.

Claire Jeon - I'm thankful for my family.

Sophia Park - My family and friends

Jessica Kim - I am most thankful for my family and friends.

Irene Kang - I am most thankful for the community.

Sammy Finer - I'm thankful for my family and friends.

Zach Chaung - My family

Sophia Cardone - I am most thankful for my friends and family.

Arsh Nadgauda - I'm most thankful for all the shelter, clothing, school, house that my parents provide me with.

Yehvin Park - I am most thankful for having an education, loving family/friends, being financially stable, teachers, everything I have.

Rayna Nadgauda - water, food, shelter, life, family, friends, teachers

Rees Cafuoco - I am most thankful for my family.

Elisha Kim - I am most thankful for my loving and supporting family. They always make me feel happy.

Ryan Weng - My family

Chaein Isabella Oh - God

Mrs. Vazquez - I am most thankful for my family, friends, and students.

Mrs. Vilardi - I am most thankful for my family, friends, and students/staff at HP.

Recipes

Fall Recipes

By Rayna Nadgauda

Looking for some delicious and cozy fall recipes? Well in this article, you will learn how to make 1 dessert recipe, a dinner recipe and one for a cozy autumn drink. So are you ready?

The first recipe is for dinner. This recipe can be made all year round but I think it will especially be good to make during the Fall season.

Spaghetti & Spinach with Sun-Dried Tomato Cream Sauce

Makes 4 servings

Total time: 20 minutes

Ingredients:

- 5 ounces baby spinach, coarsely chopped
- 8 ounces whole-wheat spaghetti
- ½ cup slivered oil-packed sun-dried tomatoes, plus 1 tablespoon oil from the jar
- ½ cup halved and thinly sliced onion
- 3 cloves garlic, minced
- ¼ teaspoon crushed red pepper
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 cup low-sodium vegetable or chicken broth
- ½ cup sour cream
- ¼ cup grated Parmesan cheese
- 1 tablespoon unsalted butter

Directions:

Section 1:

- Place the spinach in a colander in the sink.
- Bring a large saucepan of water to a boil over high heat (when water boils, it has bubbles coming and popping).
- Once water has boiled, add spaghetti and cook according to package instructions.
- Drain the spaghetti over the spinach and toss to wilt the spinach.

Section 2:

- Heat sun dried tomato oil in a large skillet over medium heat.
- Add the onions and sun dried tomatoes.
- Then cook, stirring until it's soft (about 3-4 minutes).
- Now, add garlic, crushed red pepper, and salt and pepper cooking and stirring for about one minute.
- Now increase the heat to medium-high and add the broth (veggie or chicken – your choice).
- Cook and stir until liquid is reduced by about half (about 2 minutes).
- In another bowl, stir sour cream, parmesan and butter. .
- Add in spaghetti and fold the mixture to coat well!



Here is the final result:

Credits: [EatingWell](#)

Now after dinner well, you need a cozy and refreshing drink! How about a cozy pumpkin spice latte!

Pumpkin Spice Latte

Total Time: 10 minutes

Ingredients:

- Espresso
- Milk
- Pumpkin Puree and some pumpkin pie spice
- Maple syrup
- Vanilla Extract

Section 1:

Directions:

- Start by pouring your milk in a small pot and heat over medium low heat until it is hot and ALMOST simmering. Make sure to not BOIL the milk.
- Make espresso or coffee and pour in a mason jar or mug. Now mix and add all ingredients.
- Froth your milk for about 30 seconds using a milk frother or until it is foamy.
- Then pour or spoon it into your espresso mixture
- DONE!
- Decorate it using the steps below or do it however you like!

Section 2:

Decorating (optional):

- Frost whipped cream on top
 - Now sprinkle either pumpkin spice or cinnamon
 - Then, add cinnamon sticks for decoration
 - Finally add a straw!
- ENJOY!



Credits: ambitious [kitchen](#)

Finally, what are all these treats without dessert? This is my own tested recipe I've created!

Cinnamon Cupcakes

Servings: 12 cupcakes

Ingredients:

- 1 ¼ cups of all purpose flour
- 1 ¼ tsp of baking powder
- ½ tsp of salt
- 1 stick or ½ cup of unsalted butter (if you use salted butter, skip the salt)
- ¾ cup of granulated sugar
- 2 large eggs
- 2 tsp of vanilla extract
- ½ cup of room temperature buttermilk (To make buttermilk, simply take ¼ cup of curd and ¼ cup of water and mix those together)/ (The measurements of the DIY buttermilk are according to the recipe).
- Cinnamon (depending on your taste, put a little or a lot)

Section 1:

Directions:

- Preheat your oven to 350°F.
- First in a mixing bowl, combine the flour, baking powder, and salt.
- Whisk those and set it aside.
- In another large mixing bowl, cream together the butter and sugar. Mix it until it is fluffy.
- Next add the eggs. Add one and mix then add the second egg.
- After mixing the eggs add the extract.
- Finally when all the wet ingredients are creamed together, add flour in THIRDS alternating with the buttermilk. Once your batter is batter, add in the cinnamon. (You can put in little or a lot depending on your taste.)
- Now put it into cupcake pans which are filled with cupcake liners.
- Bake for 20 minutes or until a toothpick comes out clean. Let the cupcakes cool and now we'll make frosting.

Section 2:

Frosting:

- 1 stick of unsalted butter
- 3 cups of powdered sugar
- ¼ cup of milk
- 1 tsp vanilla extract

Directions:

- In a medium bowl, use an electric mixer to beat the butter until smooth and light.
- Beat in the sugar, milk, and vanilla until whipped, fluffy and creamy.
- Now pipe on the cupcakes and dust the top with cinnamon and add cinnamon sticks (optional).



I hope you enjoyed these recipes and make them! Happy Autumn!

CONTESTS

Fall Art Contest Winners

Contest by: Kelly Bae

Stella Kang, grade 6



Abby Beovich, grade 1

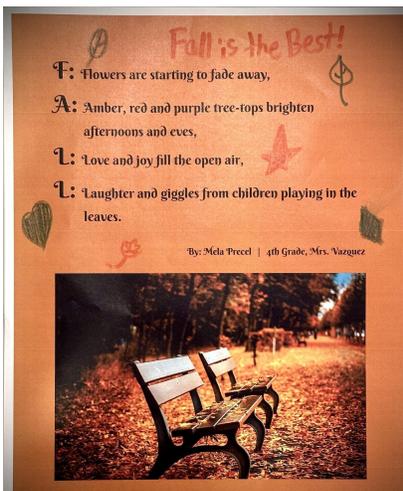


Lennon Barron, grade 1

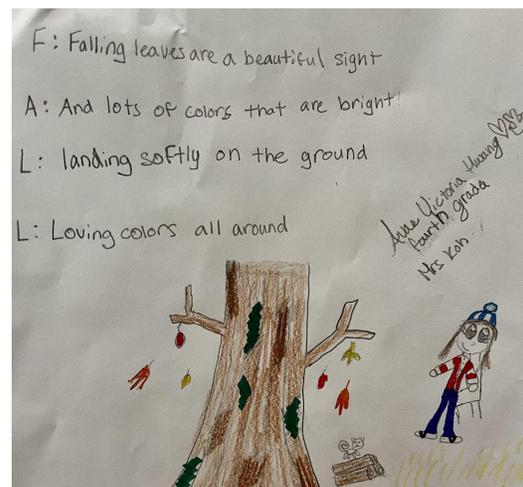
Fall Poetry Winners

Contest By: Kelly Bae

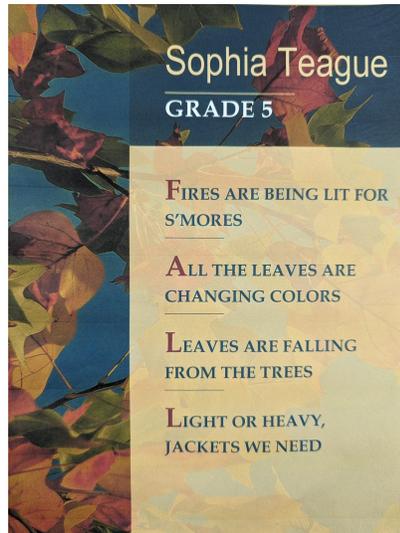
Mela Precel, grade 4



Ava Hwang, grade 4



Sophia Teague, grade 5



FUN PAGES

Crossword Puzzle

Back to School

ACROSS

- 4. a short period of time during the school day that children can play, usually outside
- 6. to provide schooling for; another word for teach that starts with an E; Teachers work hard to _____ their students.
- 8. a room where classes are taught in a school
- 9. an area of knowledge that is studied in school; Math is my favorite _____.
- 11. another word for completed that starts with an F; "Have you _____ your homework?"

DOWN

- 1. process of gaining knowledge by studying, practicing, being taught, or experiencing something; "I am _____ about fractions."
- 3. a planned piece of work that has a specific purpose and that usually requires a lot of time; "I'm doing a science _____ on volcanoes."
- 5. school work a student is given to do at their house
- 9. reading or memorizing facts to learn about a subject "I am _____ for my math test."
- 10. "I _____ for my math test yesterday."

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