

# CLIFFSIDE CHRONICLE

Cliffside Park Middle School's *The Cliffside Chronicle*

Winter Issue 2019

## Love and a little bit of History

By: Kerem Kilinc

Love was stirring in the hallways at CPMS just a few short weeks ago. Valentine's Day was celebrated with hugs, smiles, and a little bit of chocolate. But does everyone really know the origin of Valentine's Day? Valentine's day was originally based off a Roman Festival that was held in mid February known as Lupercalia. It was celebrated for the coming of Spring. This day was meant for women and men to be paired together. Near the end of the 5th century, it was then changed from Lupercalia to St. Valentine's Day.

So the next time you are celebrating this wonderful holiday with some chocolate and flowers, remember there is a little history behind this day of love!



## A Little Goes a Long Way

By: Brianna Fuentes & Everest Šarić

Walking into the girls bathroom at school is part of every middle school girl's daily routine, but to find a mirror covered with post-it notes telling you 'You're beautiful' is definitely out of the ordinary. This year an anonymous student made a huge impact on many of our female students. As students stared at themselves in the mirror with positive messages telling them that they are perfect just the way they are, smiles were brought to so many student's faces. Bullying is a problem that has negatively affected many people across the world and to witness someone in our very own school try to make a difference is amazing.

The magazine company *Glamour* did a survey and an estimated amount of 30% of girls experience bullying and only 22% of boys do. 8% might not seem like a big difference but when considering such a large amount of people around the world, it is a big difference. We wanted to thank whoever started the 'Positive Posts' for spreading such positivity around our school. It is important to spread positivity because much bullying can cause depression, high levels of anxiety, changes in sleep and eating patterns, health complaints, and decreased academic achievement. Small actions, such as the example of our very own peer, can impact somebody you would least expect. One of the notes stated, "It costs \$0.00 to be a nice person." We want you all to remember that such a small gesture can go a long way and to remember that each and every one of you are beautiful inside and out!



## American Museum of Natural History

By: Alisona Le

Heavy chatter could be heard as students piled into buses on December 13th. The 7th graders were on their first middle school science trip to the American Museum of Natural History. On this educational and entertaining field trip, students saw all different types of animals, dinosaur fossils, and even a documentary about outer space. Talking to some students about their experience during the trip, it was shocking to hear that many of the students have never been to this museum, or ANY museum at all!

The students were exposed to animals that either they have never heard of or seen before. After walking through the museum, students piled into a large theatre with leather seats and watched a space documentary about *The Big Bang*. As the trip came to an end, the gift shop was filled with excited CPMS students ready to buy souvenirs and gadgets. On the ride back, students shared their photos and fiddled with their items bought from the museum. What an amazing day!



The CPMS seventh grade students had a blast at the American Museum of Natural History.



																
	<h2>Winter Break</h2> <p>By: Everest Šarić</p>															
	<p>The hardest time for students to go back to school is right after winter break when everyone has to get back into the habit of doing work again after a long time away from assessments and assignments. There are a lot of things that are hard about coming back to school such as forgetting to set your alarm the night before, forgetting your locker combination, and of course maintaining all your grades from the beginning of the marking period.</p>															
																
	<p>However, there were also a lot of things to look forward to when coming back to school too! The new CPMS Cheer Squad was looking forward to cheering on the Boys and Girls basketball team for the new winter season. There were also many Student Council events coming up, as well as many bake sales, and the Valentine's Day candy grams. And just as students and teachers were feeling they needed a little bit of a break again, there were upcoming breaks to look forward to such as Martin Luther King Jr Day January 21st and Presidents Day break February 18th-19th, and of course the one we are looking forward to, SPRING BREAK starting April 19th! Hang on tight everyone!</p>															
																
																
																
																
																
																
																

# Winter Concert 2018

By: James Ramundo

Winter Break was approaching, and Cliffside Park Middle School became very festive for the season! Classrooms were decorated with Holiday themed items, snow was falling on the ground, and winter break was rapidly approaching. All the students were excited for the soon to be long break.

As the end of the day approached on December 21st, students were anxious for the final bell to ring so they could sprint out of the school. But first the Winter Concert was their final entertainment for the day! The 2018 Winter Concert was a buzz. The crowd went wild after every song performed by the Middle School Chorus and Band members. Each performance was fantastic and ran very smoothly by both Mr. DeLisio and Mr. Shantis. The chorus sang a parody of holiday songs, and also sang songs from the band *Queen*. The band was insane! The crowd went wild after every song that was played, especially after the talented musicians played *Dr. Rockenstein*, and a mix of *Geology* and *Wipe Out*. Right after their wonderful performances, all students got to pack up and start their winter vacation!



## Round of Applause for the CPMS Band

By: Aiden Lee

On December 12th, Mr. DeLisio and his Cliffside Park Middle School Band visited the Paramus Veterans Memorial Home. The band gave a wonderful performance playing a few songs for the Veterans such as *The Star Spangled Banner*, *The Caissons Go Rolling Along*, and *Marines Hymn*. It was a really nice experience for both the band members and the Veterans.

The trip gave the band members a great experience for performing in front of an audience, and all the veterans found it fun and entertaining. After their performance, all of the CPMS band members got the opportunity to talk to the veterans and ask them questions. The veterans willingly shared their experiences and it was a moment that the CPMS musicians will never forget. The overall experience was a memorable one for all!





## Pennies for Patients

By: Brianna Fuentes



The National Junior Honor Society has previously helped in many different events in our community and is consistently making a positive impact. During the month of February, we held a fundraiser for a very special cause. For this fundraiser, honor society members collected any change in boxes to benefit children with Leukemia or Lymphoma Cancer. Anyone was welcome to participate and many classes volunteered in the cause.



Cancer, unfortunately, is gradually affecting people at much younger ages. Leukemia Cancer is most frequently found in children from the ages of 0-17. Even the smallest amount of change donated could make a huge difference, greatly benefiting these young patients. The National Junior Honor Society finds this fundraiser so important and consistently continues to take part in it every year. For more information on this fundraiser or any of our future fundraisers coming up, please contact our wonderful guidance counselor, Mrs. Foster.

