

"Back in Session"

Matthew Brodsky

We are all living in dangerous times right now, but that does not mean that we are not supposed to go to school. We are continuing to attend school online and practice social distancing. Now you might think of school as being pointless while we're in a pandemic, but what would you do with so much time on your hands since we are not able to go outside? This is the first time people are experiencing a pandemic. We can get through this together by continuing to practice social distancing. There are also a couple of things that can make online school a lot easier:

1. Stay prepared.
2. Don't wait to do your work.
3. Don't get sidetracked.

It is as easy as that! Remember to stay safe and stay positive.

National Junior Honor Society Induction Ceremony

Lois Kim

The NJHS virtual induction ceremony took place on May 19 at 7 PM.

Middle School students and their families will also be invited in the Fall (date TBD) to the Villa Amalfi for the

CPHS NHS Induction Ceremony where they will be recognized. All information for the VILLA AMALFI event will be sent via REMIND.

NATIONAL JUNIOR HONOR SOCIETY 2020



Andrew Avalos
Luke Baldwin
Diego Benitez
Ava Bistacco
Lindrit Bruka
Crystallin Castillo
George Cernuda
Stacey Cho
Emily Cruz
Stephen DePasquale
Claire Donohoe
Joshua DosSantos
Aarav Gandhi

Vincent Gvazi
Janna Harb
Maryam Harb
Gina Hong
Emily Kappmeier
Lois Kim
Alisona Le
Aiden Lee
Eden Lee
Olivia Lee
Fatima Lopez Curruchich
Brian Lu
Michael Major

Heysinez Marroquin
Xhesika Marshyti
Deziray Nieves
Alexandra Pantoliano
James Ramundo
Haley Rodriguez
Mattingly Rodriguez
Maria J. Rospigliosi
Skyler Saric
Kaitlyn Shelley
Sophia Vergara
Pasquale Vicchio

Remote Learning in CPMS

Alisona Le

Since March 16, 2020, all schools in New Jersey have been closed as a precautionary measure for preventing the spread of the novel coronavirus. Although it is a new process for the students and staff, we are working together to make remote learning a success. Through Google Meet, our teachers are staying in touch with students when they need it the most.

New Jersey students in grades 3 through 6 can tune in to public television to follow some of the classroom lessons they've been missing since schools closed.

Students in middle school and high school use other virtual means to communicate and learn. Resources like video notes, YouTube links, and online textbooks have been extremely helpful.

In these difficult times, everyone should be there for each other. Stay informed, wash your hands, avoid touching your face, and stay humble to humanity. There will be better days for us because quarantine measures are in place.

How to Stay Busy at Home

Anna Bergelson

Get Organizing

To pass the time, organize areas in your home! You can start with drawers, a bedroom, or bookshelves! Once you finish, your home will have a neat and productive look.

Join a Virtual Class

There are so many people volunteering to hold virtual classes on the internet! Classes in a variety of topics for all ages. There are different online courses that can teach you something new. For instance, you could learn to cook, learn about science, or learn about photography.

Arts and Crafts

If you have the materials at home, it's always a good idea to show your creativity. If you don't have many materials at home, all you need is a pencil and paper to start drawing!

Puzzle or Play a Game

If you have puzzles and board games at home, don't hesitate to start playing! Remember, if you happen not to have games at home, there are so many great online games you can play. If you want to challenge your skills, you can find crosswords or Sudoku online.

Listen to Music or an Audiobook

Find your new favorite song or audiobook. Audiobooks are a great way to expand your knowledge if you can't go to the library.

Try a New Hairstyle

If you have long hair, try out a new hairstyle on yourself! You never know what you might be able to do.

Test out a New Recipe

Cooking and baking is a great way to pass time. The recipe could be simple as long as you are doing something productive.

Interview with Mrs. Foster

Jenan Hassan

Why did you choose to be a guidance counselor?

A: After I had been teaching for over 10 years, I realized I enjoyed the part of the job that dealt with forming a good rapport including trust with students. Students saw me as an adult to whom they could talk to and get advice.

What school did you go to?

A: I went to St. Lawrence University for my undergraduate work, then went to the University of Massachusetts for my Master's degree in Education, and finally received my Master's in School Counseling at NJCU in Jersey City.

What was your first job?

A: My first teaching job was in Baltimore County, MD as an 8th grade French teacher. My first counseling job was at Cliffside Park High School.

If you weren't a guidance counselor, what would you want to do and why?

A: I would probably be a Family Therapist, but I love working in a public school and can't imagine not being in that environment.

Where did you grow up?

A: I grew up in Morris County, NJ, which is close to Washington's Headquarters in Morristown.

Who inspired you and why?

A: My mother and father who encouraged me to be independent, fueled a passion in travel and history, and provided a loving family full of support.

What did you teach before you became a guidance counselor and why?

A: I taught French and ELA because I received my Bachelor's Degree in those subjects.

If you could change one thing about your life what would it be and why?

A: I would have bought Apple stock with my college graduation money.

What was the most difficult obstacle you've had to overcome?

A: The death of my mother 17 years ago.

How to Stay Safe

Kevin Matias



The Coronavirus outbreak has affected everybody in the world. Life has changed over the last several weeks and everybody should take precautions. For example, we should wear gloves and must wear masks when going outside. But what if you don't have any?

You could always make homemade face masks or order some online. However, some people think that packages from Amazon or other companies might be infected with the virus. Could that be true?

Instead of risking it, one option is to spray your package with disinfectant and wait a day or two to open just to be safe. Of course, stay indoors. This is a great opportunity to find something to do or have fun with your family.

When going grocery shopping, one precaution to take is to wipe down your cart. Be sure to stay six feet apart from everyone; and when you get home, clean the items you bought. Fruits and vegetables need to be washed well, but DON'T spray disinfectant on them because you could get terribly sick from eating food with disinfectant on it.

Hopefully, this will be over soon and things will go back to normal. Stay safe!

Staff

James Ramundo
Lois Kim
Alisona Le
Kevin Matias
Luke Falero

Jenan Hassan
Anna Bergelson
Irena Avalos
Matthew Brodsky
Matthew Dominguez
Nicolas Jaramillo

Social Distancing

Irena Avalos

Many of you are aware that COVID-19, a deadly virus, has spread to many places, including Cliffside Park. There are no vaccines for this virus, but there are ways to keep it contained and to prevent it from spreading further. Some people have chosen not to follow the guidelines set by the government to keep us safe. Therefore, they are slowing down the process of recovering from COVID-19 in our town, state, and country. Many people, including students, are still having fun and hanging out together outside, which puts themselves and our community at risk. If you don't want to spread the virus, stay inside and when you are out, be sure to wear a face covering and practice safe social distancing. Please don't put others at risk because of the decisions you made. Stay safe!

Ideas Across the Country

James Ramundo

During this pandemic, schools are resorting to online classes to practice social distancing, which has made it harder than ever for students. Some schools, however, have done remarkable things to help their students get through such a pandemic. Here are some examples:

1. Robot Tutor:

AI powered systems are increasingly growing in popularity, so why not create an AI tutorer? That's right. A website designer created an AI tutor to help students with troubling subjects like math, ELA, science, and social studies.

2. Simply Simple:

One professor named Rebecca Barrett Fox understood that classes weren't the highest priority for students at the moment. The professor decided to provide everything for the students so they did not have to worry about any confusion and made guidelines on assignments. She shared documents and guidelines with teachers to create easily understood assignments and students have reported that these ways of teaching were way easier than video chats.

3. Electronics to the Rescue:

A school district in Madison, Tennessee questioned how disadvantaged and disabled kids would be able to cope with learning at home without assistance, special equipment, or specialized guidance. The district provided those students with disabilities special electronic devices to be able to help them learn electronically and also gave the parents instructions on how to keep their kids organized and on track.

Pandemic Positivity

"The only thing we fear is fear itself"
-- Franklin D. Roosevelt

Everyone, please stay calm and collected;
do not fear!
--Lois Kim



We can exercise with each
other through Zoom or
Google Meet.
--Jenan Hassan

To brighten up someone's day, call or Face-
time them. Even a short call can really cheer
someone up. You can also make an inspirational
poster and share it online. Stay safe!
--Anna Bergelson



Stay connected with your
friends! Facetime them,
video call them, or voice
chat with them!
--Alisona Le

During this pandemic, there
are many things we can do to
remind people to stay posi-
tive, safe and strong. We can
hang up posters outside of our
houses that say "Hope," "Stay
Strong," or "Stay Safe." Small
gestures can make a big dif-
ference in someone's day.
--Irena Avalos

**ALL YOU NEED IS A
LITTLE BIT OF HOPE**

--James Rammulo



My family is making reusable masks with
a pocket to change the filter.
--Nicolas Jaramillo



This is a great opportunity to spend time
with your family. Play board games, video
games, tell each other stories, and have fun.
--Kevin Matias

--Kevin Matias

CONGRATULATIONS TO THE CLIFFSIDE PARK MIDDLE SCHOOL CLASS of 2020



FREE Online Dance Classes

Lois Kim

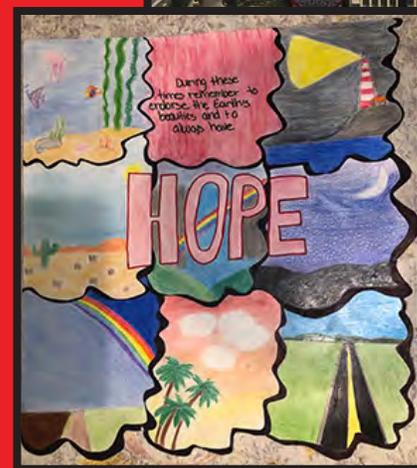
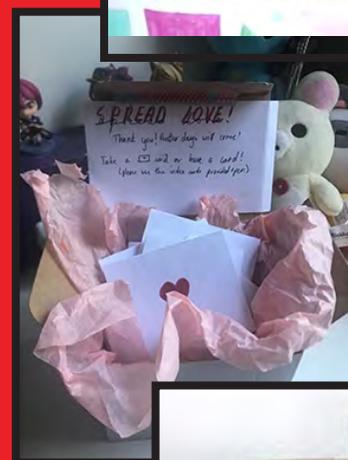
Thiago Silva and Alexander Dutko, directors of Ballet Central New Jersey (BalletCNJ) in Hamilton Twp., started a free online library of dance classes called Ballet En Demand on March 15th.

The resource is provided through Silva and Dutko's nonprofit New Jersey Foundation of Artistry & Ballet (NJFAB), which provides artists and communities with programs, education and performances that promote classical ballet and dance. Dance teachers from all over the country can submit video classes to be accepted and posted for online viewing. There are classes for ages preschool and up, and they include lessons in ballet, pointe and dance conditioning. Dance students missing out on their usual lessons because of closings and parents with young kids can get a lot out of these daily video updates. The site aims to keep kids inspired, moving and upbeat during self-isolation.

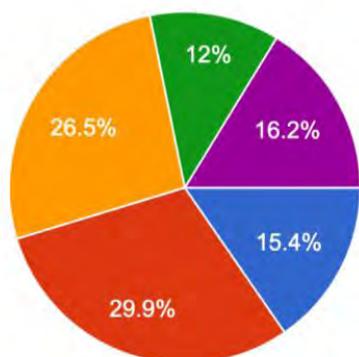


<https://www.njfamily.com/the-kids-can-take-free-online-dance-classes-with-ballet-en-demand/>

Advanced Art HOPE Project



What is your favorite quarantine activity?



- Facetime
- Gaming
- Sleeping
- Eating
- Going outside

When we took the 2020 photo on the field.

Getting to know new people better and preparing for high school.

Spanish trip from the first marking period.

Meeting new people, making new friends, and getting closer to people I didn't talk to before.

Going to all the sport games.

The first day of school!

In Advanced Art, we went outside and we drew on the ground with chalk.

Studying hard and focusing on being a good cartoonist.

Meeting my friends and my new teachers from the start of the school year.

My Favorite 8th Grade Memory Was...

The day of the winter concert when

everyone was lost in the hallways because they didn't know where to go.

Going to basketball games.

When our art class did clay.

When we had that winter concert. It was fun to perform for others.

Learning about economics by creating and selling products and services with a group of friends.

Fooling around with friends during lunch.

Going to the soccer games.

On February 14, because the teachers gave us sweets and there was not a lot of homework.

Was during the Halloween door competition. My friends were helping. It was fun.

Helping out teachers when they needed it.

The girls last soccer game and basketball games because we have all been playing together since the 2nd grade. We have known each other for so long, and it was rewarding to end the season before we go to different high schools. Hopefully we can all play together again!

My opportunity that helped me understand many things in my life. I may not have been the best student, but I had good times with my friends and teachers.