

Why is Physical Education Such an Important Part of the School Day?

Anna Bergelson

The auditorium door opens with a loud BANG as two seventh grade girls run into the middle school gym. They are trembling with excitement, because they have been waiting the whole day to play volleyball together and have some fun.

Physical education is a great way for students to improve their overall health. It provides a significant amount of exercise and gets one's heart pumping. During gym class, students are doing exercises that really get them moving, such as push ups, squats, and running. These types of exercises make the human body stronger and help the students have more stamina.

P.E. can also help students develop leadership skills and an ability to cooperate with others. Children will be able to work as a team while playing games and sports. They will also learn how to respect themselves and others. Gym class will boost one's self esteem and make them feel like they have accomplished something. They will also learn how to set goals for themselves.

Advanced Art Class Chalk 2019

Lois Kim

The Advanced Art Class this year went outside at the front of the school to chalk their pictures inspired by the pop artist Keith Haring. Keith Haring was an American artist whose style of graffiti art developed in the streets of NYC in the 1980's. His "subway art" later turned into more than 50 public works around the world. The art students all drew

different rounded pictures to imitate Haring's figures. Students would show the theme of peace, friends, hope, and more in their chalking. The students used their imaginations and their drawings to create a masterpiece outside of the school. The students had a great experience and the principal commended the students.



Physical Education continued...

Children will also have a break from their other challenging classes. Studies show that students who take gym class have better grades than students who don't take P.E. Physical education will also relieve stress and take the tension away from one's body. For example, if one had an important math test one day, P.E. would help them calm down.

So, please do not skip P.E. It will help you learn about your overall health and get your exercise in. It will improve your coordination and stamina. It can also improve your grades as well as help you get rid of tension. Always try your best in gym class, for you will feel wonderful after you are finished with a week of exercising. You will feel like you have achieved something. This will leave you with positive thoughts for the weekend and the school week to come. So, appreciate that you have physical education, and know that it is helping you every day, bit by bit.

Fun FACTS about Cliffside Park

Kevin Matias

- 1 The movie called Big (1988) was filmed in Cliffside Park with Tom Hanks and he actually stepped foot in this school.
- 2 The movie Copland (1997) had some scenes which were filmed in Cliffside Park.
- 3 Back in the 1960s, every school in Cliffside Park would each have a parade.
- 4 Mr. Delisio (Band teacher) was in the Hall of Fame of Basketball in High School. His team was called The Red Raiders.
- 5 Mayor Gerald Calabrese was the longest-serving mayor in New Jersey history!!
- 6 Gloria Gaynor (singer of I Will Survive) sang her song in the High school once.
- 7 People aboard the airplane that crashed into the Hudson River were saved by a ferry captain who was also a CPHS graduate.

“Time Flies”

Our Student Council Officers

James Ramundo

The Student Council officers have been elected! Our officers will each be helping the school in each of their own way.

Emily Kappmeier is our Student Council President, which is the most important position. She has pride in her town and is committed to her work. She will try her absolute best to make the school a better place. Her goals include scheduling more field trips, after school activities, bake sales, and Raider's pride days.

Gina Hong is our Vice President. She wants to help the president achieve her goals. She wants to create more activities for everyone and more fundraisers to help the school.

Irena Avalos is our Secretary. She will not procrastinate and she wants to make students comfortable with sharing ideas. She is organized and responsible and will do her best at her position.

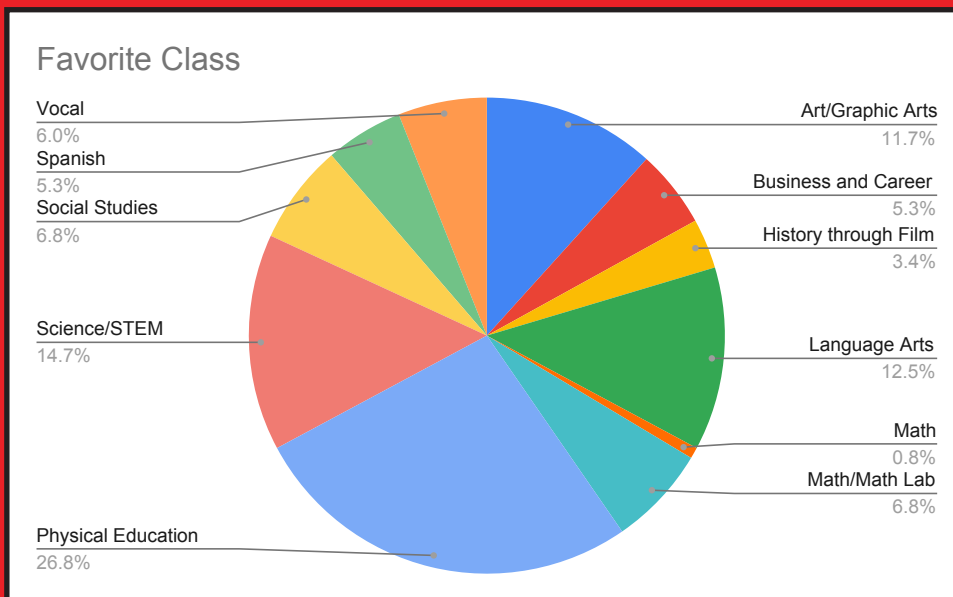
Sofia Vergara is our Treasurer. She will manage money that is raised. Her goal is to create a lot of fundraisers to raise more money for activities and special events for the students to enjoy.

And finally, **Elias Tureikeh** has the position of school spirit and is the only male officer. He wants more students to be involved in school pride and wants to sell a lot of merchandise to the students to show off our Raider spirit.

Our candidates will work together to make our school a better place.

What is Your Favorite Class?

Matthew Brodsky



Join the CPMS Gaming Club

Alisona Le

With a busy start to the 2019-2020 year, the Gaming Club, founded by Pasquale Vicchio, co-founded by Alisona Le, and hosted by Mr. Coco, is now official! This year, the club is gearing up to study game design, game strategy, philosophy in gaming, and much more. Gaming has been a huge aspect to child, teen, and adult life for decades; however, bringing gaming into school will provide a learning experience for local gamers. There will be "Play-Ins" where students can socialize while playing their favorite games, like Smash Bros, Minecraft, League of Legends, Overwatch, Borderlands franchise, and Osu! Meetings will be held every Thursday in Room 107. Would you like to ready up?



New Math teacher Mrs. Boggess Q and A

Matthew Dominguez

Q: Tell me about yourself.

A: I am a math teacher at Cliffside Park Middle School. I have been teaching middle school for twelve years.

Q: What sports do you play?

A: I play raquetball, tennis, and enjoy working out.

Q: What is your favorite food and do you cook?

A: My favorite food is meat loaf and I'm a horrible cook.

Q: What schooling do you have?

A: I have a degree from Rutgers in Finance and graduated Summa Cum Laude from KSU with a degree in Education.

Q: Name three fun facts.

A: I love to ski, can't sing and love Christmas.

Q: What are your hobbies?

A: I like to fix things and collect seashells, mussle shells, etc.

Q: What made you want to become a teacher?

A: I wanted to give back.

Q: When you were little, did you see yourself becoming a teacher?

A: No, I did not see myself becoming a teacher because I was afraid of school.

Q: Where do you see yourself in the future?

A: I would like to become an activist for the climate.

Q: If you could have a do over in life, what would it be?

A: If I could do it over, I would pay attention to my education when I was young.

Middle School Clubs

Luke Falero

Middle School has a lot to offer. Clubs are a big part of those offerings. No matter what kind of person you are, there is most likely a club for you. These clubs are educational and fun. Come join us!

Student Council-

Mrs. Bonomo

Do you like to help the school? The Student council club provides activities for the school. They provide fun projects, activities and contests. This club makes the school a more fun environment!

Newspaper-

Mrs. Tulli

This club gives students and teachers information of what's going on each marking period. We have sports, clubs, fun facts and more. This years newspaper name is The Cliffside Perspective.

Yearbook-

Ms. Matone

Students meet to discuss ideas for the yearbook pages as well as which photos will be used. They can design a cover for the yearbook.

Robotics-

Mr. Capizzi

Show off your building, engineering, and controlling skills in the robotics club. Build robots and find out the functions of different parts.

Drama-

Ms. Rembecky

This club gives students the chance to express themselves through play. It is a good way to overcome shyness and make new friends while practicing.

Debate-

Mr. Ventura

Are you good with words, know the latest topics? In this club students share their own opinion on latest topics. Good ways to discuss your own opinion with others.

Chess-

Mr. U

Are you good at chess? If yes, great, if not you'll learn here. The chess club is a good place to show off your talent or learn with others. Practice and play games at the chess club.

Gaming Club-

Mr. Coco

Are you good at video games? Like them? This club is a super cool club where you game. Come show off your talent with the others.



Illustration by
Irena Avalos

21st Century

Art Club-

Mrs.Tulli

Do you love art? Do you want to decorate the middle school walls with art? Are you creative? Join us on Thursdays from 3-5pm in room 208. Learn new fun skills and cool art projects.

Peer Leadership-

Ms. Frohlich

Do you have leadership skills? Do you have a passion to help other students? Do you want to welcome other students to our school? Join the Peer Leadership program on Mondays.

Makerspace-

Mr. Ventura

Makerspace is a place to prepare students who want to learn critical 21st century skills in the fields of science, technology, engineering, and math. Come join for hands on learning and critical thinking skills, Wednesdays from 3-5pm in room 112.



Illustration by
James Ramundo

Fall Wordsearch

E C U L C R A N B E R R Y C T
 D D A Y U C G E P I E L M O S
 E R I N O R R E N I O Y W S E
 G I U R D T A W R E D I C T V
 Y N N O Y Y V O I S R G J U R
 P V I C G A Y L S T T F S M A
 X U X V L U H L H K S A T E H
 T J M L I S D A K T C M A S A
 M U A P E G N H U E D I E P U
 M F R V K K S N U E R L R C I
 T W A K F I T K H Z H Y T T Y
 K E T U E S N G N I F F U T S
 L T L M E Y D S U A P P L E S
 L E R H O T A T O P H I N H R
 S Q C J U A U T U M N T V A B

leaves
 pumpkins
 apples
 Thanksgiving
 Halloween
 costumes
 candy

turkey
 hayride
 family
 thankful
 stuffing
 potato
 pie

gravy
 tricks
 treats
 chestnuts
 cranberry
 autumn
 acorn

corn
 cider,
 gourd
 fall
 harvest

Fall Sports 2019

Lois Kim

VOLLEYBALL

Coach DiGiacomo

This year, the volleyball team had a good season. They were victorious in games against Tenafly, Midland Park, and Dwight Morrow.



GIRLS SOCCER

Coach Shaw

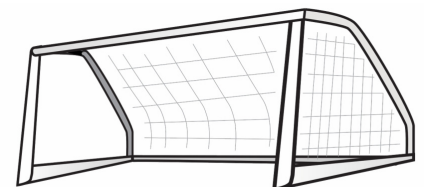
Soccer is very popular this season. On October 18th, they won 6-0 against Dwight Morrow. 2 goals were made by Claire Donohoe, 2 goals by Sarah Z, 1 goal by Julia Diaz, and 1 goal by Veronica Correa. They continued playing until the end of October, and their last game was Friday, October 25th, where they won against Dwight Englewood.



BOYS SOCCER

Coach Jano

The boys soccer team at Cliffside Park Middle School played hard this season. They won the October 25th game with a score of 2-0 against Dwight Morrow.



Student Council Update

Julie Koo

Student Council Meetings-

Thursdays in room 206

Food Drive-

Mrs. Spoleti's class was the winning homeroom and won a munchkin and chip party

Halloween Door

Decorating Contest-

Mrs. Bonomo's class was the winning homeroom and they received a juice and chip party

DECEMBER

-Candy Cane Gram Sale

-Toy Collection

...Stay tuned for Spirit Week information!

Interview with Mr. U

Jenan Hassan

Q If teaching was not your career, what would you want to do and why?

A I would want to be a race-car driver because I like cars and driving. Also, I am very competitive.

Q What led you to become a teacher?

A I have always wanted to be a teacher since sophomore year in high school. I have been teaching since I was fifteen. It came naturally to me.

Q Why teach science?

A Science was interesting and different to me. I didn't want to be a physical education teacher because there were already a lot and science was lacking teachers.

Q What do you think students today need the most in terms of education to be successful?

A I think students need to stop relying on people to do the work for them. They need to be more self sufficient, however that does not mean you stop asking for help.

Q What do you think today's children are lacking in middle school?

A I think a lot of students don't have enough experience. Whether it is volunteering to help or tutoring. Trying to find a job where they can learn how things work and so when they finally get old enough to start their own job, they know what to do. I started working when I was 12. I worked as a cashier in New York City on the weekend. I worked one day a week. I gained a lot of experience. So I think the biggest thing that students lack is experience.

Q Where did you go to college?

A I went to three different schools. My first school was Ramapo College, then I went to Bergen Community College and got my Associates Degree, and lastly I went to Montclair University and got my Bachelor's Degree.

Q What was your childhood like, where did you grow up?

A I think my childhood was very strict. I grew up in Cliffside since first grade. I was the first 8th grade class in this brand-new middle school and then went to the high school. I have one little brother. My parents introduced me to Islam but it was up to me if I wanted to be religious or follow a different path. I personally believe that something is out there, we just don't know what it is.

Q What was the most challenging obstacle you had to face and why?

A I think the most challenging obstacle is never giv-

ing up. I think a lot of young people think life is like a video game, you get to restart even if you die. Unfortunately, life isn't like that, you only have one chance. I think the most difficult thing is just to keep moving forward because even though your days might be bad now they will be better in the future.

Q Who inspired you and why?

A I think throughout my life I've had different people that have inspired me. I think if I had to choose anybody that inspires me, it's going to be my wife. She is my inspiration to keep working hard because without her I'm just working for myself. Even though my life would be easier if I was alone, I wouldn't be as happy.

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

A I would like more money. Unfortunately, this world that we live in is designed to take your money and even though money doesn't make you happy it does make your life easier. So, I would like more money.

Staff

James Ramundo

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