

Kindness Through Cards

Sienna Jorge

In October, we practiced acts of kindness, not for anything in return, but out of pure goodwill and care for others. Throughout the past year, we all experienced an extent of emotional and mental distress. As we try to shift back into normalcy, we could all benefit from a little more kindness in our lives. We are asking the students of Cliffside Park Middle School to create some encouraging cards to lift others up. You can give them to Mrs. Foster, and she will pass them onto anyone who is having a not so good day. We all can use some cheering up! Cards can be created and turned in all school year.



Booster Shots

WeiWei Qiu

Who is eligible?

This Fall, the CDC originally approved booster shots for those that had received two shots of the Pfizer Covid 19 vaccine. To receive this booster you had to be at least 65 years old, 18+ who live or work in high-risk settings, adults who live in a long-term care setting, or people with underlying medical problems such as a heart condition to qualify to get the Pfizer booster shot. Now, anyone that has received two doses can receive the booster shot.

Why should you get it?

In certain populations, health experts are starting to see reduced protection in people who have already gotten fully vaccinated. Studies have shown that the vaccine's likely protection against the virus could decrease after a period of time. Getting a

booster shot is recommended for those eligible in order to increase immune system responses and improve overall protection against the virus.

Additional Information on the other boosters

As of Mid-October, the Food and Drug Administration recommended that J&J vaccinated adults who had received the shot at least two months prior should get a booster shot. Moderna boosters were originally only approved for people with weakened immune systems but now anyone can sign up for a booster. Since this article was first written, all three vaccines have now been approved for booster shots. People are eligible to receive any booster regardless of their initial vaccine as the booster can be mixed and matched.

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Student Council Activities

Nora Boumghait

Bake Sales

Student council will continue to host bake sales outside of Mr. Walker's office after school. Listen for announcements!

Food Pantry Drive

Teachers will collect food from their 9th period classes for the food pantry drive. The 9th period class with the most items will win a hot chocolate party and a Social Studies no homework pass from the social studies department.

Food suggestions

Pasta

Cereal

Protein bars

Granola bars

Beans

Lentils

Canned tuna

Raisins

Oatmeal

Oats

Canned vegetables

Student Council Elections 2021-2022

Brooklyn Pak

The CPMS Student Council Elections are held each school year. The positions available are student council president, vice president, secretary, and treasurer. Elections occur in the fall and Mrs. Bonomo is the advisor.

Congratulations to the following students:

President

Logan Yoon - "I will do my best to ensure 8th graders can make up for the year we lost to COVID and that our 7th graders have a fantastic start to middle school life."

Vice President

Jacob Yu - "As vice president I will make decisions and make sure that students will have a voice."

Treasurer

Thomas Vivas - "I want to make the problem of stress amongst teens more apparent, to face what has been hidden from others, maybe through speeches like this or just a casual conversation."

Secretary

Nora Boumghait - "I promise to deliver, to you guys, what I set out to do."



Photo: Hana Pourkay



Artwork: Lana Mehetarian

How Has COVID-19

Affected You?

Mubina Tojimatova

1 What was the hardest part about moving your classes online when we went remote?

Mrs. Leone- "Trying to figure out how to teach math using a computer because everyone did hands-on activities."

Mr. Walker- "Not having kids in the school, no interchange of ideas."

2 How do you feel about coming back to school?

Mrs. Leone- "I was very happy to see everyone's faces. It's a different experience live in person than being on a screen."

Mr. Walker- "I'm glad to have everyone back. We lost a lot in education, but good students will do good in school no matter what. Empty school, empty feeling."

3 In what way has your work/life been affected by the COVID-19 pandemic?

Mrs. Leone- "It makes me appreciate how life was before the pandemic because you do things differently for so long and then you get told you can't do it that way anymore."

Mr. Walker- "I didn't get to visit family. We couldn't go out to restaurants, professional sports were shut down, etc. We had to find other ways to have fun and to communicate. We also lost people to COVID 19 and teachers due to covid."

4 Why do you think social distancing and face coverings are important?

Mrs. Leone- "Face coverings are important because they help reduce the amount of germs in the air that people breathe in."

Mr. Walker- "I have mixed emotions. The CDC and the State of NJ keep changing the news and rules."

I think the vaccinations are good, use your mind to decide. Wearing a mask inside and when surrounded by people is good. The CDC doesn't know everything, the News changes frequently. I wear a mask to make people comfortable."

5 Do you believe COVID-19 affected you negatively or positively?

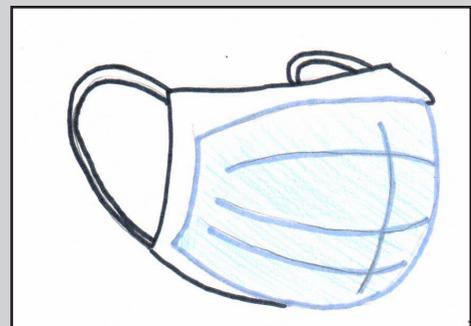
Mrs. Leone- "A bit of both (positive and negative). The pandemic gave everyone more time with people you quarantined with."

Mr. Walker- "COVID-19 affected me negatively. Due to the economy going downhill, people lost jobs, most businesses shut down, no airplanes, no cruises, unemployment rate went up, taxes went up, we lost a lot of people, etc. People are dying from COVID-19 even those with the vaccination."

6 How was the environment different between in person and online classes?

Mrs. Leone- "I was constantly saying, 'Hello is my imaginary mic on.'" Making sure people were there and in person you know who's there. Fighting with technology, longer lessons and harder to teach."

Mr. Walker- "The environment had a huge difference. Communication, in school you learn so much more, we are like family, with in-person school we try to help each other, etc. School is important not only for academics but for socializing."



Artwork: Nazanin Mansouri

Interview with Mr. Rindfuss

Lana Mehetarian
Catharina Santana

How are you adapting to your new position as principal?

It is challenging, but fun at the same time. I am able to interact with the kids and see their progress. Before I became a principal, I was a supervisor for about 7 years. I wasn't able to interact with students and see their progress. We have brought back progress tests that the kids don't like but it lets me and the supervisors see your progress. Two things that has helped me adapt to this position are one, "It is okay to mess up..." and two "Don't do too much too fast...".

As a child, did you always dream of becoming a principal?

No, I loved going to school but never saw myself as a teacher or principal. Actually as a child I loved playing sports and hoped to be a baseball player when I got older. In college I started coaching sports and counseled at summer camps. During that time I was actually majoring in finance and I could only imagine myself working at a bank. But after trying it out one summer, I didn't really like being stuck in a cubicle all day. It didn't make me happy, so I decided to start working with kids and changed my major to Education. I'm the first one in my circle of friends and family to be a teacher. It brings me so much joy working with kids and helping them and I'm glad I made that decision.

Did you ever imagine yourself in the place you are now in life?

No, I never saw myself as a principal. I always saw myself as a famous baseball player playing on the fields of Delaware. I lived there for 20 years and then I moved to two other states, and now I am here in New Jersey.

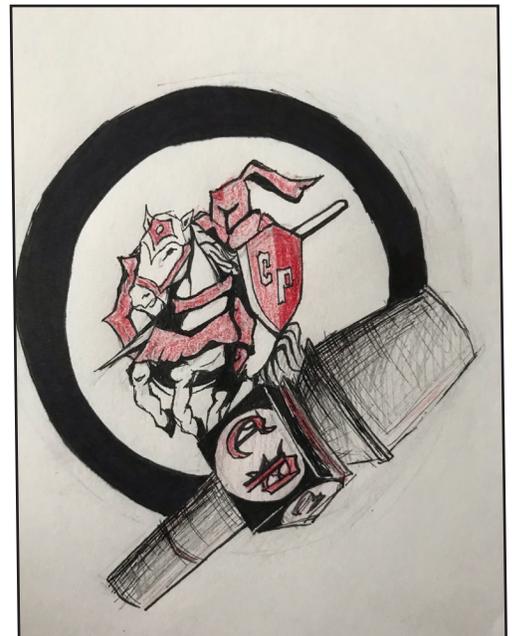
Could you say this is a promotion from your other job?

What did you do before?

Yes, I would say it is a promotion. I used to work at a bank and sit around in the office almost all day. I thought I was in a bubble. That's not what I wanted, I wanted to work with students and communicate with them. I first started as an educator, then I became a supervisor, and after 7 years of working hard, I am now where I want to be.

What was your journey to become the man you are today?

In my family there are no educators. Being an educator was a big leap for my family. The biggest challenge was putting all my chips on the table and saying I wanted to be a teacher. I love my position and I can say that every single one of us has something new to learn.



Artwork: Isabelle Nakano

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Can you tell us some of the new changes you have made to the middle school as a principal?

When the school year started I got the advice that I shouldn't do too much too fast. I took that advice into consideration when the school year kicked off. Some of the changes we have made include the Stay Strong tests that were given at the beginning of the semester. Our main goal is to see where students are academically after the pandemic. It was a hard time for everyone, so some skills that students learned during that year may not have imprinted on them the way they should have. We just want to help students as much as we can. Besides that, we have also added a 10-week STEM program for any middle schooler interested. It will be run by students and teachers of the prestigious tech school, MIT. We have guest speakers and presenters coming in soon, an updated website, newsletters every season, and emails are being sent to your parents updating them about what's happening in schools.

What is your opinion on kids being back in school?

My opinion on kids back in school is that it is great to see them in-person and have them here filling these halls with chatter. Of course it is good to have a break at 3:00pm but it is nice to interact with the students. Hopefully we can return with field trips and speakers, but until then our progression to a routine is going smoothly. I am hopeful that by September of next year kids can throw their masks in the air and say no more.

Are you planning on making vaccinations mandatory for all kids over the age of 12 at this school?

There's really nothing we can do as educators in regard to this matter, but if the state says it's mandatory, then it's mandatory.

Do you think we will get back to our old routine quickly after the pandemic?

I hope so, there was no better feeling than hearing kids' voices on the first day of school. Having kids back is amazing, but it will take a while to go back to what we once had in school.

How do you see the school in 10 years?

I imagine it to be much louder in the hallways and hope that we will be able to see each other's faces again. Another thing I hope to have in the future is more assemblies and field trips. After this pandemic, I really want us to get back to the way middle school used to be.

Photographer: Vazirakhon Tojimatova
Left to Right: Lana Mehetarian,
Mr. Rindfuss, Vazirakhon Tojimatova,
Catharina Santana.



Meditation Club

Kyara V. Jorge



As the new school year starts, many people have been suffering from anxiety and stress. Covid-19 has impacted most of our lives making many students and even teachers anxious. The Meditation Club has a new approach to this. This club helps our students release all the stress they have through meditation. It focuses on self centering yourself and relaxing your nerves so that you can think with a straight mind. The counselor holding this amazing club is Mr. Delrisco. He is open to any student who needs some guidance for their personal problems or difficulty with our transition to in-person school.

Fall Sports Photos

Volleyball



Photo: Abby Appello

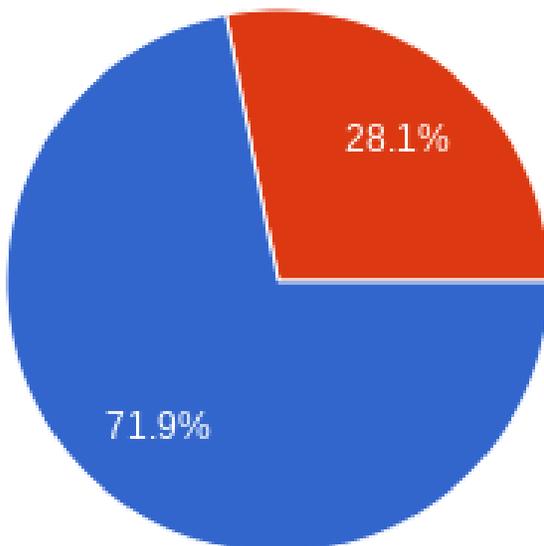
Girls Soccer



Photo: Juliette Sayanlar

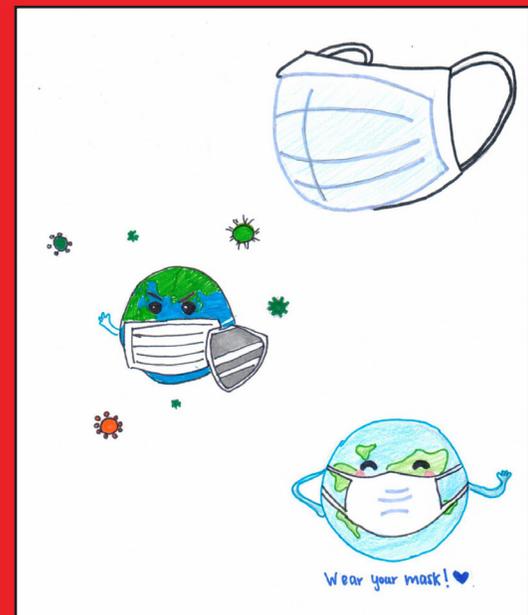
How do you feel about wearing masks in school?

Marina Ryan



Yes, I believe that wearing masks are a safe and effective way of preventing the spread of COVID-19

No, I believe that wearing masks is not effective when it comes to preventing the spread of COVID-19.



Artwork: Nazanin Mansouri