

# The Cougar Chronicle

Fall 2021

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## Why was there no school November 2nd? Election day!

**Election day is the day in the United States when the polls are open for people to vote for their representatives, so in this issue we asked Ms. Graffeo's RAMP class: Is Voting Important?**

YES!!! Voting is a civic duty, and the responsibility of all American citizens. Voting in America is a privilege for all citizens 18 years or older. In many countries, people lack this special right. The United States is a representative democracy, which means, "We the People" vote for the representatives we want to run the government, such as Presidents, Governors, Senators, and Congress members.

Did you ever think your one vote wouldn't matter? Think again! In 2000, Al Gore narrowly lost the election to George W. Bush. This resulted in a recount in Florida, where Bush had won the popular vote by such a small margin that it triggered an automatic recount and a Supreme Court case (Bush v. Gore). In the end, Bush won Florida by 0.009 percent of the votes cast in the state, or 537 votes. Had 600 more pro-Gore voters gone to the polls in Florida that November, there may have been an entirely different president from 2000–2008 (National Geographic/Resource Library).

One of the key freedoms of American life is participating in elections. Many Americans in past centuries did not have the right to vote such as women, African Americans, and Native Americans. No matter what you believe or whom you support, it is important to exercise your right to vote.

**By: Claire Becker, Michael Cosenza, Timothy Mui,  
and Catherine Sacco- Sanchez**

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### Upcoming Events:

- \* Winter Holiday Spirit Week  
December 20 - December 23
- \* Winter Recess  
December 24 - January 2
- \* SEPTA Meeting  
January 6
- \* Dr. Martin Luther King, Jr. Day  
January 17
- \* 2nd Quarter Ends  
January 21
- \* Regents Week  
January 25– January 28



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# Getting to know HVS

## What is RAMP?

### Purpose and Goals of R.A.M.P.

Written by the 2021 RAMP class

R.A.M.P. stands for **R**eaching **A**ll **M**y **P**otential. It is a work-based learning program for students who stay beyond their senior year. R.A.M.P. students are assigned various in-building work internships throughout the school year as well as classroom projects. Monthly cooking projects, a weekly swim program, field trips, R.A.M.P. late night at the Independent Living House are all important parts of the program as well. The hope is that the students in R.A.M.P. will want to continue these experiences once they leave Viscardi. The goal of the program is to help every student to “Be an Active Participant in Life”.

## What are hearing and vision services?

### All about Hearing Services

By Alex Cuenca

Kids with trouble listening with their ears or who can't hear go to hearing services with Ms. Alli. I have hearing aids in my ears to help me hear. I see Ms. Alli to learn how to listen better. For example she taught me to look at people's faces and to ask them to repeat the things they say. She also fixes my hearing aids and cleans them when they are dirty. At hearing services I also use sign language to help talk since some people with hearing problems also can't talk well. I also use an iPad. At hearing we read and listen to stories to practice what we learned. I like to come to Ms. Alli because she's fun and happy. She gives me stickers at the end of class.

### Vision Services at HVS

by Mike Rahner

I am Mike and I am in 6<sup>th</sup> grade and I want you to know about vision services so I asked Ms. Cetina some questions. Ms. Cetina is a teacher of the visually impaired (TVI). She travels to a lot of schools. Her students are all different. Some are totally blind, but many have residual or low-vision. Ms. Cetina teaches Braille to students that need to use their sense of touch to read and write. Another big thing she focuses on is teaching us to learn to be independent traveling around which is called Orientation and Mobility. Ms. Cetina said her favorite part of the job is meeting new students and learning about their interests and needs.

Ms. Cetina helps me with my vision. Sometimes I wear a patch over one eye to help me to strengthen the muscles in the other. It can be frustrating, but it is improving my vision. In vision services, we find ways to improve the way I use my eyes. She gives me materials and strategies to help me to complete my work like using materials in large print and audio format. We play fun games on Ms. Cetina's iPad too! We work on using visual scanning skills to navigate the hallway and the outdoor area by following the ILUZ routes. The ILUZ (I lose) routes are cool way of remembering my turns and directions. We end vision services by doing a freeze dance or a movement activity from Jack Hartmann. This is so much fun!

If you ever see us in the hall feel free to come say hi!

# Food News



## My Favorite Restaurant

By Grace Greubel

I like to go to McDonald's, with my dad.

My favorite food there is French fries with ketchup and an apple juice to drink. You can get other food at McDonalds too. For example my dad eats hamburgers there. McDonald's is inexpensive to go to.

We don't go in, we go through the drive thru because it is faster. I like it because we just stay in the car. Dad talks at the speaker and orders the food we want they bring it to us. I love McDonald's.



## Welcome to the Golden Corral

By: Alex Gonzalez, Naomi Chiu Hernandez, and Tristen Charley

Everyone should try Golden Corral. The closest ones you can find are in the Bronx and in New Jersey, but in other states they are all over. We have tried them when we were coming back from road trips. We think there should be more Golden Corrals in New York because the food was delicious. It is a casual restaurant where you get up to get your food like a buffet and can eat as much as you want. The prices are between \$10-\$15 dollars per meal depending on if it's breakfast, lunch, or dinner. Some of our favorites were the steak, French fries, butterfly shrimp, and mashed potatoes. If you are into more healthy options, they have salads, fruits, and vegetables. Now, onto desserts: must try is the soft serve make your own sundae bar. The cookies were also delicious. Even the oatmeal raisin cookies were yummy, which I (Alex) tried by mistake thinking they were chocolate chip cookies till I hit the chewy raisins! Over all if you pass a Golden Corral we think you should stop to go in!



## Food Fresh from the Farm by Jai Malhotra

On the weekend I sometimes drive to a farm with my family where we can buy fresh food. At the farm we get fresh milk and eggs. You can even see the cows and chickens that it comes from. It's worth it to drive all the way because it is fresher than you can get in the supermarket. The milk is thicker and richer than you can get from the store and the eggs taste better too. I think it is healthier because it is more natural and it doesn't

have to get processed and shipped to me, we go get it ourselves. It is also really fun to get to go see the animals that the milk and eggs come from and there are so many of them.

# Sports in Review

## 2021 WORLD SERIES RECAP



By Kenny Zhao

The Atlanta Braves won The 2021 WORLD SERIES! Their first championship since 1995, 26 years in the making. No one expected the Braves to win the World Series. That is what I call a “sleeper team”. Think sleeper, think sneaky, because you do not expect them to win.

The Houston Astros versed the Atlanta Braves, they played six games, but it could have gone the distance to game seven, which would have been more dramatic. Playing seven games is more dramatic because it is a “winner take all” game. Let me tell you what happened. The Braves won game 1. The Astros took game 2. The Braves won game 3. So, at first it was looking like it would go back and forth all the way to game 7 but that is not what happened. Because the Braves also took game 4 and then the Astros took game 5. In game 6, the Braves scored 3 runs off of Luis Garcia and when it was 3-0, I said, “ok, it is over for the Astros”, because (the pitchers) Max Fried, & Tyler Matzek and also Will Smith combined for 6 hits and NO runs and the Braves won the Series 4 games to 2 and took the last game in the Astros home field in Houston. The Braves “skunked” the Astros, meaning the Braves scored 7 runs and the Astros had zero runs. When the score is 7 – 0 that is when the team got “skunked”.

I predict the Braves will defend their World Series title again next year.

I think all kids should watch baseball because it is so exciting and dramatic it is always a close game and you do not know who is going to win.



(This photo really identifies the joy of winning a World Series after such a long draught)



# What to play



## Magic Tiles 3 App for All Ages!

Sedani Cleary and Mary Ogbo

We recommend Magic Tiles 3 because we think it is cool and enjoyable. The game can be played on your phone or your iPad, and can be downloaded from the app store or the google play store for free with ads. There is a premium version with no ads however we don't think it's

worth it. The ads don't really disrupt the game. The game involves music, speed, and fast thinking. The goal of the game is to tap the black tiles as they slide down your screen. Some good things about the game are that you can play with the same song repeatedly to try and beat your high score, if you mess up you can always start over and try again, and you have the option to share your high score with your friends. Some bad things about the game are that as you play, and the game gets faster you might start to get overwhelmed and a little stressed out. We think the content of this game is appropriate for people 4 years old and up, but make sure you can handle the challenge.

## Wild Kratts: By Jonathan Fitoussi

Wild Kratts Amazin' Amazon Adventure is a game on PBS Kids. It's about animals. You have to get the animals to save them from evil, bad guys. You also have to collect fruit to feed the animals after you rescue them. It's an easy game for middle school kids to play. It has a lot of levels to play and the main character can never die so it makes it more fun.



## WWE 2K for X-Box. By: Ben Green

WWE 2K is a game for x-box that you can both with your friends or alone. I have WWE 2K 16 at home and think it's a great game. In this game you can play different characters. You can pick to play your favorite and fight your least favorite WWE superstar. My favorite to play as is Roman Reigns because he has cool moves like the superman punch which he uses to beat his opponent. They come out with new versions of the game but always getting a new one can be expensive, it is okay to keep the one you have and just get a new one every few years. This game should be played by middle school aged kids and up as there is fighting in the game.



# Happy Places

## P.A. VICTORY CAMP

By Lawrence Foster

I go to Victory Camp in Pennsylvania. My sister goes there too. We do all sorts of crazy and fun things. Sometimes I go zip lining. I get out of my wheelchair and go flying through the sky. Can you believe they let me shoot arrows at archery practice and no one has ever lost an eye? I have a lot of friends there and the counselors are pretty cool too.



You might think Pennsylvania is a long way to go for camp and it is. But I really like that part too. My dad drives us. On the way there, we get to look out the window at all the beautiful nature, we watch movies, and listen to tons of music. I would recommend this place to all the kids here at Viscardi.

## **Our Favorite Places by: Ms. Wilkens 1<sup>st</sup> grade class**

A place that makes me happy is the pool. I go willingly inside in the warm water. I exercise in the pool and go swimming a lot. I love swimming because it makes me feel free like a dolphin! **—David Melikov**



I love going to the park because of the slide. I slide down and it feels good. I like to slide fast! My mom catches me at the bottom of the slide. I also love going on the swings. I like to go as high and as fast as I can. I feel happy when I am going fast! – **Jaylen Washington**

I went camping with my uncle. We were outside a lot of the time. I got to play ball and with my uncle and eat sweets (I love candy!). I liked going camping a lot. **—William Sexton**



I go to Africa in the summer to visit my mom and I love it! She lives in Gambia. I feel happy to get to see my mom. When I was in Africa I got to see a tiger. The plane ride is really long, but it's okay because I have fun there. We have a lot of different food in Gambia, but hot dogs are still my favorite! **—Khalil Bayo**

# The ARTS

## Creative Writing

This issue we are introducing a fun new way of writing a creative paragraph from **Ms. Brandt's class!** What you do is...

1. Use an emoji generator such as <https://www.byrdseed.com/emoji2/> to generate a random emoji.
2. Use the emoji that comes up to write one sentence.
3. Generate another completely random emoji
4. Add another sentence based on the new emoji you are given
5. Repeat steps 3 and 4 till you have connected 5 emojis in a 5-sentence paragraph and see what fun stories you can come up with!

### Emoji Prompt Paragraph Writing



### An example by Steven Reyes Cruz:

This guy is happy because he won the lottery. Since he is a millionaire now he went to a fancy restaurant and got the most expensive meal on the menu. He wanted to buy the most expensive shoes to go for a walk down the block. He got himself a pet that he can ride on when he's at his mansion. Then his pet got so thirsty that he had to give it water, but realized he was dreaming!



### Artists of The Quarter:

#### Vincent Van Gogh's Sunflowers

By: Tristan Charley (7th Grade)

#### Sunset Cityscape

By: Petros D'Amico (12th Grade)

#### Snowmen Winter Scene

By: Abrianna Medrano (7th Grade)

#### The Runaway Pumpkin Truck

By: Joshua Paige (1st Grade)





# Halloween 2021 High School

## Four Exciting Things We Did in the High School for Halloween

By Claire Becker and Timothy Mui

1. We decorated our classrooms with scary and creepy decorations as a contest to see who could get the most votes from the 5<sup>th</sup> grade. All the classrooms were decorated differently. Some examples are that the RAMP room was decorated with spiderwebs, disco balls, and green skeletons, while Ms. Feldmann's science room was dressed up as The Nightmare Before Christmas, and others were graveyards or inhabited by monster.

**We give this activity 5 stars because we really had a fun time competing with each other.**

1. The Pumpkin Patch is where we go to get a pumpkin to take home that you can decorate or cut how you want. The pumpkins are given to us by SEPTA. Each student gets to take one pumpkin and there are a lot to choose from. The pumpkin patch is an awesome thing that SEPTA does for us, but this year it was really cold and a little rainy, which made it less fun than it normally is.

**This is usually a 5 star activity but because of the cold we give it a 4 this year.**

2. At the end of the day we did an escape room activity instead of a Halloween social because of distancing rules with COVID. We miss going to the socials, but the escape room was fun. There was a PowerPoint to show us the clues and puzzles we needed to figure out to win the prize. We really appreciate all the work people put in to make sure we have fun even if we can't have our usual socials!

**We give this activity 3.5 stars because even though it's really fun this year it was kind of hard to figure out the puzzle and we got a little frustrated.**

3. Even though Halloween was on a Sunday this year we still got to dress up for Halloween on that Friday. People wore costumes such as Dwight from "The Office," a fireman, a pilot, a police officer, Inspector Gadget, and other characters. The student council all dressed up from the movie "Back to the Future" including Hunter who brought the whole car with him! The middle school kids even got to go room to room trick-or-treating, which was a great opportunity to see the many costumes of HVS.

**This activity gets a billion stars, it breaks the charts. It is always so much fun to see the ideas the other students come up with and get a chance to enjoy everyone's creativity.**



# Halloween 2021



## Halloween 2021 Middle School

On October 29<sup>th</sup>, 2021, the middle school students at Henry Viscardi School had a fun Halloween celebration! There were many activities that we participated in from the beginning to the end of the day. All of the students came into school in their costumes. I wore a black widow costume and I had a friend who dressed up as the Descendants and another friend who dressed up as a ninja. The best costume was announced at the end of the day! Asha won best girl costume and Xion Flynn won best boy costume. At the beginning of the day, all of the students went trick or treating around the school. We followed a scavenger that told us where to go. Some of the spots included math class, science class, music class, and even sunny and Ms. Dina. At the end of the day, we were able to watch a movie in 7<sup>th</sup> and 8<sup>th</sup> period. The movie we chose was the Night Before Christmas! While we watched the movie, Ms. Barrett and Ms. Goldschmidt asked every student to guess how many Starbursts were in the jar. The correct number was 134 and Davion Jack was the winner. He was given all the candy to take home! We all had a lot of fun celebrating Halloween with our friends.

**Written by Abrianna Medrano and Asha Pooran**



# Halloween 2021 Elementary

The newspaper interviewed the Kindergarten class at HVS about how they spent Halloween in school and here is what they said:

We had fun on Halloween. Michelle told us how they got to go trick or treating in school and got snacks and toys to take home. Some of us dressed up in school, for example Zemirah was Pikachu, Alianna was Belle from Beauty and the Beast, and Eli was a superhero! Caden was excited to get stickers and wear them on his face! Eli's favorite activity was the pumpkin patch where he got to pick his own pumpkin! We found out that it was boys verses girls in favorite pumpkins. The girls all preferred small pumpkins and the boys wanted them as big as possible! Kennedy enjoyed the obstacle course in the gym where they had to go through tunnels, a maze, and even had to go backward! Alianna says it was hard but she was able to do it! Tina didn't start at HVS till after Halloween but hearing about all the activities in the school she says she's excited for next year!

**Special thank you to Ms Joy for facilitating the interview and of course to Michelle, Caden, Eli, Zemirah, Alianna, Tina, Kennedy for talking to us!**





# Pumpkin Patch 2021







# SEL Spotlight

Social-emotional learning (SEL) is the process of developing the self-awareness, self-control, and interpersonal skills that are vital for school, work, and life success.

## What does it mean to be a healthy person according to the HVS community?

Being healthy means your body is in homeostasis, it's all evened out— **Dari Grade 11**

Maintaining yourself physically and mentally—**Mary and Sedani Grade 9**

Being healthy means we have strong muscles and we eat fruit like strawberries and bananas and we also eat vegetables like lettuce—**Jayci grade 1**

Being healthy means to eat healthy food but also to exercise both your body and your mind.—**Emily Grade 12**

To be healthy you must exercise, eat right, drink protein shakes, and especially move and dance. — **Asaad RAMP**

## How do I keep my body healthy?

I drink water and eat grapes— **Jastiny grade 5**

Be active!- **Gia and Max grade 4**

Drink water! —**Kenny Grade 9**

Make sure you eat your vegetables  
—**Ms. Christina's class grade 3**

Don't eat a lot of junk food— **Adryana grade 6**

Make sure you exercise— **Alex grade 4**

Pushing my wheelchair and going to PT with Ms. Dawn— **Joshua grade 1**

You need to eat healthy food not snacks  
—**Jonathan grade 7**

## How do I keep my mind healthy?

Remember to do something you like  
—**Gia and Max grade 4**

Talk to adults about your feelings  
—**Liam grade 4**

Spend less time on electronics  
— **Lauren grade 6**

Breathe and do yoga! Also let yourself cry if you need to.—**Ms. Christina's class grade 3**

Writing down how you're feeling and reach out to someone you trust—**Grade 11**

Get plenty of sleep and sunshine! You can also meditate, do yoga and listen to music to be less stressed. **Mrs. Brandt's class grade 6**

# Shout-Outs

**Look who has been caught being Kind, Respectful, Responsible, and Safe:**

**Caught Being Kind:**

**Jayci Lewis** (1st Grade) and **Steven Reyes-Cruz** (6th Grade) for always being kind to their friends and adults.

**Caught Being Respectful:**

**Jonathan Fitoussi** (7th Grade) for saying “please and thank you” on his own more often and helping his friends with coding in his STEM class. **Yostin Reyes** (6th Grade) for always being polite and kind.

**Caught Being Responsible:**

**Anaya Thomas** (1st Grade) and **Sedani Cleary** (9th Grade) for killing it with their homework.

**Caught Being Safe in the Halls:**

**Ashiana Azimulla** (2nd Grade) and **Sammy Yanes** (10th Grade) for keeping our halls safe as new drivers.

**Caught being an AWESOME virtual learner:**

**Atika Chowdhury** (9th Grade) and **Mia Bradshaw** (10th Grade) for always being on time and participating.

PAWSOME JOB,  
EVERONE!  
KEEP UP THE  
GOOD WORK!





**Sunny wants you to write  
for the Cougar Chronicle!**

If you would like your article to be featured in a future addition of the Cougar Chronicle please submit your work to Ms. Rosenblatt or Ms. Feldmann

Thank you to all of our readers!

Cougar Chronicles Coordinators: Ms. Rosenblatt and Ms. Feldmann