

# The Highland Roar

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## The Tower Garden Comes To Highland

by Emma Van Kleeck

Currently, Highland School has its very own Tower Garden run by the 6th Grade Enrichment students. They are growing things such as Basil, Arugula, Bok Choy, Rainbow Swiss Chard, Red Cherry Tomatoes, Bibb lettuce, lettuce blends, and much more. After harvesting a few more times, they may replant some of the veggies.

You may wonder, "How does the Tower Garden work?" Well, there are many steps to the process. The first step is to buy the seeds for the plants. After, you put these spongey cubes into a tray. They are called rockwool. They look like little sponges and feel like them except they have little holes in the middle for the seeds. The second step is to wet the sponges and to plant the seeds. You simply wet the sponges with water and then place the seeds in the holes. The third step is to let them sit for 2-3 weeks. This is so that the seedlings can sprout. Once they are about 3 inches tall, they can be planted into the actual garden. Before you can plant the plants, you have to fill the garden with water. The garden can hold up to 20 gallons. Typically, you should use about 15-20 gallons. After the water, you pour in the nutrients. To make sure you added enough of each nutrient, you test the ph levels. If they are good, the garden is ready! If they aren't good, you have to keep adding and changing the ratios until the levels are good. Once they are good, you turn on the tower garden and watch how the plants grow over time.

### Baby Bundles

by Molly Mezak



The Tower Garden runs on cycles. It will be on for a few hours with water running through the middle and be off for a few hours. The water and nutrients running through the middle and the lights outside of the garden provide great care for the plants. If the Tower Garden isn't plugged in, even if it is just for a couple of days, the plants will die and it will be hard to get them to regrow.

So far, the Tower Garden has been harvested a couple of times. The 6th grade Enrichment is continuing to grow and use the plants. The Tower Garden is truly a healthy, clean, and great option for growing plants!



Photo credit: Cienna  
Thimme



In November, the third grade Girl Scout troops 97220 and 97432 from Midland Park participated in a Baby Bundle drive. What are Baby Bundles, you ask? They are packs of baby items collected for local families in need. For example, the troops collected diapers, baby oil, spoons, wipes, pacifiers, etc. The troop got four trunk-loads in all. Molly Mezak stated, "We went in front of Kings Supermarket and it was a lot of fun."

All of the collected items were brought to Lighthouse Pregnancy Resource Center in Wayne, NJ. There are other Lighthouse Centers in Hackensack and Paterson.

The Baby Bundles project is a favorite memory for the girls. "I liked delivering them because the people there were so happy to see all the Baby Bundles," said Kaylee Beier. The collection is a wonderful Midland Park Girl Scout tradition. If you are interested in donating to the center call 973-238-9045.

## All About VSCO Girls by Kaylee Beier

A VSCO girl looks like someone that dresses from the 90's. She typically wears over-size t-shirts over shorts. In her hair, you will almost always see a scrunchie and she might wear them on her arm, too.

A VSCO girl has a choice of footwear: Vans, Crocs, or Birkenstocks. The most important thing is that they are comfortable to wear. You will often see these stylish girls wearing a mini backpack and carrying a Hydro flask water bottle. They love to cover them with stickers. VSCO girls often carry cameras and take lots of pictures with friends.

A VSCO girl has a few things that she often says such as, "Save the Turtles!" She might also say "And I oop!" or "Sksksksksks." These type of girls love the Internet and will often use it to contact friends or to make TikTok videos to share with viewers.



## Highland School Student Council by Alexis Reyes

Student Council is a program in our school for students to help the community through fundraisers and community service. So far this year they helped Habitat for Humanity, The Giving Tree, and the Thanksgiving food drive. Mrs. Lelinho, the Student Council leader, said, "One of the biggest accomplishments of student council is that we helped build two walls for Habitat for Humanity. We also went to the Hoboken shelter and prepared lunch for the residents."

The Student Council meets two times a month after school. Students in 4th, 5th and 6th grades are able to participate. There are currently many kids participating in Student Council. To join student council you have to write a speech, read it to your home room, and be elected by your classmates. Once they get elected on to Student Council, they need to help with one of the biggest challenges, which is thinking of fundraisers and raising money.

Even though you may not be in student council there are still ways you can help!

To learn more about what they are doing throughout the year you can listen to announcements or presentations that the council gives.



## PE Stars of the Month

**Congratulations to all the students who showed exceptional sportmanship and a positive attitude in Gym class this year!**

### September

3rd Charli Horton  
4th Finley Fells  
5th Ryan Liebmann  
6th Tishara Goldson

### October

3rd Elijah Fabish  
4th Luke Graham  
5th Molly McErlean  
6th Eddie Cebulski

### November

3rd Victoria Jaje  
4th Juliana Natoli  
5th Landon DeBoer  
6th Mattia Thomson

### December

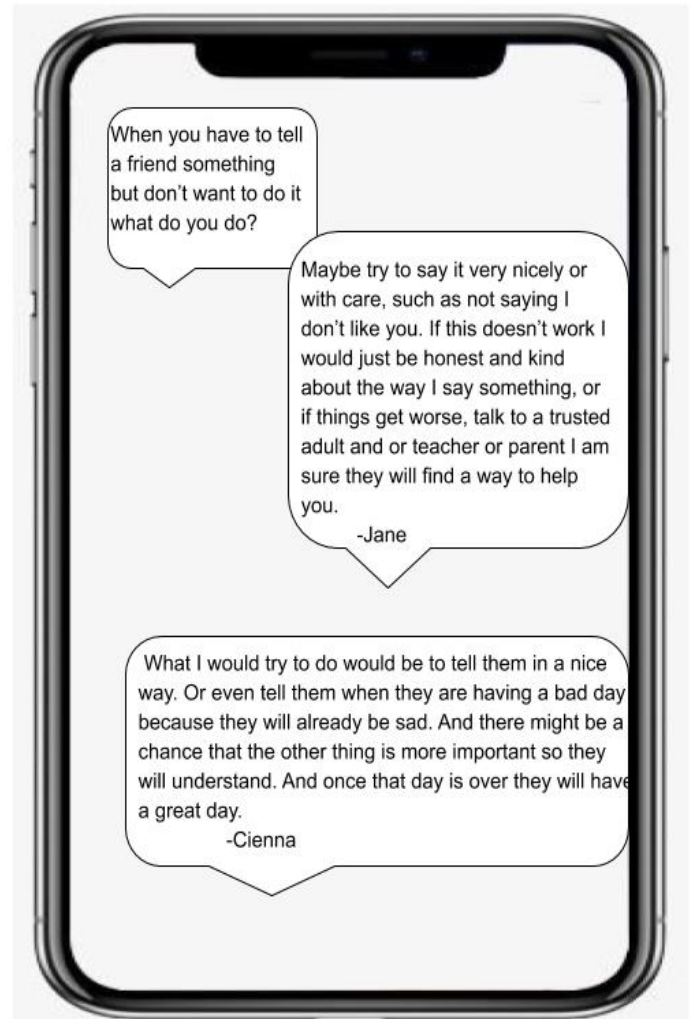
3rd Mark Vlacancich  
4th Matt Buttino  
5th Abigail Kuhnel  
6th Joseph Mayer





## REAL TALK WITH JANE AND CIENNA

**JANE TIMONEY**  
**CIENNA THIMME**



### COOKING CORNER WITH CIENNA THIMME



#### Steak Recipe

- 1) Rub the steak all over with a good glug of olive oil and a big pinch of sea salt and black pepper.
- 2) Add the steak to a hot pan, then cook for 6 minutes for medium-rare, or to your liking, turning every minute.
- 3) For more flavor, try one or a combination of the following...
- 4) Half a garlic clove and rub it over the steak every time you turn it.
- 5) Rub the steak with a knob of butter – the sweetness from the butter will make it taste divine!
- 6) Or create a herb brush by tying woody herbs like thyme or rosemary to the handle of a wooden spoon and brush it over the steak every minute or so.
- 7) Once cooked to your liking, rest the steak on a plate that can collect all the lovely juices for 2 minutes
- 8) Carve with a nice sharp carving knife, then serve with the resting juices drizzled on top.

#### Mashed potatoes

Boil potatoes(a lot)  
heat  
mash  
add some butter  
but have little packets of butter (you can never have too much butter!)

**Come to the Highland School Store!**

**Plenty of exciting and useful items are on sale:**

**Bookmarks**  
**Corgi Loaves**  
**Gummi Bear Highlighters**  
**Pencil Toppers**  
**Earbuds**  
**Magnet Buddies**  
**...and more!**

**Low prices!**

**Listen to the morning announcements for the next dates to shop in the cafeteria for your new favorite items.**

**Run by the Sixth Grade Personal Finance class**

**All proceeds benefit Highland School**



# A Night at the Movies....



## Star Wars:

### The Rise of Skywalker

The holiday season brought the final installment to a saga that began a long time ago in a galaxy far, far away...*Star Wars: The Rise of Skywalker*.

This film is an action-packed adventure that continues the battle of good and evil in a far away universe. The heroes are up against difficult odds as they face one of the most dangerous villains in the universe, Emperor Palpatine. The Resistance, led by Po and Finn, races to stop a new empire from forming. Rey, a young Jedi, has to confront evil Sith. There is plenty of excitement!

Molly Mazak and Kaylee Beier gave their thoughts on the movie:

**Did you enjoy the film?**

Molly: Yes!

Kaylee: I thought it was great.

**When did you see it?**

Molly: After Christmas.

Kaylee: Over the break.

**Who is your favorite character?**

Molly: Po

Kaylee: Rey

**Who do you think would enjoy this movie?**

Molly and Kaylee: Any kid older than eight and lots of adults, too.

**Do you need to know all about Star Wars to like this movie?**

Molly: No, I don't think so.

Kaylee: No, because there is a lot of action. I don't want to spoil the movie, though, in case people haven't seen it.

**Do you agree with Ms. Edwards that everyone should see *Star Wars*?**

Both girls laugh. :)

## Talking With Teachers

By CJ Van Kleeck

Our roaming reporter, CJ Vankleek hit the hallways to interview some of the Highland staff about their choice of career. He spoke with Ms. Edwards, Mrs. Stalb, and Mrs. Kirsch.

***What do you like about your job?***

**Ms. Edwards:** I enjoy spending my day with kids.

**Mrs. Kirsch:** The people I work with and teaching kids.

**Mrs. Stalb:** Being with my students and trying to find fun ways to help them learn. I also love reading aloud.

***What would you add to the school if you could?***

**Mrs. Stalb:** A salad bar for teachers.

**Mrs. Kirsch:** More artwork and a birthday calendar.

**Ms. Edwards:** Snacktime for all the kids.

***How would you describe your personality as a teacher?***

**Mrs. Kirsch:** Fun and patient

**Mrs. Stalb:** I am a balance of serious and silly.

**Ms. Edwards:** Half Jedi and half wizard.





## **Gerrit Cole Goes to the Yankees**

### **By CJ Van Kleek**



Gerrit Cole is an All Star baseball player. He was named the National League Pitcher of the Month for April 2015, which is a pretty cool thing to be named. He played for the Pittsburgh Pirates and Houston Astros. Speaking of the Astros, he helped them get to the World Series in 2017 and 2019. He was born in 1990 in the town of Newport Beach, California.

For college he went to UCLA, University of California, Los Angeles, and played for the UCLA Bruins. After he played for the Bruins, the Pittsburgh Pirates made Cole their first pick for the MLB Draft of 2011. He made his debut in 2013. Within that same year he was named National League Rookie of the Month for September. He was traded to the Astros in the off season of 2017-2018.

On September 18, 2019, Gerrit Cole became the 18th pitcher in major league history to strike out at least 300 batters in a season. That is a pretty big accomplishment! On December 16, 2019, he signed a \$324,000,000 contract with the Yankees. This is the largest contract in major league history for a pitcher.

Surprisingly enough, he liked the Yankees when he was a kid. He was very happy and excited to be on his childhood dream team. He brought the sign he made for the 2001 World Series to his contract signing. He will pitch in spring training and also on opening day for the Yankees. Yankees fans hope signing Gerrit Cole will be the key to winning the World Series this year.

## **Hip Hop Dance**

### **by Lexi Reyes**

Hip Hop dance was created in the late 1970s by Kool DJ Herc. Unlike other dance styles, hip hop dance originated on the streets of New York and Los Angeles, instead of in a dance studio. Hip Hop is also different from other types of dance because it is more energetic and dancers wear baggy clothes.

Hip Hop first started with breakdancing, which has a lot of movement on the floor some breakdancing moves including the windmill, a head spin, and a head slide. Through the years, Hip Hop has evolved into a more upright position, and includes styles such as “popping”, “locking”, “breaking”, “uprock”, and “krumping.” These styles all have short, isolated and controlled body movements. Many dancers perform freestyle, which lets them add their own personalities. That’s why there are Hip Hop dance battles!

Hip Hop dance battles are important to people so that they can show the world there personalities and a new style of dance! Some famous old school Hip Hop dancers are, Michael Jackson, Run-D.M.C, Paula Abdul, and Les Twins.



## **YMCA Adventure**

Sixth graders at Highland started their year off with a field trip to Fairview Lake Campground, a YMCA facility located in the countryside of Sussex County, NJ.

The purpose of the field trip is to enjoy a day outside doing activities that build up self confidence and teamwork. These activities include canoeing on the lake, survival skills, and a rock climbing wall. Students were also given time for free play on the basketball courts, while others enjoyed a game of volleyball.

The teachers and counselors led the students through the day, watching them challenge themselves in new ways. Some were nervous for their first time in a canoe, while others had never tried to get to the top of a wall. It was an exciting beginning to an eventful year.



## Soccer Superstars by Karleigh Detrick



This years U12 AJAX girls soccer team had a great season. They had gone the whole season undefeated, and came out number one in the entire league. I interviewed some players from this years team so you can hear what they had to say.

I asked former player, Cienna Thimme, about what the season/last game was like. She said, “It was a hard game. They were trying to beat us, but we beat them. It was a very close game.”

Next I asked Valentina Vitetta about the season overall. She said, “We worked really well as a team. We persevered a lot since last year coming from a season with all losses.

Here are some facts about this years season. The U12 AJAX team scored 51 goals and only let up less than 15 total goals all season from all of their opponents in total. The highest scoring game was versus “The Den of Lions” with AJAX taking the win 7-0! The furthest team AJAX played was from Staten Island.

After the last game of the season, the AJAX team celebrated their season by having an end of the year party. Mr. Kenney, the coach handed out awards to all of the players that represented them as a player during the season. All of the awards are actual awards that players can earn if they professionally play soccer. Here are the awards that were given out to each player:

Alexis Williamson: Goal of the year  
Cienna Thimme: MVP (Most Valuable Player)  
Samantha Weston: Assist of the year  
Alexandra Kenny: Midfielder of the year.  
Valentina Vitetta: Golden boot (Most goals scored in the season)  
Sadie McIlveen: Most versatile player award  
Jenna Yum: Defender of the year  
Heidi Marcus: Defender of the year  
Abigail Kuhnel: Comeback player of the year  
Ella Kosak: Breakout player of the year  
Sophia Guignon: Top defender  
Karleigh Detrick: Save of the year (Goalie)



Overall, the AJAX team had an amazing year. Being an undefeated team is not easy. It takes a lot of work, several hours of practice, and traveling all over for the games. I think it is safe to say, that all of the players want to thank our coaches, Mr. Kenney and Mrs. Kozak for being amazing coaches and believing in the team. We would also thank our trainers and our parents for everything they have done for our team this year. Best of luck next year!

### Do The Right Thing Winners

**Congratulations to the following student for receiving a DTRT award from Mr. Galasso**

**Landon DeBoer -5th grade**

**Zeel Patel-6th grade**

**Luke Graham-4th grade**

**Lexi Kakolewski-grade 3**

**Ben Junta-grade 3**

**Will Dell'Aglio-grade 3**

**Lauren Trotta-grade 5**

**Mrs. Brennan and Sophie Mahoney-special recipients**





BLACK HISTORY MONTH

The month of February is set aside to celebrate the history and contributions of African Americans all across America. At Highland School, our Art teacher, Mrs. Grammer is sharing timely art that represent the visual talents of black artists in our country. Stop by the display on the first floor hallway to learn and be inspired.



How to Train a Dog  
by Kaylee Beier

Once you get a dog, you have to train it the right way so it will be a good dog when it grows up. Here are some tips you can use.

- 1. Give your dog a good name and use it all the time so they know it.
- 2. Be nice to your dog so it likes you and wants to listen.
- 2. Wait until your puppy is about six months old to really train it, so that it is old enough to learn.
- 3. Start with easy things, like "Sit!"
- 4. Give the puppy a treat if they do they do it right. Don't give them anything if they don't listen or are bad.
- 5. If a puppy chews on things, don't get too mad. Don't yell. Give them a toy they are allowed to have.
- 6. If your dog jumps on you too much, don't pet him or he will keep doing it.

Those are some tips on how to get your puppy to be good. I hope you are lucky enough to have a dog!



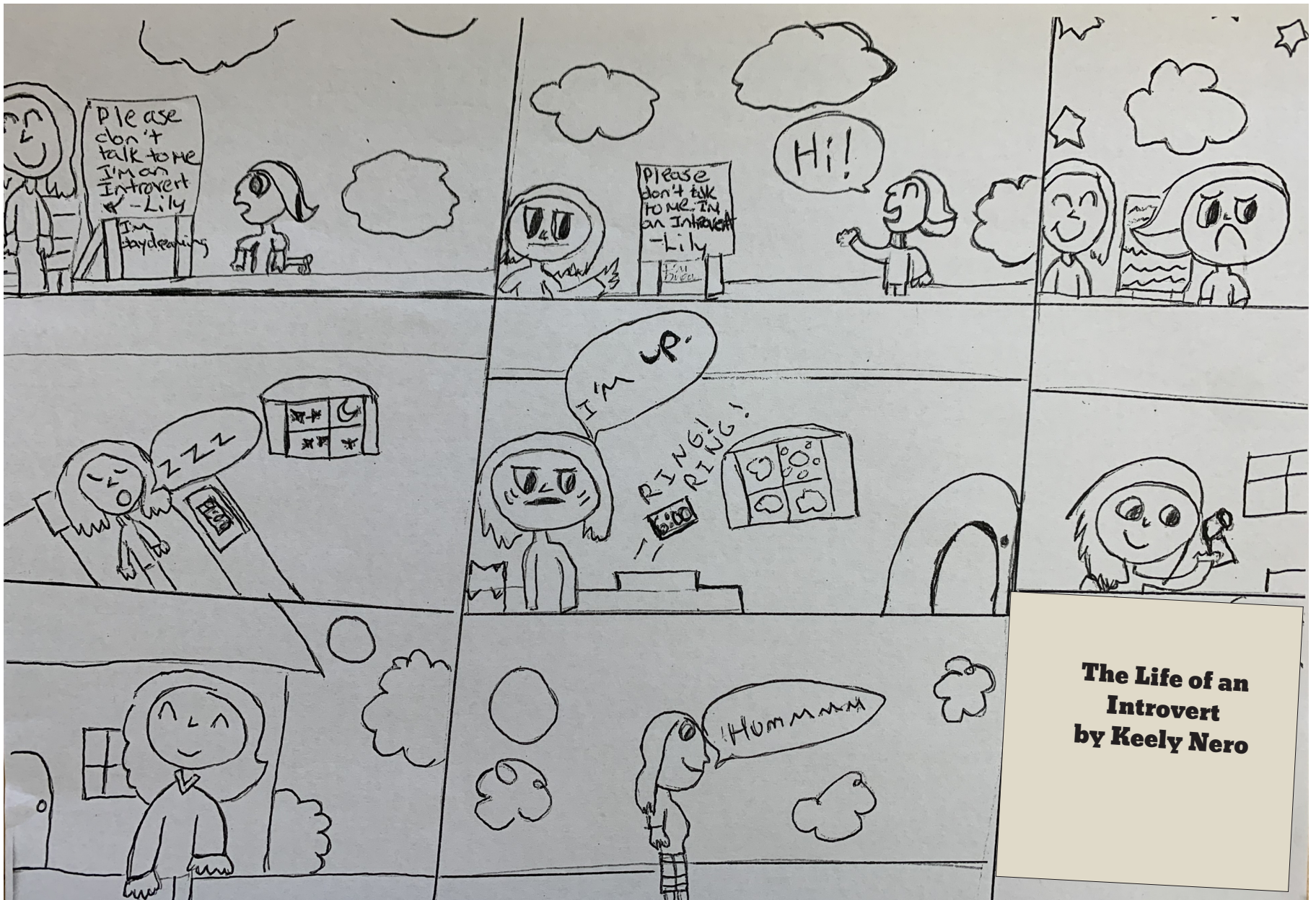
MAGIC MAZE ● ME FIRST

O T P L M I E B X U Q N J G D  
Z W T Q E N K H D A X U R P M  
J G D A A X V S Q N K I F D A  
X V T R G Q O M J H F C A Y W  
U R P N E L J H F D B Z X V T  
R Q W O R D M M K K T I H L E  
F D B O Z O N E Y W E R V A I  
T R Q O E (M E A S L E S) I E N  
N L K I H M F T E T M D W M A  
D C A Z G N O K E M E X W E E  
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Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Mead	Meanie	Medium	Meteor
Meager	Measles	Meek	Meter
Meal	Meat	Meet	Mew
Meander	Media	Mekong	



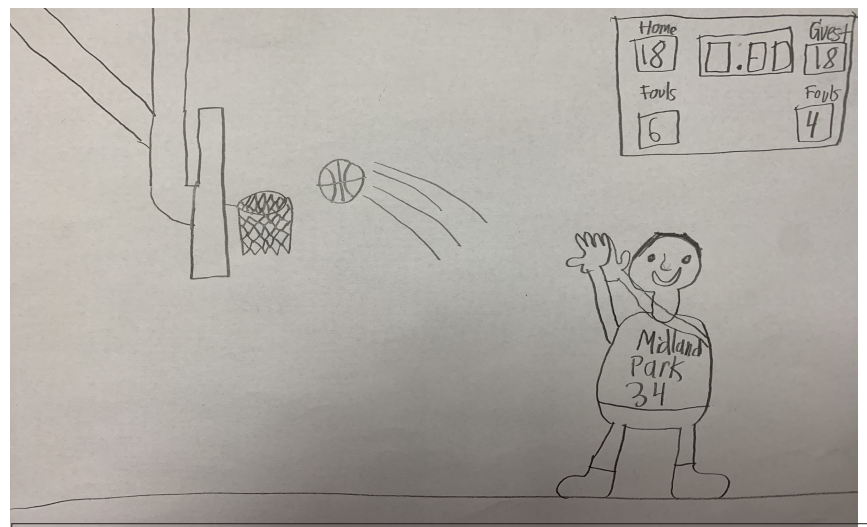


## Cooking With Hailey and Molly Hailey Montoya and Molly Mezak

### Super Awesome Brownie Recipe

1/2 cup butter, 1 cup granulated sugar, 1/2 cup brown sugar, 3 eggs, 2 cups flour, 1 1/2 cups semi-sweet chips, 1 teaspoon vanilla, 1/4 teaspoon salt

1. Grease a 7 inch baking pan, then line with parchment paper.
2. Melt semi-sweet chocolate chips and butter for two minutes in the microwave on low.
3. In another bowl, put white and brown sugar. Add eggs in one at a time. Mix for two minutes until it is creamy.
4. Mix in salt, vanilla, and flour. Next, add in the melted chocolate/butter mixture and stir everything together. For extra chocolate flavor, you can add in cocoa powder, broken pieces of candy, or even hot chocolate mix. Yum!
5. Pour the mixture into the pan. Bake for 30 minutes at 350 degrees.
6. Let the brownies cool and then eat!



Highland Kid by James King

