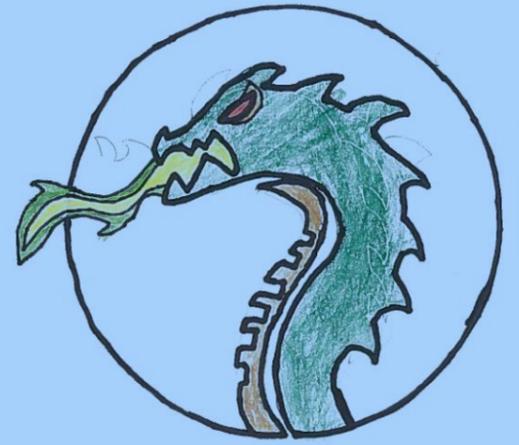


# The Dragon's Post

Our Hamden Middle School  
Student Newspaper



Logo By: Devon Huggins

ISSUE 3 | January 2023

Winter Issue

HAMDEN MIDDLE SCHOOL

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## View this Issue (& More!) ... Online!

The Dragon's Post is available to our readers online.

Just scan the QR code (left) to access our online newspaper.

*A HUGE shout out to our web designers: Riona Pais, Evana Pais & Chloe Butts*



# Teacher Spotlight: Mr. Cebula

*Mr. Cebula is a Physical Education teacher, Encore Team Leader, Ski & Snowboard Club Advisor & a Cooperating Teacher for SCSU Student Teachers.*

*Staff Writers Chloe Butts & Riona Pais interview this dynamic and enthusiastic teacher.*

## The Interview

**Q: What inspired you to pursue a career in teaching Physical Education?**

**A:** “I love sports and a lot of different sports, and I love helping people. So as a PE teacher, I get to help students find enjoyment through different sports. It’s the best of both worlds.”

**Q: What’s your favorite hobby out of school?**

**A:** “I enjoy learning and reading about personal finance and I enjoy training for ultra-endurance events.”

**Q: What’s your favorite food?**

**A:** “Pepperoni pizza, and chocolate chip cookie dough ice cream with gummy bears on top.”

**Q: What was the first sport that you played?**

**A:** “Soccer.”

**Q: What’s your favorite sports team?**

**A:** “The New York Yankees (Baseball), the Dallas Cowboys (Football), the New York Knicks (Basketball), and the New York Rangers (Hockey). I am most proud of the Dallas Cowboys’ most recent playoff.”

**Q: Has one of your students impacted the way you teach, and if so how?**

**A:** “Every day! Our students teach us so much and sprinkle a ton of goodness into our lessons and lives.”

# Kindness 101

Our Dragon's Post reporter Evana

Pais speaks with members of the

HMS community about Kindness

This is the year for a fresh start, and what better way to start off the year than with kindness? That's exactly what the Hamden Middle School is doing!

Mr. Ortiz, the Grade 7 Assistant Principal, thought of this wonderful idea of putting kindness videos at the end of the announcements, and doing activities that show kindness. For example, on Friday, students wrote two kind things they saw this year on Post-Its, which were then displayed on bulletin boards throughout the building. We got an inside scoop on the thought process of this activity, and we decided to ask teachers and students about their perspectives of the video!

## A Question for Mr. Ortiz, Gr. 7 Assistant Principal

**Q:** *What inspired you to make the Kindness 101 activity?*

**A:** "I watched a lot of the videos previously, and I started thinking about how great it would be to get our school community to think about small acts of kindness. And then I thought it would be great if we could do an act of kindness as a school to help our students make a connection. So that it's easy to be kind to one another."

## What are your thoughts about Kindness 101?

### Gr. 7, House 2

**Student - Taliah** - "I think that it was encouraging to help others, and be more kind."

**Mrs. Kim** - "I really liked the real life example about how kindness is so simple, kind, and powerful. I also liked that a highschool student who is now an adult is still making impacts."

**Mr. Ugolik** - "It made me reflect on things that I do. It makes me want to try and have kids reflect on their behavior and how to act better."



### Gr. 7, House 3:

**Mr. Frishman**- "It doesn't take a lot to be kind in your regular life, it just adds to your daily life."

**Student - Ariel** - "I really thought that it makes a difference to be kind and sometimes all it takes is a few nice words and that I think that others can be nice to and reflect on their actions after the video"

### Gr. 7, House 4

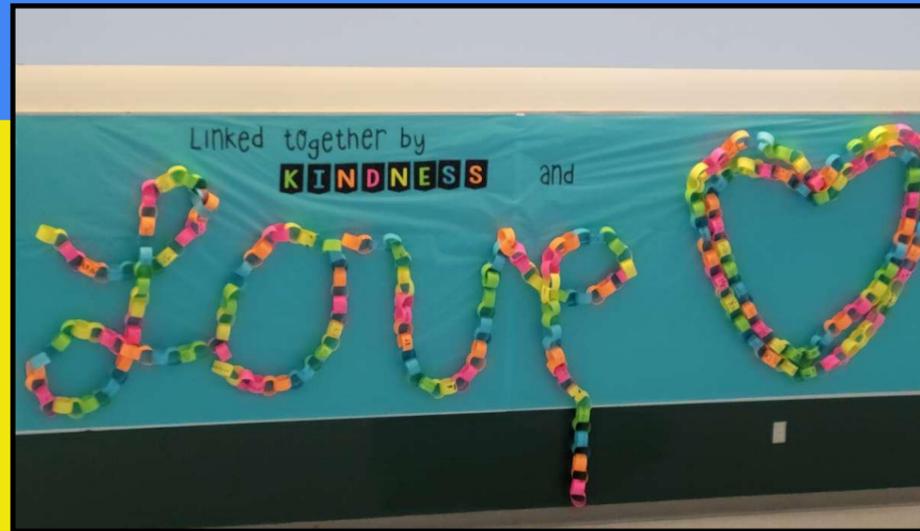
**Mr. Stanton** - "It impacted me a lot. It made me think about the acts of kindness I do in my personal life and see if I can do more!"

**Student - Owen** - "It impacted me because it made me feel happy that people were trying to have kids have more friends that they could talk/relate to, it also reminded me of my past."

# Kindness 101

**Dragon's Post** reporter Evana Pais speaks with members of the HMS community about Kindness.

What are your thoughts about Kindness?  
*continued...*

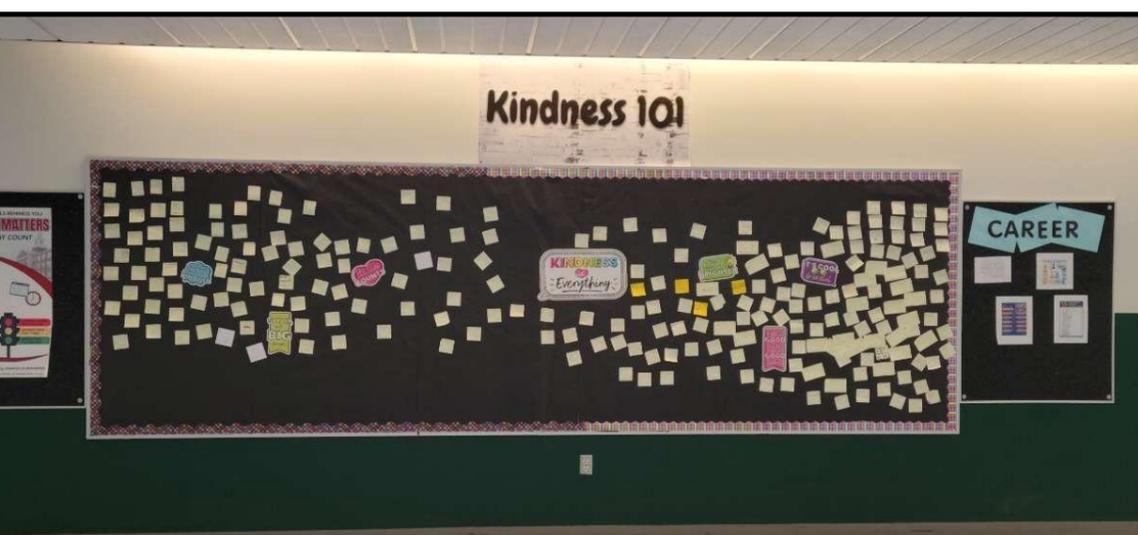


## Health:

**Miss. Opalenik** - "Our school is recognizing the fact that we should be impacting the community and uplifting the downtrodden. From the individual to the collective school culture, I believe we can find unique ways to help everyone. Whether it is inviting someone to sit with you, and even if it's just a peer helping you clean up. Those are all acts of kindness we can do in our daily lives."

## Art:

**Mr. Hubbard** - "People need to think about how to talk to each other and how to be kind to one another. And I think it will be cool to see all the positive notes at the end of it."



## World Language:

**Miss. Santiago** - "I think it helped a lot of students and how their actions can reflect on themselves."

# World Language Presentations

## HMS Students Assist Incoming 7th Graders in Choosing a Language to Study

This month, 7th and 8th graders got the chance to present to the incoming 7th graders about languages. As you know, when you get to 7th grade, you have to take a language course and that can be a tough decision for some people. All the language presenters did an amazing job with their presentations, so great job to those 7th and 8th graders who took their time to present to 6th graders! And also, a big thanks to our language teachers for teaching our 7th and 8th graders all they know about languages, we appreciate it a lot! (View more images on our website)



Chinese Presentation

# Fun Stuff

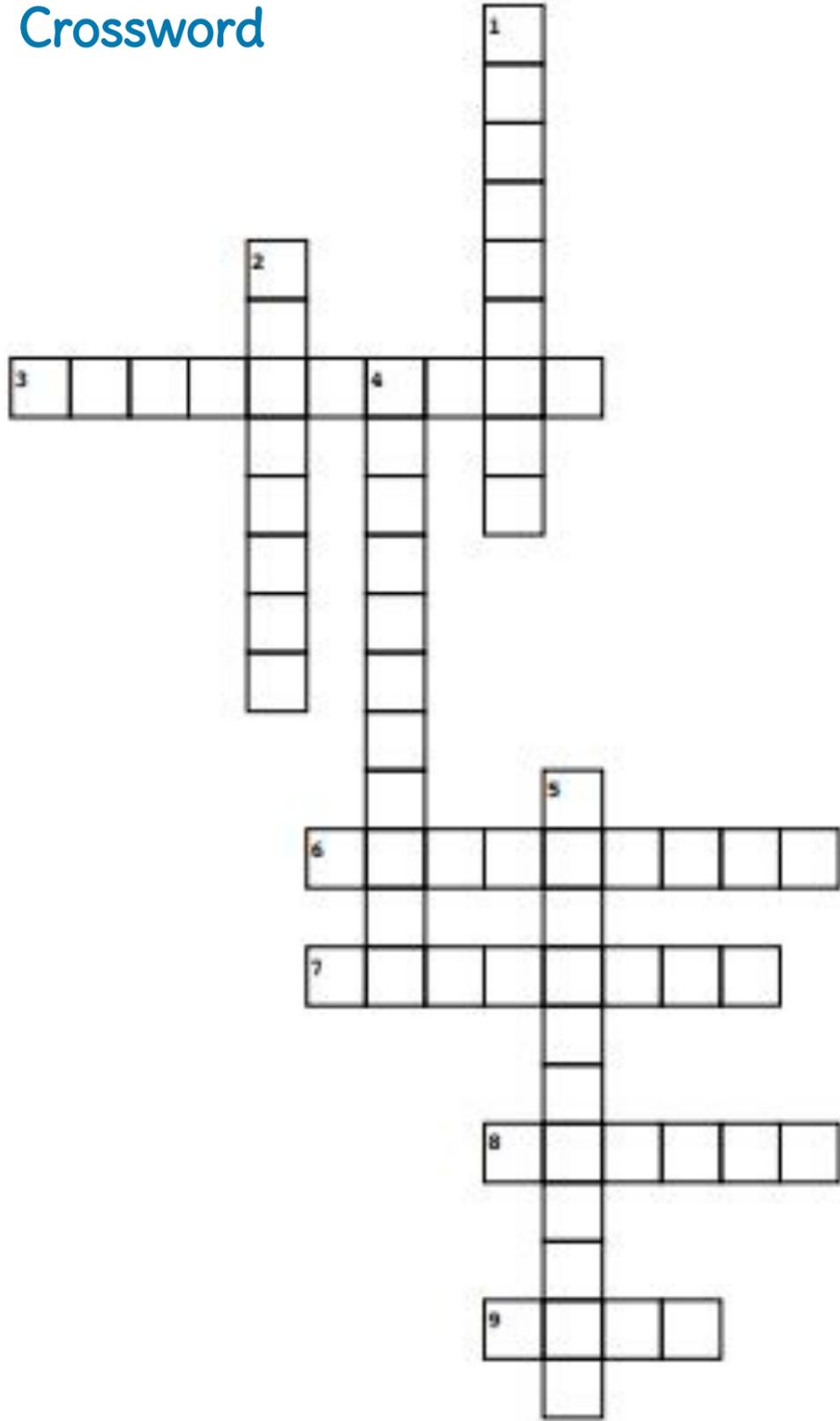
Compiled by Staff Writer

Desmond Bohan

Riddles, A Word Search & More!



## January Crossword



### Across

3. A promise made typically on New Years Day

6. Celebration involving a lot of people

7. Holiday known for a ball dropping in Times Square in NYC

8. Group of related people

9. Things consumed at essential times of the day

### Down

1. Ordered time to an event

2. Event happening on New Years Eve in Times Square in NYC

4. Place in NY known for the ball dropping

5. Commemoration of an event in a happy manner



# Review Crew:

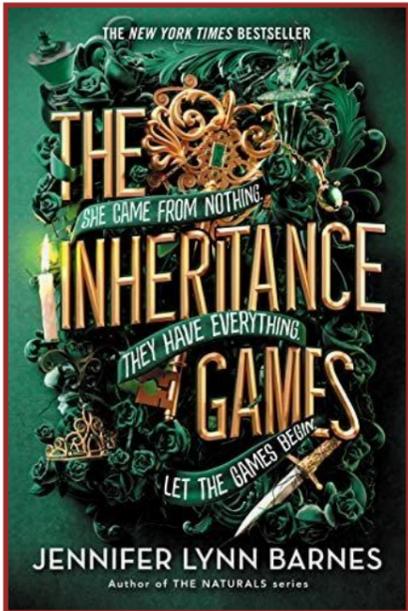
The Review Crew: Chloe Butts,

Evana Pais & Riona Pais

## Fresh Picks for the New Year

### What to Read...

By: Riona Pais



**Book Title:** *The Inheritance Games*

**Author:** Jennifer Lynn Barnes

This book is about a 17-year-old girl named Avery Grambs who had no idea that her life was going to be flipped upside down. After being mentioned in the will of Tobias Hawthorne (the richest man in America), Avery is now the richest teenage girl in the world. But with four Hawthorne brothers who expected the inheritance for themselves, Avery now has to play the game that Tobias Hawthorne left her to play. This amazing book is filled with many plot twists that will keep you at the edge of your seat. **(This book is the first book in a series. If you're interested in this book, you should also read the other books!)**

**Song Name:** Victoria's Secret

**Artist:** Jax

This song, written by Jax for a kid she babysits, was written after hearing what girls at the girls' school were saying about their bodies.. This song talks about how female bodies are all different and shouldn't be compared, which is altogether an amazing message. This song has already been number 1 on the charts, and if you haven't listened to it already, you definitely need to.

**(DISCLAIMER: This can be a sensitive topic to some people, so be careful!)**

### What to Listen To...

By: Chloe Butts

Many people are saying 2023 is the year of self-love, and what better way to kick off the new year than with a song all about body positivity?

### What to Watch...

By: Evana Pais

**Movie Title:** Avatar: The Way Of Water (PG-13)

**Director:** James Cameron

This movie is a long and action-packed movie, so be prepared to be amazed by this film!

**Remember, if you want to watch this movie, you have to watch the first movie.** According to IMDb, *Avatar: The Way of Water* is about, "Jake Sully and Ney'tiri have formed a family and are doing everything to stay together. However, they must leave their home and explore the regions of Pandora. When an ancient threat resurfaces, Jake must fight a difficult war against the humans." **(This movie is 3h 12m, so if you decide to watch this, this is 3h 12m of your life that you can't take back!)**



# Meet Olivia R.!

## Our Athlete Spotlight

*Olivia R. plays basketball & soccer.*

*Our Dragon's Post Reporter Evana Pais interviews Olivia about her experiences playing for Hamden Middle School.*

**Q: What/who inspired you to play basketball?**

**A:** "My grandparent was a coach for QU and SCSU and my mom played basketball as well. I would go to QU games with my parents (but mostly my dad)."

**Q: What emotions go through your mind before any games?**

**A:** "I feel nervous when our coach is talking to us. When we are doing our 'chant' I feel motivated. When we are at an away game I feel extra nervous because only our parents are there and there are kids that are there for the home team."

**Q: What position do you play?**

**A:** "I am a guard/point guard [the person who brings the ball up]."

**Q: Did you make any new friends while playing basketball?**

**A:** "I made new friends throughout my classes but I definitely developed a better relationship with them playing on the court because we are together every practice and game supporting each other. I even regained friendships with people that I had in my early elementary years."

**Q: Has playing basketball changed you in any way?**

**A:** "I think it has made me more competitive because I want to win when I play on the court."



**Olivia plays basketball and soccer!**

**Q: How was it like playing against Guilford?**

**A:** "It was really fun because I scored 4 points and we also won 16-2. So overall, it felt really good because we won Varsity and JV. It felt even better when Coach Kim was telling us how we did really well. We were very proud of ourselves."

*Interested in Reading More?*

Visit **The Dragon's Post** online for photos, stories and more!!

