



Monomoy Regional Middle School

The Monomoy Citizen

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Monomoy Middle School's Resident Ospreys

by Ethan Seufert

Have you ever wondered about the ospreys at Monomoy Regional Middle School? We interviewed Ms. Randall and Ms. Forist recently and got some answers to questions you might have.

Did you know there is a pole on the top of the hill at the school? This was for the ospreys to nest on instead of the dangerous telephone pole. The nest was even moved from the telephone pole to the other pole, but the ospreys moved it right back. The reason for this is because the pole on the hill is at least half the height of the telephone pole. Ospreys also come back to the same nest every year so the ospreys are attached to that nesting spot.

Here are some facts about ospreys in general. Ospreys mainly eat fish and sometimes small rodents.. Amazingly ospreys live on every continent except Antarctica. Since ospreys are a big bird of prey they need to have a tall and wide nesting place and be close enough to the water to hunt fish. Ospreys nesting behavior is that the male leaves the nest and hunts for fish and the female sits on the eggs. They lay their eggs in the beginning of March and end of April and the eggs hatch end of April or the end of May.

As of our deadline there are only two adult ospreys in the nest and we are uncertain if there are any eggs or chicks.



In our last issue, Monomoy Citizen asked our readers to give us names for the ospreys, who live on a telephone pole near the softball fields behind Monomoy Regional Middle School (MRMS). The results of our contest were close, but the winners of the "Name The Osprey Contest" were Eddie and Flo. Amazingly, these names were submitted by two people: Mr. Napier and Mr. Newby. CONGRATULATIONS!

Osprey Facts

- Ospreys almost disappeared because of a pesticide called DDT
- Ospreys always carry the fish with its head in the direction they are flying because it is more aerodynamic
- Another name for ospreys is fish hawks
- Bald eagles sometimes chase ospreys in hope of making them drop their fish
- Ospreys only lay eggs once a year
- The father osprey gives the mother and the chicks the body of the fish and takes the head for himself

Researched by Ella Baum. Source: Audubon Society

Meet Our School Nurse

by Ella Baum, Tessa Gingras and Jillian Stevenson

Nurse Sullivan is the sweet and caring nurse at Monomoy Regional Middle School (MRMS). She lives in Harwich with her husband John and her three daughters Hannah, Abby, and Emma. Mrs. Sullivan enjoys reading, solving puzzles, going to the beach and being with her family. Her favorite food is Mexican.

Nurse Sullivan grew up in Auburn, Mass. She says that she became a nurse because she likes working with children and helping them. She went to Worcester State University for four years to become a nurse and she started working as a nurse in 1999. She has been a nurse for a hospital for kids and also has worked as a pediatrician twice. So she really knows her stuff.

Nurse Sullivan says she rates MRMS students' health 9.9 out 10, which is pretty good! Nurse Sullivan says that some ways to prevent common illnesses is to wash your hands. Unfortunately, Nurse Sullivan says you cannot prevent injuries, they are

accidents. Accidents happen!

The most common injuries is most likely a twisted ankle. The most unusual injuries she has seen was when a boy broke both arms at the same time! Ouchie!

To stay healthy she says wash your hands, eat healthy, and get lots of sleep.



Nurse Sullivan



Monomoy Citizen
Monomoy Regional Middle School
Chatham, MA



Standing: Ella Baum, Ethan Seufert, Tessa Gingras, Jillian Stevenson; sitting: Jacoby Scott, Arlo Danielson.

Staff

Ella Baum, Arlo Danielson, Tessa Gingras,
Jacoby Scott, Ethan Seufert, Jillian Stevenson

Staff Advisors

Terri Adamsons, Tim Wood

Walk To Water Raises \$13,000

by Tessa Gingras
Interview by Ella Baum

In June an interesting event called Walk To Water took place, starting at MRMS and ending at Oyster pond. This event was organized by the Megalodons and Mrs. Armstrong. Anyone could participate in the event and everyone was encouraged to do so.

What is Walk To Water? The Walk To Water was a fundraising event to obtain the money to build two or three water collection stations in Kenya.

What is the purpose of Walk To Water? Kenya has enough rainfall but they don't have a public system to collect water and provide safe drinking water. The children have to walk miles to collect water each day for their families to use.

How did students participate in Walk To Water? Each member of Monomoy Middle received a pledge sheet and hopefully got at least around \$50 in pledges. If all 500 students collect \$50, at least two stations or water collection and sanitation. With more donations we could get three.

When was Walk To Water? The Walk To Water was June 5 at 1 p.m. Students carried a gallon jug of water from the school down to Oyster pond. These jugs were filled the night before from the pond. So each jug weighed eight pounds. It will help our community understand the daily struggle of children in Kenya.

How will it affect the students at the school in Kenya? Positive or negative?

Positive. It will make the world a little more hydrated.



Plastic Poll Results

by Jillian Stevenson
Plastic is a convenient material, but is it really necessary?

Did you know that a plastic bottle can take 450 years or more to decompose? That's 4.5 centuries! That means that the first plastic bottle that you ever drank from will last longer than you! Way longer!

According to responses to the poll that we put in our last edition of Monomoy Citizen, 46 percent of students and staff didn't use plastic straws, and 23 out of 30 Monomoy Regional school District (MRMS) students voted to ban plastic straws. That's 76.6 percent!

According to onegreenplanet.org, at least 100 marine mammals are killed each year from plastic pollution. Some of these animals are: sea turtles, seabirds,

whales, dolphins, seals, sea lions and fish.

What are some ways that you can help with plastic devastation? According to oceansociety.org, you can:

- Reduce your use of plastic straws
- Participate in a beach cleanup
- Recycle
- Spread the word

One of the suggestions made in our recent poll was to show footage of plastic devastation in our ocean. A popular suggestion was to use paper or metal straws as an alternative, or give everyone in MRMS a metal straw.

It's clear that most people at Monomoy want to ban straws or don't use them anyway. We hope that our plastic problem is soon solved.

Looking Back At MRMS

by Annalise Langelier
My experience at Monomoy Middle School has been nothing short of extraordinary. As with any middle school experience, I have had my ups and downs, though, as a whole, it has been an enjoyable endeavor. The highlights of my middle school career have been my involvement in the National Junior Honor Society, chorus, and Animal Rights Club.

When I was in fifth grade I was excelling in English Language Arts. My teacher at the time, Mrs. Babb, allowed me to do an independent study with our school librarian/health teacher, Mrs. Armstrong. I was able to work one-on-one with Mrs. Armstrong to start the Monomoy Regional Middle School Animal Rights Club, and I learned so much from her beyond that. The formality of my writing is a credit to her. She taught me how to write emails asking for donations, helped me plan meetings, and helped me advertise my club.

After we set up the club, Mrs. Babb became the advisor. I put all of my heart into running that club. It means so much to me, and I am so fortunate to have been granted the opportunity. It would not have been possible for me without the support of Mrs. Armstrong, Mr. Wilson, Mrs. Simmons, and especially Mrs. Babb, who has been there to support me with the club, my school work, and much more. I am so grateful that I had people to support me and provide me with opportunities for success. The Animal Rights Club has held many fundraisers, our most popular being the Pets of Halloween Costume Contest. On June 8, we held our first "Paws for a Cause" One Mile Fun Run!

I have gotten so much out of the club, and I hope others were able to get

something out of it, too. I know it's not amazing, by any means, but I am proud of what we accomplished and I hope to continue working with the club, even though I am entering the high school. I have also gotten a lot of support from my chorus director, Ms. Toscano. She has mentored me and guided me all the way to earning a spot in the Junior South-East District Choral Festival. I am so thankful for everything she has done for me and how much she pushed me to try my best. I have learned so much from her about things like reading music, tempo, tone, and style. She has taught me breath techniques, how to sing high notes, and how to make my voice louder. I am so grateful for not only the gift Ms. Toscano gave me, but the gift I received from working with an amazing group of kids. Walking into chorus may not give you immediate friends, but after three years of being in the program I have lifelong friends.

National Junior Honor Society is another great thing about Monomoy. It is a group of hard-working, intelligent kids working together to effectuate positive change in our community. I love our lovely advisors Ms. Estes and Mrs. Botsford. They have helped me both in school and helped the group as a whole be able to make a change. Not only that, but the friends you make in NJHS are wonderful. I have formed so many friendships with NJHS kids and through NJHS kids. It is definitely a valuable experience I'm glad I had.

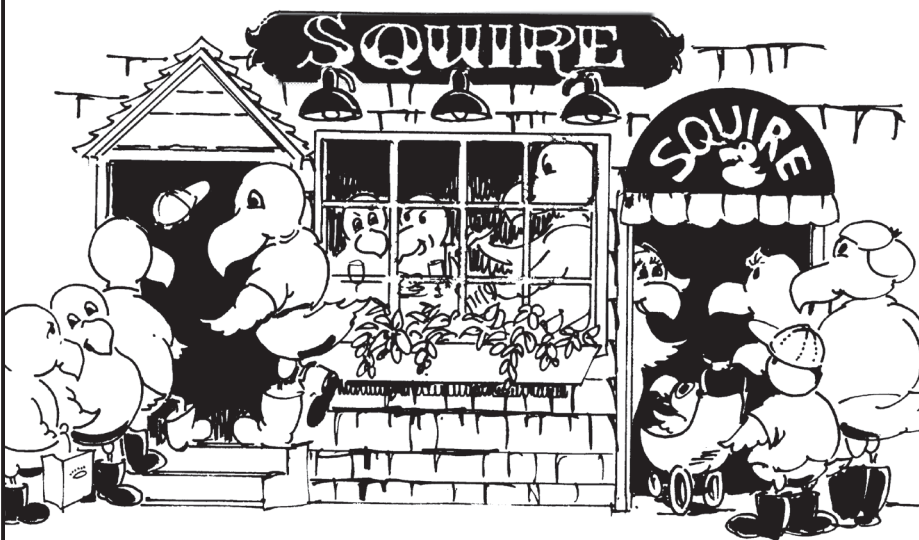
Monomoy Middle School is perfect for me. It may not be for everyone, but I definitely enjoy being there, and I dread leaving.

The writer is a Monomoy Middle School seventh grader who will be entering eighth grade at Monomoy High School in the fall.



Annalise Langelier

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The Spectacular Soup Fundraiser!

By Arlo Danielson

Monomoy Regional Middle School held a fundraising event called “Empty Bowls, Full Hearts.” Mr. Nickerson’s seminar last quarter made the bowls, 231 to be exact. About 100 to 150 people went. Some people made donations of \$5 to \$100. I went there and viewed the whole show.

At the show, all of the bowls were unique. One bowl had Van Gogh’s “Starry Night.” Another bowl, one that I made, had a log on it and had scratch art on the inside. Another had a polar bear in it.

At the show, we ate chicken curry soup, clam chowder, vegetable soup, brownies, chili, and bread. You could also get coffee or hot chocolate. Throughout the show, band and chorus played and sang. There was a special solo for Lily, who has autism. The Chorus sang “This Is Me.” Lily’s sister, Kassidy, sang using sign language. Sixth and seventh grade band also played many songs, too.

The show raised almost \$1,500! Special thanks to Cape Cod 5 for funding the materials. All the money went to the Monomoy Market. Every month, the Monomoy Market bags 50 lunches for the St. Joseph’s Homeless Shelter, in Hyannis.



Ms. Giulemette, Athletic Director

by Jacoby Scott

Have you ever wondered who postpones your softball games or reschedules your lacrosse game? That would be Ms. Guillemette, the Monomoy School District Athletic Director.

The sports at Monomoy are boys and girls soccer, field hockey, golf, cross country, boys and girls basketball, softball, baseball, spring golf, track, tennis, and girls lacrosse. She doesn’t have a favorite among those sports. The most popular are soccer and basketball. The rules are the same as the NFHS and MIAA. There are different sports each season, with a tryout period for each. The seasons usually last two months. Winter is three months. There are no school sports over the summer.

She has been the Monomoy Athletic Director for two-and-a-half years. She love sports so for her, being able to be a part of every sport we offer is awesome. Her favorite part is working with student athletes and watching all of the Monomoy teams compete.



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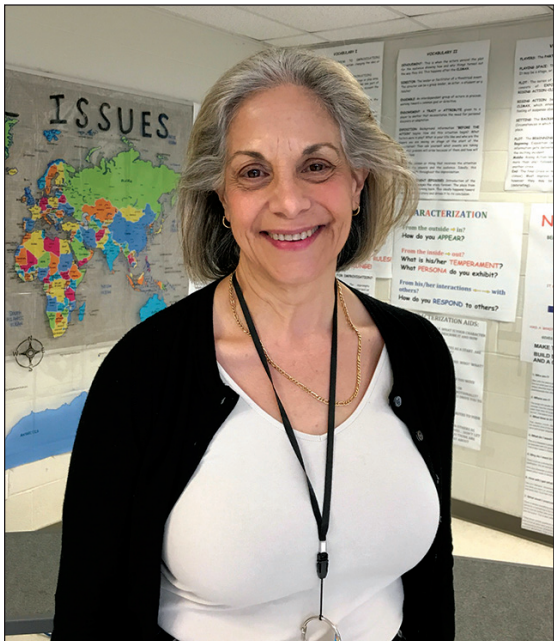
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Ms. Toscano, Mr. Napier Keep Monomoy In Harmony



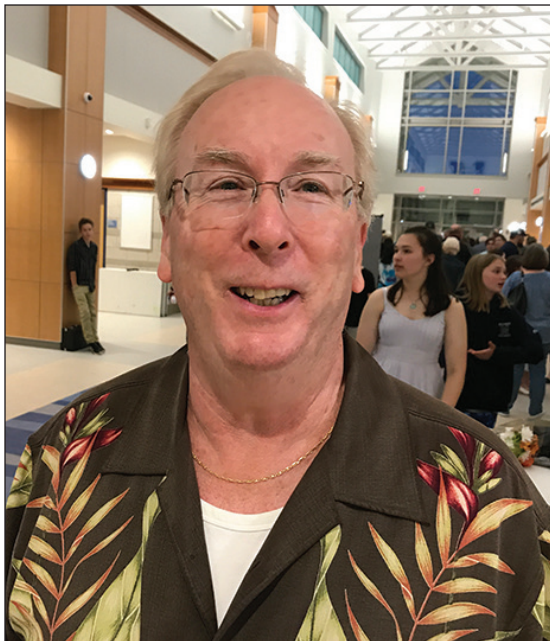
Ms. Toscano

by Jacoby Scott

Some people in Monomoy Middle School have great talent when it comes to music. So I interviewed Ms. Toscano and Mr. Napier to find out what music education is all about.

Ms. Toscano has been a chorus instructor for over 30 years, 15 of those years at Monomoy (Harwich before regionalization). Other schools she has directed at include The Academy of Performing Arts, The International School in New York, and Harwich Middle School. She said that Monomoy Middle School is her favorite because they sing with their hearts and voices.

Ms. Toscano, as a child, did chorus every time it was available. She studied at the New York City opera center. She likes all modern music. She has was the chorus director for Billy Ellington who was on Broadway.



Mr. Napier

Mr. Napier has been a band director for 19 years. He started in 5th grade on the cornet but he has a masters degree in trombone from UMass Lowell. He has been at Harwich and Monomoy for 16 years. He was director for three years at Carver High School.

His favorite genres and songs for this genres are jazz, "I Remember Clifford" by Benny Golson; rock, "White Room" by Cream; fusion, "Romantic Warrior" by Chick Corea; and classical, all by everyone.

His favorite thing about band is when everyone has learned their parts and they play a great concert. He wants to learn to play the bagpipes. He owns eight trombones, three trumpets, two cornets, two ocarinas and an Ibanez bass guitar. Not only is he the band director but he is also the golf coach and some of his students have become professional musicians, music teachers, and golf professionals.

Mrs. Buckley Moves to Cape Cod

by Ella Baum

If you grew up somewhere else, loved the beach and had the chance to move to Cape Cod would you take it?

Mrs. Buckley, a new MRMS special education teacher, grew up in Holden, Mass. She went to college to become a special education teacher. She decided she wanted to move to Cape Cod with her husband and son so they could be closer to their family.

She loves Cape Cod's beaches where she takes walks with her dog Hank and the rest of her family. She currently helps supervise the Friends of Rachel Club and started the Best Buddies club. One of the reasons she likes working at MRMS is the positive atmosphere and the fact that there are a lot of volunteers.

Letter to the Editor

School Should Ban Plastic Bottles

Dear Monomoy Citizen,

We are writing to propose a plastic water bottle ban at our school. Here at Monomoy Middle School, we see plastic water bottles everywhere. People say they recycle them but only 25 percent of bottles are recycled in the United States. Thirty-five million water bottles get thrown away each year. In some parts of the ocean, there are 60 times as much plastic as there is plankton. Every time you use a plastic water bottle you are adding to this crisis. Do you want to be the one responsible for our beautiful beaches polluted with plastic bottles? Or the one responsible for killing marine animals? Of course not! You don't want to be the one responsible for killing marine animals or polluting our beaches. So join the movement. Watch our YouTube videos, follow us on Instagram (mrms_csl), and help us #reducetheuse and make Monomoy even greater by getting rid of plastic bottles.

Thanks for helping make our world a cleaner place,

Juliana Ritchie and Anna Carey



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