Tiger Prints

June 2024

The Official Newspaper of Pierre Van Cortlandt Middle School

Vol. 5

Origins of the Olympics

by: Lily

While children and educators have summer break off, as a time to relax and recharge before the next school year, athletes around the world are coming together to compete in what's viewed as the greatest sporting event in the world. This will be the first 'normal' Summer Olympics in four years, when the pandemic postponed the last competition in Tokyo until 2021 due to the pandemic under strict conditions. But the Olympics haven't always been like this. Have you ever wondered about the history behind this famous competition? Let's dive in!

Let the Games Begin!

The first Olympic Games were held in Greece in 776 BCE, nearly 3,000 years ago. Back then, these were just one of hundreds of sporting events hosted around the region. The festival's name originated from Mount Olympus, the home of the Olympian gods of Greek mythology. Back then, the Games were in Olympia, Greece, to honor Zeus, the king of the gods. The competitions took place every four years, a measurement of time known as an olympiad.

In the original Olympics, only men who could speak Greek and were of Greek heritage could participate, and they competed without clothes. Back then, all events and races were held on a single day, with additional days added throughout the game's existence. At first, the Olympics had only had a handful of events–such as foot and chariot racing, javelin, boxing, and a mix of martial arts called pankration.



However, the Games began to decline shortly after the country was conquered by Rome. They were eventually banned about 394 CE when the competitions strayed from the main reason they were held–to honor the Greek gods.

Let the (New) Games Begin!

It wasn't until the mid-1890s that a Frenchman named Pierre Baron de Coupertin decided the Games should be held again. On June 18th of 1894, during a conference in Paris discussing international sports, Pierre Coupertin convinced the country's Congress to accept the idea of the Olympic Games again.

The first modern Olympic Games were held in April 1896 in Athens, Greece's capital. Athletes from 14 teams participated, with the only event being a footrace. Over the years, the festivals incorporated sports like swimming, horse racing, handball, archery, basketball, gymnastics, swimming, canoe sports, fencing, volleyball, weightlifting, water polo, judo, and many more that we can see today.

The first Winter Olympics were on January 25th, 1924. The Summer and Winter Games originally took place in the same year, until 1994, when the schedule changed so that the Games alternated with each other and separated every two years. Some sports include curling, figure skating, snowboarding, bobsleighing, and ice hockey!

The 2024 Olympics

The first Games were to represent Greece, but today, over 200 countries participate to showcase their athletic abilities. This year, the Summer Olympics will be hosted in Paris, France, from July 6th to August 11th. The greatest athletes in the country compete to see how few can qualify to represent the United States this summer, up against a total of 10,500 people from 206 other countries. The number of people watching is expected to be about 15 million, with over one billion spectating via the internet.

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Mindfulness & Grounding Techniques

by: Samantha



In today's society, everything is happening so quickly that it is hard to find moments of peace. Amongst the constant buzz of notifications and likes, we all need a bit of a break. Mindfulness and grounding techniques have been used for centuries, and they help to limit stress by distracting your mind. Here are a few strategies that have been found extremely efficcient!

The 5-4-3-2-1 Method

The first method is one that you may already know about: it is called the 5-4-3-2-1 method, and it applies to your 5 senses. In this method, you begin by identifying 5 things you see, 4 things you can touch, followed by 3 things you can hear, 2 things you can smell, and 1 thing you can taste. The point of this method is to divert your attention from your issue to something that provides you with relaxation.

The Rainbow Method

Coming up next is the rainbow method. For this method, you look around your environment and try to find an item that is each color of the rainbow. I find that trying to identify 2-3 items of each color is more helpful as well, to distract yourself better and allow your mind to decompress further. Another decompression technique using colors is to inhale and picture the color you want to feel (ex. green for calm)- then exhale and imagine yourself letting go of all the negative thoughts.

Conclusion

These were just some of the many techniques and methods that you can use to limit anxiety when stress is creeping up on you. There are also many more methods out there that you could find to be useful!

Categories

Similar to the rainbow method, in "categories" you put items you see into different categories. For example, if I see a fan, vent, and an air conditioner, the category could be something that changes the temperature of a room. Once again, the point of this technique is to distract your mind and allow it to think without negative thoughts for a few seconds to decompress.

The 4-4-4 Rule

The 4-4-4 rule is a breathing technique that opens up your lungs and simulates drawing energy into your body. In this method, you inhale for 4 seconds, hold for 4 seconds, and exhale for 4 seconds. Having a breathing pattern can also calm the human mind down, because of the repetitiveness and the familiarity.

Dark Theories of Sesame Street

by: Ally, Alice & Amanda

Sesame Street is home to a cast of characters that, on paper, sound like they belong in a horror movie. Picture this: a colossal yellow bird towering over you, a grumpy green creature lurking in the trash, and an actual vampire with a penchant for counting. These beings should send shivers down your spine, and some fans swear they once did. But everything changed when these monsters found their way to Sesame Street—a unique rehabilitation zone for formerly fearsome creatures.

Here, within the confines of this colorful neighborhood, these monsters are on a path to redemption. They're not allowed to roam freely until they've learned to trade terror for teaching, swapping screams for smiles. Their diet of dread has been replaced with something far less sinister. Take Cookie Monster, for example—once a fearsome devourer, now obsessed with cookies instead of crunching bones. It's a tale of transformation, where nightmares become nurturing, and the scariest creatures become the best teachers.

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Understanding Sonnets: An Overview

by: Emma

A sonnet is a poetic form that has been used by many of the greatest writers. Originating in 13th century Italy, this form of writing has since been adopted and adapted by many other cultures, becoming a staple of English literature. The poem on the right is a sonnet.

Structure of a Sonnet

A sonnet traditionally consists of 14 lines. The structure of a sonnet is characterized by its strict and specific rhyme scheme. There are **two main types of sonnets:** the Italian or Petrarchan sonnet and the English or Shakespearean sonnet.

Italian Sonnet

An Italian sonnet is divided into two sections: an **octave** (the first eight lines) and a **sestet** (the last six lines). The octave typically presents a problem or conflict, and the sestet offers a resolution. The rhyme scheme is usually ABBAABBA for the octave and can vary in the sestet, but is often CDECDE or CDCDCD.

English Sonnet

The English sonnet, also called the Shakespearean sonnet after its most famous practitioner, is made up of three **quatrains** (four-line stanzas), a **volta** around the ninth line, a concluding or **rhyming couplet** (two lines). The rhyme scheme is ABAB CDCD EFEF GG. Each quatrain presents a self-contained figurative idea, while the couplet offers a summarizing or concluding statement. The word “volta” is Italian for “turn”. It refers to the moment in which the writer makes a transition or change in tone. **Iambic pentameter** is a rhythm structure used in traditional English poetry, especially by Shakespeare, that combines unstressed and stressed syllables in groups of five. Each group of two syllables is called a **foot**, and a line of iambic pentameter has five feet, totaling ten syllables. Iambic pentameter is a type of meter that resembles the rhythm of a heartbeat.

Famous Sonneteers

Many famous poets have written sonnets. Petrarch, an Italian scholar, is often credited with the creation of the sonnet form. His sonnets, all written in Italian, were mostly love poems to a woman named Laura. William Shakespeare is perhaps the most well-known sonneteer. His collection of 154 sonnets, dealing with themes such as the passage of time, love, beauty, and mortality, are incredibly famous and widely studied.

phantom

/ˈfan(t)əm/



noun

1. something apparent to sense but with no substantial existence : apparition
   something elusive or visionary
   …
2. something existing in appearance only
3. **a representation of something abstract, ideal, or incorporeal**

by: Emma E

quatrain (1)

In the depths of despair, light seems to cease,
Hope seems like a phantom, *just out of reach*,
My heart, filled with sorrow, **yearns for** release.
A lesson life seems so eager to teach.

quatrain (2)

Light has lost its way in shadows so deep,
A heart unloved, in pain, silently dwells.
Its songs unheard and shriveled up in a heap,
Within its dark chambers, the sorrows swell.

volta

quatrain (3)

Yet in the depth of this desolate plight,
A faint whisper echoes in the night breeze.
A distant star, though faint, emits light,
A beacon of hope in the stormy seas.

rhyming couplet

Though I am lost in this hopeless night,
In the darkest hour, I seek for the light.

Themes

Sonnets often explore themes of love, beauty, time, and mortality. They are known for their profound emotion. The sonnet's brief form makes it perfect for addressing complex concepts and emotions in a concise manner.

Conclusion

The sonnet is a powerful and versatile poetic form. Its combination of strict structure and expressive potential has made it a favorite of poets for centuries. Whether you’re reading the passionate sonnets of Petrarch, the profound reflections of Shakespeare, or the modern interpretations of today’s poets, the sonnet continues to be a captivating and rewarding form of poetry.

Origins of the Olympics

by: Lily

continued...

The 2024 Olympics

Year	Game	City	Country
2024: 7/6 - 8/11	Summer	Paris	France
2026: 2/6 - 2/22	Winter	Milan—Cortina d'Ampezzo	Italy
2028: 7/14 - 7/30	Summer	Los Angeles, California	United States of America

After World War II, a large number of injured veterans and athletes from the war wanted to participate. Because of this, the first Paralympic Games were founded in 1960 to allow people with physical or mental differences to compete as equally as in the Olympics. This year, the Paralympics will be from August 28th to September 8th of 2024 and feature over 4,000 talented athletes.

Conclusion

The next time you hear about the Olympics, remember all the hard work, training, and dedication thousands of athletes have put in to participate in the biggest sporting event of the world-and how far this ancient competition has come since its start almost 3,000 years ago.

Lighting the Cauldron

Every Olympic and Paralympic Games has an opening and closing ceremony performed by the host country. Even before the competitions start, an Olympic Flame is lit in the birthplace of the first festival, Olympia, Greece. Relay runners then carry the Olympic flame to the host city. This year, the Games begin when the final relayers row the torch down the Seine, the river which runs directly through the heart of Paris—to light the Olympic Cauldron located in front othe Louvre Museum.

The host country also creates a logo and mascots for the Games. The performances often include these two figures, one for each the Olympic and Paralympic Games. The ceremony starts right after the cauldron is lit and is composed of a parade and then the Release of the Doves. After, the Olympic Laurel, (a symbolic leaf from the famous Greek laurel tree awarded to winners of the original Olympics), is delivered to the person who had the greatest influence on the event's history. Official speeches are then delivered, followed by the Olympic Anthem and Olympic Oath. The official Games conclude with the Closing Ceremony, featuring fireworks, festivities, and more!

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Foction

by: Ally & Alice

"Sam! Sam!" My best friend Alicia shouted with excitement. "Time to open your presents!"
"Okay!" I yelled running towards the pile of colorful boxes.
"Oh my gosh!" I screamed as I unwrapped a present. One. Hundred. Dollars!
Alicia and I squealed. I couldn't believe it! We walked up to my bedroom.
"I can't believe we get to have a birthday party and sleepover!" Alicia happily said.
"Let's play truth or dare," I suggest.
"Good idea," Alicia replies. "I chose truth."
"Who's your crush?"
"I don't have one," Alicia said with rosy cheeks.
"Well, there is Noah…" Alicia giggles.
"Ooh…" I started.
"Girls! Time for bed!" My dad interrupted.
"Aw." I moaned. Me and Alicia tucked ourselves in.
As I drifted to sleep, I thought about my mom's cancer. I can't bear to think about the little time I have left with her.
Then my dream started. I was on top of a cloud, my mom running toward me with open arms wide. Suddenly my mom's legs slipped through the cloud. Before I could think I ran to the edge of the cloud and jumped off toward her. I didn't land on anything, just kept going down. When I finally woke up, I wasn't in my room, but a white hallway with a door at the end of it. The walls were yellow and dusty, as if someone had been there before.

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The Dark Side of Childhood Nursery Rhymes

by: Lily



When you were a little toddler or baby, you probably grew up listening to your parents, caretakers, or older siblings reciting nursery rhymes. Have you ever noticed a common theme of tragedy hidden here? Humpty Dumpty falling off the wall and staying fractured forever, Jill's brother Jack breaking part of his head, London Bridge falling down.… The list goes on and on, not to mention fairy tales like Little Red Riding Hood. If you want to know more about the dark truths hidden behind these little nursery rhymes, then read on.

Ring a Ring o' Roses/Ring Around the Rosie

This popular nursery rhyme actually references to Bubonic Plague or Black Death. The words "ring a roses" denote the large swellings with pus and blood that would appear on the infected person's skin, sometimes causing death within hours. While "Ashes, ashes, we all fall down!" refers to death and the burning of a funeral pyre.

Mary, Mary, Quite Contrary

Mary, Mary, Quite Contrary was written about Queen Mary I, also known as "Bloody Mary", and her failed efforts to turn England back to Catholicism after her father Henry VII. Mary I's gruesome methods involved mass beheadings of Protestants during her time on the throne from 1553-1558. After her death, her half-sister Elizabeth I became the next queen and steered the nation back to Protestantism.

Rock-A-Bye Baby

This nursery rhyme is based on the son of King James II of England, born in 1688. The ruler worried that his child would steer the country back to a period of Catholicism, so according to some sources, the words of the song were to wish for the King's son to die and be replaced by a Protestant leader.

Three Blind Mice

Similar to the last nursery rhyme, this one involves one of Mary I's many executions. Published on October 11th of 1609, the three blind mice refer to three Protestant loyalists, Oxford Martyrs named Cranmer, Latimer, and Ridley, who were charged with trying to overthrow the Queen. They were later burned at the stake, with their "blindness" being their religious beliefs disliked by Bloody Mary.

Baa Baa Black Sheep

Last but not least, this popular nursery rhyme and song takes the spotlight. Baa Baa Black Sheep describes a wool tax in the medieval times of the 1200s enforced by King Edward I. The decree issued that one third of the profits of a wool sack went to the king, another went to support the church, and the last part to the farmer.

Foction

continued...

The walls were yellow and dusty, as if someone had been there before. Then I heard my mom. "Samantha, Samantha," she said faintly.
I yanked open the door only to find another and another.

"Mom!" I yelled. "Mom.…" I fell onto my knees and let the tears roll down my face. I have to face the reality, my mom was dying in a room a million doors away. I hear footsteps.
"Mom!" I called with no reply. I heard a scream. I wasn't here alone. I try to run through the doors as fast as possible, but the footsteps keep getting closer.

I run and run, farther and farther, only to collapse from exhaustion. I stand back up just to greeted back with silence. The only sound is my breathing and pounding heartbeat. Am I going crazy?
I scream in pain as I hear footsteps again. They are getting closer and closer. I feel my heart beating out of my chest. I try to stand up but the fast pounding of my heart pains me so much it feels impossible.
"What! Where am I?!" I scream as I wake up to see that I am in a small living room with an old TV with antenna.

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Dark Theories of Sesame Street

continued...

In 1980, when the Sesame Street performer had been in the city for a personal appearance, things came off the rails. Calloway had been fine during his performance, but soon thereafter beat a woman with an iron rod, and ran through the streets shattering windows, breaking into homes, and smashing the windshield of a car. Sgt. Joel Goodwin was quoted by The Nashville Tennessean as saying that Calloway, "left a trail of blood wherever he ran." One man, Douglas Wright, even fired a shot at the Sesame Street performer when he ran naked into his garage.

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Well, after that excitement, I hope you still have at least one childhood TV show we didn't ruin. Just remember, everything is more than meets the eye. Expressly "harmless" children's TV shows.

According to a Reddit theory, the Sesame Street theme song isn't just catchy—it's code. The lyrics spell out how to get to Sesame Street quite literally, giving listeners clues on how to access this fantasy land. It must be a sunny day (as the repeated line goes), you must bring a broom ("sweeping the clouds away"), and you have to give Oscar the Grouch the password ("everything's a-ok") to gain entrance. Make sure to memorize all the steps before you attempt.

Anonymously Asking a Teacher a Question

by: Aidan

If you mean like NYC Broadway Theater, I love it. I really enjoy getting to go down to the city to see a show; it is like a mini holiday for me. When we do go to a show, we usually try to grab dinner somewhere, maybe do a little walking around and such. The shows themselves are always memorable. I cannot recall a single Broadway production that I did not like. However, my favorite of all time was definitely Phantom of the Opera!

Mrs. Jamison - Special Education 8th Grade Teacher

One of my favorite things to do is to attend theater on Broadway in NYC. When I was growing up on Long Island, we would often meet my Dad in the city and go to dinner and a show. I have continued that tradition as a young adult and mother. New York City is one of prime locations for live theater - both dramas and musicals. I love the thrill of seeing a show for the first time and experiencing live theater! I also love to see what shows my students are interested in and have seen. As one of the directors for the spring musical, it is important to be up to date on all types of shows. People travel here from all over the world to visit Broadway! Whether you just walk through Times Square or go to a restaurant and a show, Broadway is a main cultural attraction and represents the best of what New York has to offer!

Mme Barnes - 6, 7, 8 Grade French Teacher

What do you think of Broadway Theater, and why?

I enjoy going to Broadway shows of any kind. I like dramas, comedies, plays and musicals. I realized how much I enjoy going to Broadway when we were in the middle of Covid restrictions. I missed the shared experience of watching a show as part of an audience. When I finally returned to Broadway for a show, I was elated! I actually shed tears of joy, as did many others in the audience.

Mrs. Ernau - 6th Grade English Teacher

I enjoy Broadway shows because they offer a unique and immersive theatrical experience with talented performers, captivating stories, impressive productions, and memorable music. Broadway shows are often seen as a cultural highlight and a form of entertainment that can evoke strong emotions and create lasting memories. The shows that I have attended have left me moved and with a feeling that I was just part of something very special.

Mr. Plotkin - Principal of PVC

Foction

continued...

The room was empty, and the only sound was the static of the TV.
I don't even remember falling asleep. I thought to myself. I've seen these TVs before but only in old cartoons. The TV static is very annoying, and I try to fix it.I move the antenna. Nothing.
"Ugh. What's wrong with these old TVs?" I touch the screen, just to see my hand can go through. I stick my head in.
"What?!" I exclaim! I get sucked into the TV just to see that it's not a fuzzy screen, but a maze.

The maze has slightly yellow walls and red stains. I am fairly good at mazes but this one feels endless, like there's no way out. The walls seem to stretch longer and longer. I have been walking around a few days—or maybe weeks; I don't know. My shoes are wet and a small blood trail is following me. Now I know where the blood comes from. The thought of death becomes more welcoming and less of fear. Death means this pain and suffering would be over. Then, when the time comes I will be reunited with my mother in Heaven, she isn't going to hold onto the world of the living much longer. After a while I heard a noise, was it death sneaking through to bring me with him to his world of no pain? I can only hope.

I ran downstairs just to see my mom was gone.
"Mom! Mom!" I yell. The door slowly opens.
"Sam!" She yells, "They found a cure! I will be healed!"
I run towards her, happy tears streaming down my eyes more happy than I've ever been in my life.

"Ring around the rosy, pocketful of posies. Ashes, ashes, we all fall down."
The little girls eerily smile ear to ear. They don't blink, just twitch their lifeless eyes. Their skin is white as snow. They slowly walk toward me.

"Hello." They say in perfect unison.
"I know you wanna escape," they said. I noticed a dark liquid coming out of their mouths.
They walked a step closer. "We did too."
The sound of screams in the distance occupy my ears. I can almost feel the gore.
"Just. Slowly. Walk. Backwards," I think to myself.
"We can help you."
I run through the stacks of hay. Faster and faster I go. I close my eyes and don't look back, sprinting for my life. I fall—tripping over something. I look up to see I'm back where I started. The white room. Alone.
I closed my eyes again. Just to wake up.
"Sam! Sam!" Alicia calls me.
"You haven't been waking up!" She yells. "It's 11 am!"

Anonymously Asking a Teacher a Question

by: Aidan

My favorite summer activities are hiking, camping and kayaking. I enjoy all these because they take place outside.

Mrs. Fontana - 6, 7, 8 Grade HAC Teacher

My favorite summer activity is fishing. I really like being outside in nature and being on water. My favorite way to fish is in my kayak. There is something about sitting close to the water and fighting big fish on the other end of my line that is exhilarating.

Mr. Plotkin - Principal of PVC

What is your favorite summer activity and why?

I love going to the beach with my family! I enjoy reading in the sand.

Mrs. Kelly - Assistant Principal of PVC

That's an easy one! Going to the beach & boogie boarding or paddle boarding! Because I love the ocean!

Mrs. Bartley - Split Team English Teacher

Going to the beach and seeing family. It is relaxing and I enjoy the sun and vitamin sea.

Mrs. Birdsall - 7th Grade Science Teacher & Split Team Living Environment Teacher

Continued page VIII

Anonymously Asking a Teacher a Question

by: Aidan

My favorite summer activity is relaxing by our pool with my spouse, three children and Sam and Maggie. Maggie is the lifeguard :)

Mrs. Butts - 6, 7, 8 Grade Health Teacher

My favorite summer activity is biking through the countryside because it is so relaxing and peaceful to be around nature.

Mrs. Rescigno - 6th Grade Math Teacher

Stand up paddleboarding. It's great exercise and it also puts me out on the water where I can go swimming and go to the beach.

Mr. Schmidt - Split Team Math Teacher: Math 7, Math 8, Algebra 1

I love to have the summer to read and to travel. Both of these activities get squeezed in during the school year, so I love that I have more time to do them.

Mrs. Herbert - 5th Grade ELA Teacher

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What is yur favorite summer activity and why?

My favorite summertime activity is to travel- whether it is to a beach or a new city or town, it is a great way to get out of your normal routine. I love to relax at the Jersey shore reading good books on the beach, biking and walking. I also love to travel to Europe with my husband. Our eldest daughter lives in Paris and we enjoy exploring with her. Last year we visited Portugal and Spain with her. This year we will be exploring France- notably La Rochelle (in Charente Maritime) and Bordeaux (in Nouvelle Aquitaine), starting and ending in my favorite city Paris (where the Olympic games will be held in July and August). I am looking forward to sharing my adventures with my students next year!

Mme. Barnes - 6, 7, 8 Grade French Teacher

My favorite summer activity is tinkering in my garden. I have a Pick as You Go Garden. It is open to anyone at my house, if you walk by and see something you like, you pick it and eat it. I grow cherry tomatoes, string beans, peppers, and a bunch of other little things. It is fun and delicious!

Mrs. Lewis - Resource Room/Flex Teacher

My favorite activity is just being outdoors! I like to garden, hike and do things outdoors, so when the weather is warm I take full advantage of being outside!

Mrs. Jamison - Special Education 8th Grade Teacher

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Editorial

The bell rings, followed by the stampede of students rushing out of the building. The burst of fresh air as you finally exit the school building is, debatably, the best moment of the school year. It's not a question that summer break is a beloved time for almost all students: a time of bliss and freedom, free from the confines of schoolwork.. But is summer break really worth it? Here are the ups and downs of our vacations—it's up to you to decide whether or not we should keep having summer break.

School can be pretty mentally demanding towards students. In fact, according to Cross River Therapy, about 45% of students in high school admit to being stressed almost every day in school. If chronic stress is left unmanaged, it can lead to catastrophic consequences for your health. According to the American Psychological Association, vacations help reduce stress by removing people from environments and activities that are associated with stress or anxiety. Especially in higher grades, being a good student can take hard work and dedication. Taking into account extracurriculars and family matters, school can be quite a struggle for students. Summer break is a great opportunity to take a break. No schoolwork or early mornings. It's important for students to get a break so that when they return to school, they're rested and energized for another year. It seems pretty necessary for a good performance throughout school.

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Editorial



In addition to academic performance benefits, summer break is also shown to increase students' happiness. That is the result of not having the stress of school loom over their heads. This is the reason that summer vacation is so anticipated; it is the only break that feels like one and not just a pause from learning. Students are able to spend more time with their family and friends. They can go to new places, enjoy outdoor time, and simply have relaxing days. It's a chance for them to enjoy themselves and have an awesome few months without any exhausting work. This increased happiness, like the academic rest, will help them have a much better mindset going into the new school year.

But summer break can also be harmful to students. The simplest reason is the deduction in intelligence. Almost two months of learning are lost during summer break. 2 months of math, reading, science, and social studies are lost over summer vacation. Student achievement scores decline more compared to reading scores during the summer months. Many students totally slack off over the summer, and don't try to keep up with their academics. Without school's daily teaching and challenges, students can lose a lot of their skills. Brainscape refers to this issue as "summer brain drain" or "summer slide". They describe this as a "common condition where students forget key information they had previously mastered". When they return to school, they have to catch up and re-remember all that important information. This can lead to a rockier start for their classes, and, as classes get harder and faster paced, could potentially really hurt their performance.

While it is proven that summer break is important for the brain and helps students feel more refreshed for the school year, summer break can also hurt students' performance and motivation. If students are completely tapping out for the summer, just relaxing and doing whatever they want, resuming school can seem difficult. They haven't been studying or keeping up with good habits, and there's suddenly tons of work to deal with. Everything really comes down to time management.

But there's ways to balance these two out and create a "perfect summer". The key? Summer workbooks. Just saying those words will lead to infinite groans from students. But they can be extremely valuable. Just doing a few pages daily challenges students' minds and forces them to continue to push themselves intellectually and hold onto the information they have learned. It could take an hour or less- just a little bit a day will keep your brains ready to resume the school year. In addition, try to have some sort of plan for each day. Whether you have a big project to complete by the end of the summer, a camp to go to, or simply a productive schedule, this plan will help you keep up your focus and determination. When you do go back to school, your time management skills will still be in good shape. Researchers also recommend some reading to keep your mind sharp.

After that, the rest of your summer break will be relaxing and stress free to allow for your mental rest. After all, that's the best part! So what's your plan for this summer? Are you for or against summer break? And will you use some of these planning strategies in order to have a successful summer?

We hope you enjoyed Tiger Prints this year. It's been a pleasure for our club to write for the school! We look forward to next year and more awesome issues—and we hope you do too! Thank you for reading; it's the best part of the process.

Editors Avery & Emma
All pieces edited by Emma
Newspaper designed by Emma