



The Wildcat Record



October, 2026

New Year, New Faces



The start of a new school year brings many new and exciting opportunities. This year Winton is proud to welcome SEVEN new teachers to our Wildcat Family. Ms. Lyn joins our ELA team. Ms. Verma joins our fabulous Science team. Mr. Humpal, Mrs. Gurpreet, and Mrs. Ognaki all join our Special education team. Mr. Rodriguez returns to our History department, and Ms. Chanel joins our counseling team. We had an opportunity to get to know these wonderful educators and wanted to share what we learned.

Ms. Verma comes to our science department with true enthusiasm for learning and student engagement. "I watch my kids grow everyday. At the same time I enjoy being able to really grow alongside my students and watch them enhance their skills." This joy and excitement shows up in daily lessons and student interactions with her students. With an outlook like this, Ms. Verma will add a great deal to life at Winton. Our Special Education team is so excited to have Mrs. Gurpreet, Mrs. Ognaki, and Mr. Humpal working with our Wildcats this year.

ELA has welcomed Ms. Lyn who brings youthful energy and wonder to that department. When asked what excites her about being a teacher Ms. Lyn said, "Everyday is a different day. There is always something new that's happening, and I enjoy talking with the kids and being their listening ear. I try to let students express themselves inside the classroom, so I'm always excited to see what the day brings." Ms. Chanel has been hard at work helping with student academic support and with PUENTE. Mr. Rodriguez has come back to Winton full time this year in our History department. We are so excited to have him with us all year long.

The staff of The Wildcat Record would like to welcome all of these fantastic new teachers to WMS. As your students, we are excited to learn from you. Your passion, joy, and uniqueness will be a great light on our educational path. If you have not done so already, take a few minutes to get to know these wonderful new teachers.



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Wildcats Get Involved

Being involved in an afterschool club is one of the best ways to find your place in the school community. Winton has over 20 clubs that students can join. You can see the full list of clubs, times, days, and advisors [HERE](#).



Gardening

Club Builds a Memorial Garden.

Some clubs, like Gardening Club and Drama Club get together on weekends here at Winton. The gardening club has been busy bringing beautiful spaces to our campus.

Besides clubs, Winton has amazing sports teams you can join. Our fall sports, volleyball and football, are already underway. Our football team is so far unbeaten. Our volleyball team is holding strong and looking to make a major comeback later this month. Upcoming sports include: basketball, softball, and of course soccer.

If you are interested in joining a sport talk to coach Jackson and keep an eye out for flyers announcing when meeting, conditioning, and tryouts are.

Another great way to be involved at Winton is to hang out at our Wacky Wednesdays. These school wide events are a great opportunity to hang with your friends and challenge your teachers to some friendly competition.

A Message from Ms. Torres Tess



Welcome to the very first edition of the Winton student newspaper! I am thrilled to officially kick off this new publication and give our entire Winton community a new way to connect with what is happening on our campus. Winton is full of incredible people, exciting events, student accomplishments, creative ideas and everyday moments that make our school special. We now have a place to bring those moments together and share them with our students, families, staff and the entire Winton community.

This newspaper is being created by our students, which makes it even more exciting. They will be the ones asking questions, finding the interesting details, shining a light on the people and programs that make Winton unique, and deciding which stories they want to share with all of us. I hope this becomes a place where our students can be creative, find their voice and take pride in telling the story of their school. I also hope our families and staff will look forward to each edition and discover something new about Winton each time they read it. There is so much happening here that even those of us who spend every day on campus don't always get to see it all.

This is one more way for us to celebrate. One another, stay connected and remember that we are all part of the same community.

Congratulations to our inaugural newspaper team and to the teachers who are helping bring this idea to life. I cannot wait to see the first stories, photos, interviews and ideas fill these pages. Welcome to a brand-new Winton tradition. I have a feeling this is going to be something special!

Go Wildcats!
Principal Lisa Torres Tess

Students of the Month

With the start of a new school year, it is also the start of another year of Student of the Month recognition. Just like last year our teachers will have the opportunity to celebrate each of us for the different things we do in and outside of class.

"Getting student of the month makes me feel like my teachers notice the hard work I do," said 8th grader Mariano Acosta. "Student of the Month is an opportunity for students to be recognized for being amazing Wildcats inside and outside of the classroom" said math teacher Mr. Waite.

If you would like to be a Student of the Month this year its simple: show your best Wildcat effort all the time in every situation. Teachers are watching so be on your A game Wildcats!

Click [HERE](#) to see the list of our September Students of the Month.

Click [HERE](#) to see the list of our October Students of the Month.



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Students

having a blast at our first Wacky Wednesday.

CELI at Winton: **Every Classroom,** **Every Voice**

By Ms. Dutta

"What if every classroom could help build a better future?"

CELI, Climate Education Leadership Initiative, in collaboration with CSU East Bay will bring climate learning into every subject at Winton Middle School. Teachers across departments will teach one CELI unit during the same time period, giving students a shared schoolwide experience of learning, exploring, and taking action on climate and environmental issues.

Students will explore real-world climate and environmental challenges through their subject area—whether that means analyzing data in Math, conducting scientific investigations in Science, researching and writing on environmental justice in English / Social Sciences, designing solutions in STEM, creating art, performing in Drama/Dance, making music in Music, or walking or biking challenges in PE.

Most importantly, CELI will empower students to use their knowledge, creativity, and voice to understand challenges in their community and see themselves as problem-solvers, innovators, and future leaders.

Learn. Create. Lead. Make a difference.

Who Needs Better Grades? We All Do. Wednesday Tutoring is on a Roll

Quarter 1 has come and gone in the blink of an eye. This means a new round of academic intervention. For students with a 1.0 G.P.A. and below, our lead counselor Ms. Kumar will be holding afterschool tutoring on Wednesdays. This is an excellent opportunity to boost your grades, and get a little extra help in the classes you are not doing well in.

Wednesday tutoring is not the only way to get extra help. Many teachers offer extra help and support for students who are having trouble. All of our teachers want to see us do well. If you are having trouble in a class, just talk to your teacher and tell them what you are having trouble with. They will take the time to help us.

Tips For Beating Stress

By Ms. Fernandez

Middle school can be stressful. Between homework, tests, friendships, sports, activities, family, and trying to keep up with everything, it can sometimes feel like there is too much going on at once. A little stress can sometimes motivate us, but too much stress can make us feel overwhelmed, tired, frustrated, or anxious. Feeling stressed is normal, but it's important to find healthy ways to deal with it.

One simple thing you can try is taking a short break. When you notice that you're getting overwhelmed, stop for a few minutes and take some deep breaths. You can listen to music, go for a walk, stretch, draw, or do something you enjoy. Sometimes giving yourself a little time to reset can make a big difference.

Staying organized can also help. If you have a lot of assignments or things to do, write them down and work on one thing at a time. You don't have to finish everything at once. Getting enough sleep, eating regular meals, drinking water, and getting some physical activity can also help your body and mind handle stress.

Most importantly, **talk to someone when you need help**. You could talk to a friend, parent, teacher, coach, counselor, or another adult you trust. You don't have to keep everything to yourself. Asking for help is a good way to take care of yourself.

5 Quick Ways to Manage Stress

Take a few deep breaths – Slow down and give yourself a moment.

Listen to music – Put on a song that helps you relax or feel better.

Get moving – Take a walk, stretch, dance, or play a sport.

Make a list – Write down what you need to do and take it one step at a time.

Talk to someone – If something is bothering you, reach out to someone you trust.