



Mustang Musings

MORRIS CENTRAL SCHOOL NEWSLETTER



"We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us. The old skin has to be shed before the new one can come."

—Joseph Campbell

THE SUPERINTENDENT'S BEST-OF LIST

What better way to kick off 2023 than with a Best-Of List? To commemorate her first seven months on the job, Superintendent Maistros highlights seven of her favorite things about MCS!

07 HOMECOMING

When our Community Collaboration team met this summer to discuss ways to deepen our Mustang Pride, I was unsure what exactly a Paint the Town Blue campaign would look like. From spirit days to door decorating contests to a blue (and freezing!) dunk tank, the entire Morris community DELIVERED. Thank you to our Booster Club, athletic department, staff, students, and community organizations for participating!

06 CROP

As educators, we worry about students ALL the time, paying special attention to the time they spend outside of our schoolhouse walls. Our CROP program is an absolute exemplar when it comes to providing opportunities to all learners and keeping kids engaged in learning both after school and throughout the summer months. MCS students are able to take field trips, complete lessons, share healthy snacks, give back to the community, and work on incredibly important social skills at CROP.

05 STAFF DEVELOPMENT

Effective education requires the drive to be a lifelong learner, enough vulnerability for constant reflection, and a strong sense of community. It didn't take long for me to realize that the staff here are some of the best trained in the region. Whether that looks like keeping up on proper floor cleaning techniques or spending hot days in August unpacking a new curriculum, our team is up for the challenge.

04 SOCCER FINALS

Talk about pride! Not only did both our boys' and girls' varsity soccer teams win the Tri-Valley Championships for the first time since 2012, but all of our fall teams continued the tradition from last year of being recognized as scholar-athlete teams! Our students, staff, and families are all known for taking pride in their work both on and off the field.

03 PIZZA WEDNESDAY

Do you know our cafeteria staff still make their own pizza dough? At a time when many cafeterias have transitioned almost entirely to heat and serve prepackaged meals, MCS sets a high standard for mealtime. From muffins made with vegetables from our very own greenhouse to a Thanksgiving meal fit for royalty, our food service department goes above and beyond!

02 PARENT DROP-OFF

Following in the footsteps of Mr. Sheldon, each day begins by greeting walkers and riders at the old main entrance. This time exemplifies the best parts of MCS: respectful greetings, warm wishes, and close familial bonds. Students make eye contact, parents send kids in with reminders like "Do good work" and "I love you most!" and drivers are always watchful. Seeing our scholars arrive at school excited about learning is the best possible start (even on those super cold days!).

01 STUDENTS

It is no secret that the reason we all do what we do at MCS is our students. That being said, the level of student engagement I see each day is outstanding. As early as Pre-K, our learners ask meaningful questions and are encouraged to explore. They continue through the years participating in centers, creating their own research projects, and leading their learning. Students are given the opportunity to impact not only their own trajectory, but that of our entire community as they have a hand in organizing and executing our Halloween Night, Food Drive, Veterans' Breakfast, Kids Night Out Event, Senior Citizen Luncheon, Spirit Weeks, and SO MUCH MORE. These incredible representations of student excellence are simply unmatched, and I feel lucky every day to work in a place that fosters creativity and growth at all levels.



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THREE CHEERS TO . . .

- ★ Ms. Smith and Mrs. Vunk for being MCS’ new CSE Chairpersons.
- ★ Mr. Manchester and Mr. Wais for doing RTI together, nice to see an elementary and high school teacher working together.
- ★ All of the students who participated in the classroom and school Spelling Bees! We are proud of each and every one of you!
- ★ Mrs. Mackey for allowing 5th graders to use the library for Lunch Club everyday. The kids love it!
- ★ Congratulations to the following students who made it into Senior All-County Band: *Jessica Walling, Lincoln Waffle, Ethan Franklin, Aaron Pondolfinio, and Levi Waffle!*
- ★ Congratulations to the following students who made it into Junior All County Band: *Matthew Schiller, Lucas Waffle, Broden Connally, and Jacob Johnson!*
- ★ Yearbook students for meeting their first deadlines.
- ★ Bus drivers for keeping our students safe on the roads, especially in cold, wet, and icy weather.
- ★ All CFES students and the elementary chorus for serving veterans and for singing so beautifully for the veterans at a breakfast to celebrate Veteran’s day. (Pictured on the next page.)
- ★ All band and chorus students—what wonderful concerts!



**LIKE US ON
FACEBOOK!**

DIGITAL NEWSLETTER

Going green by making the newsletter digital certainly helped save money for the district, and it was good for the environment. The District will continue this practice this year as well. You may access the newsletter under the “Newsletter” tab on the District web page. You may also access the calendar on-line under “Calendar of Events” and in the Athletics tab.

If you do not have computer access and/or would like a hard copy of the newsletter sent directly to you, please call the School’s District Office at (607) 263-6102 to request a copy be mailed to you.

Thank you for your understanding and support in this matter.



CROP

This year, the CROP program has had a lot of fun doing crafts, working on homework, socializing, and much more. They made crafts for Open House, the veterans' breakfast, and the senior citizen luncheon. Most days the kids use multiple skills like using scissors, coloring, reading, writing, etc. During December, the kids learned about the different holidays celebrated by other cultures. The kids also have the opportunity to have dance classes with *Ella Moore (27')* every Friday.

CROP isn't just for MCS' younger students. Many older students work at CROP after school as mentors. *Yana King (24')* said, "Working at CROP is a great opportunity for leadership and a perfect way to help out parents when they need to work after school and can't watch their kids. I love being with the kids and being entertained by all of their wonderfully different personalities. It's a great job." *Rachel Hill (24')* said, "I started working at CROP last year, and it has been an amazing opportunity. I have learned a lot of skills working with the kids. While sometimes it can be hard work it's definitely rewarding to see the smiles on the kids' faces when they finish a project with only a little bit of help." The rest of the year will continue to be fun-filled with activities and crafts.

—*Rachel Hill, Junior*

STUDENT COUNCIL WORKING FOR CHANGE

At the beginning of the 2022-2023 school year, the new Student Council members met to discuss some committees and actions they wanted to take on this upcoming school year. One point that was discussed before, between Mrs. Maistros and numerous students, was the outdated and unfair dress code. Student Council members took it upon themselves to create the Dress Code Committee which would meet to discuss changes to the old dress code rules and make them more "modern" for the students. One committee member, *Aislinn Ray* said, "The Dress Code Committee is going along well. We are trying to think of multiple approaches and outcomes that can help everyone, including all religions and races, while providing the modern aspect of today's ways of dressing." Many students have also come out to say the current dress code does not meet the modern standards of the students and should be updated. The dress code has yet to have any final changes made, but modifications will be discussed in upcoming meetings.

—*Hannah Wist, Sophomore*



GEORGE TAKEI

Actor, author, and activist, George Takei, better known as Captain Hikaru Sulu on *Star Trek*, is truly a jack of all trades. For all his life, he's fought battles against stinging opposition, unfair judgment, and cruel treatment suffered during

Japanese Internment. However, eighty-five-year-old George Takei never let these factors affect him in the past, and he has undoubtedly decided that he would not begin now. Takei accepted the lead role in SUNY Oneonta's annual Common Read event and, despite his age, delivered a most youthful speech to all in attendance.

Each year, SUNY Oneonta hosts a Common Read event in which those involved vote on a book that presents an excellent diversity of culture and ideas. The winning selection for 2022's common read was George Takei's graphic memoir, *They Called Us Enemy*. The memoir consists of 204 pages, each filled with excellent illustrations by Harmony Becker and all aspects of a well-structured story. Ms. J. Turner helped secure almost 100 free copies of the book for MCS students to read. And then MCS students were invited to participate in SUNY Oneonta's Common Read conference for high school students and to watch George Takei speak at an evening engagement.

Admission to the event, located on the SUNY Oneonta campus, was completely free for the entire area. The speaking event was practically a full house--the seating in the center of the gymnasium was filled, with only a few sporadic empty

seats. Skirting the outsides of the gyms were towering sets of bleachers, both withstanding the weight of what had to have been hundreds of people on either side. When Takei appeared from behind the curtains and made his way to the top of the stage, the crowd erupted in applause. It was a surreal experience, seeing a small man, when we were wired to expect far grander as Takei was someone who was at the root of such an incredible history and impactful activism for equality. It provided a sense of comforting assurance, seeing someone just like us being capable of such large change.

Takei's poise was incredible, especially for his age. His words were fluid, as though he were having a simple one-on-one conversation rather than having been speaking to a crowd of hundreds. He told his story in depth; no parts were skipped or glossed over. Takei spoke with confidence and engaged the audience through humor and childhood relatability as well as a few stories that were not in his book.

While Takei's speaking abilities were stupendous, those who read his graphic novel found the content of his speech to be repetitive because the speech essentially summarized the events of Takei's life in the book. However, Takei appealed to the audience with humor, cracking small jokes throughout, and added a few anecdotes readers had not heard. His caring manner and humor helped make the speech more interesting.

Takei is an incredible public speaker, and his performance, overall, was engaging to the audience. His speech was very well done and written. He remains an influential, impactful individual as he works toward equality for all humans.

—Madeline Schiller, Senior



NHS FOOD DRIVE

As we all know, the holidays are a tough time economically for people, especially with our current inflation rates. Even food is expensive. *Jonathan Child*, a senior, led and organized the National Honor Society (NHS) Food Drive to help fill the shelves of the Butternut Valley Food Pantry. In just two weeks, MCS gathered over twenty bags and boxes worth of food for the Butternut Valley Food Pantry in Gilbertsville. He said, “The food drive is something that the NHS has been promoting for many years because it is always a way to make a big impact in the community. It felt good to be able to donate so many items and make that big of a difference.”

Spike’s Pizzeria in Edmeston, run by the Richards family, donated pizzas to Ms. Robertson’s Pre-K class for donating the most food to the pantry.

Mrs. Vunk said her favorite part of it all was watching the reaction of the PK class after hearing they won.

—*Skylar Feather*, Senior



EXCHANGE STUDENT: *Alejandra Lahoz Outhwaite*

Before *Alejandra Lahoz Outhwaite* came to America as an exchange student from Spain, she had many different thoughts about America such as “fast food and obesity.” She also thought about how sports were so much different in America compared to Spain. In America, we take school and college sports very seriously but in Spain, it is not the same because the level of play is not the same. There the focus is more on club teams. The club teams for soccer have higher-level players and teams at such a young age because Spain and Europe take the sport very seriously and soccer is a lifestyle for them.

She arrived in the United States on August 31, 2022, and didn’t know what to expect. In the little time that she has been here, she has had a lot of fun and met great people that she hopes she will continue to have fun with. She stated, “All the sports games are very exciting to watch, and being the manager of the varsity boy’s soccer team was a great experience.” She enjoyed the homecoming activities we held this year. She is very thankful for the Thanksgiving she had with her host family and friends. And with so much more time here in America, she hopes that she will have many more great experiences.

—*Garrett Aikins*, Senior

NEW LEADERSHIP

Class of 2025

President: *Hannah Wist*
 Vice President: *Sam Coyle*
 Treasurer: *Levi Waffle*
 Secretary: *Maddie Moore*
 Representatives:
Hannah Wist
Sam Coyle
Levi Waffle
Grace Schiller
Maddie Moore



MATH IN MEGA SCALE

Mrs. Dening's 8th grade math classes made a huge coordinate plane on her floor in early November. They were working on slope and intercept to write equations of lines.

AREA ALL-STATE

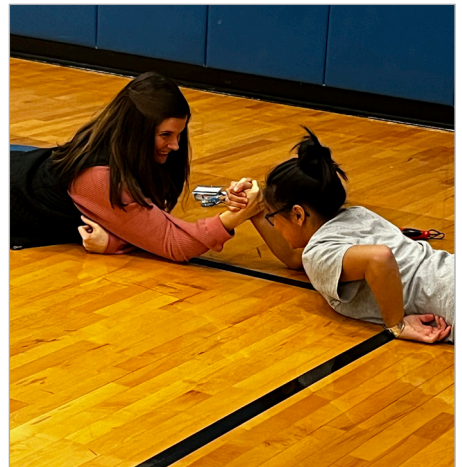
This year *Jessica Walling* and I attended Area All-State. *Jessica* and I were in the band. For the concert the band played "The Northern Pines March" by John Philip Sousa, "Themes from Green Bushes" by Percy Grainger, "Caribbean Rondo" by Pierre la Plante, and "Wizard of Oz," arranged by James Barnes.

The mixed choir sang "Word was God" by Rosephanye Powell, "Mille Regretz" by Josquin Des Prez, "Three Madrigals" by Emma Lou Diemer, "Grace Before Sleep" by Susan LaBarr, "Praise His Holy Name" by Kieth Hampton. The Treble Choir sang "Ave Regina Caelorum" by Isabella Leonarda, arranged by Meredith Bowen, "Sicut Cervus" by Rosephanye Powell, "Ave Generosa" by Dale Trumbore, and "Colorful" by Philip E. Silvey.

Jessica Walling said, "It was an enriching experience; it was great to work with a new conductor and other musicians. It was an experience I won't forget." Ms. Perkosky said, "I enjoyed being able to catch up with my colleagues who work in other districts discussing things going on in our programs and brainstorming ways to continue to grow and sustain our music departments. I also really enjoyed how focused students were working with their conductor and the sound they created together. I hope to encourage more students to be able to participate in this event."

I thought that this was a great experience to be a part of, and I hope many other students are able to be a part of it in the future. I was able to meet some great musicians and some great people as well. I was very happy to be a part of the band. I loved the songs that we played as well. My favorite song was "Caribbean Rondo" because of how it focused on one part at a time to give them the spotlight they needed to bring out their parts and how the drummers could just have as much fun as they wanted on that piece.

—*Ethan Franklin*, Senior



KIDS NIGHT OUT

In December National Honor Society students hosted a Kids Night Out. They had approximately 50 kids in attendance and everyone seemed to have a really good time! I would like to give a special shout out to Mrs. Diane Walling, Ms. Jenna Turner, Mrs. Diane Turner, and Mrs. Jamie Maistros for donating their time to make the night run smoothly. We truly couldn't have done it without their help! Additionally, I would like to thank Senior, *Hannah Swayer* for leading the event, and all of the NHS kids who took time out of their Friday nights to show the younger students a great time! The proof of how much fun we had is in the pictures. The smiles are endless. I was exhausted at the end of the day, but apparently Mrs. Maistros and *Maiya King* had enough energy left for some arm wrestling . . . I will let you guess who won! Thanks also to all the many people who donated craft items, etc. to make the night a great night out.

—Mrs. April Vunk, NHS Advisor and Special Education



ROCKET POWER

In late October, Eighth Graders had the opportunity to launch water rockets they made in Mrs. Grant's class at the end of last year, but never had the opportunity to launch them until now. The water rockets were made from 2 liter soda bottles, with fins and nose cones made of an assortment of materials. Usually student use altimeters to measure the altitude of each launch, but the launch occurred in some pretty heavy rain. That didn't make the launches any less fun or amazing. Students were surprised at how they shot into the air, and a few even had successful parachute landings! Keep an eye out for the Seventh grade launches coming this June!



ADVANCED ART

Mrs. Collins' Advanced Art class has been hard at work applying their creativity to various projects throughout the school year thus far. In completing their artwork, they have been exploring many different mediums—from sculpting clay to painting, cutting, and pasting. Their first project of the quarter which was definitely a student favorite challenged them to maintain realism while crafting mini food items with clay. They initially had to mix colors to find the perfect shade required for their projects. The next step was to model the colored clay into the proper shape needed for their food item. The final step was to arrange them in a way to make them look realistic. While doing this project, we saw foods from packaged baguettes to bowls of pasta, and we even saw a mini fruit salad dish.

The next project was turning old art into new and improved art. The Studio Art class used their leftover paint to make a design on white paper. Using that art, the Advanced Art class was required to use 60% originality of the Studio Art students' work and make a new masterpiece. The first step was to find a shape and make a stencil. The next step was to trace and cut many pieces using that stencil. The final step was to arrange the cutouts on a new sheet of paper to create an amazing showpiece. We saw some amazing art pieces.

—Justine Norton, Senior

PLASTIC FILM RECYCLING CHALLENGE

MCS will once again be participating in the Otsego County Plastic Film Recycling Challenge. Every year, schools in Otsego County compete with one another to see who can collect more plastic film to be recycled into everything from composite decking and playground material, to plastic pellets for manufacturing. This challenge is especially important, as plastic film cannot be recycled at traditional recycling locations or curbside but must be returned to participating stores or special locations. You can drop your plastic film off at the main lobby of the school where there are bins for elementary and high school plastic. This challenge will run from November 15, 2022, until April 12, 2023; however, MCS is a year-round drop off point for plastic film. Please encourage your students to bring their plastic in!

If you have any questions, please contact Heather Grant at hgrant@morriscsd.org.

Thank you for helping us keep plastic film out of our watershed!

—Mrs. Heather Grant, Science

WHAT CAN BE RECYCLED?

All plastic film must be clean, dry, and have labels or stickers cut off. If you are unsure if it is film, try the thumb test--if the plastic stretches when you push your thumb into it, it is most likely recyclable!

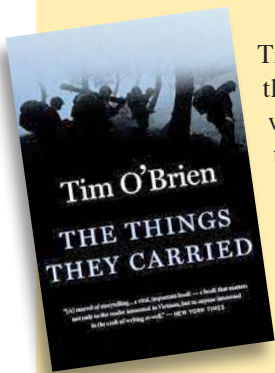
- Grocery Bags
- Bread bags
- Bubble wrap
- Dry cleaning bags
- Newspaper sleeves
- Ice bags
- Plastic shipping envelopes
- Ziploc and other reclosable food storage bags
- Cereal bags
- Case overwrap
- Salt bags
- Pallet wrap and stretch film
- Wood pellet bags
- Produce bags
- Blister packaging
- Cling film

DO NOT INCLUDE:

- Degradable/compostable bags or film packaging
- Pre-washed salad mix bags
- Frozen food bags
- Candy bar wrappers
- Chip bags
- Six-pack rings
- Pet Food Bags
- Any hard plastic



The Things They Carried: A BOOK REVIEW



The book *The Things They Carried* by Tim O'Brien is a book with many stories that are fiction that have a historical as well as speculative accounts of events that happened or could have happened during the Vietnam War. Although the stories were primarily fiction, they give students a better understanding of what could have happened to real life soldiers, especially since it was written by a Vietnam Veteran.

The stories range from things that stun readers or make them actually question if the stories are real. Many things happen in those stories, some are short and others are long. The longer ones give readers so much detail and make readers have an amazing appreciation for the veterans who served in the war and other wars.

The book has an amazing sense of imagination and word choice. The word choice makes readers feel like

they are in the stories, living the life of Tim O'Brien, the protagonist. The story telling aspect of the book is so beyond brilliant and helps display the events that happened in great detail. The book also has a sense of realism that readers could only get if they were there or if they read a lot of true war stories.

The book is also a type of metafiction. Metafiction is where the narrator of the character is aware that they are part of a work of fiction. They often break the fourth wall which means they are talking directly to the readers. This makes the stories even more interesting and involves the reader even more in the experiences of the characters.

I would recommend this book to young adults and adults who have a great imagination and love history. This book will give you a great insight into the war and what could happen. It also gives a sense of how the soldiers' stories might or might not be real at all. I would rate the book a 4.5 out of 5 stars.

—Kayla Hoffman, Senior

SPOOKY VISIT

It was a cold, dark, and soggy part of the year in the dull part of November when Juniors visited Hillington Cemetery to find inspiration for their creative Edgar Allen Poe short stories. They learned a little about local cemetery history as well as taking time to remember and pay their respects to those with whom they were close. Students enjoyed the time out of regular English class, and they discovered what a peaceful place the cemetery can be. *Maddie Coleman* said, “It was interesting to learn about the town’s history while visiting the cemetery.”

—*Mrs. Julene Waffle*, English



NATIONAL GUARD: LOW ROPES COURSE

Due to the COVID-19 pandemic, many students across the globe of all ages lack some of the basic skills such as communication, teamwork, and problem-solving that most would learn during group activities during school. The National Guard reached out to our school and organized a low ropes course for Grades 5-12 to complete. They visited on November 14 with a whole car load of challenges.

Guidance counselor, Kelly Catella said the workshop “allowed students to work on various social skills in a fun manner. The students worked in groups to achieve various tasks, having to use communication, teamwork, perseverance, and problem-solving skills to successfully complete the challenge of each station.”

The course was a huge success with all grade levels. The only complaint from students was that they wished they “had more time to complete ALL of the stations and tasks!” *Georgia Kolka* said, “I had so much fun, and it was a great opportunity. We all worked together to accomplish the goals of the course.” She added that the course was her favorite memory of school so far this school year. The Fifth Grade class “Loooooovved it.” One of the Fifth graders favorite stations was the one where they maneuvered around marbles using small pieces of tubing.

Hopefully, in the future, the school can host more workshops/rope courses for all grade levels to complete and better the different skills that are lacking as a whole.

—*Aislinn Ray*, Junior

THINGS THAT GO BUMP IN THE NIGHT

On October 14 the Junior and Senior classes had the amazing opportunity to go to the Farmer's Museum and go on a tour called The Things That Go Bump In The Night. On the tour, we heard many local and personal ghost stories while stopping at places such as The Blacksmith's and Bump Tavern. The historic buildings we visited were very creepy after hearing the stories. The tour held plenty of entertainment other than the ghost stories, too. We also heard the story of a Mr. Burke and his friend who murdered people to sell their bodies to science way back in the early 1800's. We also learned that if a person died and no one claimed their body, officials could sell their body for science. The person whose job it was to package up and deliver the body to science centers was called a resurrectionist. *Madeline Schiller* ('23) said, "They managed to incorporate the local history of upstate NY into a chilling tour filled with true scary stories experienced on site. It was a perfect start to the spooky season."

The tour ended with a powerful monologue performance of Edgar Allan Poe's "The Tell-Tale Heart." It was truly terrifying and totally entertaining. The actor was amazing. A lot of the students enjoyed the telling of "The Tell-Tale Heart." *Jason Strain* ('23) said, "The acting was pretty awesome." *Yana King* ('24) said, "The performance was absolutely astonishing and a bit eerie in all honesty. The actor was solo, giving his whole heart into the performance, capturing the true physiological thrill of the short story. I am very glad that I was able to go to this show." Mrs. Waffle said, "If you haven't had the chance to see it, you should go (and sit in the front seat!)--it was probably the best acting I have ever seen in person." Overall, everyone who went had an amazing experience and absolutely loved the tour and stories and were glad they got the opportunity to go in the first place.

—Rachel Hill, Junior





MORRIS'S ANNUAL HALLOWEEN PARADE RETURNS

This year marked Morris's first annual Halloween Parade since the strike of the COVID-19 Pandemic. Students waited anxiously throughout the school day for the parade to begin. By the end of the day, the streets of Morris were packed with hundreds of children decked out in costumes celebrating the spooky holiday. Parents and loved ones lined the road to watch as the Mustangs paraded down the street. This Halloween, students let their creativity flow, flaunting hundreds of unique costumes. Eighth-grader *Hayden Kolvik* said, "It was really cool seeing everybody's cool costumes together." He also made note of his personal favorite costume, "The T-Rex was awesome." Upon the students' arrival back at the school, the students were surprised with sweet treats courtesy of Morris' own Student Council.

Leading this year's Halloween Parade was MCS's marching band. Flourishing their cool costumes and shiny instruments, the band marched their way through the Morris. The band played a holiday favorite, Michael Jackson's "Thriller," raising the spirits and festive feelings of everyone around. Junior *Aislinn Ray*, who sported a monkey costume for Halloween and played the marching quads at the parade, said "I love marching band!" Senior *Lincoln Waffle*, who was Mark Antony for Halloween, said, "I enjoyed playing for everyone." Overall, the band successfully raised the holiday spirit and readied the town for a night of tricks and treats.

—*Madeline Schiller, Senior*



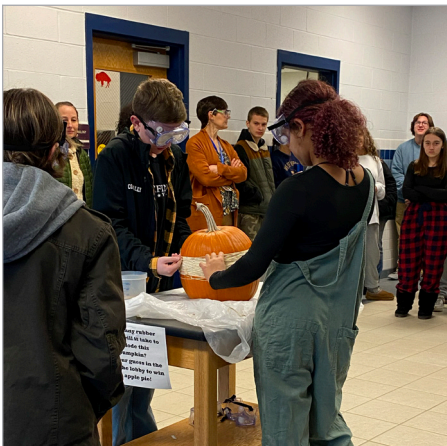


EXPLODING PUMPKINS

Before Thanksgiving break, Mrs. Grant and many of her students exploded a pumpkin for fun using only rubber bands of all shapes and sizes. Because the weather was a little yucky, students and staff gathered outside Mr. Packard’s room to watch the experiment of pressure with patience. After students took turns wrapping 495 rubber bands around a medium-sized pumpkin, it finally blew up after over 45 minutes. The top half flew into the air and made everyone flinch and laugh with its “Pop!” After the explosion students discovered the homegrown pumpkin was over two inches thick!

The MCS Science Club students discussed how each rubber band exerted a little more force on the pumpkin, deforming it at the molecular scale, until it couldn’t take it anymore.

Congratulations to Sixth Grader *Keenan Hoyt* on coming closest in the guessing contest with a guess of 500. He won a delicious homemade apple pie!





TRI-VALLEY CHAMPIONSHIPS

The last whistle blew. Everyone was screaming and going crazy. Players were crying tears of joy, hugging each other whilst jumping up and down in excitement because of their season accomplishment: Winning the Tri-Valley League Championship.

Both games were action packed up until the last whistle. Fighting hard for each touch, pass, and shot, the boys were really unlucky as they hit the post a few times and shanked a few shots. The game was played on the other team's half the majority of the game. Unfortunately, we couldn't get one to hit the back of the net. The game ended in a 0-0 draw to make both Unatego-Franklin boys and Morris boys co-champions. First-year players *Ryan Murphy*, *Carter Swayer*, *Ty Turner*, and *Jonah Baldo* (all freshmen) said basically the same thing, "It was exciting and really fun to play alongside my friends and teammates. It was also really fun to be able to celebrate our league championship with everyone." *Garrett Aikins*, Senior, added, "It felt great to get a banner my last season of high school soccer because I love the game of soccer and my teammates I had throughout my years. Coach

Brian Roser was a huge part of the happiness that this year of soccer brought me." *Ethan Franklin*, senior, said, "It was a lot of fun to win the banner with the guys I've been playing with my whole varsity soccer career. It was sad to be co-champions but we still earned a banner." *Lincoln Waffle*, also a senior, had a similar feeling: "It was nice to earn the banner to prove our season success but it stinks that we had to be co-champions."

The Lady Mustangs (combined with Lady Panthers from Edmeston) also had great success. They, too, won a Tri-Valley League banner to hang in the gym. Senior, *Carissa Richards* said, "It felt amazing to win Tri-Valley for my senior year. It was a great way to end my high school soccer career. It felt especially good to beat Schenevus by three goals in the championship." The final score of the girls game was 4-1. *Bethanee Barringer*, also a senior, had similar feelings about the team's success; she said, "It felt amazing to have my name on a banner that'll be hanging when I come back to Morris to visit, but it is definitely sad that this is my last year."

—JJ Benjamin, Senior





WHAT IS THE PACER TEST IN PE?

The FitnessGram PACER Test is a multistage aerobic capacity test that progressively gets more difficult as it continues.

The test is used to measure a student’s aerobic capacity as part of the FitnessGram assessment. Students run back and forth across the big gym basketball court as many times as they can, each lap signaled by a beep sound. The test becomes progressively faster as it continues until the student reaches their max lap score.

Congrats to the following students for topping the charts in their PACER tests for their age groups:

17-Year-Olds	Laps	15-Year-Olds	Laps	13-Year-Olds	Laps
<i>Garrett Aikins</i>	130	<i>Levi Waffle</i>	90	<i>Jake Johnson</i>	61
<i>Ethan Franklin</i>	124	<i>Madison Moore</i>	86	<i>Lucas Waffle</i>	55
<i>Lincoln Waffle</i>	82	<i>Amira Ross</i>	66	<i>Ella Moore</i>	53
<i>Max Yaeger</i>	80	<i>Grace Schiller</i>	45	<i>Hayden Kolvik</i>	53
<i>Hannah Swayer</i>	77	14-Year-Olds	Laps	<i>Hunter McAdams</i>	51
16-Year-Olds	Laps	<i>Ryan Murphy</i>	132	12-Year-Olds	Laps
<i>Tiger Ross</i>	131	<i>Jonah Baldo</i>	121	<i>Brody Connally</i>	62
<i>Asa Dugan</i>	122	<i>Carter Swayer</i>	100	<i>Chloe Ross</i>	43
<i>Everett Pondolfino</i>	95	<i>Kam Walker</i>	82	<i>Ricky Pegg</i>	36
<i>Swayer King</i>	93	<i>Ryland Boss</i>	68	<i>Sam Schiller</i>	35
<i>Keegan Fraser</i>	81			<i>Kylee Canfield</i>	22
<i>Maiya King</i>	84				

PRESEASON BASKETBALL

After some very successful Fall sports seasons, MCS is now headed into their Winter athletics. November 14 marked the start of basketball season for our varsity athletes. By early December our season was well underway, and our athletes continue to work hard, striving for successful seasons.

Despite the excitement for the upcoming season, there have already been some obstacles to overcome. There is a small number of girls athletes, which forced the JV Girls team to be cut. This year we will only have modified and varsity teams for girls. This is challenging for a variety of reasons. For one, some players may not be ready to play at the varsity level; at the same time, it will help grow skills, endurance, and patience for all players. All the girls are still working hard at practice in hopes for a successful season. They started the season strong with a win in early December (at the time of this article). Hopefully, they keep it up.

As far as the Boys Varsity, they are putting in so much work to come out on top. After becoming Tri-Valley Champions last year, our boys do not want to give up the title. They have been working hard at practice, scrimmages, and games in order to prepare for their upcoming games. This team is filled with many seniors who have dedicated themselves to several years on this team. They are a powerful team, and hopefully a strong season for them is underway.

We wish both of our varsity teams the best of luck this season. With two new banners in the gym from soccer season, let’s continue to add them for basketball.

—Carissa Richards, Senior

SPELLING BEES



Grades 5-8 Spelling Bee Participants
 Front Row: Kendall Gould, Ricky Pegg, Alex Parker, Chloe Ross
 Back Row: Abigail Gates, Hunter McAdams, William Weber, Sierra Coyle
 Hunter McAdams was the 5-8 Spelling Bee Champion this year



Kendall Gould (2nd place), Hunter McAdams (1st place),
 Ricky Pegg (3rd place). Kendall Gould and
 Hunter McAdams will be representing MCS at the
 Regional Spelling Bee.



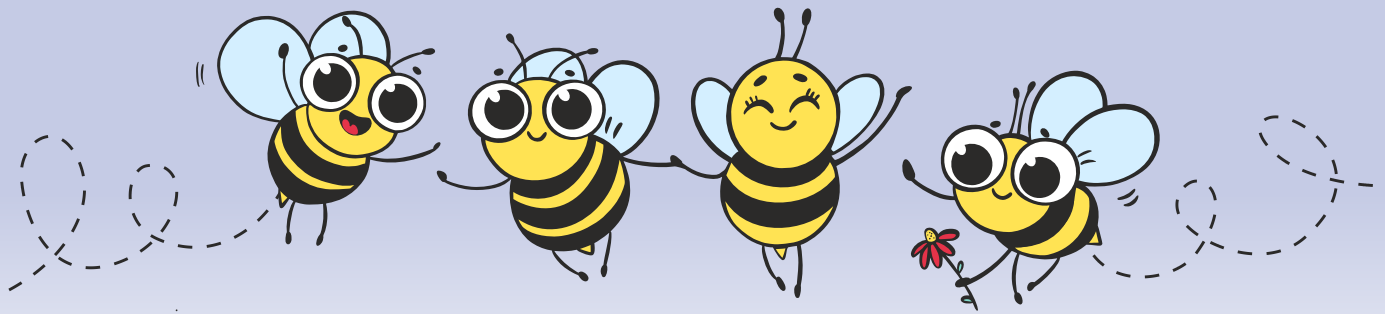
Grades 3-4 Junior Spelling Bee Participants
 Front Row: Charlotte Worden, Sadie Jacoby,
 Fiorenza Burdick, Bella Marino
 Back Row: Rowan Schoellig, Paige Sherwood, Lucas Galesky,
 Jakob Gould, Eden Boss



Winners of the Grades 3-4 Spelling Bee:
 Paige Sherwood (2nd place), Rowan Schoellig (1st place),
 Eden Boss (3rd place). Rowan Schoellig was the Grade
 3-4 Junior Spelling Bee Champion this year.

Morris Central School was proud to bring back both the Junior Spelling Bee and the School Spelling Bee this year. On November 22, Third and Fourth Grade students competed for the opportunity to become the Junior Spelling Bee Champion. Third place went to *Eden Boss*, second place went to *Paige Sherwood*, and first place went to *Rowan Schoellig*, making him our Junior Bee Champion. Other participants were as follows: Third Grade: *Sadie Jacoby*, *Charlotte Worden*, *Fiorenza Burdick*, and *Bella Marino*; Fourth Grade: *Lucas Galesky* and *Jakob Gould*. On November 28, *Hunter McAdams* took first place in the 5-8 School Spelling Bee. Second place went to *Kendall Gould* and third place went to *Ricky Pegg*. *Hunter McAdams* and *Kendall Gould* will be traveling to SUNY Oneonta on January 14 to compete in the Regional Spelling Bee to represent Morris Central School. Other participants were as follows: Fifth Grade: *Alex Parker* and *Abigail Gates*, Sixth Grade: *Sierra Coyle*, Seventh Grade: *Ricky Pegg* and *Chloe Ross*, Eighth Grade: *William Weber*. Congratulations on a job well done to all participants!

—Mrs. Rhonda Burnside, Mrs. Julia Bjorvand, & Mrs. Diane Sneddon



WHAT IS A SPELLING BEE?

The Spelling Bee is a competition to see who can spell the most words correctly against others. The person with the most spelling words correct will go to Regionals with the runner-up. If you mess up a word or attempt to start over, you are eliminated from the round. There are as many rounds as needed to eliminate everyone else. You can ask for a definition of the word, the word in a sentence, and the word to be repeated. Other than these hints, a competitor gets no other indication of the word or its spelling.

WHO WON THIS YEAR'S SPELLING BEE?

This year's 5 - 8 grade champion of the spelling bee was *Hunter McAdams* ('27) with the runner-up being *Kendall Gould* ('29). They both did extremely well. Hunter said, "The spelling bee was very stressful. It was difficult keeping track of some of the words." They went through one round after the other, totaling up to 24 rounds, before *Kendall* was eliminated.

WHAT'S NEXT FOR THE WINNERS?

This year's Regional spelling bee will be taking place on January 14 at SUNY Oneonta in Goodrich Theater if you want to support the top winners, *Hunter* and *Kendall*. If they were to win or place at the Regionals, they would then attend States, then Nationals. But for now, they will focus on studying up for Regionals.

—*Tatiana McAdams*, Junior



SBHC is available for sick visits!!!!



SBHC works with your Primary Care Provider

Contact the local SBHC or call 844-255-7242 for an appointment

Do not send your child to school sick, call first to fast track an appointment with SBHC

REMEMBER -- SBHC can see your child if they are not in school due to illness

SOCIAL STUDIES

EIGHTH GRADE

Students in grade eight social studies completed an assignment about the Pure Food and Drug Act (1906) where students work in groups to analyze seven primary artifacts related to the Pure Food & Drugs Act of 1906. Each artifact is lettered A-G. Students need to determine the correct chronological order in which the artifacts most likely occurred using context clues. After students have completed this task they are asked to self-reflect about their thought process. Students are then asked several reflection questions based on the activity.

1. What was easy about this activity?
2. What was challenging about this activity?
3. How did your group make decisions about what happened first, second, third, etc.?
4. What context clues or other clues did you use to make decisions?
5. What claims can you now make about the causes and effects of the Pure Food and Drugs Act (1906)?

This is one of my favorite activities to do with the eighth graders. We treat the assignment like a competition. Groups are racing to figure out the chronology of the artifacts.

—Mr. Michael Gregg, Social Studies

INVENTIONS!

Fifth grade has been very busy reading about inventors and the circumstances that have led to great inventions. Inventors who have really inspired us are Henry Ford and Marilyn Hamilton. Many of you know of Ford and his dream of creating affordable cars, but who is Marilyn Hamilton? The text, “*Wheelchair Sports: Hang Glider to Wheeler-Dealer*” by Simon Shapiro introduced us to this inspirational woman. After a terrible glider accident in 1978 left her with a broken back, Hamilton had the strength and determination to continue on with her active lifestyle even though she was confined to a wheelchair. It was through this, that she formed a company that specialized in light weight, speedier chairs. Today, athletes are using “Quickie” wheelchairs at all levels of competitions. We are excited to be writing to the Ford Company, and even to Marilyn Hamilton herself, to share what we have learned and hopefully gain some new information. We are excited to see if we will receive letters in response!

In addition to writing letters in ELA, we are also participating in The Great Mail Race in social studies. We will be writing letters to different fifth grade classes throughout the United States. We are hoping to learn about each school’s culture and traditions and see how they compare to ours. Be sure to ask us if we have received any letters yet!

—Ms. Julie Bjorvand, Fifth Grade

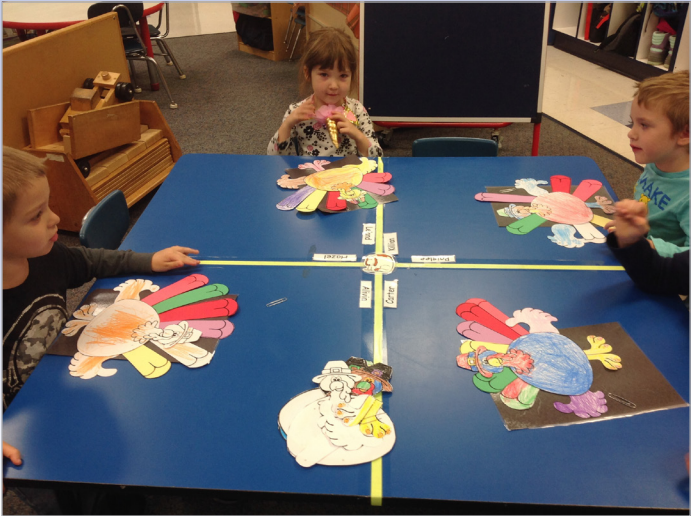
TEACHING CHILDREN ABOUT THE IMPORTANCE OF VOTING

In November, First Graders read the story, “*Everyone Gets a Say*” (HarperCollins, 2022). This story is about a snail and his friends who can’t seem to agree on anything. The authors, Jill Twiss and EG Keller, cleverly underscore the importance of speaking up and using your own voice. Together we learned that it’s okay to disagree as long as you’re respectful, and we talked about topics that were important to us. We each registered to vote in our classroom election, received a voter registration card, and cast our vote in our special voting booth on November 8.

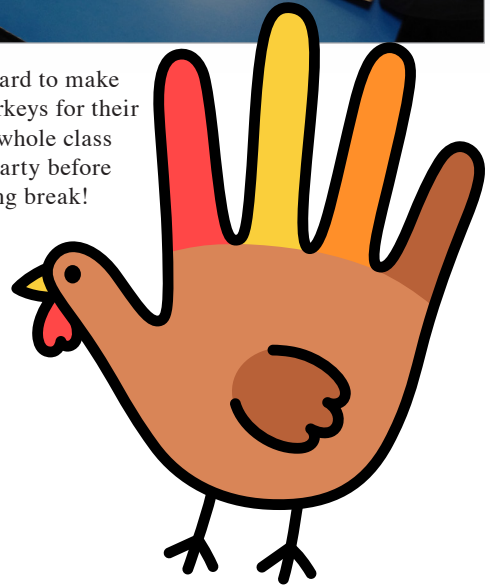
—Miss Christine Callea, First Grade



Nora Burdick, Fifth Grade, casting her vote in her classes mock election.



PreK worked hard to make Thanksgiving turkeys for their families. The whole class had a turkey party before Thanksgiving break!



Wash YOUR HANDS!

Hands that look clean can still have icky germs!

- 1 Wet
- 2 Get Soap
- 3 Scrub
- 4 Rinse
- 5 Dry

www.cdc.gov/handwashing

CDC

COVER YOUR COUGH

Help stop the spread of germs that can make you and others sick



Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.

You can also consider wearing a high-quality, well-fitting face mask which may help reduce the spread of respiratory germs.



Wash hands often with soap and warm water for 20 seconds, especially after touching tissues with secretions after coughing or sneezing. If soap and water are not available, use an alcohol-based hand rub.



#FIGHT FLU



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention