



The Gull Press



The Few. The Proud. The Beach.

ISSUE IV

Friday, January 27th

Groundhog Day: Winter Will Stay, Punxsutawney Phil Says

This Week's Birthdays

Dylan Aportela- 1/29
Benjamin Kabbel- 1/31
Karly Simon-1/31
Riley Simon- 1/31
Sydney Mcshane- 2/1
Rachel Arzt- 2/2
Patti Rizzo- 2/3

-SPORTS CORNER- WRESTLING MATCHES

C.J.I.S.W.L. TOURNAMENT

Champion: Kip Lovgren
2nd place: Jason Schulz, Riley Simon,
Mackey Liotta, Jonah Bowers
3rd place: Owen Marcoux, Josh Ramos



The boys playing Deal in their last game of the season this Tuesday.

Basketball Game Review

1/30

BOYS: Beach vs. Bradley Beach
Final Score: 46-30 BEACH

In the beginning of the game, it was a battle. However, as the game

"FITNESS FRIDAY" Q&A With Mrs. Mc Carthy

This week we interviewed Mrs. McCarthy. We interviewed her about "Fitness Friday" which she facilitates with the 6th-8th grades. Here is what she had to say.

What is Fitness Friday and why have you chosen to implement it?

Fitness Friday is a way to incorporate health and wellness into the lives of our 6-8th graders for the entire year. On Friday, all students come to the gym for a session that will focus on skills such as: flexibility, muscle strength, muscle endurance, cardiovascular endurance and teamwork. We have chosen to implement it this year because we are fortunate that the schedule allows us to increase our time spent on fitness and to give our students a strong base to

Fitness Friday Action Shots



Students raising their heart rates through various exercises.



Keep working hard!!

went on, our boys worked together to secure a solid win over Bradley Beach.

1/31

BOYS: Beach vs. Deal

Final Score 54-21 BEACH

Beach had a huge lead the entire game. They put up a fight and never let their guard down. What a great way to end the season. The high scorer of the game was Giuseppe Terazzi who scored 15 points, all of which were three-point shots. Impressive! Our boys beat Deal with a score of 54-21, and ended their season with an 8-9 record! Great season boys. We are proud of you.

1/30

GIRLS: Beach vs. Bradley Beach

Final Score 31-12 BEACH

Our Lady Gulls basketball team defeated Bradley Beach 31 to 12 on Monday to improve their record to 11-13. Grace Frauenheim led all scorers with 8 points. Alli House scored 6 points and Maggie Cavanaugh added five. Patti Rizzo and Brooke Cairns scored 4 points each. Very balanced scoring. Congratulations!

2/1

GIRLS: Beach vs. Deal

Final Score 24-6 BEACH

The girls were dominant in their game against Deal. Maggie Cavanaugh led all scorers and was assisted by her teammates: Grace Frauenheim, Morgan Garrow, Patti Rizzo, Kristen Ohlinger, and Alli House.

Today, the Lady Gulls have their last game of the season against Manasquan. Best of luck! We will report on the game in next week's publication.

incorporate fitness in their lives outside of Antrim.

How does Fitness Friday connect to our health curriculum?

There are many ways in which Fitness Friday connects to our curriculum: health, wellness, nutrition, and fitness are just a few. These topics are covered in grades 6-8 but our Friday classes allow us put that information into action! The bonus is that we have continuity through the entire year and that is so important to creating a healthy lifestyle.

Can you give us some examples of Fitness Friday workouts?

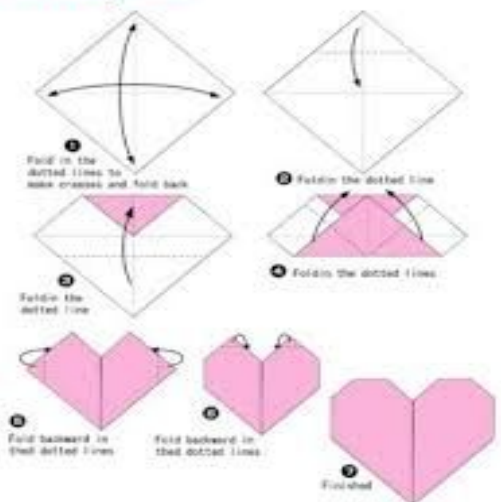
We have done the 'Antrim 500' Challenge. Each student must complete 500 exercises in a specific time period and they can go in any order they choose. The popular 'Authentic Relay'- teams of 6 or 7 create a relay for the entire class to participate in that includes at least 3 fitness skills and must be completed over a specific distance. Next class, we are introducing HIIT 'High Intensity Interval Training'- should be fun!

Would you like to share any additional info about Fitness Friday?

The Health and PE Staff are truly enjoying Fitness Fridays and have such a sense of accomplishment watching the students

A Valentine's Day Craft

An Easy Heart



-Craft idea for someone you care about-



Pictured below: Grace Frauenheim directing her team during warmups.



-SPORTS REMINDER-

If you are trying out for a school sport, make sure you get your recertification form or physical.

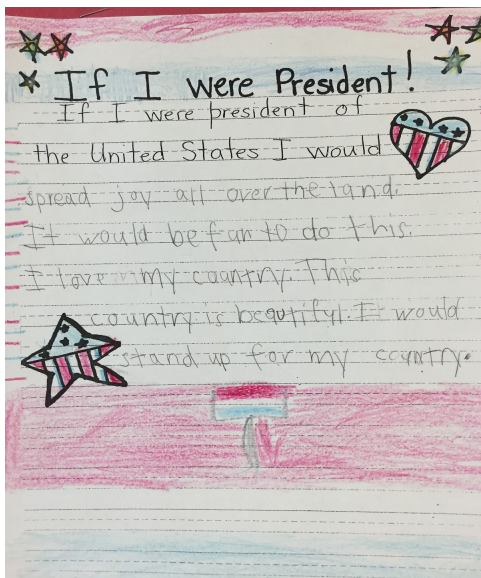
Track: 5- 8 graders

Softball: 6-8 graders

Baseball: 6-8 graders



Pictured above and below: First Graders "If I were President" writing.



succeed. There are many modifications that are provided since all students do not perform at the same levels, and it is amazing to watch.

-“GREEN”- A Short Story cont.

“Come to me, boy.”

Then; I black out.

I can't feel anything. I wake up in a hospital bed. My mother is next to me. “Dad went to get something to eat,” she whispers to me, but the one thing that is lingering in my mind is where that voice had come from. *Who is he?* If he is even a person. *How did the voice get there?* You can't just access someone's head like that. Unless he, or it, isn't a person. *What if he is a spirit or something?*

Then, it hits me. It all makes sense now: my name being Green, the fact that I'm not allowed to have friends, my parents acting like we're from a different world. This is it! My parents knew this would happen! *Who the heck is this guy and what does he want with me?* I don't want some...some it running around in my head! I just want to be a normal kid! Where am I

-Poem of the Week-

LOVE

By: Evan Silva

We live

We laugh

We love

Fly away, fly away, fly away dove

When we're in love we rise above

Love forces us not to shove

To let us know what we are made of

We live

We laugh

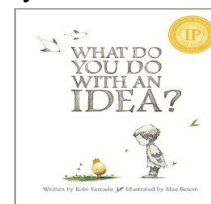
We love

WEEKLY READS

Kindergarten, 1st, and 2nd grade:

What Do You Do With An Idea?

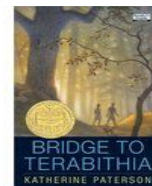
By: Kobi Yamada



3rd, 4th, and 5th grade:

Bridge to Terabithia

By: Katherine Patterson



6th, 7th and 8th grade:

A Night Divided

By: Jennifer A. Nielsen



MEDIA CENTER NEWS

1. **Six Flags Read to Succeed** - Grades K-6. Forms may be picked up in the Media Center.
2. **Dr. Seuss Day/Read Across America** - March 2nd.
3. **Scholastic Book Fair** - February 27th-March 3rd. More details to follow.
4. **Destiny Card Catalog** - <https://ghantrim.follettdestiny.com>. You can access this anywhere to locate material in the Media Center. Go to this website and click on G. H. Antrim School. You do not need to log in.

CHINESE NEW YEAR CELEBRATION ASSEMBLY

Today, the high school Mandarin students performed an exquisite Chinese New Year Program for grades 6-8. The hosts, Avery O'Neill and James Dyson led our Antrim students through the program explaining and discussing the various performances and skits. We feel lucky to have had the opportunity to watch our talented high school students show off everything they've learned thus far.

Avery O'Neill introducing the program.



from? I have to stop this now. I get up.

Then, the voice is back, "You're not going anywhere."

"I thought," I falter, "I had to come to you."

"I could have you do that, but you wish to kill me."

"HOW DO YOU KNOW THAT?! GET OUT OF MY HEAD!"

Then, he appears. Right in front of me. First he is a green cloud, then he takes the shape a man who is dressed like a mad scientist and looks like he was busy fighting a dragon before he appeared before me. He has a sword on his belt. He is covered in blood. He wears a battered helmet studded with jewels and a wild grin across his face. His eyes glisten. I don't know what to think. It is too much to handle right now.

Somehow, his grin becomes even more wild before he whispers the words, "I am Green."

To be continued in our publication next week.

**2/3 Grades 3-5
VALENTINE'S DAY DANCE**
The dance is from 7-8:30 PM.
Remember to wear red or white!



2/3 NATIONAL WEAR RED DAY
Let's bring awareness to women beating heart disease, their #1 killer, by supporting the Go Red for Women movement.



**TALENT SHOW
6:30PM
THURSDAY, FEBRUARY 9TH
FRIDAY, FEBRUARY 10TH**
Come see our talented students perform Thursday and Friday night. Tickets are on sale and pricing is as follows: adult tickets are \$7.00 and student tickets are \$5.00. Flyers have been going home to advertise ticket sales and pricing for program ads. Please hand in all order forms to Mrs. Kitchenman.

**KINDERGARTEN 100 DAYS OF
SCHOOL CELEBRATION 2/13**

**HIGH SCHOOL BLOOD DRIVE
WEDNESDAY, FEBRUARY 22ND
8:00AM-2:00PM**

**CHEERLEADING EXPO
3/1- MANASQUAN HIGH SCHOOL**

**HIGH SCHOOL DRAMA CLUB PLAY
ANYTHING GOES
MARCH 10TH & 11TH 7PM
MARCH 12TH 2PM**

Alex Tai and Kevin Lam practice before their performance with Chinese Yo-Yos. They were extraordinary in the show.



Pictured below is Jenny Jia, performing Chinese Quen Opera.



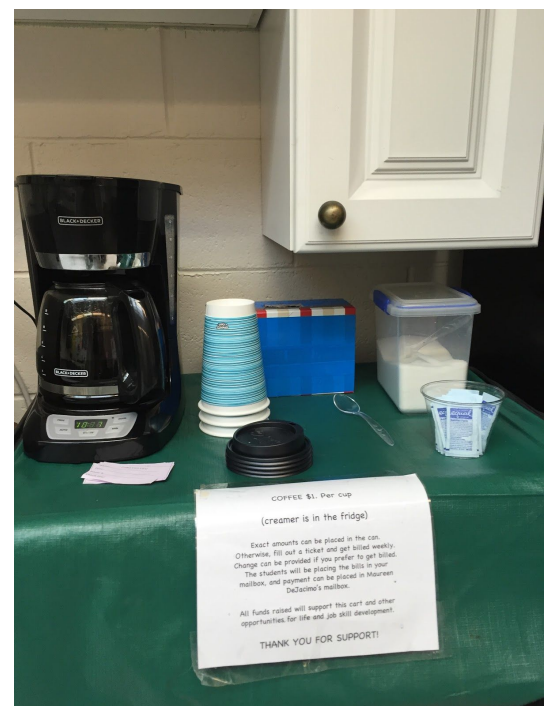
All Mandarin I and II students perform the Chinese New Year Song.



Tickets on sale at the high school main office.



Staff: Remember to support the coffee cart if you are in need of a pick-me-up during the day. Next week, we will interview the students who run the coffee cart.



Pictured below: James Dyson, in one of his many roles during today's Chinese New Year Assembly.



BULLETIN BOARDS



MISS BALL'S BULLETIN BOARD: KINDNESS COMES FROM THE HEART



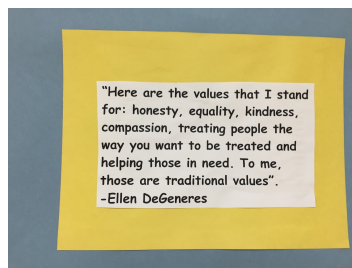
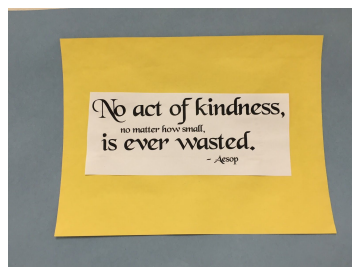
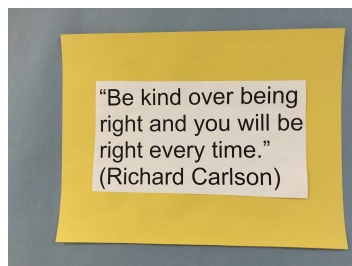
AROUND OUR SCHOOL



GRAFFITI WALL



-KINDNESS QUOTES-



Mrs. Mechler's Bulletin Board



Below is our weekly word search. Following that, there is an interesting screenwriting contest to check out.

Antrim Sports

G O F L F E G C Z B K L D R L
P U O V Y S G R L D C K H Y B
T A U O I E U O P I F Y O O G
M V X T U V I S K E Y S Q B A
K V P B Q L F S A N T R B Z X
G D F O Z T Z C N M F A V R B
M N E C R L H O I P S A Q F L
H R I R L I U U S K Y C M M L
U T X R W U L N E O P I C C L
J R C X E K J T L F C T R W A
Z A S K C E B R P H U C Y B B
S C A T E A H Y B A R W E W T
K K Q Z L V X C G E F W D R F
G N I L T S E R W H B H J M O
X B A S E B A L L P I I P E S

Baseball
Crosscountry
Track

Basketball
Soccer
Wrestling

Cheering
Softball

Check out this interesting contest!



Partnership for a Drug-Free New Jersey
in Cooperation with the Governor's Council on Alcoholism and Drug Abuse and the NJ Dept. of Human Services





**Now accepting submissions for the
2017 Middle School PSA Challenge contest!
Deadline: April 14, 2017 [CLICK HERE FOR DETAILS](#)**

What is it?
Create a script for a 30 second public service announcement for middle school students about the dangers of substance abuse.

Who can enter?
New Jersey students in 5th-8th grade.

Deadline to enter:
April 14, 2017

What do you win?
All PSA scripts are judged by a panel on creativity, message content, and ability to be produced. The winning script will be filmed, starring the student authors, and distributed across the tri-state area. Each participant will receive a certificate of participation.

Send entries to:
Partnership for a Drug-Free New Jersey
ATTN: Middle School PSA Challenge
155 Millburn Avenue, Millburn, NJ 07041
Fax: 973 467 2188
Email: pdfnj@drugfreenj.org

Official contest rules:

- Students can be in groups as small as two and as large as 12. No student may join two groups.
- Each team may only submit one PSA script (teachers can enter more than one team)
- Scripts may be sent by mail, email, or fax. Scripts may only be submitted by teachers on behalf of their students.
- **All entries must include the school name, school address, the faculty supervisor's name, email, and phone number, grade level, the names of the student team members, and the title of the PSA.**



Check out previous Middle School Challenge winners at
<http://drugfreenj.org/school/MSPSA/>

Questions? Jeannine Brown, 973-467-2100 x14 or email PDFNJ@DrugFreeNJ.org

