



Knight Herald Newsletter

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NEU FEVER STRIKES JOSE MARTI MIDDLE SCHOOL!

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Is it Over For Our School Name?

WASTE ATTACK! MAKING OUR SCHOOL A BETTER PLACE



HIALEAH- Have you ever noticed how much students litter around school? From dropped lead pencils to splattered gum, straight onto the walls or floors. Students here at J.M.M.S. spend most of their day inside of school; it is practically our second home. If it is considered our home away from home, then why don't we treat it as if it really was?

Trashing our school is a big issue. There are not enough janitors to be constantly cleaning our campus, as they do their best. This means we need to do something about helping out with the cleaning issue for our school to look its best. No one likes to learn in a filthy environment. Let's respect our school and take care of it...helping out cleaning and keeping it squeaky clean. This also means, maintaining the restrooms and walls clean.

There are approximately more than 10 trash cans around campus, not including the ones in each classroom; which makes it easy to dispose garbage. However, for recycling purposes, we have three additional recycling bins SER (Southeastern Recycling Crop) like the one in front of "Parent Resource Center."

So the next time you are in need of disposing trash, wait until you get to class to throw it away, or find a nearby trash can, that way our school will look immaculate and this will make us feel right at home.

By: Lidia Ramos

J.M.M.S. Celebrates Black History

This past month has been dedicated to black history. Teachers showed their spirit by dressing in African American outfits or wearing all black. Students were given different projects to work on in that topic, in all different classes. In classrooms boards were decorated in that theme as well. Movies about different African American contributors were also shown. Last Friday, February 25, a lunch in was held for all teachers to participate in and celebrate together.



By: Soomerled Hernandez



Black History Month

FACTS:

- Joseph Lee invented a bread-making machine that mixed the ingredients and kneaded the dough in 1895.
- John Love invented the pencil sharpener in 1897.
- Thomas J. Martin patented a fire extinguisher in 1872.
- Bridget "Biddy" Mason founded the First African Methodist Episcopal church in Los Angeles.
- George T. Sampson invented a clothes dryer that used heat from a stove in 1892.
- Joseph Winters invented a fire escape ladder in 1878.
- Nathaniel Alexander was the first to patent the folding chair. His invention was designed to be used in schools, churches and at large social gatherings.
- In 1897, African-American inventor Alfred Cralle, patented the first ice cream scoop. His original design remains in wide use, even today.

By: Lidia Ramos

NEU FEVER STRIKES

JOSE MARTI MIDDLE SCHOOL

HIALEAH- It began the week before Spring Break, the contagious fever started spreading. Teachers and students all gathered up with a cup of paint in one hand, and a brush on the other; every single one of them ready to stroke their brushes onto the dull, white walls of Jose Marti Middle.

Administrators agreed with teachers that decorating the hallways to represent each homeroom's college would be an awesome way to show off our *No Excuses University* theme.

Teachers, along side their students, began to cut out pieces of letters in order to tape them against the walls to write out their University's name...moving on to trace them and begin painting. However, they've also used LCD projectors to make it easier for students to trace out their mascot and any other symbol representing their college.

Their work of art paid off. Teachers took the initiative to name the hallways where their classrooms are. For example, Mrs. Osborne's hallway is called *Seminole Drive*, which represents *FSU*, while Ms. Broche's hall is named *Panthers Boulevard*, representing *FIU*. Each is great and unique, in different ways!

Not only was it a magnificent way to show off our *No Excuses University* theme, but it also gave our students here at *Jose Marti Middle*, a chance on how to learn to work together in order to make things possible and take pride in their work. Everybody here brushed up on one of our major *Core Values*; TEAM WORK!

By: Lidia Ramos



Success

The future is
What you decide
Which way will
You go?

You make your
Own way
to the lane of
success
Never say, "I can't."

You can always
Overcome the obstacles
of life and succeed
at the right time.

Don't say bye to
your dreams,
you can decide
always
The right thing!

By: Roxana Perez

Triunfo

El triunfo dicen
que es
el final del camino
creo que esto
está bien dicho

Se que el triunfo
Es lo mas deseado,
pero no creo que
nadie no lo alla logrado

Se que el camino
es difícil, pero siempre
llega al límite.
No existe tal crimen

Después que ganas,
¡Siempre algo nuevo
pasa y aunque
dudes un poco
el triunfo alcanzaras!

Upcoming Events:

FCAT: Reading 4/11-4/12, Math 4/13, Science 4/19

Super Wheels Incentive Field Trip for all grade levels- 4/26 (8th grade), 4/28 (7th grade), 4/29 (6th grade)

YEARBOOKS ON SALE!!!

Don't Miss out on this year's memories...secure your book now. Books will arrive on 4/29/11. On Sale Now for \$23 Visit Ms. Broche in room 1223



Is it Over For Our School Name?



A rumor is going around that could change the school forever. Our school will be taken over by MAST Academy and turned into a magnet school or school of choice. If this happens, then our school will be an extension of MAST Academy and there will be no more Jose Marti Middle School. Our school will be renamed and it will include grades 6-12.

School officials are saying that this is only a rumor and has not been confirmed. Some officials think otherwise; people are saying that this is indeed true and that it will happen. A meeting with parents and community members, along other schools has indeed confirmed the great news.

Even with all the uncertainty there is one thing that is clear; what will happen if the school incorporates a magnet program? Students will have to apply to get into the school and a GPA/grade requirement will be in place. Only students that have not been in the school the past year will have to apply.

By: Daniel Sampedro

Sleep Deprivation

By: Patricia Rivero

J.M.M.S.- students at José Martí Middle School are not getting enough sleep, coming tired to schools and dozing off in classes due to lack of sleep. It is not on purpose, but mostly because of their age and changes occurring.



During the teenage years, students deal with school stress, the way they look and other problems they maybe have and that also is a cause for them to have sleep deprivation; stress also causes hair to fall, depression and sleep lost.

Also teens' brains work differently when it comes to sleep than adults and younger kids. Teens' brains produce more melatonin (that is a brain hormone that has to do with sleep functions), so that causes teens to stay awake and have difficulty obtaining sleep.

In order to help you deal with sleep deprivation, something that would help is exercise. When night time comes around, you are feeling much more tired than usual. Also, try not to sleep in the afternoon...napping, stay away from caffeine like chocolate, coffee, sodas, and tea.

How Can I Stay Clean at School?

By: Lidia Ramos

HIALEAH- Infested door knobs, germly toilet seats, and sticky cafeteria tables. For years students have wondered, how can I stay clean in school?

There are, a hand full of things that can help you stay clean at school. Bringing your own hand sanitizer, having your own tissues, and even carrying around your own personal hand soap, is an example of how you can keep clean in school.



Adriana Hernandez, a student at José Martí Middle states, "I hate being at school, and feeling dirty. It makes me want to run home and take a shower!"

Other ways that can assure your personal hygiene at school is to: bring your own tooth brush and some Colgate Total® Advanced. That way, even after you eat, you can still have a healthy mouth for twelve fighting hours against germs and yet have a sensational fresh breath.

Furthermore, if you are in need to use the restroom and do not want to get near the toilet, then grab some toilet paper, and place on the toilet seat; that way you won't have to touch it. If you are disgusted by the sticky cafeteria tables, simply squirt some hand sanitizer onto the table and wipe it around with a tissue.

Another thing is, in order to keep away from germs, wash your hands in warm water for 20 seconds to make sure your germ free. Germ- X and other hand sanitizers can harm your skin if used to frequently.

There are endless of things you can do to feel clean, be clean, and stay clean at school; you just have to know the right things to do. Practice good hygiene because it will prevent you from getting sick.

WASH YOUR HANDS FREQUENTLY AND THOROUGHLY!!!!



Do teens consume TOO much caffeine?

By: Soomerled Hernandez



The consumption of caffeine is known all over the world for pulling through to deadlines and projects. According to studies, 50% of the population of the United States consumes caffeine in some form or the other every day. Due to the kind of stimulus that caffeine provides to the body, it is considered a drug. Although it's acceptable, it is important to be aware that it has effects on our bodies. If it's consumed too much, then you'll become addicted.

Consuming caffeine in large quantities over a long period of time is likely to combine caffeine dependency with a wide range of physical as well as mental conditions, like, irritability, anxiety, headaches, insomnia, respiratory alkalosis heart palpitations, and muscle twitching. Also, it disrupts sleeping patterns. Charged with caffeine, adolescents are awake late at night web surfing, gaming, watching television, etc keeping them sleepless and unfocused on homework. "Many adolescents used multiple forms of technology late into the night and concurrently consumed caffeinated beverages, their ability to stay alert and fully functional throughout the day was impaired by excessive daytime sleepiness," stated, Dr. Christina Calamaro.

There is some good in this, however, small to moderate amounts of caffeine can give you a boost and lift your attitude. It causes reduction in fatigue, which results in potentially lifting someone's mood. Caffeine is best ingested before exercise, because it enhances your performance. Caffeine increases alertness, as well.

Overall, caffeine has its downs, but also benefits. It all depends on how much you consume. Just keep it balanced and you will sure get the best of it. "If I drink caffeine in the daytime, I knockout and cant go to sleep later on," stated Kiran Abass, student at J.M.M.S. and editor of yearbook and newspaper. She also added, "once you start drinking coffee to try and stay awake it becomes a tough habit to brake." Therefore, use caffeine consumption in moderation, everything within limits is good.

