

Eid Celebration!

Writer: Zaynah Kuka



This month muslims across the world celebrate Eid- Al- Fitr. Eid is a muslim holiday where there is a big feast, presents, and time spent with your family to reward us for fasting a whole month. Eid last three days. On Eid, we thank Allah for everything we have and giving us time to grow and reflect as a citizens of the world. During the holy month of Ramadan we fast as a reminder to sacrifice and be thoughtful to those who are less fortunate than we are and understand the struggles that they may have.

On Eid, the day starts off with prayer and then we rejoice with our families. We gather together and appreciate the time that we have together. Families also visit extended relatives homes where sweet treats are enjoyed such as Baklava and or rice pudding. Children are given money or gifts from family members. It is a fun holiday that comes twice a year. I hope you now know a little more about Eid.

National Dance Week !

Writer:Angela Jung

Dance is a fun way to express yourself and to just have fun along the way! There are many types of dance that require different things and music! National Dance week is on April 19th to the 28th so get your favorite song on that week and dance. Even if you never took classes or did something big, it's ok dance is just movements and motions. In this article I'll tell you the Genres / Type of Dance and the history of dance.

Some types of dance are tap, jazz, contemporary, hip-hop, ballet, salsa, belly dance and more! Tap: Tap is a dance with tap shoes which have metal parts in the bottom so it makes a loud click-clack sound when you tap your foot. Some moves are shuffles, heel drops, etc.

Jazz: It is not as slow as jazz music, it's more upbeat like pop, jazz requires jazz shoes, it's a lot like heels and sneakers combined! Some moves are Chassé, Jazz square, etc.

Contemporary: This is a lot more like jazz music, nice and steady. The shoes are also jazz shoes. The moves are a lot like Jazz and Ballet. Hip-Hop: This is my favorite one, hip-hop is more of a free and style type of dance this is great for expressions and sometimes it get inappropriate, but it a little bit ok for our upper grades (4th and 5th) but even if you're still younger it's fine hip-hop can be enjoyed for all ages and there are plenty of songs that are appropriate for younger kids. Some moves are: Kick-Ball-Change, Popping and Looking, etc. Ballet: This is the most known type of dance. It was made by a king and was originally for boys even though now it's mostly girls! Some moves are: The positions 1st through 5th, pliés (there are 2 types) and etc. That's enough for now and wait I forgot something freestyle! When you have more experience with this then you'll know lots of moves and start freestyling!

Ever wonder where did dance come from? The first written records of dance date back some 4,000 years to the ancient Egyptians. Dance was a crucial element in festivals for their gods. The ancient Egyptians also brought skilled dancers from central Africa to Egypt to provide entertainment.

Hope you learned all you can about dance ! Get moving .

We want to hear from you!



Have an idea of what you would like to learn about on our next newsletter? Pop in room 325 and let us know!

Autism Awareness

Writer: Vincent Vu

Did you know that there was a week just for Autism awareness? Today we will be talking about Autism awareness week. Autism awareness week is a week that we support the people who have Autism. This week takes place April 2nd thru April 8th. It's a holiday because the United Nations General Assembly unanimously declared April 2nd as World Autism Awareness Day to highlight the need to help improve the quality of life of those with autism.

We celebrate Autism week by educating ourselves as a citizens of the world. One of the best things you can do to support people with autism is to learn more about it. You can also be a positive role model by understanding that your words and actions do impact on making everyone feel accepted. You can also donate to an Autism charity to show your support to people with this disorder. Now you know why Autism awareness week is a week.

The Importance of a BREAK!

Writer: Isabella Dobrecovic



After a long week at school, you're probably very happy for the upcoming weekend. Soon enough, the weekend ends, and you're back to school again on Monday. After a few months you get tired, both mentally and physically and a two day weekend won't help much. This is why we have week long breaks throughout the year.

The State Education Department gives breaks to students around certain times of the year. When you are applying yourself with everything you have, you can burn out, this not only will affect you physically but also mentally. As stated in the an article from Harvard Business Law, " How Taking a Vacation Improves Your Well-Being," vacations and time off increases positive emotions and reduces depression. This is essential for our well being and our overall success.

The upcoming spring break is placed from around March to April in hopes to give students a pause to all the responsibilities of school, where they can focus on the sleep, time with those that matter most to them and overall not being on a routine of rushing out the door. This also helps to prepare students for the last part of the school year where we have exams and have to overcome the temptations of spring fever!

Spring Break Activities!!

Writer: Vivian Basha



Spring is in the air! If you want some fun activities to do in the spring, you've come to the right place ! Here are some fun activities for you, your family and your friends can do in the spring ! Scan the QR code for more ideas.

1. Fly a kite (you could buy one or even make one)
2. Go bike riding (at the park or maybe on the sidewalk
3. Have a picnic (get food you enjoy such as sandwiches/wraps, burek, salads, fruit, chips, honestly whatever you want)
4. Blow bubbles
5. Plant a garden (my mom always plants vegetables in the backyard in the spring and we can eat them in the summer you could do that too)
6. Make a bird feeder (visit your local Home Depot , they offer classes on how to build one)
7. Invite your friends to the park (Central Park might be a fun experience)
8. Make flowers out of clay
9. Go to the Botanical Gardens and appreciate all the flowers in bloom
10. Take a walk on a beach (Orchard Beach or Rye Playland)

I hope maybe you can do some of these spring activities and have some fun !