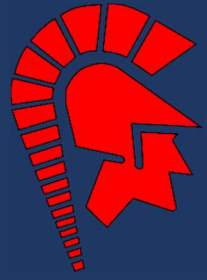


# Trojan Horse Magazine

April 22, 2020

Volume 2, Issue 7



## Signs of Spring

Flowers are blooming, grass is getting tall, and birds and bugs are flitting through our yards.

On Sunday, Miss Zdrojewski snapped this photo of a shorthead garter snake along the Riverwalk bike path. Shorthead garter snakes only live in a tiny area in southwestern New York and northwestern Pennsylvania. They are a small species that reach a maximum length of 22 inches, and this snake was very close to that. They eat worms and amphibians like frogs. Although they aren't poisonous, Miss Zdrojewski didn't pick up this snake, because she knows from experience that they secrete stinky and oily musk when they are picked up.

Have you seen signs of spring wildlife? Send your photos and artwork for next week's magazine.

### IN THIS ISSUE

- News and Notices
- Student Poetry  
by Grace Anderson  
and Sebby Tilaro
- Guess the Pet  
With Quiz!
- Commotion in  
Arrowburg  
by Ethan Lohnes
- STEAM of the Week  
with Mr. Thomas
- Coping Corner
- This Week
- Submission  
information

# News and Notices

## Poetry Month Haiku Contest

Interested in winning a chance to receive a gift card to our local bookstore? Enter the SWCS Library Department Poetry Month Haiku contest to be entered to win! The rules are simple: Any student in grades K-12 can write an original Haiku (suggested topic is spring or maybe what its like to be home all day!) and email Mrs. Wright [swright@swcsc12.org](mailto:swright@swcsc12.org) your entry.

Visit <https://www.poetrygames.org/poetry-machine/poetry-15.php> and get writing - make sure to put your full name in the "title" of your poem so we know who wrote it. One winner will be selected and the gift card will be mailed to your home. Multiple entries will be accepted. Contest ends April 30th. Get creative and join in on the fun!

## Tech Troubles?

If you have any problems with your technology, like a broken stylus or your computer not working right, contact the SW Tech department at [SWCSTech@swcsc12.org](mailto:SWCSTech@swcsc12.org)

## Sora Sweet Reads

Sora's sweet summer reading collection is available now! These books are available for everyone to read through July 31<sup>st</sup>. They make great choices to read with a friend! Some of this year's selections are "Black Panther," "Shadow Frost," "Diary of an 8-Bit Warrior," and "Akata Witch." You can find all the selections on [Soraapp.com](http://Soraapp.com) and log in with your school computer login and password.

## Resilience – Word of the Month

Our PBIS word of the month is "resilience."

Nobody likes to fail or make mistakes, but both are things that need to happen as we learn and grow. It's important to be willing to take risks and then learn from our mistakes to do better next time.

"It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all, in which case you have failed by default." — J.K. Rowling

Did you know Beyonce went on the TV competition Star Search when she was 9, and her group lost? She kept performing, and now is one of the most successful recording artists in history.

And during Jim Carrey's first comedy club performance, he was booed off the stage, but he kept practicing and is now one of the most famous comedy actors in the country.

Katie Perry's first album only sold 200 copies. She was dropped from several record labels. It took her 10 years of failure and struggle before she finally succeeded. Her resilience helped her keep going despite these setbacks.

Q: Why did the traffic cop give the poet a ticket?

A: For driving without a poetic license.

Q: Where do poets obtain poetic licenses?

A: From the DMV, the Department of Metrical Verse.

# Just Because

Just Because my family owns a bakery

Doesn't Mean I worship bread.

Doesn't Mean I work there 24/7.

Doesn't Mean My family is rich.

I Am The great grandson of a man who made a great investment.

Just Because I have a moustache

Doesn't Mean I'm a drug dealer.

Doesn't Mean I have free candy.

Doesn't Mean I'm not 13 years old.

I Am Someone who likes the Idea of manscaping.

Just Because I'm Italian

Doesn't Mean I always eat spaghetti.

Doesn't Mean I don't come from other cultural backgrounds.

Doesn't Mean I "Talk-a like-a this."

I Am a Dominican, Italian, Swedish boy who enjoys food from a wide variety of ethnicities.

Just Because I am a girl,

Doesn't mean I like dresses-

Doesn't mean I like makeup-

Doesn't mean I love pink-

I am strong and independent!

Just Because I am short,

Doesn't mean I can't play basketball-

Doesn't mean I can't run as fast as others-

Doesn't mean I won't get tall-

I am proud and kind!

Just Because I am blond

Doesn't mean I am a vcso girl-

Doesn't mean I am sassy-

Doesn't mean I am ditzy and dumb-

I am pretty and smart!

*Poem by Grace Anderson*

*Poem by Sebbi Tilaro*



# GUESS THE PET!

Guess which pet belongs to which member of the Southwestern Middle School community!

1. Mac & Murphy



2. Scout



Ready to guess?

[Fill out the form here](#) or find the link in the email that brought you this magazine.

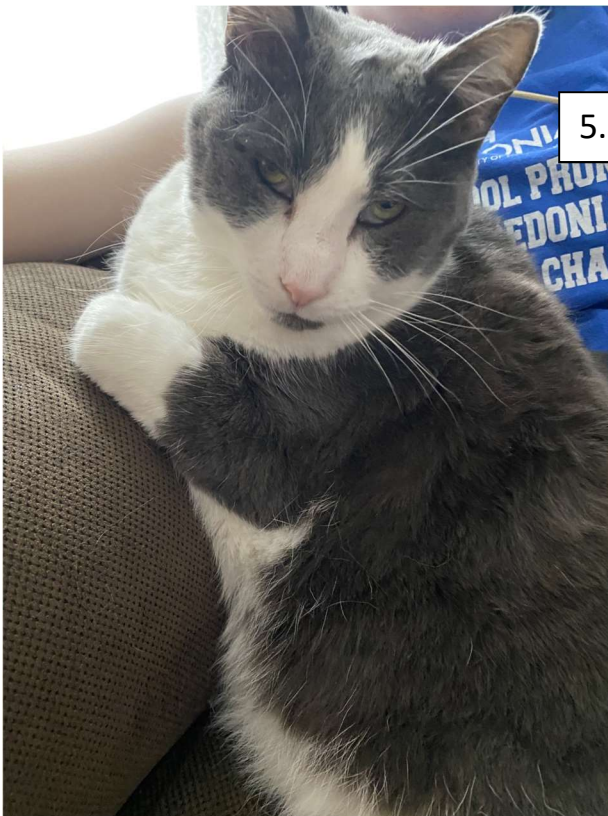
Answers for all the weeks will be in next week's issue!

3. Stella, Ginger, Patches, and Jax

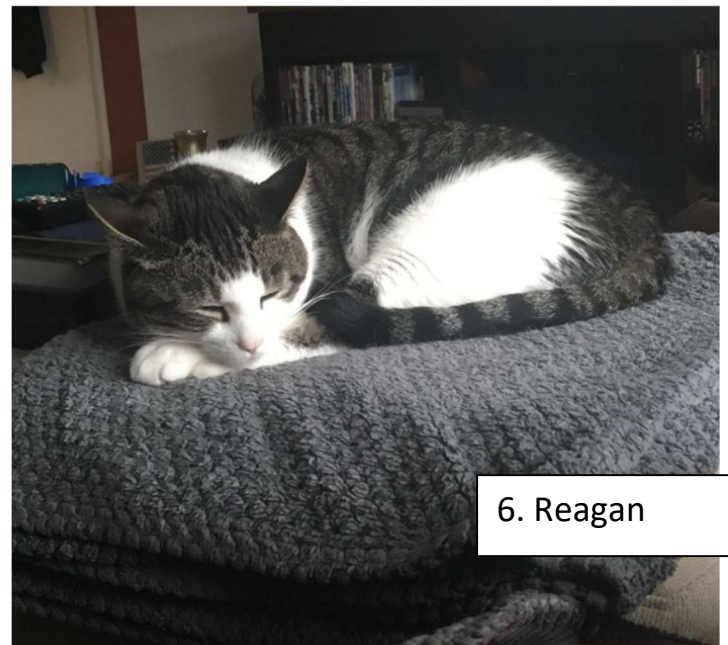




4. Juniper



5. Shadow



6. Reagan

## Congratulations to last week's winners!

1<sup>st</sup> place

Mrs. Walbesser – 6 correct

2<sup>nd</sup> place – 5 way tie!

Ethan Lohnes   Maliyah Waite  
Ms. SaGurney   Mrs. Christensen  
Mrs. Peterson – 5 correct each

At the end of April, everyone who has filled out the form this month will be entered in a drawing for a gift certificate from Better World Books.

You'll get one additional entry for each pet you guess correctly, so keep guessing!

[Click here to go to the form](#) and make your guesses!

You can also take the [week one](#) or [week two](#) or [week three](#) quizzes if you missed them.

The deadline for all responses is Tuesday, April 28 at noon.



# Commotion in Arrowburg

By Ethan Lohnes

## Chapter 2

### Jenkins... Meet Vincent

The owner of the house that had been robbed, Jullie Dunham, greeted Detective Jenkins at the door when he arrived. She told him that Vincent Willis came into her house and took everything from, books to beds. Jenkins looked around the house, magnifying glass out, and occasionally taking out his notebook and writing things down. *Objects that seem suspicious: Handkerchief on the floor, footprints on the floor, and a small strand of hair.* Then he went to his house and got Barnum to sniff and track down Vincent if he did the crime of the robbery.

When Jenkins got back to Jullie's house with his trusty dog, Barnum, Detective Jenkins pointed to the handkerchief that was laying on the rustic, mahogany floor and Barnum sniffed the red handkerchief with a big whiff. He picked up the scent and plopped his nose down to the floorboards and started moving toward the open door to the outdoors.

After twenty minutes of Jenkins following Barnum, they were going through some stands selling bananas and bread and then Barnum made a turn and went around a stand while the stand owners were trying to sell Jenkins their goods. Barnum, still hot on the track, was heading back the way they had come from. They went straight back to Jullie's house and Barnum was barking at Jullie when they went inside the house after Jullie opened the door for Detective Jenkins and Barnum. *Are you kidding me?* Jenkins thought, *Jullie probably*

*touched the handkerchief and got HER scent on the piece of evidence!* Trying to reduce his anger, Jenkins asked politely, "Did you touch the handkerchief before I came!?" Jullie guilt fully replied, "Yeah, I..." Jenkins cut her off, "Do you realize that there is now a slimmer chance that we could find Vincent Willis!"

After Jenkins' heated moment, he takes the small strand of hair to AAD headquarters to get it tested to see if it is Vincent's hair. He met Professor Howard at the front doors and Howard invited Jenkins in. Jenkins told Howard about his adventure with Barnum and then Professor Howard asked if there was any more evidence they can use. Then Jenkins showed him his notes that he had written down on his black notebook and then he showed Howard the strand of hair and the Professor put it in a machine. *Chunka, Chunka, Chunka, Ding!* The result came from a slot of the machine and it identified the hair to be from Jullie Dunham. Then, because of that knowledge, Howard told Jenkins to go back to the house that had been robbed.

To Be Continued...

Don't forget your Jenkins drawings are due on May 1st so get them in to me at [ELohnes12183@swcsk12.org](mailto:ELohnes12183@swcsk12.org)!

*Editor's note: This is part 4 of Commotion in Arrowburg. For previous installments, see the past issues on our library website: <https://www.swcsk12.org/site/Default.aspx?PageID=963>*

# STEAM OF THE WEEK WITH MR. THOMAS

## Materials:

- raw egg (2)
- newspaper
- masking tape
- recycled materials (like cardboard, straws, balloons, plastic bags, etc.)
- ladder or 2<sup>nd</sup> floor window (get an adult's help with this)
- timer

## Recycled Materials Egg Drop Challenge

### The Challenge:

You are going to create a "package" that will safely transport an egg from at least 10 feet in the air. You are to use the least amount of packaging that is strong enough to protect the egg from the fall.

### Instructions:

1. You will be designing a package that will keep your raw egg safe, even if you drop the egg from 10 feet in the air.
2. You may work with a sheet of newspaper and tape. You may also choose from any of the materials listed above, if you have them. You may not use any materials that are not on the list. You also may not change your egg in any way, for example, you may not paint your egg or coat it with anything.
3. Time yourself. You should start the timer after you have brainstormed your idea but before you begin putting your package together. Give yourself 10 minutes the first time you try.
4. Brainstorm what you will do to keep your egg safe. Which materials will you use? How will you put your package together?
5. Once you've decided on your design, gather the materials. Now turn on the timer and start building.
6. Before you test your package, weigh what you've built (if you have a scale). It's better not to use too much packaging, so the best kind of package is one that does its job without using material you don't really need. Make your package both strong and lightweight.
7. When you're ready for the drop, go to a second story window, or climb up a ladder. If you are dropping the egg inside, you will want to cover the floor with newspaper or a drop cloth. Make sure you have an adult with you either for climbing up the ladder or for dropping things out the window.
8. Now drop your package and check it out. Did your package keep the egg safe?



### Activity Extensions:

1. Try using different materials
2. Try increasing heights (with parent assistance)
3. Can you make it fall slower?
4. Can you make it fall faster and still survive?

### Questions, comments, or success stories?

Email them to Mr. Thomas!

Send photos of your finished projects to Miss Zdrojewski for next week's magazine.

# COPING CORNER

When you feel anxious, deep breathing can help calm you. According to counselor Janine Halloran, “When you experience a stressful event (like an unexpected dinosaur in your living room), your body automatically goes into what is known as “flight, fight or freeze” mode. Your heart rate increases, your stomach stops digestion, and your breathing becomes more shallow.

“The goal of calming exercises is to get yourself from “flight, fight or freeze” mode back to “rest and digest” mode. Deep breathing helps get more oxygen into your bloodstream, opening up your capillaries. It has a physical effect on your body to help you calm down and lower stress.”

Here are some strategies she suggests for practicing deep breathing. Remember that the goal is deep belly breaths, not shallow breaths. When you breathe in, your belly should expand, and when you exhale your belly should constrict.

## Stuffed Animal Practice

-Lie on your back and put a stuffed animal on your belly. Breathe in and move the stuffed animal up. Breathe out and bring the stuffed animal back down.

## Blow Bubbles

-Use bubble soap and practice blowing carefully and slowly to make big bubbles.

## Imagination Breathing

-Breathe in like a flower, breathe out like you are blowing out birthday candles.

Remember, you can email Mrs. Fisher  
or Mrs. Lindquist at any time  
if you need help with coping strategies  
or managing anxiety or emotions.

This information is from: “Coping Skills for Kids” by Janine Halloran,  
<https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

## Cheesy Mac

Tired of boxed macaroni and cheese?  
Try this healthy homemade alternative.

You will need:

- 1/2 cup cashews, sunflower seeds, or other nuts
- 1 medium gold potato
- 1 carrot
- 1/2 medium onion
- 1 clove of garlic
- 3/4 - 1 tsp salt
- 1/2 - 1 tsp lemon juice
- Optional: squirt of mustard
- 1 package of dry pasta in the shape you prefer

1. Soak the nuts or seeds in a little bit of water.
2. Chop the potato, carrot, onion, and garlic. Steam them in the microwave or boil in a little water until they are tender (about 4 minutes in microwave).
3. Put the nuts/seeds in a blender with a little water and blend until smooth. Carefully add the cooked veggies. Be careful not to burn yourself with steam, and lift the blender lid occasionally to release the steam. Blend until smooth, adding water a little at a time to make it blend smoothly.
4. Add the salt, lemon juice, and mustard. Start with the smaller amounts of salt and lemon juice and taste the sauce, then add more to suit your own taste buds.
5. Cook your pasta according to the directions on the package.
6. Carefully drain the pasta and pour the cheesy sauce on top. Mix well and enjoy!



# THIS WEEK...

## Today, April 22<sup>nd</sup> – **Earth Day**

Learn about climate and actions you can take to help.

Try some of the activities at NASA Climate Kids.

<https://climatekids.nasa.gov/>

## Thursday, April 23<sup>rd</sup> – **World Book Day & St. George's Day**

Celebrate St. George the Barcelona way and give a book to a friend!

Make a book and mail it to someone.

<https://www.makingbooks.com/freeprojects.shtml>

## Friday, April 24<sup>th</sup> – **Arbor Day**

Draw a tree in your yard or neighborhood.

<https://www.happyfamilyart.com/art-lessons/learn-to-draw/how-to-draw-a-tree/>

## Saturday, April 25<sup>th</sup> – **World Tai Chi and Qigong Day**

Learn some basics of Tai Chi.

[https://youtu.be/6w7IS8\\_UzHM](https://youtu.be/6w7IS8_UzHM)

## Sunday, April 26<sup>th</sup> – **Worldwide Pinhole Photography Day**

Make your own simple pinhole camera with items around the house.

<https://kids.nationalgeographic.com/explore/books/pinhole-camera/>

## Monday, April 27<sup>th</sup> – **Morse Code Day**

Send a coded message to a friend.

<https://morsecode.world/international/translator.html>

## Tuesday, April 28<sup>th</sup> – **Great Poetry Reading Day**

Watch animated videos of Shel Silverstein's fun poems.

<http://www.shelsilverstein.com/books/animations>

## Be part of the Trojan Horse Magazine!

Email your submissions to

[mzdrojewski@swcsc12.org](mailto:mzdrojewski@swcsc12.org)

What can you send?

Stories

Poems

Artwork

Crafts

Comics

Recipes

Activities

Jokes

Reviews of books or movies

Photos

Ways to deal with stress

Our meme theme for next week is anything related to vacation. Memes should be your original work, but they can use photos or images that were created by someone else.

Send all items to  
Miss Zdrojewski by  
12 noon each Tuesday.

Q: How do poets say hello?

A: Hey, haven't we metaphor?

Q: How does a poet sneeze?

A: Haiku!!!

All jokes throughout this issue came from the poet Allan Wolf's website.

Jokes are used with Mr. Wolf's permission. Visit his website at <https://www.allanwolf.com/poetry-jokes/>

