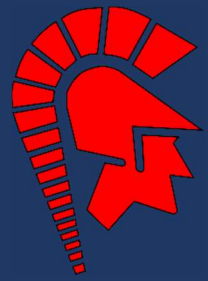


Trojan Horse Magazine

May 6, 2020

Volume 2, Issue 9



Berke Lindstrom and his brother flying kites on a beautiful spring day.

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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@swcsk12.org

Online Magazines

Not in the mood to read a book from your collection or from Sora?

Try reading an online magazine. There are many different styles of magazines for every kind of reader.

After reading, why not send your own fiction, poetry, or nonfiction writing? Just like the Trojan Horse Magazine, there are some magazines that accept submissions from students.

If you would like help understanding submission guidelines or preparing your work to submit to a magazine, Miss Zdrojewski would be glad to help you.

Here are some magazines that accept submissions from students:

Amazing Kids Magazine
<http://mag.amazing-kids.org/>

Bazoof
<https://www.bazoof.com/>

Guardian Angel Kids
<http://www.guardian-angel-kids.com/>

Cast of Wonders
<https://www.castofwonders.org/>

This is actually a podcast, so you can listen to the stories or read them yourself.

Persistence – Word of the Month

Our PBIS word of the month is “persistence.”

Persistence means the ability to stick with something. When you stick with something, even if it’s difficult at first, you improve.

Can you think of a time in your life you have stuck with something, even when you didn’t want to?

When Miss Zdrojewski was in middle school, she took violin lessons. In the middle of each year, she would sometimes start to lose interest, especially if she saw her friends hanging out after school when she had to rehearse, but her mother would not let her quit in the middle of the year. “You made a commitment,” her mother would tell her. By the end of the year, Miss Zdrojewski was always happy that she hadn’t quit and that she had been persistent in practicing. Looking back as an adult, she is happy to have the music skills and memories that she wouldn’t have if she hadn’t shown persistence.

Morning Announcements

Don’t miss our school video announcements! Watch for them in your email and via social media every Friday!

Haiku contest winner

The winner of the Southwestern libraries haiku contest is 5th grade student Carter Person.

Cardinals
Red beautiful birds
You can hear them chirp and sing
Love eating bird seed

Mystery Teacher

Can you guess the identity of these teachers based on these clues?

Mystery Teacher #5

This teacher's favorite ice cream flavor is chocolate.

Her favorite season is spring because of all the flower smells and colors.

She likes to hike and be outside. She also likes to collect rocks. If she could spend a week at the beach or the mountain, she would choose mountain.

The farthest she has traveled is Las Vegas, Nevada.

She enjoys sharing the love of the subject she teaches.

Who is it?

Think you know any of our Mystery Teachers?

Fill out the form here: shorturl.at/enqHX

Guessing will enter you in a drawing for a Better World Books gift certificate, and you'll get an extra entry for each teacher you guess correctly.

All guesses must be in by Tuesday, May 12th at noon.

Mystery Teacher #4

This teacher's favorite thing to do in her free time is bake.

Her favorite ice cream is soft serve twist.

This teacher's favorite season is summer because of all the plants, mushrooms, and animals.

Something you may not know about this teacher is she plays the saxophone.

The farthest she has traveled is Costa Rica.

Her favorite things when she was in middle school were band and Spanish club.

Who is it?



Last Week's Mystery Teachers

Mystery Teacher #1 – Mr. Thomas

Mystery Teacher #2 – Mrs. Omilanowicz

Mystery Teacher #3 – Ms. Storer

Congratulations to this week's top guessers!

Mrs. Peterson and Mrs. Walbesser
each had 2 correct!

Mallory Lohnes, Abigail Monroe, and
Mrs. Casselman each had 1 correct

Everyone who guesses is entered in a drawing for a Better World Books gift certificate, and each correct guess earns you another entry. Winner will be announced in our May 27th issue.

Liquid Fire

By Addison Brassard

"Come down to the oceanside. Let's meet one final time."

The letter sits in the inner pocket of your jacket, the pocket right next to your heart. When you'd received it, finding it taped to your apartment door, you knew who it was from. There was no way you could mistake that handwriting for anyone else's.

Now, you stand outside of the old ocean village after days of travel, having followed her instructions down to the letter. You're on the other side of the country and you don't care, so long as you get to see her.

You step foot onto the village land, pulling your jacket around you tightly as a rough sea breeze whips through the air. The village is no longer much of anything, having been washed away in a deadly storm at least a decade ago. The remaining harsh weather and long years tore away whatever was left of the wood buildings and stone paths, leaving rotting wood husks lying around and wet sand splashed over everything. Sometimes, you see a half-intact building as you pass. It wasn't a big or fancy village whatsoever back when it was standing, but it seemed to be a good home to those who lived there, plentiful in supplies and land. There's a nice view of the ocean, and to your left plains roll for miles. Even with all the destruction, you find the place hauntingly beautiful.

Seabirds swoop through the ruins, calling to each other. They settle in on tree branches and wood planks to stare at you, the newcomer. Their stares are a bit unsettling to you, so you turn away quickly. You thought you would have seen her by now, and she would have laughed at your reaction

to the birds, but she's nowhere in sight. None of the buildings hold her flowery scent; none of the roads carry her shadow. You know she's here, though; she'd told you all about these oceanside ruins and jokingly swore to haunt them once she was gone. She'd wanted to bring you here before; you suppose that's why she told you to come now.

But where do you find a ghost in an old, windy village?

You see a spark of blue out of the corner of your eye. It disappears when you look in its direction, and another pops into focus to your right. You spin in circles trying to see the blue sparks, and when you stop out of dizziness, you see the creature. A small blue ball of fire floats in front of you; you can see the shapes of a teardrop head, short arms and a body fading into nothing at the bottom. It's as fluid as liquid, and a quiet melody reaches your ears, enticing and beautiful.

A will-o'-the-wisp.

You know little about the tiny spirits, but you remember to be wary. They're known for misleading travelers and you can't afford to get lost here. You step back a little. The wisp disappears, and behind it another comes into focus. This one holds a water hawthorn. You recognize the white flower immediately. It's her favorite flower, and you saw it growing heartily in the small ponds in the village. When you step forward, the wisp fades and the flower falls. Another wisp takes its place, holding another water hawthorn. Something about the flowers convinces you to trust them. You pick up the flower and follow the wisps, gathering the long plants as the spirits fade and drop them.

Soon enough, you're at a small cove down by the water. The will-o'-the-wisps are completely gone, which is a good thing because you don't think you can hold any more water hawthorns. You just hope they're helping you.

The cove is well hidden by mossy rocks and sea plants, and the sand is wet beneath your boots. A crab scuttles over your foot, and you look down to shake it off.

"It's alright."

When you look up, you nearly drop the flowers.

It's her. Jenny. Her tan skin glows, and her blonde hair falls down her back. Your heart beats just as fast as it had the day you met her. She looks gorgeous, and you feel warm in her presence. She looks so happy to see you. Though, there's a hint of sadness in that smile of hers. You know why.

You set the flowers at her feet, knowing she can no longer hold them. The year has taken a toll on her; just after she'd died, she was just as strong as

she had been before. Now, she can barely speak as her soul fades.

"Do you really have to go?"

Jenny nods sadly. Inside, your heart shatters all over again. The pieces fall into oblivion as you register her nod. You knew this was coming, but it doesn't make this any less hard. She sets a hand on yours; it's oddly warm.

Tears course down your face as you look at her for the last time. She was taken too quickly.

"I won't forget you; I promise. I'll find you again when the time comes."

She nods again, smiling through her own tears. Her hand grips yours. A kiss is pressed to your cheek as she whispers to you.

"I'll be waiting."

You blink, and she's gone.

4 T flour
2 T sugar
1/8 t baking powder
1/16 t baking soda
1/4 t cinnamon

Mix all ingredients above in a mug
Add 3 T milk
1 T oil
Mix
1 T chocolate chips

Microwave 90 seconds - top with cinnamon sugar. I recommend adding a couple spoons of ice cream. The recipe was all right - not the best but I am going to try some other recipes in a mug. By Miles Moore.

CHURRO IN A MUG



STEAM OF THE WEEK WITH MR. THOMAS

Materials:

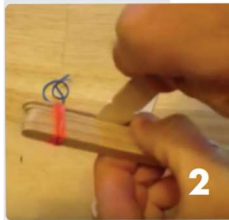
- 5 small popsicle sticks
- 2 large popsicle sticks
- 3 rubber bands
- marshmallow

Popsicle Stick Catapult

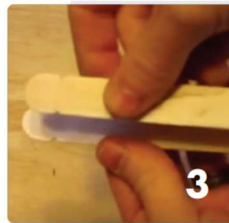
The Challenge: Use technology and engineering to build a simple machine (a lever) that will fling objects.

What to do:

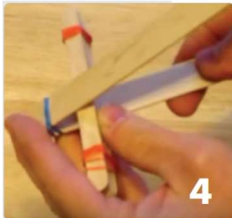
1. Make a stack of five small popsicle sticks. Use two rubber bands to tightly wrap each end of the stacked popsicles. This is called a “fulcrum”.



2. Insert one large popsicle stick between the first and second small popsicle stick in the five-stick bundle.

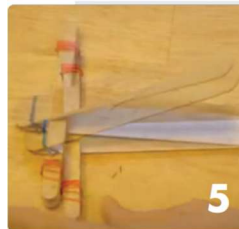


3. Place the second large popsicle stick under the fifth popsicle stick of the five-stick bundle.



4. Line up the two large popsicle sticks and tie them together at just one end. Try to tie the band as close as you can to the edge of the two-stick bundle.

5. Hold the catapult with one hand, and use the other hand to pull the lever down. Release to launch your marshmallow. The closer the five sticks banded together gets to the edge of the fulcrum, the more leverage the catapult will have.



Trebuchet:

A trebuchet is a medieval weapon like a catapult. It uses these same physics and engineering ideas to fling large objects through the air.

See how they work in this video:
<https://youtu.be/W5RFoowvGkw>

Questions, comments, or success stories?

Email them to Mr. Thomas!

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

This activity is from the SSOE Group.

Activity Extensions:

Use science to test how far your catapult will fling different projectiles, such as a marshmallows, pom poms, or erasers. Which will fly the farthest? Why does one fly farther than another? Make predictions, test them, and record your results.

MOTHER'S DAY DIY GIFTS

Upcycled Vase

This vase won't hold water, but it can hold paper flowers, pencils, or any other dry decorative items.

You will need:

toilet paper tube

old magazines

round pencil (doesn't need to be sharpened)

glue stick

pencil

scissors

1. Carefully tear colorful pages from the magazine. Cut the torn edge so it is a clean edge.
2. Starting at the bottom corner, roll the page around the pencil. Use the glue stick as you go so the paper sticks to itself.
3. Glue a scrap of heavy paper onto the bottom of your toilet paper tube.
4. Glue the paper tubes around the toilet paper tube, keeping the bottoms even with the bottom of the tube.
5. Trim the tops of the paper tubes so it is even.

Watch this very old video to see how it works.

<https://youtu.be/yh27LHYWwtk>

You can also use any empty canisters instead of a toilet paper tube. Try it with an empty parmesan cheese container or oatmeal canister.



Photograph by: Susan Rogers

Origami Iris Bouquet

Fill your vase with these simple paper irises. The first one may be tricky, but they will get easier.

You will need:

squares of origami paper or other colorful paper

wire, pipe cleaners, or old paperclips

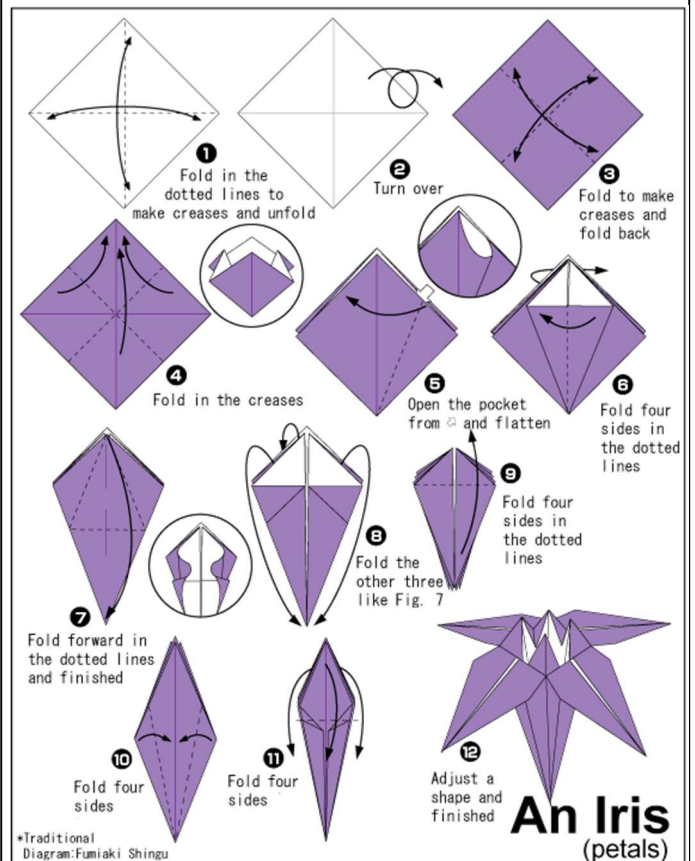
glue

1. Fold the irises according to the directions below or in this video:

<https://youtu.be/0GViQscvGVs>

Make several in different colors and sizes.

2. Cut stems of wire or pipe cleaners to be the right size for your vase. If using paperclips, gently unfold and straighten them.
3. Gently poke the wire into the bottom of each flower. Add a tiny bit of glue where the wire meets the paper so the flowers won't slide.



MOTHER'S DAY BOUQUET BREAD



This is a fun and festive treat you can easily make for the special adults in your life to celebrate Mother's Day.

For the base, use whatever type of dough your family enjoys. You can use fresh or frozen and thawed bread dough, pizza dough, or biscuit dough. I used my favorite gluten-free dough recipe.

You will need:

- 1 batch of dough
- variety of veggies
- oil
- salt

What to do:

1. Prepare your dough. Spread it onto a large sheet pan or divide it into two smaller pans.

I put mine on parchment so it was easier to get out, but you could also oil your pan well instead.

Preheat your oven to 400 F.

2. While your dough is rising, prepare your veggies. Slice them thinly. You can use whatever you have around the house or garden.

I used red bell pepper, radish, and capers. I also used chives, mint, and violets from my yard.

You could also use tomatoes, onions, olives, carrots, or any other veggies. Remember to slice them thin.



3. Decorate your bread!

You can make flowers and butterflies, an underwater scene, or make abstract art. Be creative and use whatever you have.

4. Drizzle or brush a little oil over the dough, making sure it gets on all the veggies. Sprinkle a little salt all over the top.

5. Bake your bread at 400 F for 10 minutes. Lower the heat to 375 F and bake for about 15 minutes more. Depending on the type of dough you used, you may need more or less time. If you aren't sure, have an adult help you decide when to take these out of the oven. Be careful when using oven mitts to move hot pans. Your bread should be a little golden around the edge.

6. Let cool and enjoy!



COPING CORNER

To help improve your mental well-being and focus, try taking a mindfulness walk.

“Mindfulness is being aware of what’s happening in the present moment. It’s not about trying to clear your mind, but allowing thoughts and emotions to come and go without judgment and familiarizing ourselves with the present moment. When you are aware of the present, you will be more able to see what’s happening around you and settle yourself and your mind more easily. It takes practice, but here is a simple way to do it.

Before you begin, set your mind to pay attention to your senses. When you are walking, you are going to be paying attention to what you hear, what you see, what you feel and what you smell.

So, for instance, if you are walking in a woods by a bubbling brook and leaves are on the trail, you may hear crunching leaves and water moving in the stream.

You may see trees and leaves falling from the trees when the wind blows.

You may feel a breeze on your skin.

You may smell earth, grass and scents from flowering plants.

Pay attention to what’s happening with your senses. If other thoughts come into your mind, that’s okay. Go back to the present and re-focus on what your senses again. See if you can do this for 5 minutes; it can be quite a challenge!”

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/blog/coping-skill-spotlight-take-a-mindful-walk>

Homemade Hummus

Hummus is a great treat with veggies, crackers, or whole grain bread.

You will need:

- 1 can chickpeas (garbanzo beans)
- 2 Tbsps. nut butter or tahini (sesame)
- 1 Tbsp. lemon juice
- 1 clove garlic
- 1 tsp. salt
- Water as needed

1. Drain the liquid from the chickpeas. (See note.) Put them into a food processor or blender.
2. Add the nut butter or tahini (sesame butter), lemon juice, garlic and salt.
3. Put in about 2 Tbsp water. Process or blend until smooth. You may need to add more water, especially if you are using a blender. Stop occasionally and use a spatula to scrape the sides of your food processor or blender.
4. Transfer the hummus to a bowl and serve with cut veggies, crackers, pita bread, or whole grain bread.

You can adapt this recipe to suit your own tastes and experiment. Try adding cooked beets for a pink snack. Roasted red bell peppers add a different flavor. Try roasting the garlic before you add it. Make a sweet version by adding a maple syrup and cinnamon.

Note: Save the liquid from your can of chickpeas to make meringue cookies! You can find the recipe in our April 8th issue. Find it on the SWMS Library webpage.

THIS WEEK...

Today, May 6th – National School Nurse Day

Email a joke to Mrs. Peterson to thank her for being our nurse!

<https://kidactivities.net/school-jokes-computer-jokes/>

Thursday, May 7th – Make-a-Book Day

Bind your own book for a story, journal, or sketchbook.

<https://incredibussy.com/easy-book-binding-two-ways/>

Friday, May 8th – Iris Day

Make a bouquet of origami irises. They make a great Mother's Day gift.

<https://www.origamiway.com/origami-iris.shtml>

Saturday, May 9th – International Migratory Bird Day

Learn how to identify the birds visiting your yard.

<https://www.allaboutbirds.org/news/>

Sunday, May 10th – Mother's Day

Make mom a coupon book to keep the gifts coming all year.

<https://www.clementinecreative.co.za/free-printable-mothers-day-coupons/>

Monday, May 11th – Hostess CupCake Day

Try making your own Hostess CupCakes at home.

<https://chocolatecoveredkatie.com/cream-filled-chocolate-cupcakes/>

Tuesday, May 12th – Limerick Day

Celebrate the birthday of poet Edward Lear with some funny poems.

<http://www.nonsenselit.org/Lear/MN/mn010.html>

Q: Why do Mothers have to have two visits to the optometrist?

A: Because they have eyes in the back of their head.

Q: What did the mother rope say to her children?

A: "Don't be knotty!"

Q: Why is a computer so smart?

A: It listens to its motherboard.

Be part of the Trojan Horse Magazine!

Email your submissions to
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

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



A note on Commotion in Arrowburg:

Hello my readers! Sorry that I skipped this week 😊 but the story will continue next week!
-Ethan Lohnes