

**Tiger's Paw Volume 1, Issue 3**

A newsletter published by A.B.G.S. Middle School Newsletter Club

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**Dates to Remember!**

3-8 ELA Assessment, March 29-30

April break, April 14-24

Easter, April 17

3-8 Math Assessment, April 26-28

**Extra! Extra! Read all about it! A.I.S:  
Mondays, Tuesdays & Thursdays!  
3:15-5:15pm**

**SPECIAL "STUDENT ARTS" ISSUE!**

**ATTENTION STUDENTS!**

**WIN \$5 GIFTCARD!**

Read the newsletter, answer the questions below correctly and you may be one of 2 lucky students to have your entry drawn in a Raffle.

1. What event took place in the library on February 14?
2. Where in the Bronx did busloads of students travel in early March?
3. Why did a bus load of Middle School boys visit the HS recently?
4. Name two of the *Tiger's Paw* artists featured in this issue?

Email your responses to [mfox@hempsteadschools.org](mailto:mfox@hempsteadschools.org) or [brobinson@hempsteadschools.org](mailto:brobinson@hempsteadschools.org) by April 10th -make sure you put your name on your entry and answer in complete sentences. Good luck! Note: Members of Newsletter Club may not enter contest.

**SPRING AHEAD!**

ABGS Middle school is excited that Spring is around the bend. With spring comes dandelions, afternoon showers, sun drenched windows and, of course, the good old ELA exam ...which is slated to be given between March 29 and 30. After a winter filled with "Delta," "Omicron," "boosters" and blizzards, we look forward to spring more than ever. Many of us also look forward to not having to wear a mask every day. However, those who prefer to continue wearing a mask, are allowed. In this issue, we feature Boys Empowerment and Girls Empowerment, the Valentine's Day Book Fair, sponsored by the ELA Dept. and My Brother's Keeper. Many students took home books for themselves, as well as for a friend. What a literary treat and sweet treats were part of the deal. We are also showcasing student writing and student art...and offering test prep tips for the big ELA test which is soon to be upon us. As we forge ahead, take a moment to enjoy our latest issue.!

-The Tiger's Paws Team



Valentine's Day was a special day for perusing a large selection of literature and hanging with peers! The chocolate treat "Exit Ticket" added a nice touch! Reading is fun and fundamental! Thanks ELA Dept. & MBK!





# EMPOWERING BOYS!

The Young Men's Empowerment program hosted by Hempstead High School was a memorable day for a group of middle school boys representing My Brother's Keeper, the Law Club, and Scout Troop 280, as they joined a packed auditorium of high school boys, school district officials, and speakers to encourage the boys to show "honor and respect." This was the call and response throughout the program which included breakfast in the high school cafeteria, musical renditions of Latin jazz, and performances by Hempstead High School boys, which included an inspirational song, a role-play from August Wilson's "Fences," and a poetry reading. In addition, several welcome addresses or presentations were made by the Board President, Olga Young, Assistant Superintendents, Mr. Clark, Dr. Gilmore, and Mr. Rush, as well as a cadre of speakers that congratulated the boys for participating in the event, reminded them of the importance of honor and respect, and advised them of what it takes to become a success in their chosen fields. Included among the speakers were an emergency medicine and family medicine specialist, Hempstead's Chief of Police, a pilot for American Airlines, and a human rights activist and immigration lawyer. The finale of the day was a step show by an Omega Psi Phi fraternity member, in which Mr. Clark joined in. It was a good day! -Mr. Segure *PS: Don't worry, girls, Ms. Corvi says a girls empowerment event at the HS is also being planned.*



ABGS MS boys enjoying the Boys Empowerment at the High School. They heard from professionals in medicine, law enforcement, immigration, and the airline industry.

## Student Fiction



### Bad News

By Jada Nurse

I cried when she said she had a drug addiction, it crushed my spirit. "I don't want you to go to a rehab during the holly jolly season," I said. "I know my son, I know, but that's how life is honey." I cried but I knew that she was a strong person getting help so she can be clean from drugs for the rest for the rest of her life, or so I thought she was. When my sister emailed me one year later, it was like a person stabbed me in the heart and never took the knife out. The email said, "Hey, this is your sister Cleo, I have some bad news to tell you, mom didn't make it. I would love for you to come join her funeral in November, I'll send you the details. Love you." I cried that whole night, thinking that it was my fault that she got addicted to drugs and I shouldn't have put her through so much pain over the years. The next morning, I woke up and realized that I had booked a plane ticket to see Cleo four months before and I didn't want to do the refund process, so I just took a quick shower, brushed my teeth, and hopped in a taxi and headed to the airport. As I sat on the plane, I was so overcome with grief that I didn't realize the plane had landed until I saw other passengers getting off. I was afraid of having to say a final goodbye to my beloved mom.

*Jada Nurse and Carlos Lopez attend Adelphi University's STEP/LPP's Saturday program*



### The Loud Speaker

By Carlos Lopez

I was in class when the announcements turned on and even though the voice did not sound familiar it did not sound calm either. It said, "We need security, a dean and a custodian to Room 204." I was wondering why they needed so many people on the 2nd floor. I ignored it and kept on doing what I was doing. The second day that I went back to school, I decided to spend my lunch time going to check out what happened up at 204, seeing how it did not sound like a fight. I went up to room 204 but the door and the window were boarded up. I asked one of the teachers next door what happened in the room. She said, "While it was raining yesterday, the room roof caved in onto the classroom. Luckily everyone got out before the room fully caved in." I was surprised. I knew the school was over a hundred years old, but I did not think the roof would cave in. As I stood outside the door of room 204, I began thinking about the classroom and the school itself. I kept wondering since I seldom see the school doing repairs, will the day come when the entire building will slowly fall and crumble to the ground and will I be a witness? Then, I heard the dean loudly yelling my name, and I stopped daydreaming and went to my next class.

*and wrote these stories in the Creative Writing class.*



### Student Voice

## The World Revolves Around It: Mental Health

By Jolene Jones

### What is Mental Health?

According to the World Health Organization, or WHO, mental health is “a state of well-being in which an individual realizes his or her own abilities, can cope with normal stresses of life, can work productively and is able to make a contribution to his or her community.” Mental stability is important for humans to think, interact and enjoy life. It is very easy for someone to become vulnerable to Mental Health challenges.

### What can cause Mental Health to deteriorate?

Many things can cause someone’s mental health to get bad. One being your DNA. Some people are just more susceptible to Mental Health issues. But even if you don’t have it in your DNA, you can still have problems with your Mental Health. Many things can cause this to happen. Stress from work, school, an un-healthy lifestyle, discrimination, and bad physical health. Of course, these

aren’t all the things that cause unstable Mental Health, but these are just some of them.

### How to recognize you or someone else may be struggling.

Some signs are very evident while other are more subtle. Some of the most evident signs are looking tired, not eating enough or overeating, not laughing as much as they once did, and being uncharacteristically quiet. Some subtle signs are the increase wearing of long sleeves, the type of music they listen too, losing interest in things they once loved, not doing “easy” day to day activities, and falling behind on work. If you see someone showing any of these signs, it may be good if you ask them if they’re okay. Of course, don’t jump to conclusions, but it’s always good to check up on your loved ones.

### Goodbye and take care.

This is it for now. Please remember to take care of your mental health. Some things that can help keep your Mental Health stable is proper physical health, taking breaks and talking to people about your problems and issues. Also, it’s a good idea to surround yourself with good people and people who are willing to help you. I hope that the rest of your year goes great.

*This essay was inspired by my Community Project.*

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### Student Fiction



### STORMY RIDE

by Carlos Lopez

We start up the car. It was a beautiful late winter morning, and we were on the way to the orthodontist. We were in there for quite a while and the office was about 30 minutes away from home. When we got there, we did an oral checkup and had to sign some papers, but since the building does not have any windows, we couldn’t see outside. When we left the building and headed for our car, we realized that a blizzard had begun. We ran to the car, my older sister turned it on and started driving. The ride was okay at first but after 10 minutes, it started to snow even harder. We couldn’t see a thing; the road was covered and so was our car windows. We came to an average size hill where there was a red light, and as we came upon the light, we saw a couple of cars stuck in piles of snow. We had already gone too far and couldn’t turn back. But as we approached the slope of the hill, the car lost traction and started slipping down the hill. The storm was so bad, we could not see if there were any cars ahead of us. We were all panicking. My sister (the one driving) hit the acceleration and tried to get some grip but couldn’t. As she turned the steering wheel, the car started turning and almost slid on its side, but luckily there were no cars on the road, and we did not get hurt and the car righted itself. Finally, we were able to find roads with barely any snow on them and went home following that route. We were still in a little bit of a panic, but we eventually got over it. After the storm quieted down, we went outside to check things out. Our street was filled with snow. The parking lots were like giant pools of snow and cars were blocked in. The snow eventually turned to ice so plowing the roads was a little hard. It took us a while to shovel the snow and move it out of the way. When hours later, we went inside to have our cups of hot chocolate, we heard an alarming report come onto the TV news. “A car slid down a dangerous road today in the snow, and everyone in the car was killed in the accident.” We all said a prayer because we knew from the description that it was the same road on which we skidded and barely made it down alive.

SPRING REFLECTIONS BY ARTISTS CARLOS ISCOA AND MELANIE OROZCO



Carlos Iscoa



Melanie Orozco

Mrs. S fantastic BRONX ZOO/Scavenger Hunt Trips return! *Thanks, Mrs. S!*

Photos: G. Dong-Janeo





The 2022 ABGS Wrestling team is led by 8<sup>th</sup> graders Christopher Hernandez and Joshua Santiago. This year's team carries an impressive roster of twenty young men who have discovered the joy of wrestling and continue to improve their craft every day at practice. Whether they are throwing a hip-toss or cross face, they are ready to get down and compete.

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### Why should middle school students participate in sports?

Participation in sports requires middle school students to work as a team and be persistent in order to succeed. It also gives students access to positive role models, such as coaches and older players who can set positive examples. Student-athletes are an important part of the school community.

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This year's Middle School Lady Tigers Basketball Squad!



Photo: P. Bacon

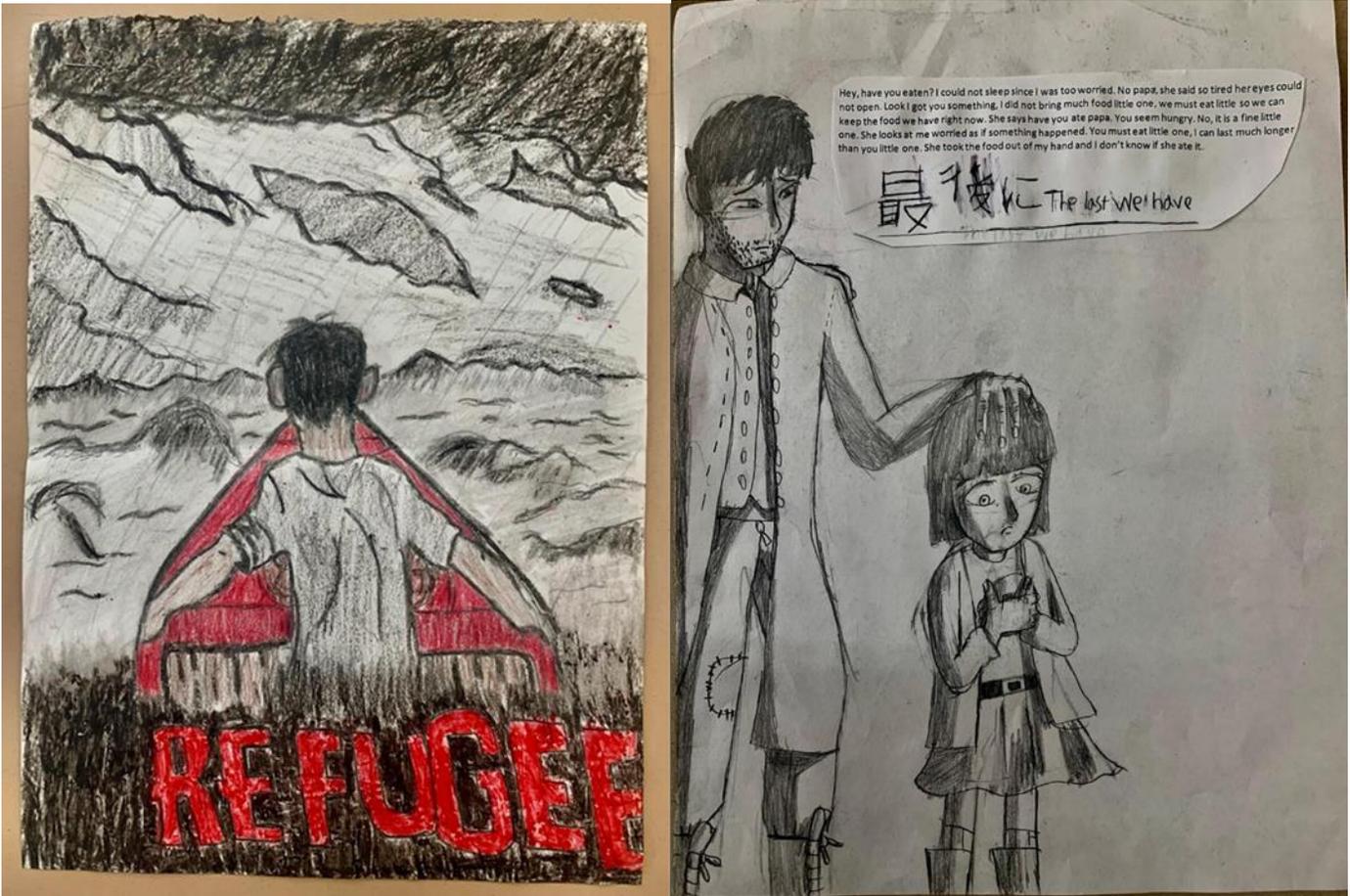
# Test Taking Tips



- Pace Yourself
- Listen to and read the directions for each test carefully
- Read each question carefully
- Answer the easy questions first
- Read the questions before reading the rest of the passage
- Answer every question
- Eliminate obviously wrong answer choices
- Review your work



Student ART



Art by Zakiya Brown and Zahki Hall, respectively. Inspired by class reading of *Inside Out & Back Again* by Thanhha Lai.



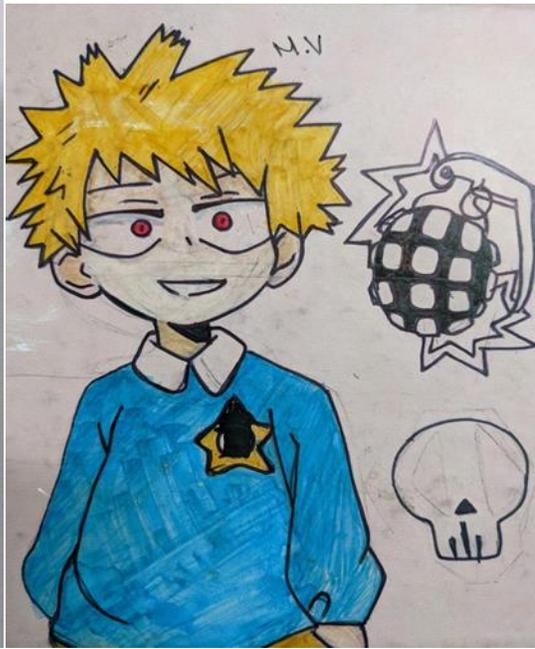
More art renderings by Zahki Hall.

Student ART



Kimora Beach continues to take our breath away with art from the heart.





Art by Maria Vanegas



Throwback Photos! There are times when we want to take a look back and see shots of our students from the past. In the picture on the right is Geovany in his 6<sup>th</sup> grade Math class with Ms. Dong Janeo. In the other picture below you will see youthful images of Patrick, Jonathan C. and Zion from that same math class. Sanders and the other Jonathan have since moved away from Hempstead. Wow, how you guys have grown up! **(Note if anyone has other “throwback”**

**student photos, please submit to the newsletter club for sharing in the next issue.)**



credit: G. Dong-Janeo

**KINDNESS LESSONS FROM ROOM 118 WHERE  
"KINDNESS" IS DISCUSSED WEEKLY (and  
sometimes, daily!)**



I learned that one kind word can lift others up. I also learned that kindness flows like a waterfall.  
-MM

I learned that small actions make a big difference. I also learned kindness is respect. -AJ  
I learned that one kind word can make someone's day much better. -DP  
I learned never to judge a person by their size because good people come in all sizes. -EJ  
I learned that actions and words are powerful. -EJ  
I learned that small actions can make a big difference. -HL  
I learned that helping others is kind and we should not bully others. -EA  
I learned that sometimes being quiet can make a big difference. -AJ  
I learned that sometimes being quiet can keep you out of trouble. -MM



*Tiger's Paw caught up with Emani Jefferson and a friend after they left the jewelry making club and got a glimpse of bracelets recently created in the afterschool club.*

# Black History Month Scavenger Hunt Luncheon Participants!

Ahgenee Howard, Melanie Orozco, Cristian Galindo, Shelsi Flores, Christopher Mejia, Dayana Maldonado, Ashley Cifuentes, Bobbi Lenoir, Karla Santos Ramirez, Saniyah White, Jasmine Villeda, Kedwin Martinez, Ronny Beltran, Galiliea Garcia, Eugene Jaques Bullard, James Baning, Ashley Rosario, Adachukwu Ogugha, Bricia Escobar, Maliah Scott, Gloria Gaines, Jorge Varela, Jose Licona, Cesar Perez, Sean Watkins

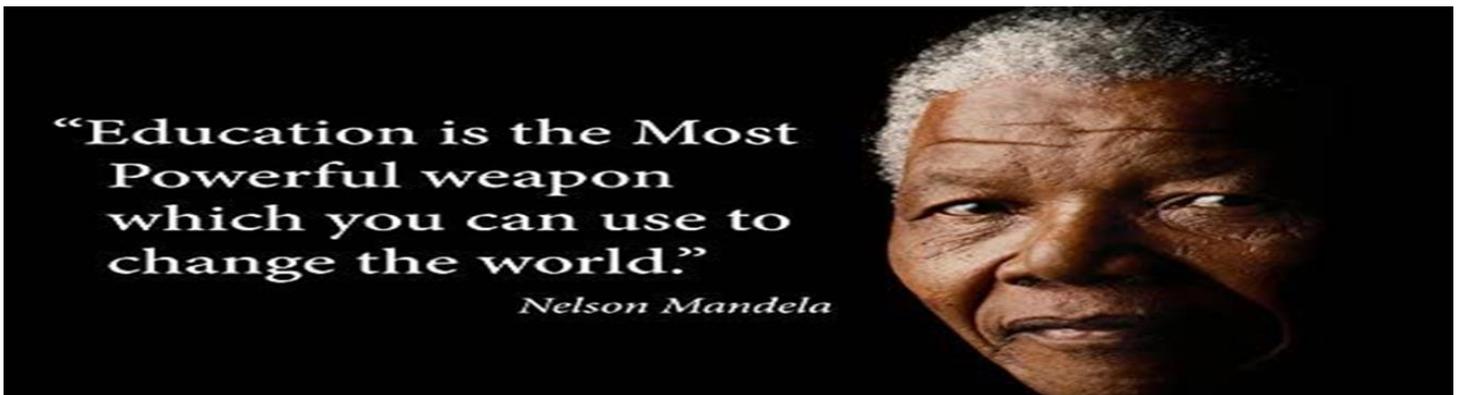
**Thank you for a lively and fun competition!**



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Photos: Tiara Adams



# Test-Taking Strategies

**R** Read the question carefully, then reread the passage or the problem.

**E** Examine every answer choice before you choose your answer.

**L** Label your answer (Math)  
Look for proof in the passage and underline it (ELA)

**A** Always check your work!

**X** X-out answers that you know are wrong



***Irishman Mr. Moran brings back the traditional St. Patrick's Day bagpipes suites parade to the Middle School!***

**ABGS MIDDLE SCHOOL**  
**Principal/Director:**  
**Mr. Gray**

**Assistant Principals / Directors Asistente:**  
**Dr. Hill**  
**Mr. Gielarowski**

**Dean of Students/Decano of Estudiantes:**  
**Mr. Davis**  
**Mrs. Vanhook**

**IB Coordinator:**  
**Ms. St. John**

**Guidance Counselors / Guia Consejeros:**  
**7th grade – Mr. Merolle**  
**8<sup>th</sup> grade – Mr. Isom**  
**Bilingual – Ms. Velez**

**Newsletter Advisors / Boletin Asesores:**  
**Mishka Fox & Bev Robinson**

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