



The Bear Paw News



Sussex County History by Michael M.

Sussex County was founded on June 8, 1753. Newton became the county seat in 1762, it remains the county seat today as well. There were only 600 residents in all of Sussex County at the time it was founded! The Sussex county population in 2000 was 141,185 according to the most recent United States census data. Sussex County is located in northwest New Jersey. It has beautiful sights like the High Point State Park, Stokes State Park, and many mineral mines and museums. Until the mid-20th century, most of Sussex County's economy was based on dairy farming and the mining industry. These industries declined in the 1960s, and Sussex County became a commuter county for New Jersey's more heavily populated areas. Recent studies say that 60% of Sussex County residents work outside of the county. Beginning in the 1950s and 1960s, construction and improvements of Interstate 80, Route 181 and Route 23 triggered rapid growth to Sussex County. Since 1950, the population has more than quadrupled from 34,423 people. This has caused Sussex County to begin developing into a light suburban atmosphere, instead of the sparsely populated rural region it once was, especially in the eastern half of the county.

Introducing: Hide an Icon

The Newspaper is now introducing a new game called "Hide an Icon!" Each time the monthly newspaper is released there will be an icon hiding somewhere. Your job is to find where it is hiding, It can be anywhere. Take upon the challenge and have some fun! This is the icon you're looking for:



The beautiful view of High Point





Community Spotlight

By: Kyla T. and Ashley S.

Veterans' Day Celebration

Mr. Astor was very proud of the way the students conducted and said that they displayed a lot of respect for the veterans. He says that the assembly that we put together was really enjoyable. The staff members heard a lot of veterans complement the students and school because of how they acted and celebrated the federal holiday.

Our school has celebrated Veterans' day as an Ogdensburg school-wide assembly for twelve years now. We always want to improve and try our best, especially when it comes to honoring veterans. So, yes we plan to make the ceremony better each year. After our assembly the veterans are invited to have coffee and cake in the library with any of their relatives that go to this school some go off to other celebrations and others go home

Mr. Astor says that Veterans' day is very special. It is a day that we honor those who have fought for our freedom and have asked for nothing in return. It is as special as the Fourth of July and Christmas. He hopes that our celebration somehow shows the veterans how much they mean to us. Lieutenant Duke played the bagpipes. This was new this year but something we hope to keep for the future.

Mr. Astor's favorite part of the speech was when Ms. Wood talked about perseverance and never giving up. Those are our values. See hopes that everyone tries their hardest, which is all we ask for.



Honoring
ALL WHO
served
THANK YOU
VETERANS





Classroom Spotlight By Justin B

Mrs. Stagg's class is a busy place for all! This may be a small class but there is a large amount of learning going on. The class's favorite subject is science, and for science, they're working on a paper mache solar system and learning about planets, the phases of the moon, and the length of daylight hours. The class's favorite book is *There was an Old Lady* because they enjoy learning about all different words and learning how to make sentences and stories. Mrs. Stagg's class has a bonus from last year by getting a new school van so they can go on class trips. In December, the class will be going to Life Town. This is a simulated town created in a warehouse so the students can learn to shop, walk on sidewalks and crosswalks and so much more. Life Town is located in Livingston. The class enjoys going on field trips. In math, they are learning math addition facts, how to use a calculator, fractions, and number recognition. They are also learning math by the P.J.C coffee cart. The P.J.C coffee cart has new foods such as more types of cookies and mini pop tarts. In January, hot chocolate will be added for purchase. Ms. Stagg's class also runs the school store. They are working hard to make other students happy! They offer squishies, stacking crayons, rainbow slime, all kinds of rubber ducks, and stress balls. Ms. Stagg is so very proud of the responsibility her students have taken on and their hard work all year.





Mrs. Percy's First Grade Class

By Christian S.

Mrs. Percy's first-grade class is a wonderful place to learn. She uses hands-on learning with her kids. The kids love to share their ideas and it benefits the whole classroom. Also, the students have a learning center to advance their education. In language arts, they are learning about the beginning and ending blends, for example, the beginning of words like "st" and the end of words like "nd". In math, they are learning about doubles where you see what two of the same numbers make your answer like two plus two and doubles plus one are the same but they are different numbers to add up to it like two plus three. For science, Mrs. Olsyn comes and is teaching the first graders about sound. Also, they love to listen to a book called The Littles. Last but not least, in history, they are learning about the Mayflower voyage along with the earliest settlers. The first graders are excited about making Navajo Fry Bread.



Trends

By: Joseph W.
VSCO



Do you know what VSCOs are? A VSCO girl/boy is a person who wears a lot of Scrunchies, wears shell necklaces, wears oversized hoodies and t-shirts, and says "And I oop" with a response of "Skksksk". They also have Hydro Flask and are all about saving the turtles by not using plastic straws. A Hydro Flask is a metal water bottle. The VSCO trend started on the app VSCO. This is an app like Facetune. A person can edit pictures and then share on apps like Instagram and Snapchat. The trend began when people started posting pictures of themselves (wearing their "uniform") and shared it to their favorite social media apps. This exploded in popularity when people made videos of themselves as a VSCO going "And I oop, skksk" on the app TikTok. TikTok is a video-recording app where a person can record themselves lip-syncing or just making skits. Now, VSCOs, are popular, but they seem to be dying out.



Honor Roll/High Honor Roll

By: Emily B.

Honor Roll

5th Grade:

Logan D.
Riley D.
Patrick G.
Maya G.
Michael M.
Kamryn O.
Alexander O.
Hayden R.
Hailey S.
Tyeler T.

7th Grade:

Kyra B.
Jack C.
Hanna G.
Jadalin G.
Dylan K.
Rebecca K.
Martina L.
Jacob L.
Nicholas M.
Thomas M.
Theodoros T.
Joseph W.
Christian W.



6th Grade:

Sadie B.
Luke B.
Olivia B.
Holly C.
Mikayla C.
Brienne D.
Juliana G.
Grace I.
Joseph S.

8th Grade:

Emily B.
Sierra H.
Vanessa M.
Paige O.
Jadeline P.

High Honor Roll

5th Grade:

Abigail A.
Julianna C.
Kate F.
David F.
Katelyn K.
Sofia L.
Daniel L.
Logan Q.

7th Grade:

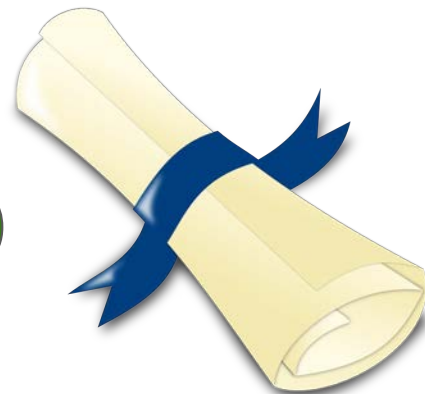
Kiera D.
Kendra Q.
Christian S.

6th Grade:

Justin B.
Fiona G.
Emily G.

8th Grade:

Victoria P.
Ashley S.





Environmental News

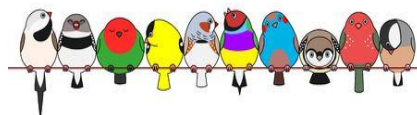
By: Paige. O



Paris Climate Agreement



Climate change is one of the biggest controversies in the United States right now. One of the more recent protests on this topic was a climate change protest on September 20, 2019, in NYC. This was a big protest, and it started out as a small group of young adults with posters. Then it turned into thousands of people trying to make a change. President Trump formally notified the United Nations that the U.S. will be backing out of the Paris Climate Agreement, agreed upon by former President Obama, on Monday. In the agreement, it states that the United States promises to reduce greenhouse gas emissions. Altogether the main goal is to limit the temperature increase to 1.5 degrees celsius and strengthen our response to global warming. That being said, the U.S. sadly produced more gas emissions rather than reduce them. President Trump believes we won't be able to live up to the agreement by 2025 therefore, he has decided to withdraw from the agreement. This agreement was also signed by 186 other countries around the world, all pushing to fulfill the requirements of the agreement. Last month the United States had a bit of a warning of the withdrawal when President Trump called the agreement a "total disaster". He also argued that President Obama's administration's pledge to cut carbon emissions under the deal would have "hurt the competitiveness" of the United States. This withdrawal came back out when notified that more than 389 bird species are going extinct due to global temperature involving the heat and greenhouse gasses. This is not the only tragedy that has happened due to climate change recently, although this is the most significant one yet. With all this information given, how do you feel about this decision?





Winter DIYs

By Kendra Q. and Jack C.



Winter Forest Soap

To make some winter forest soap, you will need.

- 3 lbs of oatmeal melt and pour base
- Green soap colorant
- $\frac{2}{3}$ teaspoon of cedarwood essential oil
- $\frac{2}{3}$ teaspoon of cypress essential oil
- Silicone soap mold
- Toothpick

Begin by cutting your soap base into small cubes. Put it in a microwave safe bowl for 60 second increments until the mixture has no more lumps and is completely liquid. Then, take the bowl out of the microwave and pour half of the mixture into another microwave safe container. This is when you want to start working fast! Dye the mixture in one bowl with green soap colorant. Add the cypress essential oil into the white soap mixture, and combine it with a spoon. Do the same with the cedarwood essential oil in the green soap mixture and combine with a spoon. If the mixture turns clumpy, put it back into the microwave for a few seconds until it becomes a liquid again. Then, alternate pouring both colors into the soap mold. Once the mold is full, swirl the two colors using a toothpick. Put the mold in the fridge for two hours. Pop the soap out of the molds, and you are ready to use them!



Recycled Snow Globe

To make these snow globes, you will need:

- 3 1/2" Round Disk
- Recycled Beverage Container (approx. same diameter as disk)
- Small Fake Tree
- Small Figurine
- Fake Styrofoam Snow
- Tacky Glue
- Ribbon
- Wood Ball
- Awl

Start by gluing the fake tree and the figurines onto the disk. Then, apply tacky glue to the base to keep the objects succour. Then add glue around the figurines, and pour the styrofoam snow on the base. Add hot glue around the base of the disc, and add your recycled beverage container on top. Use more hot glue to glue a ribbon around the base. Fill the snow globe with more styrofoam snow from the lid of the container. Wrap the cap of the bottle with more ribbon, and adhere a wooden ball to the top. Then, you are done!





Perfect Present? -Product Review By:Emily B.

Did you know you had an opportunity to draw in 3D? There has been a talk on the street about a 3D pen. With this pen, you would be able to draw in the air. This is a perfect gift for people who have a great imagination. You only need a basic artistic ability to be able to use the 3D pen. It is simple and safe to use for children and adults of ages above eight. It has three different speeds. Each 3D pen comes with 12 different colors of Polylactic Acid Filament refills. You are eligible to create many things such as buildings, insects, shapes, dinosaurs, and mythical creatures. When you are drawing with the 3D pen there are no limits to what you can create. All you need is a proactive imagination.

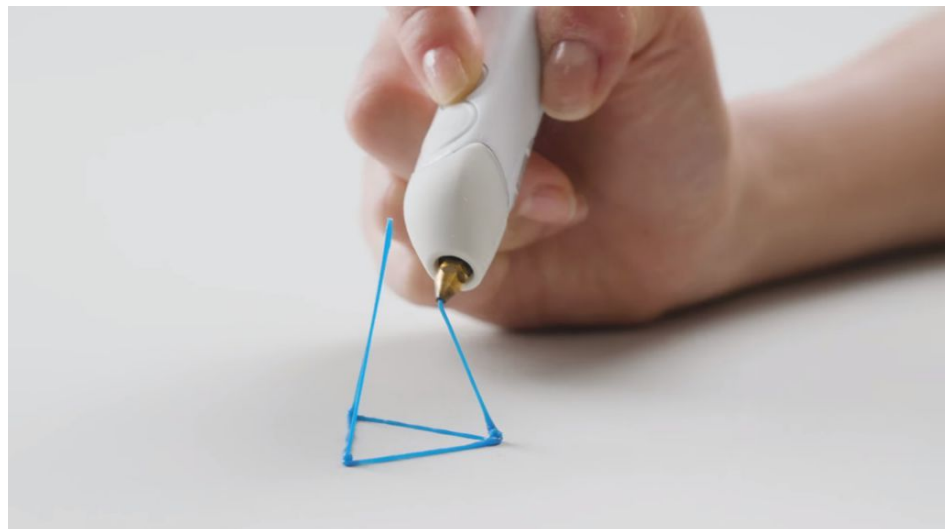
Pros:

- Slim design
- Easy to use
- Good for kids and adults older than eight
- Different speeds
- Light Indication



Cons:

- Pen needs to be plugged in at times of use
- Some reports of missing basic pieces
- Some reports of breaking after a few minutes

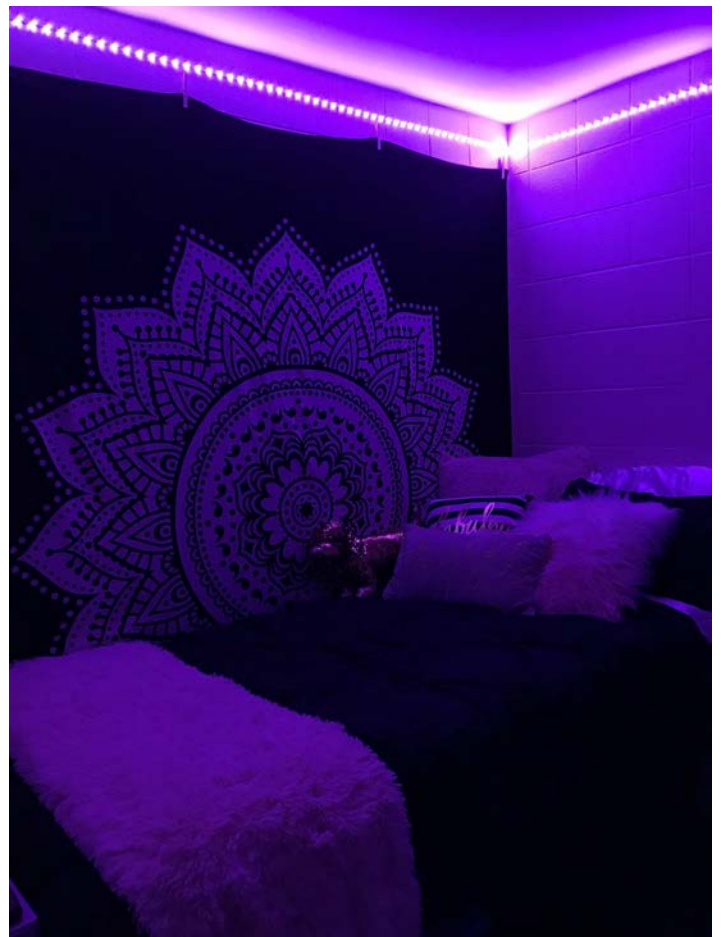


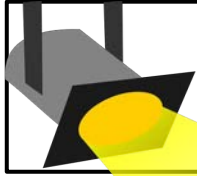
What are you waiting for? Start your creations today!



LED light strips -Product Review By: Sadie B.

LED light strips are a big hit for teens and kids. LED lights are lights that can change colors. Also the strips of light come in different sizes to fit around your room. Certain lights come with adhesive tape in the kits. The lights come with a remote to change the colors, modes quick or slow, or flashing. The remote has 16 different colors to change from. You can also create different colors with the DIY mode on the remote. The lights are non-waterproof so it will have to stay inside. The light strips are able to cut to fit the length of the room. The smallest size comes with 150 lights, and the larger size has 300 lights. The lights are not battery operated so with your purchase it includes an adapter.





Student Spotlight

Newsela

by: Michael Balunis

The school had a Newsela reading contest for grades 5 thru 8.

The overall Winner was Mikayla C and she read 160 articles.

Mikayla won a tablet and the others got a certificate and recognition at a Board meeting.

The Winners in each grade

5th: **Riley D** and **Logan D**

6th: **Fiona G** and **Joey S** and **Mikayla C**

7th: **Keira D** and **Thomas M**

8th: **Ashley S** and **Anthony S**

What is Newsela?

Newsela is an online reading platform that allows students to read news articles. It was founded in 2013 by **Nu Yang**. Last summer, the Ogdensburg School decided to do a contest where 2 students from each grade (5th through 8th) tried to out read most of most articles would get a certificate. The student who read the most articles in total would receive a tablet. This year's winner was 6th grader Makayla C. who read 160 articles over the entire summer. Newsela is a database of current event stories tailor-made for classroom use. Newsela is an instructional content tool that allows teachers to find articles with appropriate reading levels for their students.





What to do this month!

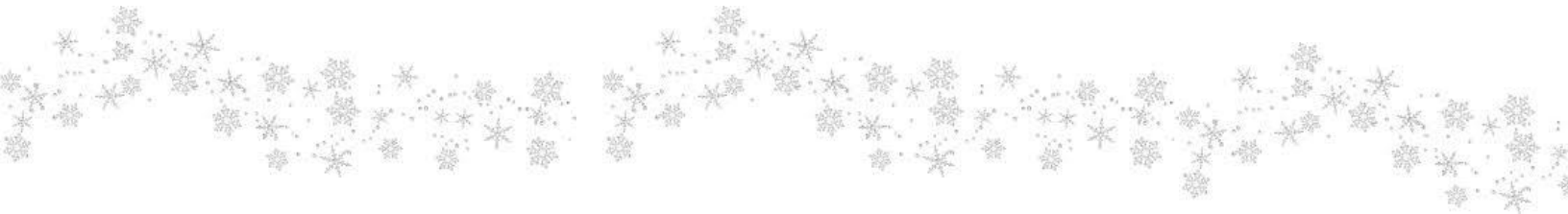
By: Olivia B

Visit Anna, Elsa, Olaf, Kristoff and Sven as you watch them skate across the floor at Disney on Ice! This show will be hosted by Mickey and Minnie mouse. Don't worry though, you will be able to see appearances from Disney Princesses, Dory, Woody, Buzz and much more!



You will be able to watch Anna's adventure to find her sister, Queen Elsa. Anna must find Elsa before her sisters powers trap Arendelle in a horrible winter. Anna, Olaf, Kristoff and Sven must try to bring back Summer with the help from trolls. This show will feature unforgettable, amazing music.

To get to Disney on Ice Frozen you would want to go to 25 Lafayette St , Newark, NJ 07102. Disney on Ice Frozen is open January third to January sixth. To find out more details about Disney on Ice Frozen you can go to their website; [Disney on Ice Frozen](https://www.disneyonice.com/shows/frozen)





The Sumatran Elephants are going extinct! How can we help?

By: Rebecca R.

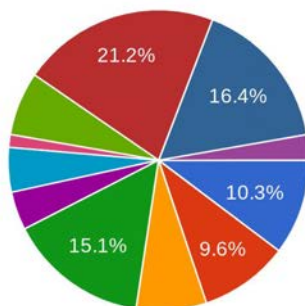
Why are the Sumatran Elephants going extinct? The Sumatran Elephants was considered endangered in the year 2012. It is the smallest subspecies of Asian Elephant. These Elephants have small round eyes. The Elephants have a light gray color to them. The Elephants like to live in the wet forests. They can weigh up to five tons and height can be up to 9ft. They eat plants that are about the size of two people. They became endangered because of loss of their habitats. Currently there are 2,400-2,800 left. They have lost 80 percent of their population. The Elephants can live up to 75 years. To help reduce the loss of the Elephant population we can stop cutting down all the forests. They aren't just a forest, they are homes too many animals.



December Poll - What is your favorite Christmas Song? Victoria Pazio

What's your favorite Christmas song?

146 responses



- Rocking Around the Christmas Tree
- It's The Most Wonderful Time of Th...
- All I Want For Christmas Is You
- Rudolph the Red-Nosed Reindeer
- Frosty the Snowman
- Deck the Halls
- We Wish You a Merry Christmas
- Jingle Bells



Technology

By Brianne D.



Pros

1. Users have awesome experiences
2. Gives detailed views
3. Connects with people
4. Effective communication
5. Accurate motion tracking for both headset and controllers.
6. VR redefines the idea of communication, expanding it from people you know in real life to anyone connected to the internet.
7. Many different fields can use VR to train people in a way that would usually put them at risk.

Cons

1. The VR's cost is \$349.99
2. Communication should not be replaced for a group of people
3. You can hit things or people because you can't see
4. Users are addicted to the virtual world
5. VR's sometimes don't work
6. People don't get enough exercise
7. VR's can damage eyesight



Want to learn about VR goggles? VR goggles can be good because if it is a rainy day you can wear the VR goggles to make it a sunny day. Another cool thing about VR goggles are if you like to explore places and it is too much money to go there you can use these VR goggles to see what that city, or state is like. Also a really cool thing is if you like to draw, or paint you can use these because you can do artwork in 3D.



Technology

By Brooks B.



Do you listen to music? If you do then let me tell you about the new Airpod Pros. The Airpod Pros have an active noise cancelling feature for immersive sound. Also, the Airpod Pros feature Transparency mode so you can hear what's happening around you. The Airpod Pros come in different sizes for different ears. Apple says "We refined the details of comfort, creating a new class of in-ear headphones with a customizable fit that forms an exceptional seal for active noise cancellation. You will feel the music, not your headphones." The Air Pod Pros start at \$249.00. Critics that have used the Air Pod Pros say "I could feel the music," and "Amazing sound."





By Jack C

Recipes

By: Paige and Ashley

Gingerbread Teddy Bears
 2 hour refrigeration
 1 cup butter, cubed
 2/3 cup packed brown sugar
 2/3 cup molasses
 1 egg, lightly beaten
 1-1/2 teaspoons vanilla extract
 4 cups all-purpose flour
 1-1/2 teaspoons ground cinnamon
 1 teaspoon ground ginger
 3/4 teaspoon baking soda
 1/2 teaspoon ground cloves
 Miniature chocolate chips
 Decorating icing sprinkles



<https://www.tasteofhome.com/recipes/gingerbread-teddy-bears/>

Directions

1 In a small saucepan, combine butter, brown sugar, and molasses. Cook over medium heat until sugar is dissolved. Pour into a large bowl; let stand 10 minutes. Stir in egg and vanilla. In a medium size bowl combine flour, cinnamon, ginger, baking soda and cloves; gradually add to butter mixture and mix well. Cover and refrigerate for 2 hours.

2 Preheat oven to 350°. Shape dough into ten balls, 2 in. each; ten balls, 1 in. each; 40 balls, 1/2 in. each; and 20 balls, 3/8 in. each. Place the 2-in. balls on three foil-lined baking sheets for the body of eight bears; flatten to 1/2-in. thickness. Position 1-in. balls for heads; flatten to 1/2-in. thickness. Attach four 1/2-in. balls to each bear for arms and legs. Attach two 3/8-in. balls for ears. Add chocolate chips for eyes and buttons.

3 Bake 10-12 minutes or until set. Cool 10 minutes before carefully removing to wire racks to cool completely. With frosting, pipe ears, muzzle and paws; add sprinkles for fingers, toes, and nose.

INGREDIENTS FOR WHITE TRUFFLES

1/2 c. plus 9 tablespoons heavy cream, divided
 1 (11-ounce) bag, plus 3 cups, white chocolate chips, divided
 2 oz. cream cheese, at room temperature
 32 Speculoos cookies (such as Biscoff), finely crushed (2 1/2 cups crumbs)
 Holly sprinkles, for decorating

DIRECTIONS

Heat 1/2 cup cream in a medium saucepan over low heat until bubbles form around edges, 1 to 2 minutes; remove from heat. Add 11-ounce bag of chips and let sit 2 minutes; whisk until smooth. Whisk in cream cheese. Fold in cookie crumbs until combined. Transfer to a bowl and chill until firm, 2 hours or up to overnight.

Line a rimmed baking sheet with parchment paper. Roll mixture into tablespoon-sized balls; transfer to baking sheet. Freeze until firm, 35 to 40 minutes.

Microwave remaining 9 tablespoons cream and 3 cups chips in a microwave-safe bowl on high 1 minute. Whisk until smooth. Dip truffles in melted chocolate, tapping off excess, and place on a prepared baking sheet. Immediately place a holly sprinkle on top; let set.

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<https://www.countryliving.com/food-drinks/a29640166/white-chocolate-truffles-recipe/>



Anxiety

Anxiety is when you feel overwhelmed and anxious. That's your body's response to stress. It's also your response to fear about something that you think is going to happen. You can have anxiety about an upcoming conversation, giving a speech or performance in front of a room of people, going to a new school or going back to school after being out for awhile. You need to learn how to treat it before it becomes a medical problem. When your body is stressed it affects the respiratory and cardiovascular system. When your stressed it makes you breathe faster and your blood sugar goes higher. This stress related responses are not good for your general health and can lead to major problems.

How to cope with anxiety

- practice breathing deeply
- Go for a jog
- Do 15 minutes of yoga or more.
- Write down your thoughts to relieve stress.
- Learn how to manage your triggers.
- getting enough sleep
- meditating
- eating healthy
- staying active
- exercising
- avoiding caffeine
- quit smoking or vaping
- avoid alcohol

Signs of Anxiety

- restlessness
- feeling agitated
- Fatigue
- Difficulty Concentrating
- irritability
- Tense muscles
- Trouble falling asleep
- Trouble waking up
- Panic Attacks
- Avoiding social situations
- Irrational Fears
- breathing heavy
- sweaty palms
- shaking
- Shame



Signs of an Anxiety attack (Panic Attacks)

- Numbness or tightening
- shortness of breath
- fear
- distress
- restlessness
- worry
- Chills
- feeling hot
- sweating
- dry mouth
- feeling faint and dizzy



How to tell someone you have Anxiety

- Tell a family member you trust
- Choose a place you feel complete telling her-him in
- Try to start the topic gently
- You can write your feelings and send them a letter to start a conversation
- Plan what to say
- Choose a date to meet with them





Responsibility-Students of the Month

By: Emily B.

Grades	Names	Grades	Names
Pre-School	Ella M. Tessa T. Jenelle P. Analisa V. Cianna H. Cianna C. Liam F. Camilia S.	4th grade	Colby A. Justin C. Jordyn T. Bailee G. Brooke G.
Kindergarten	Gabriella K. Viviana S. Mariana C.	5th grade	Paul L. Christopher S. Sophia L. Alex O.
1st grade	Elizabeth D. Morgan C. Vanessa G. Samara R.	6th grade	Grace I. Rebecca R.
2nd grade	Alexa B. Ronan F. Logan M. Jariel L.	7th grade	Kendra Q. Kyra B.
3rd grade	Amy C. Maya M. Nicholas T. Andrew G. Caleb R.	8th grade	Sierra H. Vanessa M.



“The product of greatness is responsibility.”
-Winston Churchill





Activities Calendar

January 1
NO SCHOOL



January 2
Basketball game-
Hardyston Girls-H
Boys-A



January 7
Activity Pictures
Basketball Game-
Hamburg-Girls-H Boys-H



January 9
Basketball Game-
Franklin- Girls-A
Boys-H



January 14
Basketball-green Hills-
Girls-A Boys-H



January 16
Basketball-Newton-
Girl-H-Boys-A



January 20
Early Dismissal 12:40P
Teacher in service



January 22
basketball-Franklin-
Girls-H-Boys-A



January 23
Basketball game-
Stanhope-
Girls-A-Boys- H



January 28
Basketball game
Sussex Christian
Girl-H-Boys-none



January 29
Basketball game
Frankford-girls-A
-boys-H



January 30
Basketball game
Hamburg- girls-A-
boys-H





December Birthdays



1		16	
2		17	Joseph L. J. Ronan Flint
3		18	Nicholas M. Rebecca K.
4	Zackery B.	19	
5	Patrick G.	20	David G.
6	Grace I.	21	
7		22	
8		23	
9		24	Gabriella K.
10	Chrystian N.	25	
11		26	
12	Theodoros T. Cameron S.I	27	
13		28	
14	Thomas S. III Michael R.	29	Delila N.
15		30	
		31	

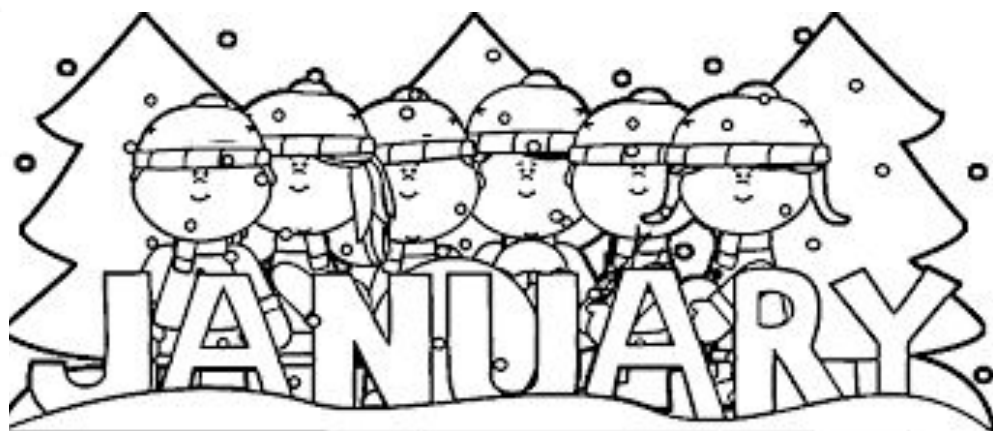


January Birthdays



1	Jaydin E.	16	Cole B.
2		17	
3	Sofia L.	18	Damian S.
4		19	
5		20	Zackary D.
6		21	
7	Lucas C.	22	
8		23	Alexa B.
9	Kendra Q	24	Gabriella K. Carleigh V.
10	Alfonse D. Abigail B.	25	Silas S.
11	Alexander S	26	
12		27	
13		28	Justin B.
14	Kyra B.	29	
15		30	
		31	Nicholas T.

Kids Letter Corner



Winter Word Search

S K I I N G S N O W B O O H T
 S F I R E P L A C E I N G E O
 L I E A R M U F F S C N Y T S
 E W S B C O L T R A E S T A C
 D I M L R O W S N O U G H E A
 D N U I A U L O W P S H T O R
 I T F Z E S A D E H A T A O F
 N R B Z B A E R O W P L Y I I
 G C O A T O T L Y D M W L C R
 I T O R H A F R O T A S U I E
 P O T D E C E M B E R I L C L
 L A S N C R O V I N C L O L R
 O A D H J K T C E S H O V E L
 W J A N U A R Y O E S A H S T
 M I T T E N S W E A T E R E L



- | | | |
|----------|-----------|----------|
| BLIZZARD | FIREPLACE | PLOW |
| BOOTS | FROSTY | SCARF |
| COAT | HAT | SHOVEL |
| COCOA | ICE | SKIING |
| COLD | ICICLES | SLEDDING |
| DECEMBER | JANUARY | SNOW |
| EARMUFFS | MARCH | SWEATER |
| FEBRUARY | MITTENS | WINTER |

