

# January- February Highlights

# Stop the Bleed

“Stop The Bleed” is a vital campaign urging bystanders to be prepared to assist in a bleeding emergency. In the program, you'll acquire three essential techniques to potentially save a life by addressing severe bleeding before professional assistance arrives.



# School Counseling Week

This year's National School Counseling Weeks theme was School Counseling: Standards Based, Student Focused. School Counselors spent the week advocating for their department. This included morning announcement talking about the school counseling profession and services they provide, they set up information tables during lunches and had student input to help build a new bulletin board outside of the counseling office including appreciation messages to their counselors.



# Black Excellence

- Daily Morning Announcements highlighting influential African figures

# JESSE OWENS

Jesse Owens (1913–1980) was an American track and field athlete who gained international fame for winning four gold medals at the 1936 Berlin Olympics, defying racial stereotypes and Nazi ideology. Despite facing discrimination, Owens' remarkable talent and resilience made him a symbol of courage and inspiration. His legacy as an Olympic champion and advocate for equality continues to resonate worldwide.



**Black History Month**  
FEB 01 – FEB 29

"WE ALL HAVE DREAMS. BUT IN ORDER TO MAKE DREAMS COME INTO REALITY, IT TAKES AN AWFUL LOT OF DETERMINATION, DEDICATION, SELF-DISCIPLINE, AND EFFORT."  
–Jesse Owens

# AMANDA GORMAN

Amanda Gorman, born in 1998, is an acclaimed American poet and activist. She gained international recognition after delivering "The Hill We Climb" at President Biden's 2021 inauguration, becoming the youngest poet to perform at a U.S. presidential event. Despite speech impediments, she discovered her writing passion in L.A. Graduating from Harvard in 2020 with a sociology degree, she addresses themes of race, feminism, and social justice in her poetry.



**Black History Month**  
FEB 01 – FEB 29

"YOU NEVER COMPLETELY HAVE YOUR RIGHTS, ONE PERSON, UNTIL YOU ALL HAVE YOUR RIGHTS."  
–Amanda Gorman

Sports



# Girl's Wrestling

This past week was the first Union County Girls Wrestling tournament held in Scotch Plains. Christine Pierre-Louis and Alissa Alcindor both won the county championship in their respective weight class. Neissa Filias finished third in the county.

This Sunday is the North 2 Girls Region wrestling tournament at UHS. Alissa Alcindor is the number 1 seed at 235 pounds and Christine Pierre-Louis is the 2nd seed at 185 pounds.



## Boys Wrestling

This past weekend the boys competed in the New Jersey State District 13 tournament held at Millburn High School. Dan Collin finished 2nd, Gabe Hargrove and Nick Bertolotti finished 3rd. They all qualify for the New Jersey State Region 4 Tournament being held here this weekend.



# Girl's Basketball

The Girls Basketball team will play in the NJSIAA State Tournament this Wednesday at 5 pm at Plainfield High School.





# Track

**In Track, Mikarla Portuondo won the Girls North 2 Group 4 State Championship in the 55 meter. Baba Olowe earned second place in Boys North 2 Group 4 in the Shot Put.**



# Thank You!

Thank you to Mrs. Nunes for the images!