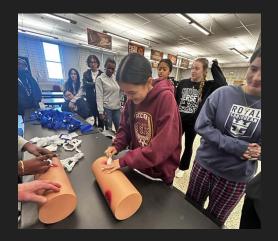
January- February Highlights

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



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

01-29

"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!