

Suffield Middle School Newsletter

Our learning
community values
respect and
responsibility for
all!

Volume 1, Issue 1
October 30, 2013

White Water Rafting

By Joey LaValla & Juhi Rayonia

Have you ever been white water rafting with Class 3 rapids rushing down the Deerfield River, taking you with it? If not, you get to experience this fascinating field trip in 8th grade at Suffield Middle School. You start this thrilling journey by traveling for an hour and a half on a bus to Charlemont, Massachusetts, to a place called Crab Apple Tours. Crab Apple is an isolated rafting area with a beautiful, scenic view of clear, blue skies and multi-colored trees. You have your guides chosen and your wetsuits provided. Depending on the weather and the clothes you originally wore, you can wear just the top or the whole suit. But beware, because cotton does not handle well in chilly waters. For a heads up, the entire wetsuit is very difficult and time-consuming to put on. To start, you ride up to the beginning of the river path. When you arrive, you are led to your boats. The

guide will position you on each side of the raft to where you are comfortable. Your journey starts on calm waters where the guide teaches you the basic paddling skills. Your first Class 1 rapid comes soon after, and the journey progresses from there. The most dangerous and exhilarating rapid is the Zoar Gap, which is a Class 3 rapid. If you do not paddle correctly through the rapid, you will wipe out. Between the first rapid and the last, there were a total of 23 rapids. Halfway through the trip, all of the rafts stopped for a 20-minute lunch break. Once the trip was over, we rode back to the headquarters of Crab Apple. Everyone was able to get changed into dry clothes, and then we returned to the bus. At 6:00 at night, we finally arrived back at Suffield Middle School. Overall, the trip was very exciting and it was a fun-filled and beautiful day for the 8th graders. Everyone had a blast!



Pumpkin Spice Bread

By: Grace Dowling

Ingredients:

2 cups white sugar
1 cup brown sugar
4 eggs, lightly beaten
1 (16 ounce) can solid packed pumpkin
3 1/2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
2 teaspoons ground cinnamon
2 teaspoons ground nutmeg
1/2 teaspoon baking powder
1/2 teaspoon ground cloves
1 teaspoon ground allspice
1/2 cup water



Directions

1. Preheat oven to 350 degrees F. Grease and flour a Bundt pan.
2. Mix white sugar, brown sugar, and eggs in a large bowl. Stir in pumpkin and mix well.

Combine flour, baking soda, salt, cinnamon, nutmeg, baking powder, cloves, and allspice in a bowl. Add alternately with water to pumpkin mixture. Pour into Bundt pan.

3. Bake in preheated oven until golden and a toothpick inserted into the center comes out clean, 60 to 65 minutes. Cool in pan for 10 minutes before removing to cool completely on a wire rack. Drizzle with your favorite icing! Enjoy!

The Giraffe Club Raises Breast Cancer Awareness

By: Kush Shah

The Suffield Middle School's Giraffe Club is a place where students who want to make a difference and volunteer in the community can come together. This month they are raising awareness of breast cancer. During their lunchtime, the



club members invited students and staff to write on paper hearts the names of people they know who have been affected by breast cancer. These were hung up on the wall of honor in the cafeteria.

Happy Halloween!

Enjoy this [Halloween presentation](#).
Beware of the ghosts, witches

By Kelcy Ryan



Girls Field Hockey

By Olivia Mastalerz and Korissa Dugay



We interviewed a few girls on the Suffield Middle school field hockey team from various grades. We also asked the coaches a few questions.

Amy Colson of eighth grade, our field team captain, playing center defense says, "The hardest team to beat is Timothy Edward but this year we have finally gained enough power to win against them." She admits that when she played her first ever game that she was a little scared but she was very excited to play. She said that she started playing because she wanted to do something different.

Kate Killam plays left center or wing. She says, "Granby is the hardest to beat." What started her field hockey career was playing park and recreation in 3rd grade. She reported that over the years, playing field hockey has gotten easier because you get use to it.

Madeline Francis, of 6th grade plays center left. She quotes, "South Windsor is the hardest team to beat while Somers is the easiest. My cousin played field hockey when she was my age, and she still does. Watching her play in games sparked my passion for field hockey. What I love about field hockey is that we don't just play it one hour a week, we play it 6 hours a week on Monday, Wednesday, Thursday and Friday. I love field hockey and I look forward to games in the future. Go Suffield!"

Nora Shanks, of sixth grade plays defense. She says, "Hacking is the hardest part of field hockey. Hacking is when you hit another stick with your own so they get rid of the ball. The bond between us teammates is super strong. We can be super funny at times and very serious. I feel like our bond is like sisters; we love each other but we fight sometimes."



This is coach Ives' first year of being coach and she is doing great! She says, "The hardest part about being a coach is trying to get everything done in our short time that we have to practice. It have been a great season and I am so excited that I get to see the returning players teach the new players. The returning players love to teach the new players all sorts of new skills."



Fall

By: Olivia Mastalerz



Pumpkins and hay
Corn, mazes and pie
Colors everywhere, red, orange, yellow, brown
Halloween creeps at the end of October
Ghosts, Zombies, Princesses, and more roam the streets
Children gather candy and more
Then comes winter, the beautiful, cold season with more fun coming



The Boston Science Museum Field Trip

By: Olivia Mastalerz, Korissa Dugay, and Emilee Benson

First thing, we board the buses! The trip to Boston took about one and half hours. Students enjoyed the bus ride. There were different movies played like *The Croods*, *Puss in Boots*, *Hop*, *Despicable Me*, and *Madagascar*. Other people who didn't watch the movie played on electronics, talked, played cards, and just hung out. Now, we didn't take just a normal bus, we took coach buses! These luxury beauties had comfortable seats with TVs lining the ceiling. At the back of the bus was a bathroom for the long ride! Many students loved this bus and hope that they go on another field trip with a coach bus!

When we arrived at the museum we had to pair up in our Advisory groups, and we poured into the museum, all 180 of us. Then we started to explore the wings, the blue and green wings. The first wing was the green one! This wing had the sniff machines that were very disgusting! After, we went to the blue wing and this wing had a very scary looking room. It had real animals who were killed and used for decoration. It gave me the chills! This whole wing was dedicated to birds.

Later we went up the escalators and we went to many different mini-wings. Next we went to a 3-d movie that was about sea monsters long ago. This movie was very cool and scary! We put on our 3-D glasses and sat back and relaxed!



Next activity, lunch! The students flood into the cafeteria to talk with friends about their day and most importantly, eat! After the filling lunch, students got to wander around the museum. Kids went to the gift shop, others got Dippin Dots or dessert and the rest went to explore the fun wings! After, came the lightning show!

The lightning show was all about electricity and lightning. They started off talking about what we were going to witness and hear. He told us that we are going to have to plug our ears because some of the noises will be very loud and the light will be very bright. A girl named Aunyeue Armstrong volunteered. He had her put her hand on a metal ball and take out her hair tie.

Her hair stood up due to electricity! The show had a grand finale where they put on bright light and sound that was from Star Wars.

After the bright lightning show, was the planetarium. This was a HUGE dome and during the planetarium we learned about stars, planets and undiscovered worlds. This show seemed so realistic with the dome shaped screen. Many students said that, "I felt like we were looking at the stars."

After the planetarium, all students boarded to comfortable buses and returned to SMS around 5:30. What an educational and fun field trip!

