

## DECEMBER EVENTS:

12/16 - Pajama Day

12/16 - Pre-K Family Engagement

12/26- 1/2 - Winter Recess  
(No School)



### DID YOU KNOW?



'Boxing Day' is traditionally a day off for service workers (i.e. Postmen, Handymen, or Doormen, etc.) and they receive gift "boxes" from those whom they provide services. The service workers also give Christmas boxes to their families on this day. Boxing Day is celebrated on December 26th in Great Britain, Australia, Canada, and New Zealand.

Researched by Soraja Siljkovic

### Greetings Everyone

I am so proud to be a part of the school newspaper. I am looking forward to sharing laughs, facts and history with you! This month I want to talk to you about eating healthy and provide some tips to help guide you through the process of possibly changing or adjusting your daily diet & exercise routine.

When I was a child, I remember eating everything I wanted with guidance from my parents of course. My two favorite things to eat were my mother's southern buttermilk biscuits & her famous Banana Pudding! I would literally request that she make me both every Sunday. I remember taking a biscuit with me to school to have for breakfast with fresh jam on it. As I began to get older, my mother cut back on certain foods and how often she made them for us. She told me that as I got older my body would process certain foods differently. She told me it's all about a balanced diet & exercise...she was right! Oh...did I tell you I have 6 siblings...4 sisters & two brothers...yes so she and my father had their hands full and I was quite the picky eater...by the way, I am still a picky eater with over a dozen food allergies to this day!

Here are some tips to help you eat better, feel better and be better!  
Drink lots of water, when possible add a lemon wedge (this drink will help your skin glow, prevent acne and boost your metabolism)  
Get at least 8 hours of sleep...no video games, no cell phone, no TV once you lay down and its bedtime...just rest & sleep  
Upon wake up, drink a warm cup of water, this will cleanse your body of waste and give you lots of energy to start your day  
Don't skip meals...remember what my mother said... "It's all about balance & exercise"

Eat your colors! Eat fruits & vegetables of all colors...Did you know every color has a different benefit to your health. For example, the red are good for your heart, while the orange help with your vision...look it up its true! I love beet & carrot juice for this reason.

Read the labels...if there are more ingredients than you can count or pronounce...DON'T buy it or eat it...more than likely it's really bad for your body now or in years to come

Walk, play, run, hop, dance, skip, swim, skate, cycle...the list is too long to write, the jest is to move your body and keep moving!

# THE PS 234Q TEA

DECEMBER 2022



## Astoria Ballers Coming Soon to PS 234



Who are they? *Astoria Ballers* is our new school basketball team name-chosen by our students! When asked about his feelings about coaching in the upcoming basketball league, and the team name selected, "It suits our school well and it gives our students something to look forward to, I really think that I'm going to really enjoy this great opportunity...being able to bring this special program to our school for the first time. I think the staff and students are going to look forward to the games and school spirit." Mr. Slone said. Tryouts for Astoria Ballers were held at PS 234 gymnasium on 12/14 for students (girls and boys) in grades 3-5. The season could begin as early as 12/23 or as soon as we return in January. The games will be held during the school day and occasionally after school.

Interview by Nrec Krasniqi

### The Principal's Corner

"One of a Kind" - Ms. Carina



If you know Ms. Carina you know that she loves to craft, and with this latest project she's proven to be the best at it! Using cardboard, bulletin board paper and tape she has created a cannon designed to be added as a part of the nutcracker soldier costume for Joao Da Silva, who is a new student at her school. When asked why she decided to create the cannon, Ms. Carina said. "...He's a grateful kid, he loves Christmas and he really likes Christmas movies. When he saw the cannon he had such a big smile on his face...If we're all kind to each other, we'll smile more and this school will be a happier place." Ms. Carina is truly "One of a Kind" and we salute you!  
Interview by Blessing Byrd



Photo by Bella Borrero

## Boutique Biz

Now that we are approaching the holiday season or gifting season, PS234Q had its Annual Holiday Boutique from 12/7 to 12/9! We're glad you were able to buy terrific gifts for your friends, family, teachers, and more! Now you might wonder how this would benefit our school. The profit from the boutique will be used on graduations, auditorium improvements, cheerleading/basketball team supplies and school merchandise, etc. This will all happen because of the Holiday Boutique profit! The goal for the boutique was to raise \$2,500 but an even bigger goal to raise is \$5,000. We need everyone to pitch in, and help to raise this money so we can achieve all of these wonderful things for our school. If you were not able to shop at the boutique, you can participate in our Five Below Fundraiser on Dec 12th to Dec 19th and 10% of your purchases will be donated back to PS234Q. We are looking forward to next year's Annual Holiday Boutique. Happy Holidays to all and enjoy your time with your friends and family.

Reported by Romina Kilgore & Skylar Jarcau

## CONGRATULATIONS CITIZENS OF THE MONTH:

Sara Katerina Jason Ruhana Emiliano Liam George Avianna Beverly Laila Yousuf Zoe Christopher Nayarit Joao



Emilia Vince Guadalupe Aya Aria Madison Avante Julia Kairos Fadi Nicole Jade Joel Giuseppina Marwan

Photographs By Gaia Latorre

Photographs By Sara Kolenovic

## Bored? Read a Book! Our School Library is Now Open!

We've always had our library here at PS 234, but now, with a secret garden theme it's better than ever! The library is located in room 351 and is open from 8AM - 2:20PM. Our students may come to the library with their entire class, but the classroom teacher must schedule an appointment with Mrs. Kehoe who is our librarian. Mrs. Kehoe explained that the library can be used for research or for quiet reading time. She even mentioned possibly starting a book club to meet during lunch time. Remember the books aren't for sale, but you may borrow them for up to 2 weeks! Ask your teacher when your class will visit!

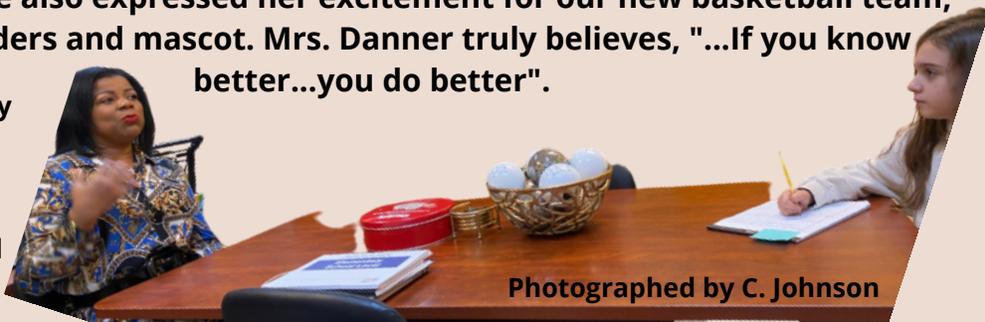
Interview by Sophia Rolfe



*"If You  
Know  
Better  
... You Do  
Better."*

We met with our wonderful Principal Mrs. Danner and a lot has been planned for us this month including: The Holiday Market (12/9) and The Nutcracker performance (12/22). Mrs. Danner also mentioned bringing back 'The Green Team' to help prevent graffiti and littering in our school, as well as a new nutrition club/committee to bring more awareness about living a healthy lifestyle. She also expressed her excitement for our new basketball team, cheerleaders and mascot. Mrs. Danner truly believes, "...If you know better...you do better".

Interviewed by  
Katerina  
Milonakis  
&  
Aria Pimentel



Photographed by C. Johnson