2015: Kutztown Strong!

It’s been a big year for us in Kutztown. We recognized that there were problems in our little community and realized that something needed to be done.

While nothing is ever fixed overnight, after our first year we are certain were are going in the right direction.

We have an active conversation now. Many people from all parts of Kutztown are involved in the dialogue. But we can’t do it without you—the students.

So please, continue to stay strong.

Have an excellent summer!

INTRODUCING: CHRONICLE MAN!

For our future issues, we now have mascots!

Phoebe Jenkins created Chronicle man and Owen Stemko invented Chronicle Boy.

Congratulations on their achievement!
SNOWFLAKE ART WORK

COMING IN FROM THE WINTER MONTHS—HERE ARE SOME SNOWFLAKES TO CONSIDER IN THE HOT, HOT SUMMER!
LIKE YOU, ALL SNOWFLAKES ARE UNIQUE.

BECAUSE OF WHERE THEY CAME FROM, HOW THEY TRAVELED AND WHERE THEY LANDED, NO SNOWFLAKE IS LIKE ANOTHER.

THINK OF WHAT YOUR EXPERIENCES ARE AND HOW THEY SHAPE YOU!
What else could you add to this list?

During this summer, keep a list of your activities!
Summer safety

Summer is a time for fun...but safety too. Talk with your parents about these tips for a safe summer!

A responsible adult should constantly be with you when swimming.

Learn cardiopulmonary resuscitation (CPR). CPR skills could save someone’s life.

Install a four-sided fence around home pools.

If you go out kayaking, canoeing or just paddle-boating Wear a properly fitted life jacket every time you and your loved ones are on the water.

Those at greatest risk for heat-related illness include infants and children up to 4 years of age. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. For heat-related illness, the best defense is prevention.

Never leave infants, children, or pets in a parked car, even if the windows are cracked open.

Schedule outdoor activities carefully, for morning and evening hours.

Stay cool with cool showers or baths.

Just a few serious sunburns can increase you and your child's risk of skin cancer later in life. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

Cover up. Light clothing that covers your and your child's skin helps protect against UV rays.

Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you go outside.

Protect yourself and your family by preventing bites and diseases, like West Nile virus and Lyme disease, which can be transmitted by insects.

Use an effective insect repellent while playing outdoors.

Check yourself for ticks. Ticks are easy to remove.

Check to make sure that the surfaces under playground equipment are safe, soft, and well-maintained.

Supervise young children at all times around fall hazards, such as stairs and playground equipment.

Make sure kids wear the right protective equipment for their sport or recreation activity.

for more tips on a safe and healthy Summer for you and your children, visit cdc.gov
Have you watched Big Hero 6? Pretty cool, right? Have you ever wanted to be a superhero? Well, one way to be on is to be drug-free!

What did you think of Big Hero Six? Circle as many stars as you want!

★ ★ ★ ★ ★

ATTENTION!

All readers listen up! Baymax needs new armor to help others be drug free. He needs you guys to give him COLOR and design his suit with new colors. Color his armor any way you want and remember to stay drug-free over the summer!
MAZE: AVOID THE DANGERS!

By Owen Stemko

Drug Free Activities

<table>
<thead>
<tr>
<th>BIKING</th>
<th>Ice Cream</th>
<th>Football</th>
<th>Frisbee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ping</td>
<td>Skateboarding</td>
<td>Soccer</td>
<td>Walking</td>
</tr>
<tr>
<td>Volleyball</td>
<td></td>
<td>Shopping</td>
<td>Swimming</td>
</tr>
</tbody>
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Created by Puzzlemaker at DiscoveryEducation.com
Mrs. Groller: Inspiration to Students at the Kutztown Area Middle School

By: Krystal Nolte

Mrs. Groller, Kutztown Area Middle School’s Spanish teacher, is a woman who always tries to keep herself busy, while at the same time helping others around her. Her infectious smile and contagious laugh are enough to light up a room full of moody teenagers and make everybody’s day ten times better. Most people know Mrs. Groller as the energetic Spanish teacher, but there is more to her than what meets the eye.

“I have always wanted to become a teacher,” said Mrs. Groller when asked why she wanted to work with children. “I like to always be moving and doing something, while at the same time educating students on Spanish dialect and culture. I love to think of my students having light bulbs above their heads. When a student finally overcomes an obstacle, I know that I have done my job when their light bulb turns on and they understand how to overcome the obstacle.”

Mrs. Groller was just like any other normal little girl when she was younger: always playing make-believe like all the other children. But her make-believe games were slightly different than the average “house” games that most girls played.

“I used to play school when I was younger,” said Mrs. Groller. “It clicked from the very beginning that I have always wanted to be a teacher.”

Mrs. Groller also had to deal with a sudden culture shock when she started teaching in the Kutztown Area School District. The culture of the town didn’t bring down her expectations of the middle school, but instead has created a positive opinion on why teaching in this district is amazing.

“I think that there are many different reason why working at KASD is a unique experience,” said Mrs. Groller. “First off, I had to go through a major atmosphere change, which ultimately had a positive impact. When I first started working in the district, I realized that the kids I was teaching weren’t like normal city kids. All of the kids in my classes were down to earth and loved line dancing, which was something completely different than what I was used to seeing on an everyday basis. I also think that the KASD is unique because the classes are smaller and well behaved, meaning that I can focus on the curriculum and how to teach the information to the students instead of worrying about how to stop incorrigible behavior. The parents and the school district also value the students’ education, which is another aspect, which makes teaching here so unique. Everybody here is always open to trying new things to make teaching better and more efficient, from different aspects of technology to new supplies in general.”

Students are lucky to have a teacher who doesn’t just teach their subject, but open their students’ eyes to a higher level in life. I feel that Mrs. Groller has always had a major impact in my life. If she would not have introduced me to the March of Dimes Foundation, I never would have realized how much I love community service and helping out different foundations. Mrs. Groller was one of the teachers helped me to grow into the student that I am today, while at the same time showing me how hard work can really pay off in the end. She is one of the teachers that I can talk to about anything, no matter what grade I am in, because she is always willing to help, and gives the best advice. I truly hope that many students in the future will get to experience Mrs. Groller, and her amazing personality, because without her, my life would certainly be different.
We Are All Flawless
By Emily Reiss

I'm not a rocket scientist
No stunning child prodigy
I won't invent the next big thing
That life's just not for me.

I trip when I walk
And I sing out of tune
I won't be found on Broadway
At least not anytime soon

I bite my nails
And I stare into the sun
I go against the common way
Otherwise, I'd have no fun

I fall in the mud and dance in the rain
My clothes are never spotless
The list of my flaws goes on forever
And that's what makes me flawless.

It is the little things that bless us
And make our smiles grow wide
That remind us life is a journey
Where happiness never dies

It just sometimes takes a break
But that's okay so do we,
We just ask that it returns
For an escape is what we need.

An escape from the stress,
The responsibilities, the concern,
A reprieve from reality
Where our imagination can soar.

And sometimes you might just see
That imagination becomes real
And suddenly your dreams are happening
And pure exuberance you feel

These things start to happen
That hugely impact your life.
And totally change your path
Like a crisp breeze twirls a kite.

But you are filled with such joy
It is hard to comprehend
That just mire days ago
You thought the anguish would never end

Now its not anguish
It's straight up fun!
You gain a new perspective
It's like the war has been won.

This thing called hope
Blossoms from deep within
And its comfort is soothing
This feeling never forgotten

—Emily Reiss
Recognize this artwork?

But of course! These are pieces designed by KAMS students in the style of Kutztown native, Keith Haring.

Haring, an artist, advocate and activist made his life’s goal about education.

He loved everyone and wanted only for people to live in harmony and safety.

Keith would be very happy to see that his own town still honors his art and name.

Ms. Tuerk’s students designed these to show us the dangers of substance abuse.

MORE TO COME!
The winner of the Pizza Party—A Tie!

Madison from Greenwich and Carlee from Kutztown will both have class pizza parties courtesy Kutztown Strong!

So why are friendships so important?

1. Friends can give you vital life skills.
2. Childhood friendships start your learning process.
3. Childhood friendships shape your adult friendships.
4. Friends can help you define your priorities.
5. Close friends support you through tough times.
6. You’re less lonely when you have friends.
7. Friends can give you advice.
8. Banding together with friends can change people for the better.

source: Psychology Today

So keep those friends you have close—and most importantly, look out for each other.

If we are to remain STRONG we have to do it together.

Summer assignment:
What could you do over your vacation to help someone?

Dear teachers- Please forward all submissions to Josh Chambers @ KAHS

Parents: For this newsmagazine to benefit your children, you need to make sure they read it. For the younger children, you need to read it aloud to them. We need you to use these topics to open the door to meaningful discussions about the benefits of a healthy lifestyle. With the combined efforts of students, teachers and most importantly parents, we can help our kids stay safe!

Contributors, Supporters and Sponsors:

KASD: Mr. Josh Chambers and Ms. Kris Tuerk
Community: Kutztown University and Colasanti Printworks
**Avalanche Activity Page**

**(The Kutztown University Mascot)**

**Avalanche’s Tips for Success:**

1. **Learn all you can and study hard.**
2. **Be a good friend.**
3. **Stay away from drugs and other dangerous things.**
4. **Make good choices.**
5. **Get a good education and attend a great university – like KU!**
6. **Eat healthy foods.**
7. **Don’t hibernate like me, but get a good night’s sleep.**

**Keep your mind and body strong!**

**Keep your sights set on getting a good education.**

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**Connect the Dots to complete Bear Cub Avalanche**

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**Word Jumble**

PELSE  TUSFIR  
YSDUT  TNWUTZOK  
EBEVTGALSE  PSTOSR  

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