



NEWSPAPER

HEART HEALTHY SNACKS THIS VALENTINE'S DAY!

By:
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Aiden Raines
Grade 6

Treats are a big part of valentines day and they are a great way to celebrate with friends! Here are some heart healthy snacks for you to enjoy this Valentine's Day. Make these treats with your friends, family or crush! Check out these pink treats:

Cheesecake Stuffed Strawberries

- 3 dozen large strawberries
- 11 ounces of cream cheese
- ½ cup of sugar
- ¼ teaspoon almond extract
- and optional graded chocolate

Enjoy these sweet treats loaded with vitamins!

Marshmallow Filled Raspberries

- 1 pkg. Raspberries
- 1 bag mini marshmallows

Melt the marshmallows down to a liquid and fill berries. Allow to cool! These sweet treats provide potassium which is essential for healthy heart functioning!

Strawberry Milkshakes

- Strawberries
- Milks
- Vanilla or Strawberry Ice cream

Mix in a blender and garnish with a strawberry! These sweet drinks look festive and taste delicious! Cheers your crush!



VALENTINE

SCIENCE OF LOVE

Ever wished love potions existed? Well, turns out there is more science to falling in love than you may have thought!

Feeling 'butterflies in your stomach' is a common way people describe they feel when they have feelings for somebody.

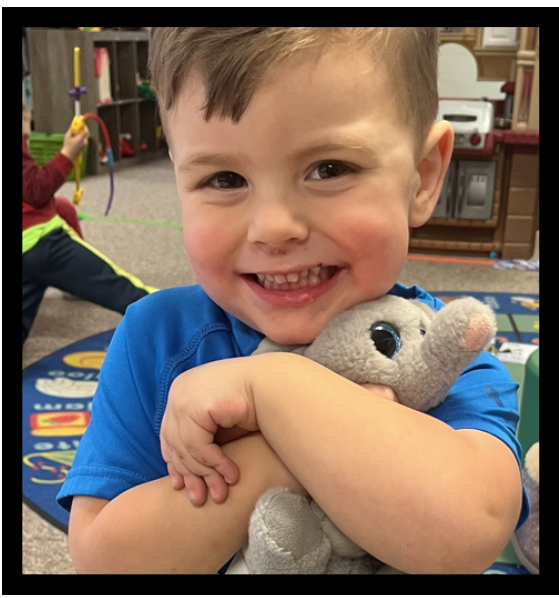
By:
Noah Mayne
Brekken Nachreiner
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Grade 6

However, this butterfly feeling doesn't always come from a feeling of love, but from a feeling of nervousness. 'Butterflies' stem from your brain feeling nervous, sending signals to your stomach through the vagus nerve. It releases adrenaline, and the signals to your stomach make it feel funny, especially in middle school, when it is probably your first time having a girlfriend or a crush.

Do you ever see a puppy and fall in love? You might think you're going crazy but other people do the same. The cuteness of puppies gives off oxytocin and dopamine. Dopamine is a chemical that makes us happy. The same chemicals get released when we fall in love with someone. Dogs don't just make us fall in love, they also help us battle things like anxiety, depression, and loneliness. With a dog or puppy, stress is reduced and serotonin is induced. When you have a puppy everything seems better. The cuteness of puppies makes us want to have them forever. It also mimics the feeling of addiction. That is why some people get addicted to love.

Love sometimes feels weird and unexplainable. According to research at the International Science Council, "love, most of the time, is broken up into three categories lust, attraction, and attachment". In the first stage of love, lust releases a chemical called testosterone and estrogen. The second stage of love or attraction releases chemicals called dopamine, serotonin, and norepinephrine, which are the hormones that give us that fuzzy or warm feeling inside. Then finally the final stage of Love or attachment. The brain releases chemicals called oxytocin and vasopressin. Those two chemicals mostly oxytocin make you feel a sudden urge of positive emotions. Turns out there actually is science behind falling in love!





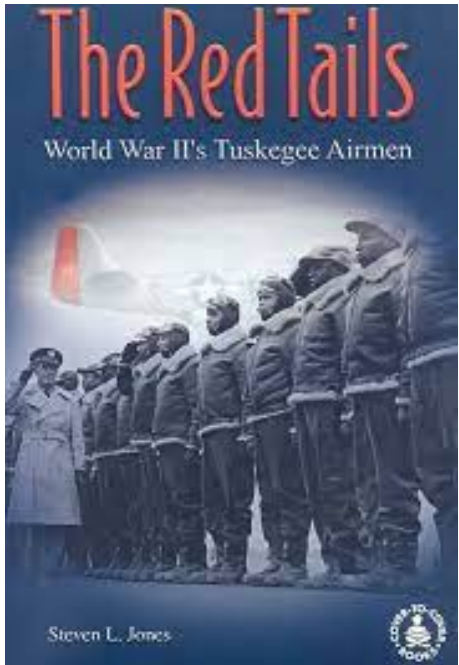
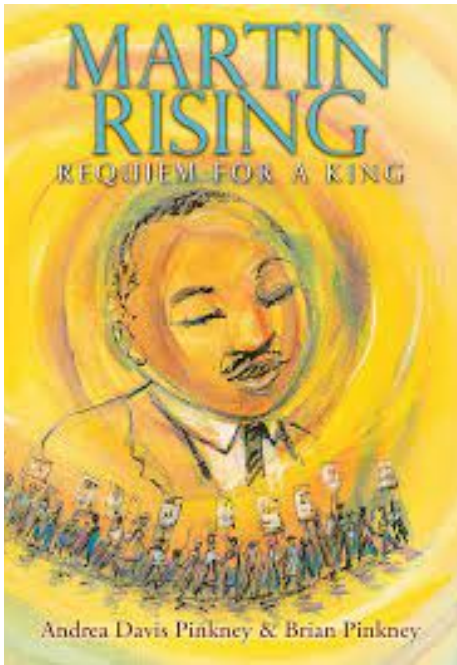
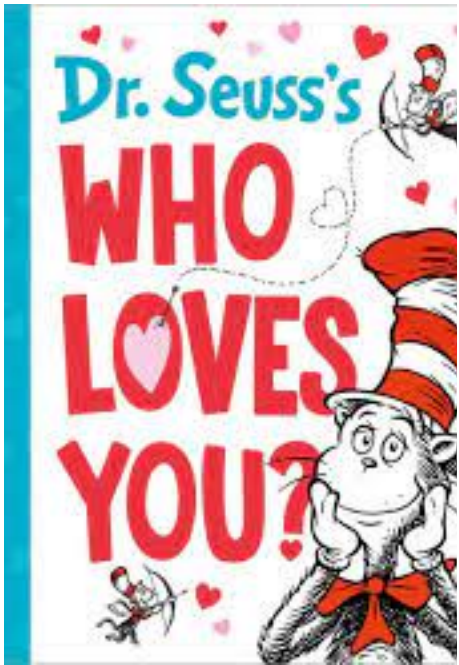
STUDENT SPOTLIGHT

By: Parkar Mael, Grade 8

This month we are spotlighting my little brother, **Chet Mael**. Chet is a pre-pre 4K-er at St. Mary's. He loves to snuggle stuffed animals, watch spiderman, greet big kids with a first-bump and hangout out with his friends. His favorite color is purple and he loves to snack on Cheetos! We are excited to have you hanging out everyday, Chet!

BOOK RECOMMENDATIONS

By:
Everett Hoffman
Griffin Gonzolez
Jake Wood
Grade 7



February is an amazing month to celebrate love, friendship and honor and remember the difference makers during Black History Month. Check out these awesome Valentines and historical book recommendations!

1st-2nd Grade: *Peppa Valentine's Day* By: Courtney Carbone
This children's picture book is about Peppa and her family and friends enjoying Valentine's Day celebrations!

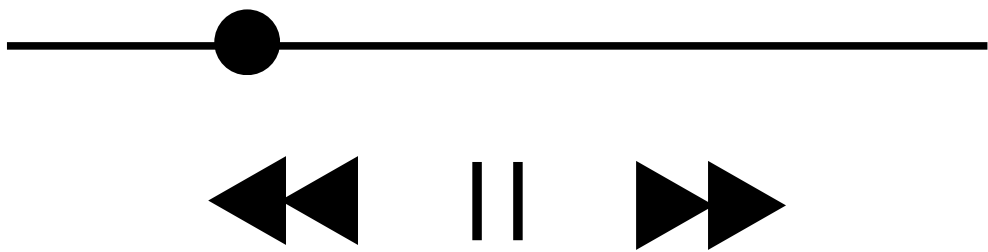
3rd-4th Grade: *Dr Seuss' Who Loves You?* By: Dr. Seuss
Dr Seuss' Who Loves You? is a rhyming book made by Dr. Seuss about Valentine's Day. It features one of Dr. Seuss' most iconic characters: Cat in the Hat! Kids will love learning about rhyming and creativity with this Valentine's story!

5th-6th Grade: *Martin Rising, Requiem for a King* By: Andrea Davis Pinkney and Brian Pinky.
This novel is about a person who fought for equality for African Americans. Martin Rising is the perfect book for those who want to expand their knowledge on African American difference makers.

7th-8th Grade: *The Red Tails, WWII's Tuskegee Airmen* By: Steven Jones
Red Tails is historical fiction account about a group of African American WWII pilots who altered history and changed lives, celebrating the bravery, courage and heroism of the Tuskegee Airmen.

Valentine day PLAYLIST

1. **You've Got a Friend in Me** by Randy Newman - This great song from Toy Story talks about how you will always have a friend even through hard times.
2. **Count on Me** by Bruno Mars - This amazing song is about how you can always count on your friends.
3. **Can't Help Falling in Love** by Elvis Presley - This awesome song by Elvis is about falling in love
4. **A Thousand Years** by Christina Perri - This song talks about how they will love someone forever.
5. **Perfect** by Ed Sheeran - It's saying you're perfect enough
6. **All of Me** by John Legend - him saying that he loves all of you
7. **A Friend Like You** by Andy Grammer - The Captain Underpants song talks about how close you are with your best friend and what you would do without them
8. **Love Story** by Taylor Swift - This song talks about falling in love
9. Can you feel the love tonight (Lion King) Elton John - it's about feeling loved
10. **Beauty and the Beast** by Celine Dion and Peabo Bryson - This amazing Disney song is about Belle and the Beast falling in love.
11. **Love is an Open Door** by Kristen Bell and Santino Fontana - This fantastic song from Frozen is about falling in love



By:
Ellee Hellenbrand
Berkley Weber
Sydney Fait
Gwenn Staveness
Grade 7

BLACK HISTORY MONTH

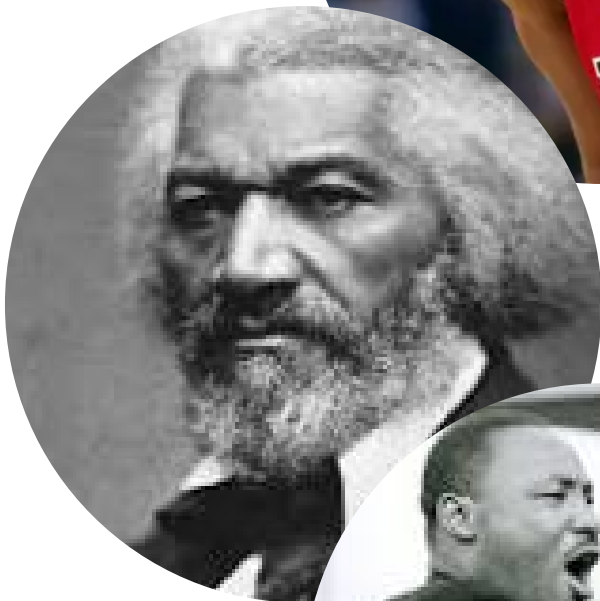
Most people think of Valentine's Day when they think of February. But February is also Black History Month. Black History Month is where we appreciate and recognize the African American community. We also put a special spotlight on black artists, athletes, and activists. Listed below you can learn about just a few of the amazing things they did in their lives.



Maya Angelou: She was a poet, dancer, singer, scholar, and activist. She was most known for her writing style. She was a civil rights leader for the Southern Christian Leadership Conference in 1959.



Michel Jordan: He was a professional basketball player. Michael Jordan To help the civil rights movement he has donated more than a million dollars to different organizations. He also inspired millions of people around the world



Frederick Douglass: Frederick Douglass was an enslaved slave. He became an activist, author, and public speaker. Frederick Douglass knew freedom would be won on and off the battlefield. He embraced the women's rights movement, helped people on the Underground Railroad, and supported anti-slavery political parties. He continued to speak out against slavery.



Martin Luther King Jr: Martin played a key role in the Civil Rights movement. He was always interested in the rights of people ever since he had early experiences of segregation. Martin is famous for his "I Have A Dream" speech that still influences people around the world today.



Patrick Mahomes: Patrick Mahomes is one of the youngest quarterbacks, and he is also one of the best of all time. Patrick Mahomes does a large amount charity work and he is known to always has a positive attitude about the game.

By:
Finn Gonzalez
Sophia Brunt
Maya Petzke
Josie Krueger
Vincent Pietchowski
Grade 7

1. Who was known as the conductor of the underground railroad?

- A. Martin Luther King JR.
- B. Harriet Tubman
- C. Frederick Douglas
- D. Rosa Parks

2. Who was the first black person born in the colonies in 1624?

- A. William Tucker
- B. Fredrick Douglas
- C. Shirley Chisholm
- D. W. E. B. De Bois

3. What was the first state to ban slavery?

- A. Texas
- B. Wisconsin
- C. Delaware
- D. Vermont

4. Who did not give up her seat on the bus?

- A. Rosa Parks
- B. Thurgood Marshall
- C. Bessie Colman
- D. Martin Luther King Jr

5. Where did Martin Luther King Jr deliver his I Have a Dream speech?

- A. Washington, D.C.
- B. Atlanta, Georgia
- C. Memphis, Tennessee

6. Who was the first African-American woman to hold a pilot's license?

- A. Bessie Coleman
- B. Mary McLeod Bethune
- C. Barbara Smith

7. Who said "Injustice everywhere is a threat to justice everywhere,"

- A. Barbara Smith
- B. Martin Luther King Jr
- C. Thurgood Marshall

8. When did Rosa Parks' bus boycott happen?

- A. July 1946
- B. January 1872
- C. December 1955
- D. March 6, 1957

9. Who was the first African American Nobel Peace Prize winner?

- A. Martin Luther King Jr
- B. Ralph Bunche
- C. Barbra Smith
- D. Bessie Colman

10. Who said, "Life is not a spectator sport?"

- A. Tupac
- B. Ralph Bunche
- C. LeBron James
- D. Jackie Robinsons

By:
Hudson Beal
Anna Hewitt
Brant Petzke
Kaleb Vehring
Grade 6

TRIVIA

RANDOM ACTS OF KINDNESSES

Random acts of kindness are committed unexpectedly without prompting and with no apparent ulterior motive. They can be a little thing but have a big impact on someone. It is the selfless concern for the welfare of others. After you perform a random act of kindness you will find that it will just keep going and eventually get back to you. Doing random kind things for people can be an awesome way to spread love this Valentine’s Day!

Complement Cards: Write nice things on cards and anonymously give them to people

Kindness rocks: Paint or write a positive thing on the rock and hide it somewhere like the example below. Someone will find it, hide it, and show others kindness by finding the rock.

Positive notes: Tape positive notecards to people's lockers. Examples: You rock, You are amazing, Love yourself, You are perfect how you are.

DRESSED TO IMPRESS

I woke up this morning
And tried to dress to impress.
But I woke up and just looked like a
mess
On this Valentine’s Day,
I get to be with you
I guess that means
I have to look good too.
Me with the prettiest girl in school
Us together that means we will rule
So thanks for letting me go with you
I hope to be yours next year too

HEY YOU

Hey you over there.
I don't mean to stare.
You're a terrific person no one can
compare.
You're as bright and fun as the summer
sun.
And I'm starting to think you might be
the one.
I never want to see you go
So I’m just going to let you know
I’m sending this poem because I wanted
to say
I'm thinking of you this Valentine's
Day.

VALENTINE'S POETRY CORNER



By:
William Vehring
GRADE 8

By:
Simon Kinsman
Charlotte Cole
Jesse Arnold
Avery Olson
Adalie Bellemore
Della Trago
GRADE 8



LOVE NOTE

I got a note this Valentine’s Day.
It was pink
and red
But what did
it say?
This little note was
addressed to me.
So I started to think
how could this be?
Before I found this note I
was feeling kind of blue
Because I wasn’t going to be able to
spend this Valentine’s Day with you.
So thanks for sending
this note to me.
It fills me with lots
of glee.

POETRY FOR DIVERSITY

By: Josilyn Gehling
GRADE 8

PAST

The hair on our head
Curly or straight, Wavy or in braids
Our heads hold the memory of the past
I have a dream, Martain Luther King Jr. said
That we all can have freedom and equality
That we can all walk down the street, free
“The Hill We Climb,” Amanda Gorman said
We have the resilience to become better
Not perfect but, better
But do we have the courage to strive for the better
In God We Trust, Phillis Wheatly said
In God, we trust that we will have
The inclusion and diversity we need
I Will Keep Broken Thing, Alice Walker said
Bring a change to the world we live in
But never forget, don’t forget the broken parts
The parts that people want to forget
But people can’t forget because
Our head holds the memory of the past



LOVE OF THE GAME



People love the Super Bowl because it's not just about football; it's also about fun commercials, delicious snacks, and spending time with friends and family. It's like a big party where everyone gets excited to watch the game and cheer for their favorite team.

Super Bowl Memories we LOVE:

In Super Bowl XLIX, the New England Patriots were playing against the Seattle Seahawks. It was a really close game, and the Seahawks were about to score and take the lead. But then, at the last moment, a Patriots player named Malcolm Butler made an amazing interception right at the goal line! That secured the win for the Patriots, and it was super exciting.

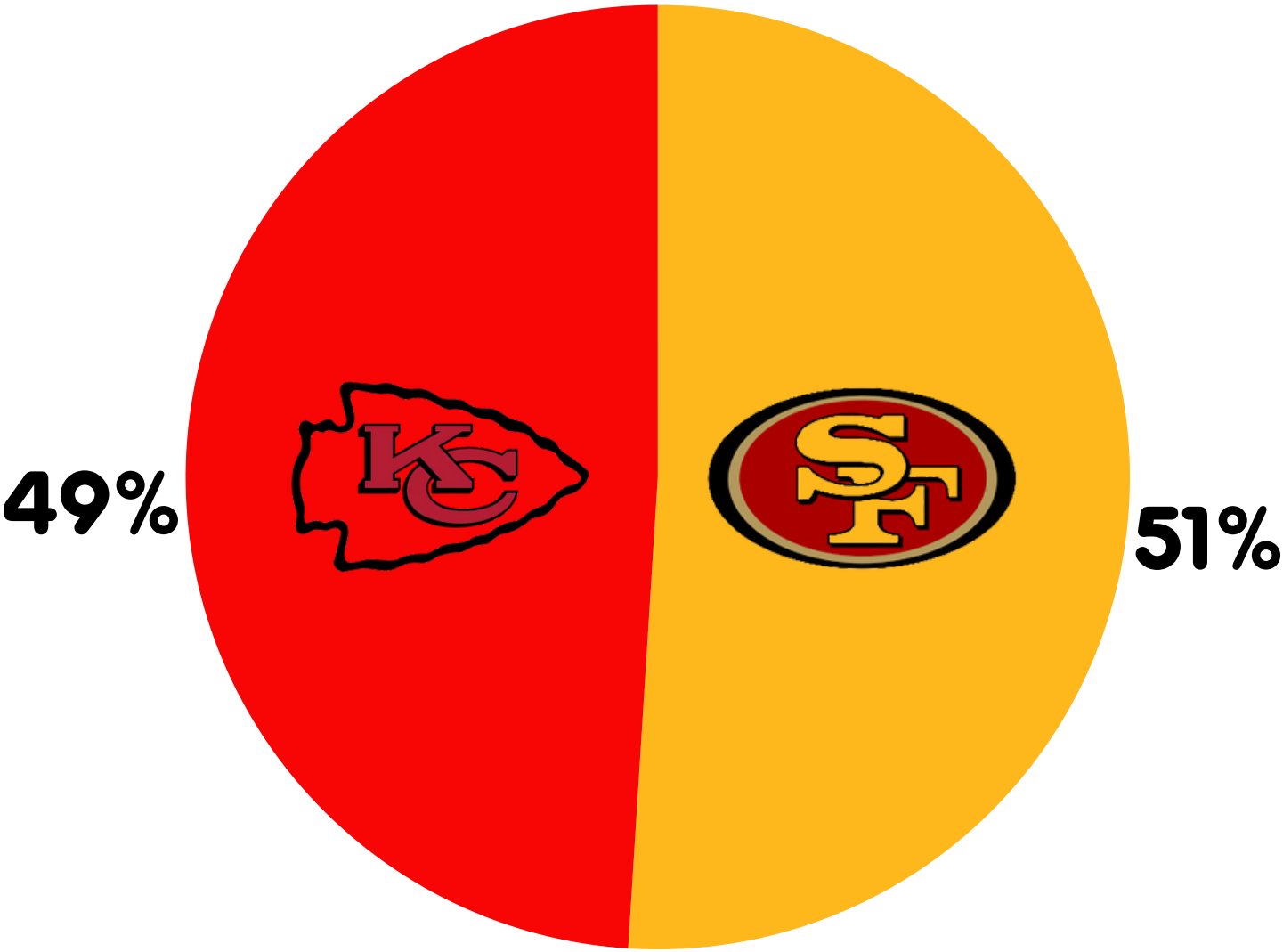
Then, in Super Bowl LII, the Philadelphia Eagles were up against the New England Patriots. It was a tense game, and nobody expected what happened next. The Eagles tried this cool trick play called the "Philly Special." Instead of throwing the ball to a receiver, the quarterback, Nick Foles, caught the ball for a touchdown! It was a total surprise and one of the craziest plays ever in Super Bowl history.

A funny thing we love is that the Bills have made it to the Super Bowl four times in a row and lost all four games. That's just a funny fact! We can't forget about how much everyone loves the halftime shows! We loved Dr. Dre's Halftime show last year because it had so many artists!

Why we LOVE our teams:

- Shows hometown support
- We grow up watching them and it becomes a tradition.
- If we have a good season, others recognize our state.

Who are St.Mary's Students & Staff rooting for at the Super Bowl?



Who are St.Mary's Students & Staff "Woofing" for at the Puppy Bowl?



TEAM RUFF **TEAM FLUFF**

25% **75%**

By:
Wesely Fahey
Hudson Maas
Brayden Fisher
Austin Fisher
Aaron Fait
Boden Schmidt
GRADE 7



Super Bowl Sweethearts

Taylor Swift rose to fame in 2006 with her album "Taylor Swift". Later she would come out with 7 other albums. She is currently on a tour called the Eras tour that started in March 2023 and is still ongoing until December 2024. Travis Kelce is a football player for the NFL he currently is on the Kansas City Chiefs and going to the Super Bowl in 2024 against the 49ers. Travis had claimed he was a "Swiftie" long before they had started dating. They were reported to have started dating in September 2023. Many people believe that Taylor is ruining the NFL but actually, the viewership has gone up 37% when Taylor Swift started dating Travis. Lots of fans of Taylor love her relationship with Travis and think they are great together

It's a Love Story

Travis was spotted at her concert in Arrowhead. Shortly after on Travis's podcast, he blasted Taylor Swift's music on the radio. They are both 34 years old. Taylor has been to 12 of Travis's games. Right before the Super Bowl, Taylor will be in Tokyo. However, she is flying back to support Travis at the Super Bowl. They started dating in 2023. They were seen walking in and out of games together. Taylor is also seen with Brittany, Patrick's wife. Now people are paying more to go to the games. Not to watch the game but to see Taylor Swift. Now people hate the Chiefs because all the tickets are selling out because of "The Swifties". Half of Taylor's fans think they will break up and she will write songs about him. The other half thinks they will stay together and be happy.

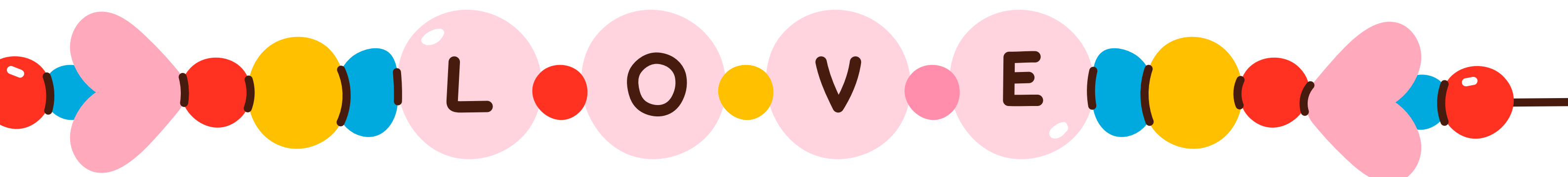
Reactions

A lot of people don't like Travis and Taylor together because they think it is ruining the NFL. But a lot of people think it's a good thing because the NFL is making a lot more money. Some girls had no idea who Travis Kelce was until Taylor Swift started dating him. Taylor Swift helped the NFL to get more money and more of the Chiefs games are sold out just so people can see Taylor. Taylor has boosted the league's brand value by about 122 million dollars in a couple of months. She had a huge impact on women watching the NFL. Women viewers have gone up 53% more before Taylor started coming to NFL games. People do not like Taylor Swift because they think it's ruining the fun out of the NFL. Because people are more worried about seeing Taylor instead of watching football. They think that all the attention is going to Taylor.

87+13=100



By:
Abby Pogorelic
Bristol Crawley
Olive Pruess
Colton Belschner
GRADE 7



VALENTINE'S CRAFTS



By:
Sydney Horras
Nola Youra
Abbie Kreger
Emma Hewitt
Grade 6

Valentine's Day is commonly known as the one day of the year that is all about love, chocolate, and Cupid. Valentine's Day isn't always like that where you can make fun little crafts for friends and family, such as heart wreaths, heart trays, paper flowers, little envelopes, and more.

Heart Envelopes

To make mini paper envelopes you need paper, scissors, markers, (Optional stickers or glitter), and glue.

Step 1. Cut a square out of paper and turn it to the side to look like a diamond

Step 2. Next, bend the two corners across from each other inwards and have the two ends touch

Step 3. Now, take the bottom corner and fold it up

Step 4. Now bend the end of the bottom corner and glue it in front of the two opposite corners

Step 5. Now you're done you can use glitter stickers and markers to decorate your envelope.

Heart Tray

1. Get string, scissors, popsicle sticks, hole puncher (optional) and colored paper
2. Cut paper into hearts
3. Cut holes into the top of the heart
4. Connect hearts with the string going up and down
5. Do this 4 or 5 times or until the dangle has enough on it
6. Tie string around the popsicle sticks



Heart Keychain

You will need a string, Glue or tape, Scissors, Paint or Paint markers, and (optional hot glue and you may need a parent for this part.)

Step 1: you need bottle caps and you lay them out to make a sphere of a heart.

Step 2: Once you get the shape you like, you will use glue or hot glue (keep in mind you may need a parent's help with this part) Once the glue is dry you can use paint markers, or paint to paint your heart.

Step 3: Then you will let it dry and add any small details if wanted.

Step 4: Lastly, hot glue a string (lupe shape) to the top of the heart, let it dry and then you have a fist-size heart keychain.

Paper Flowers

(You need modge podge/watered-down glue, cardboard, paper preferably newspaper, paint, paintbrushes, and scissors)

- Cut two strips of a heart out of cardboard
- Glue those strips together to form a heart
- Cut a heart the same size and shape as the cardboard strip
- Glue the cardboard heart to the edges of the strip to create your base
- Cut newspaper into strips
- Use a paintbrush to put your Modge Podge onto the strip
- Apply the strip of paper and apply more Modge Podge over it
- Repeat this process until the heart is covered
- Reshape
- Let it dry then paint

Heart Wreath

To begin, if you want to make a heart wreath you need the following: hearts, a wreath form, string, scissors, and glue.

Step 1. First off, use a paper plate or a wire wreath form. If you are using a paper plate, cut a hole in the middle.

Step 2. Next, Make lots of hearts. You can use paper, cardboard, and premade hearts.

Step 3. Once you do that, glue all of the hearts around the circle.

Step 4. Lastly, you will take a string and make a hole at the top of the circle. That is how you will hang it. You might need a parent's help with this part. Make a knot at the top of the wreath. Now you are ready to hang your wreath you can hang it or just set it down on a table

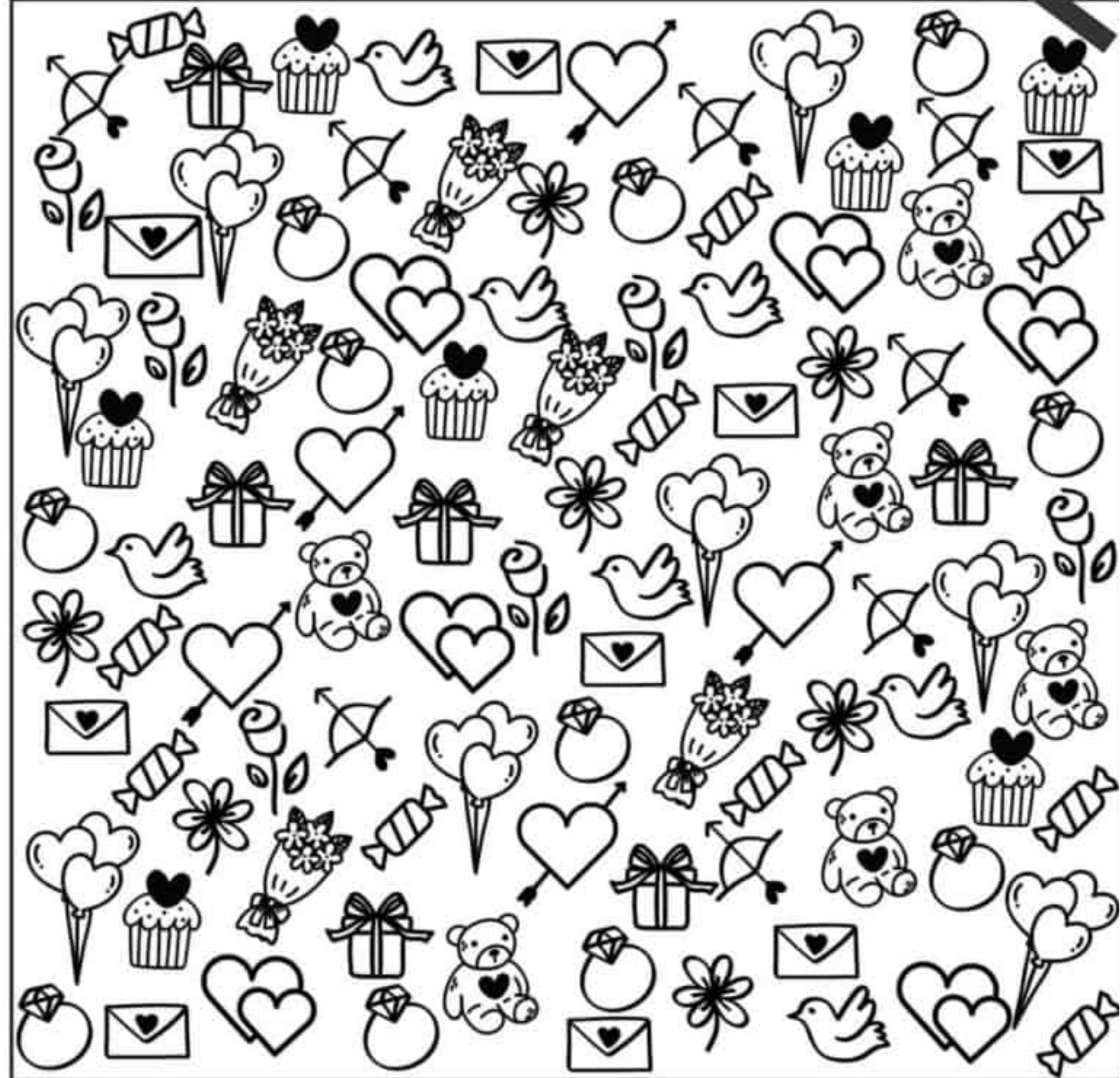


REMEMBER OUR MISSION



KNIGHTS STRIVE TO BE
SPIRITUAL
SCHOLASTIC
SOCIAL

I SPY Valentines



- | | | | | | | |
|--|---|---|---|--|---|---|
|  7 |  6 |  8 |  6 |  5 |  7 |  6 |
|  9 |  7 |  8 |  5 |  11 |  6 |  10 |

UNSCRAMBLE THE VALENTINE'S VOCABULARY

- | | |
|------------------|-------|
| VEOL | _____ |
| RTEHA | _____ |
| ELENEIAVT | _____ |
| HCCTEOAL | _____ |
| PUCTID | _____ |
| RDAIME | _____ |
| RFSOWEL | _____ |
| NDCA Y | _____ |
| ETWSE | _____ |
| SISK | _____ |
| SDIFNE | _____ |

Help Cupid find his arrow!

