



PANTHER PRESS



OCTOBER 2022

UPCOMING

EVENTS

- October 5th: **NO SCHOOL** (Yom Kippur)
- October 10th: **NO SCHOOL** (Indigenous People's Day/Italian Heritage)
- October 11th-18th: Scholastic Book Fair
- October 12th: Fall Harvest **Grades 4 & 5**
- October 14th: "Fall Ball" @ PS 89: **4pm-6:30pm \$3 fee: Grades 6th-8th ONLY**
- October 14th: PBIS Pep Rally
- October 31st: Character Walk-**Grades: Pre-K- 3rd ONLY**



5 STAR RATING!

#1. Mr. Martinez, we can't thank you enough for all you have done as school principal! Your vision, wisdom, leadership and passion for P.S./M.S. 89 is clear every time you speak to us as teachers. You do an incredible job of listening to any concerns of the staff and students, and always keep us excited about improving our school.

#2. This month students in grade 6 created posters to spread awareness about anti-bullying. Be sure to look around the building to spot a Bully Free Zone poster!!

who's who?



Did you know that Ms. Gallo has been a School Counselor at P.S. /M.S. 89 for nine years? She helps students and teacher on their "Journey to Inner Peace". She guides students in resolving their challenges. In addition to that, she helps students make better choices when solving problems. She also enjoys teaching students about the importance of mindfulness.

On the weekend, she is passionate about leading yoga and meditation classes on the beach. She finds joy in nature and is always ready to go hiking. Going to concerts and meeting famous people is one of her most favorite pastime. She also loves singing, dancing meeting new people and traveling.

Ms. Gallo is a "down to earth" Guidance Counselor who is very easy to talk to. Her smile brightens up any room that she walks into. If you are ever in need of some positive energy or help making better choices, go see Ms. Gallo in room 460.



LOGO DESIGN CONTEST

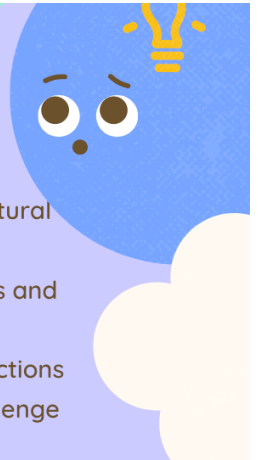


Do you love to draw and create awesome images?! If so, enter the **Panther Press Logo Contest!!** The **Panther Press** needs a new and cool logo, and the winner's logo will be the new logo for P.S./M.S. 89 monthly newsletter! Submissions are due **October 14th 2022!** For more info contact Ms. Rivera or Ms. Burgess.

MINDFULNESS

Why practice mindfulness?

- Understand that stress is a natural response to a challenge
- Pay attention to your thoughts and emotions with kindness
- Transform your anxiety into actions you can take to meet the challenge



5 Mantra's to recite this month:

- ☯ Today is a new start.
- ☯ Today is my day.
- ☯ All my problems can be solved.
- ☯ I will make the world a better place.
- ☯ If I fall, I will get back up.



- Breakfast is served Monday-Friday at 7:30 AM in the cafeteria
- NIDC Cheer Tryouts ends on October 7th.
- Bring your Yondr pouches everyday!
- School begins at 8:00am, be on time.
- Always come to school prepared.
- You are awesome!



October Sports Try outs :

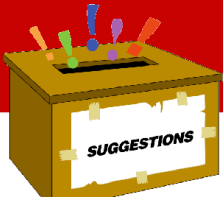
- Mr. Eli- **Basketball**
- Mr. P and Mr. Soto- **Baseball/Softball**



- Mr. Arthur- **Soccer**

Programs:

- NIDC After School Program
- Batteries Not included (Morning Program) see Mr. Garcia
- GSA begins on October 12th, sign up with Mr. Goertzel or Ms. Farenga in room 303



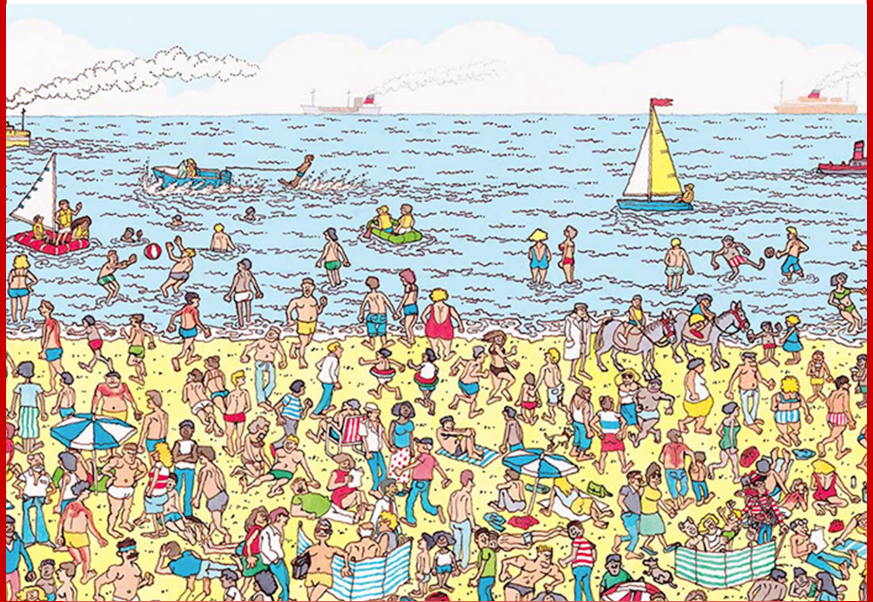
SUGGESTIONS

Do you have an idea you'd like to present, artwork you'd like to share, or maybe a question you need an answer to? Stop by Room 303 to put your suggestion in the suggestion box.

Do you know someone who is amazingly awesome and you would like the rest of the world to know about them? Then nominate them for the *Who's Who* section of the newsletter and our reporters will interview them.



- Ms. Gallo- School Counselor Room 460
- Mrs. Nicholas- School Counselor Room 360
- Mrs. McFarlan -School Counselor Room 263
- Nurse-219A
- Ms. Rivera/Ms. Burgess-Room 303

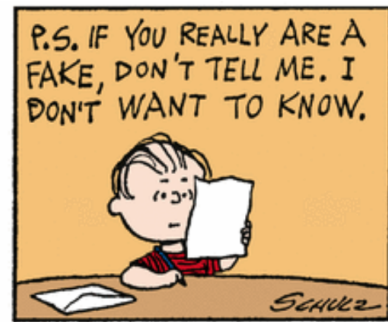
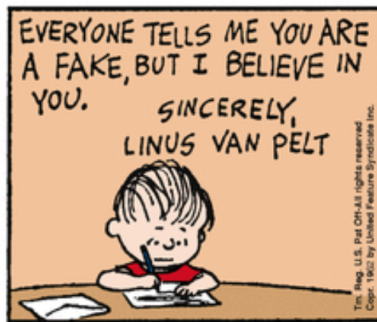
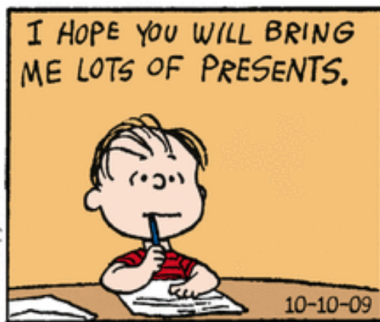


TRIVIA

1. WHERE DOES BRUNO HIDE?
2. HOW MUCH IS THE DIAMETER OF A BASKETBALL HOOP?
3. HOW MANY COLORS ARE THERE IN A RAINBOW?



Peanuts by Charles Schulz



Scan the QR Code for the answers to the trivia questions and to find Waldo!



Special Thanks: Arisha Noor , Jonathan Ortiz Jr., Hadial Mubarez, and Nyla Artis for your ideas! Thank you Ms. Gallo for the interview. Questions about Panther Press? Contact Mrs. Rivera or Ms. Burgess.