

THE WITCHCRAFT WORD



March 29th 2024

WITCHCRAFT HEIGHTS
ELEMENTARY SCHOOL

Vol 1 Issue 2

INTERVIEW WITH REPRESENTATIVE MANNY CRUZ

Questions Written and Interview Conducted by Kerris and Isabella



Isabella and Kerris with Representative Manny Cruz

Q1. Where is your family originally from?

My family originates from Puerto Rico where my Father is from and Dominican Republic where my mother is from. I can trace my roots back to an area of West Africa and I also have European ancestry. A family member immigrated to the Northshore in the 1970's. My mother immigrated to this area in 1991 and I was born in 1992.

Q2. What did you want to be when you were a child?

I had so many interests following a certain career path as a child. Early on I wanted to become a Police Officer with the intent of helping people and making them safe. I also liked the idea of becoming a Professional Wrestler. Later on, while at Collins Middle School I considered a career as a US Senator which was suggested by one of my teachers. And as I went through Salem High School I was inspired by the work and achievements of President Obama, so the Presidency of the United States of America was also considered.

Q3. Is your family your greatest supporter and can you tell us some ways that they support you?

I belong to a loving and supportive family. Beginning with my mother who raised three of us boys as a single mom. I have a daughter and a son of my own and my mom helps us with the caring and raising of these two children. My wife, who I have been with for 12 years and married for 5 years, is my confidant and always shows up for me. And finally, my two brothers, Miquel and Figgy have always supported me.

Q4. What were your challenges as a child growing up?

Growing up in poverty and my mom being a victim of domestic abuse life posed some challenges for us in the earlier years of my life. Also, as a youth I faced challenges with the regulation of my emotions.

To be continued on page 2

What's In This Issue:

- A History of Memes
- Spotlight on WHES Staff
- Discover the New WHES Playground

INTERVIEW WITH REPRESENTATIVE MANNY CRUZ CONTINUED

Questions Written and Interview Conducted by Kerris and Isabella

Q5. Who are the teachers that motivated you to help you to where you are now?

While at Collins Middle School I met my first mentor, Brad Maloon. Mr. Maloon was, at that time, a conflict resolution officer. In those days I had a lot of anger which led to conflicts with the people and things around me. Mr. Maloon didn't punish me for my outbursts of anger but helped me meet peaceful resolutions to solve my problems. He also saw my leadership qualities and encouraged me to join a program called "Peer Mediators" to help me with the escalation of conflict between me and my peers. He taught me how to self advocate. Mr. Mahan, who was one of my teachers at Collins Middle School encouraged me to be a U.S. Senator because he saw something in me that could lead me to Washington DC.

Q6. What college/colleges did you go to?

I began my collegiate studies at Salem State University where I studied Political Science. At the end of my sophomore year I transferred to Northeastern University's Co-op Program and graduated with honors in 2016.

Q7. What were some goals you had for when you finished college?

My intentions were to pursue a career in public service. I thought about a career in education where I could give back to students of Collins Middle School who were just like me. After the 2016 election people in our community were not very happy with our schools and had other community concerns for our future. It was then I was presented with an opportunity to work at the Massachusetts State House which would give our community hope for a better future. This goal I continue to follow.

Q8. What were some challenges you faced trying to achieve your dream?

An initial challenge for me was how I was to have an impact on my community. I found that I had to seek out that information on my own. I discovered that Afro-Latinos were scarce in politics. I landed a position in an office in Lawrence in a staff assistance role for a person in this political field. This led me to learning how the process worked of being elected to public office. I needed to take certain steps to build my credibility so that the voters of my community would take me seriously. It just so happened, there were three open seats on the Salem Public Schools School Committee. At that time I did not have the support that I have now. To receive support from my community was a challenging endeavor. These challenges were met with perseverance and hard work.

Q9. What motivated you to start your campaign to be a member of the Salem School Committee and to become a State Representative?

My motivation came from the thoughts of students in Salem Public Schools and this started my journey to public service. I saw that our families could have an improved educational experience, compared to the one I had as a student. This could be an opportunity for them to elevate their voices to meet their needs and requirements for a better future.

While working on the staff of State Representative Paul Tucker, where I learned so much about our district and state, I was informed that he would be stepping down to pursue other opportunities. He suggested that I should consider running for the seat in our House of Representatives. This was another opportunity to serve my community on even a greater scale. Now I am able to serve my constituents in topics of Climate Change, Clean Energy, and the Future of Salem.

Q10. Where do you imagine yourself ten years from now?

What a great and insightful question. Ten years from now I see myself being a great Dad for my children. I see myself being super involved in their lives where they know that I am striking the right balance between family and community. Perhaps I will be the chair of the State Representative Chamber and continue to advocate for the educational needs of all of our families.

Q11. What advice would you give to anyone reading this interview?

To students, you all have skills, qualities and talents to offer right now. You have "voices" which when used appropriately can be extremely powerful tools, used to bring about change. Remember that I was Salem's first Afro-Latino representative in our State House. You too can be the first to achieve your dream.

To educators who read this interview, please continue to pour your heart and beliefs into the development and growth of our students, even when you find it is difficult and demanding. You have the power to change lives.

Thank you State Representative Cruz for your time and commitment to this project.
"The Witchcraft Word"

What's the Word at WHES?

DISCOVERY OF THE NEW WITCHCRAFT PLAYGROUND

Written by Michael M.

Next year there will be a new playground to replace the existing playground at WHES. Mrs. Carmona said the cost of the new playground is over 200,000 dollars. The color code of the new playground will be red and blue. Mrs. Carmona also said that the new playground will be ADA compliant. That means that it will be accessible for all students. It will also have various options to play for all children.

Mr. Z is the building chief and main designer of the playground. Also she said that most of the new playground equipment is here already. Mrs. Carmona said there will be a closing ceremony with ribbons this year before the end of the year for the old playground. They will also do an opening ceremony next year for the new playground. I am ready for the new playground are you?



Journalist Michael M. at the current WHES playground

INTERVIEW WITH COMMUNITY MEMBER STEVE MCCARTHY

Written by Djamira and Emerson



Emerson, Mr. McCarthy and Djamira

Steve McCarthy wanted to be a firefighter at the age of 5. He went to Salem State College to learn fire science. He started working as a Salem firefighter at the age of 28. He explained that fire hydrants are where firefighters get water. They also use axes, hoses, air packs, and masks to help them breathe. To get into the fire academy you have to pass a test. Something that made him want to be a firefighter was that he likes helping people and he likes fire. Mr. McCarthy's favorite part of being a firefighter is helping people. He said "Sometimes it is scary" but they train a lot. Mr. McCarthy said if he wasn't a firefighter he would be a lawyer.

MATHUES' PREDICTION FOR THE FUTURE

Written by Mathues

What do you think will happen to Earth in the future? Reading this article you will learn what I think will happen to Earth in the future. Probably in a few decades people will be eating 3D-printed food (did you know that 3D printed sushi exists right now, but for now, people prefer real sushi not 3D-printed sushi). Do you know what Pangea was? Pangea was a supercontinent (a supercontinent is the combination of all the continents) and in 250 million years a second Pangea (or Pangea 2.0) will exist. You're probably thinking that seeing Pangea would be fun, but in only 50,000 years there might be a second ice age.



What's the Word at WHES?

WHAT'S UP FOR FEBRUARY BREAK?

Written by Patrick and Matthew B.

Mr. Fritz - Over the vacation I went to the Ice Castles in New Hampshire with my family. It was a lot of fun, we rode down ice slides, went in ice caves and went tubing. I also went to the movies. My vacation was a good time!

Mrs. Oster - My family and I traveled to Maine. We went dog sledding, pretty neat. When we got home from Maine my daughter has been wanting to learn to roller skate, so we went to RollerWorld in Saugus.

Cuillin - I went to Scotland to see my dad's side of the family! I had fun!

Mr. Collins - I went to Manchester England with my three sons to see a soccer match.

Mrs. Carmona - I am hoping to take a road trip to Canada to see the sights of Montreal and Quebec.

Mrs. Newbegin - Over February vacation, I took Jazzy to the park to throw her tennis ball with her because it is her favorite activity. We also went on lots of walks. I met an old friend for lunch- it was fun to see her and to catch up with her about what she has been doing since the last time I saw her. I also read 2 books, which was my favorite thing that I did over vacation.

Mrs. Cahill - Over the February break I read 3 books. I also painted my bedroom and my friend's basement. I love to paint. My oldest child, Teddy, got his license and we went out to lunch to celebrate. I also ran into Ms. Caswell and two former WHES teachers. I also saw several students as I usually do because I live in Salem.

CELEBRATING KINDNESS MONTH

Written by Evelin and Khadiatou

In February WHES celebrated Kindness Month. Kindness month is when you try your best to be nice, friendly, caring, and show consideration, and generosity. What is kindness? Kindness is when you are nice to someone or when you appreciate someone. Kindness can change peoples' lives. Many WHES staff members worked hard to come up with a WHES Kindness Calendar to hang up on the first floor.

The Kindness calendar is a calendar that shows what people did for kindness. It also gave people ideas of what to do to show kindness. Some ways people showed kindness in the WHES community were holding the door, helping with groceries, helping someone who is sad, helping a friend with homework and other people gave compliments. Kindness Month is February but you should be kind all 12 months of the year!



Journalists Evelin and Khadiatou pose in front of the WHES kindness Calendar

THE HISTORY OF MEMES

Written by Patrick and Matthew B.

A meme is a funny picture. Sometimes a meme has words and sometimes it is just a picture. The meme was created by Richard Dawkins. It was first made in 1976. Memes are fun because they are humorous. Check out some examples of meme's to the right.



Mememes were borrowed from Google not created by us.



Staff Spotlights



MRS. BARTON

Written by Kerris and Isabella

Mrs. Barton is a Kindergarten teacher at Witchcraft Heights Elementary School. She was born and raised in Salem, MA. Teaching is something that Mrs. Barton was always interested in when she was younger, but she wasn't certain it was going to be her path as she had other interests as well. It wasn't until she was making a decision for college that becoming a teacher was a certainty for her. Mrs. Barton wanted to make children educational experience a positive and fruitful one. Within her career, She really loves seeing the progress of her students and how they discover new things. Mrs. Barton went to Salem State University and Lesley University for college. She has a Bachelor's Degree in Educational Studies with a concentration in Early Childhood Education and a Master's Degree in Education with a focus in Curriculum and Instruction. Some challenges Mrs. Barton faced trying to get to where she is today where she had to go to school full time while working part time to help cover personal and school expenses. After she graduated from college, she was a para for a year while also working another job part time and then she was hired the following year as a kindergarten teacher. The best part about Mrs. Barton's students are their willingness to explore/learn new things and the curiosity. An achievement that her class has this year is a good understanding of how phonics can help spell, read and write. They have worked hard and really have gotten so much better at tapping out sounds in words.



From left to right, Mrs. Barton, Isabella and Mrs. Linehan



MRS. LINEHAN

Written by Kerris and Isabella

Mrs. Linehan is a fourth grade teacher at Witchcraft Heights Elementary School. She was born in Beverly and still lives there today. As a child, Mrs. Linehan had always wanted to be a teacher. She was the oldest child so she is used to being around younger kids. She would also do a lot of babysitting and would play school with her younger sister. Mrs. Linehan has always liked being around kids. She thinks it is interesting to see how far they come in one school year. Mrs. Linehan went to Fitchburg State and University of Washington for college. She majored in Elementary Education and has a science award. Some challenges that Mrs. Linehan faced going through college are working hard, studying hard while working a part time job, paying for basic needs, can't be lazy, and managing money properly. The steps that it takes to be a teacher according to Mrs. Linehan is applying to college, continuing college and graduating, getting a masters degree, taking tests, applying for a job, becoming a student teacher, and getting teaching experience. The best part about being a teacher for Mrs. Linehan is she gets to learn a lot about her students, where their from, learn more about their lives, and what they think about the world. An achievement that Mrs. Linehan's class has is they work really hard in math.



Staff Spotlights



MR. SHAMS

Written by Kaylani and Kasch



Journalists Kaylani and Kasch smile with Mr. Shams

What is it that you enjoy about being a behavior specialist teacher?

I really enjoy being able to interact with all the students throughout the building. It gives me a chance to see them at their best and be there when they need help.

Where did you study to be a teacher?

I studied History at University of Massachusetts Amherst. I first started my career in 2012 as an ESL teacher.

Are you Married?

Yes!

Do you have a family?

We have two wonderful boys, Reza and Benicio! We also have a three-legged dog named Jo Jo!

Have you always lived in Massachusetts?

I grew up in Massachusetts right next door in Swampscott. I have also lived in Florida and California.

What dreams did you have growing up?

I've always dreamed of going to NASA Space Camp and becoming an astronaut.

What do you like about this school?

I like the culture and the vibe here at WHES. It feels great to be in a place with such a diverse population of students. Diversity is our strength!

What do you like to do in your free time ?

I enjoy cooking all kinds of meals. I also like camping and skiing.

What are some of the challenges you face with your job?

TIME. I wish I had more time to check in with EVERYONE in the building. Dismissal comes fast and a lot can happen throughout the school day. I sometimes can't get to everyone I want to get to which is challenging.

If you were not involved in education what do you think your job be?

I would like to work for a disaster relief organization to help people after big natural events like a hurricane, earthquake, or tornado.

Thank you to Mr. Shams, Mrs. Barton, and Mrs. Linehan for taking the time to meet with our journalist. We appreciate everything you do for the staff and students at WHES!

Sports

THE HISTORY OF CHEERLEADING

Written by Yasmin

Cheerleading first started at Princeton University in the 1880s. Cheerleading was used as a way to encourage school spirit at football games. Cheerleading is most closely associated with American football and sometimes basketball.

In the 1960s, national football league (nfl) teams began to organize professional cheerleading teams. The Dallas Cowboys cheerleaders gained the most spotlight at the start.



CHEERLEADING STUNTS

Written by Yasmin



Toe touch - To do a toe touch you must jump in the air with your legs straight in a split and your arms pointing straight up in a V shape.



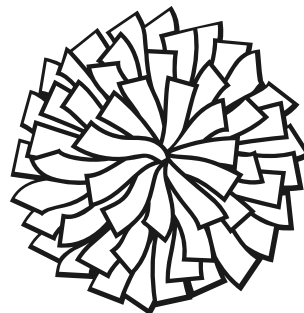
Split- To do a split you have to put one leg in front of your body and one behind your body and try and touch your legs to the ground. You should do this on the floor.



Needle - To do a needle you have to stand straight on the ground, put your two hands behind your head and pull one foot up. her legs is straight



Back walkover - To do a back walkover you stand up straight, put your hands in the air, lean back until your hands are on the floor. Then kick one leg over your head and then kick the other leg over. When you lean back make sure your hands are straight.



Health & Sports

WAYS TO KEEP YOUR BODY HEALTHY

Written by Kaily

One way you can be healthy is by eating healthy foods. My favorite examples of healthy foods are watermelon, carrots, apples, popcorn, grape juice, water and strawberries. If you want something sweet and healthy you can have a fruit salad. Another way you can be healthy is to exercise. You could exercise for 3 to 4 days a week. My favorite examples of ways to exercise are jogging, playing outside with my friends and walking. The last way you can be healthy is to become flexible. One way you can become flexible is by stretching every day! But if you have a busy day, it's okay to skip one day of stretching. It won't decrease your flexibility. Leg, back and hip flexibility are all important.

Trying something new is always hard. But, if you focus on your goal and work hard you can achieve it.



Some examples of healthy food for you to try!



SUPER BOWL LVIII

Written by Michael M.



Patrick Mahomes holding up the Lombardi Trophy. Picture from DANZ.com

On Sunday, February 11th the Kansas City Chiefs and the San Francisco 49ers played in Super Bowl LVIII at the Allegiant Stadium in Las Vegas, Nevada. In the end, the score was 22 to 25 the Kansas City Chiefs won the Super Bowl in overtime. My favorite play was when the quarterback passed the ball to his receiver and then the receiver threw the ball to another receiver for a big touchdown. I can not wait for the next Super Bowl! Can you ?

Witchcraft Word Reviews



BOOK REVIEW : "THE WINGS OF FIRE, FLAMES OF HOPE "

Written by Tristan

The title of the book is *Wings of Fire, the Flames of Hope*. The author of the book is Tui T. Sutherland. The book is a fiction book about dragons. One interesting thing about the book is dragons have human-like emotions and act like humans. I believe this is a great book. One reason I believe this is because after a long last in the end humans and dragons finally end their rivalry. Another reason I enjoy this book is because there is a happy ending even with the odds. I would recommend this to dragon lovers that are third grade or older.

COOKIE REVIEW

Written by Khadiatou and Evelin

Journalists Khadiatou and Evelin worked together to interview members of the WHES community to find out what the most popular type of cookie was!

Michael M. likes chocolate chip cookies the best. He said "chocolate chip cookies are the best because they are mouth watering" and he loves them straight out of the oven with chocolate chips in the middle.

Kaylani loves macarons because her family lives in Paris and because the inside filling is very good and when you bite into it it melts in your mouth.

Abby likes M&M cookies because they are so good.

Mia's favorite cookies are chocolate chip cookies with melted chocolate in them. She said she loves it when you bite into it the chocolate and the middle oozes out and that's how you get the flavor.

THE WINNER IS CHOCOLATE CHIP COOKIES!

CHOCOLATE CHIP COOKIE RECIPE

Written by Khadiatou and Evelin

Instructions

- Preheat oven to 375 degrees F. Line three baking sheets with parchment paper and set aside.
- In a medium bowl mix flour, baking soda, baking powder and salt. Set aside.
- Cream together butter and sugars until combined.
- Beat in eggs and vanilla until light (about 1 minute).
- Mix in the dry ingredients until combined.
- Add chocolate chips and mix well.
- Roll 2-3 Tablespoons (depending on how large you like your cookies) of dough at a time into balls and place them evenly spaced on your prepared cookie sheets.
- Bake in preheated oven for approximately 8-10 minutes. Take them out when they are just barely starting to turn brown.
- Let them sit on the baking pan for 2 minutes before removing to cooling rack.

Ingredients

- 1 cup salted butter softened
- 1 cup granulated sugar
- 1 cup light brown sugar packed
- 2 teaspoons pure vanilla extract
- 2 large eggs
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon sea salt
- 2 cups chocolate chips (14 oz)



WHES Student Government

WITCHCRAFT HEIGHTS ELEMENTARY SCHOOL CLEAN CLASSROOM COMPETITION



The WHES Student Government would like to officially congratulate Mrs. Linehan's grade 4 class for their excellence in maintaining a clean and tidy classroom over the past few months. Members of our custodial staff, in collaboration with our student government, are pleased to acknowledge the efforts by our students and staff towards the upkeep of our school.

Students from this homeroom will be rewarded with "a catered pizza lunch" which will take place prior to our April vacation.

Thank you Mrs. Linehan's class for taking such pride in your classroom.

THE FRED ROGERS CIVICS AWARD



The Recipients of "The Fred Rogers Civics Award" to begin 2024 are, 5th grader, Arianna and our Family Engagement Facilitator, Joao Tonini de Freitas Barros.

One member of the WHES staff claims that Arianna meets all the requirements to be selected for the "Fred Rogers Civics Award" as she consistently models kindness, empathy, respect for both staff and students and offers her assistance to anyone in need.

Mr. Barros is a pillar of "support" for everyone connected to WHES. With his multilingual expertise, his interpersonal skills, love of students, and his instinctive approach to the welfare of all of our families, Mr. Barros provides our WHES families and staff with an invaluable community resource.

Thank you to all who submitted candidates for this award.

WHES Shoutouts



CHECK IT OUT
↓



A big shout out to all of WHES's multilingual learner students for completing Access Testing. We are so proud of you!



Welcome back Mrs. Brunelle Mateo and welcome to the WHES community Theo!



Shout out to Mrs. Fernald for her hard work in keeping our hallways inspirational and beautiful!

Jiji Says "Congratulations to all the hard working mathematicians who completed their ST math journey for the year!"



1st Grade

Noah
Rhys
Victoria
Leo

3rd Grade

Nate
Lucas
Joseph

4th Grade

Payton
Evangeline
Tristian
Asaph
Glaukel
Jaxson
Lucas
Liam

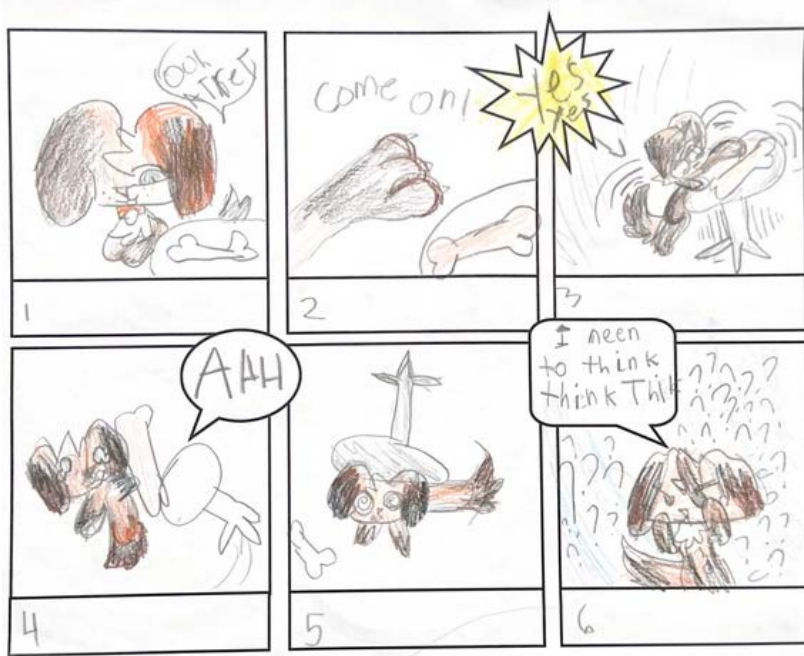
5th Grade

Amelia
Jaenny
Kerris
Avian
Cristian
Ali-Reda
Austin

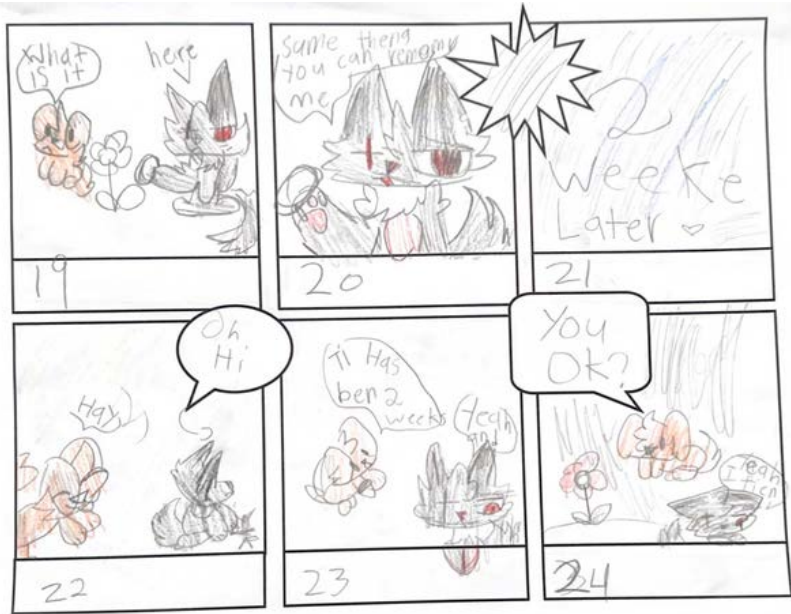
Comics

ADVENTURES OF JAZZY : JAZZY AND THE SECRET DOG

Written and Illustrated by Mia and Abby



Comics Continued



WHES Recommendations

THE BEST BROWNIES

Written by Emerson and Djamira

INGREDIENTS

- 2 eggs
- water
- powder sugar
- Unsweet cocoa powder
- Canola oil
- Vanilla extract ½ teaspoon



DIRECTIONS

- First mix together the dry and wet ingredients in 2 separate bowls.
- Combine the sugar, Flour, powder sugar, cocoa powder, chocolate chips, and salt in a medium bowl.
- After that whisk together the eggs olive oil, and water in a large One bowl
- Next combine the wet and dry ingredients.
- Sprinkle the dry mixture over the wet 1 bowl and fold until combined . the batter will be thick!
- Then, pour the batter into an 8x8 inch baking pan lined with parchment paper. Use a rubber spatula to spread it to all four sides of the pan and to smooth the top the mixture will be thick - that's ok.
- Finally, bake and transfer the pan to a 325-degree oven and bake for 40 to 45 minutes until a toothpick inserted comes out with a few crumbs attached. Allow the brownies to cool completely before slicing and serving. Enjoy!



MARBLE CAKE

Written by Grace

INGREDIENTS

- 2 cups all-purpose flour
- 1 cup white sugar
- 1 cup milk
- 2 large eggs
- ½ cup butter, softened
- 2 teaspoons baking powder
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 2 tablespoons unsweetened cocoa powder

DIRECTIONS

- Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 9-inch round pan.
- Place flour, sugar, milk, eggs, butter, baking powder, vanilla, and salt into a large bowl.
- Mix slowly to moisten, then beat with an electric mixer at medium speed for about 2 minutes until smooth.
- Reserve ¾ cup batter; pour remaining batter into the prepared pan.
- Stir cocoa into reserved batter until even in color.
- Drop the chocolate batter by large spoonfuls on top of vanilla batter; swirl cocoa batter into the white batter using a knife to create a marbled appearance.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 30 to 35 minutes. Cool briefly on a wire rack before inverting carefully onto a serving plate or cooling rack. Let cool completely.
- Enjoy

WHES Recommendations

THE TOP FOUR HEAVY METAL BANDS!

Written by Cuillin Supported by Emma

1: Black Sabbath they are founding heavy metal bands. Yes there were rock bands but then rock was not heavy and then came black sabbath and they founded a heavier type of rock heavy metal.

The logo for Black Sabbath, featuring the words "BLACK SABBATH" in a bold, purple, slanted font.

2: For number two we have Metallica, one of the most famous thrash bands ever. They are amazing although they get soft on the black album and Saint Angel is not a very good album but overall they're a good band. And created awesome music for the metal fandom



3: Judas Priest are an amazing metal band from Britain. They kind of invented wearing leather jackets to be a metal thing. The singer Rob Halford is an amazing singer. He knows how to hit really high notes. Another awesome band that a lot of people love.



4: Iron Maiden is an amazing metal band whose mascot is Eddie who has different faces on each album. Their original singer who is only on the killer's album got fired and then they got Bruce Dickinson in the band.



MEET THE STAFF

Thank you for reading and supporting Witchcraft Heights Elementary School's newspaper, *The Witchcraft Word*.

Staff

Mia 5th, Khadiatou 4th, Matthew 4th, Kerris 5th, Grace 3rd, Matheus 5th, Yasmin 4th, Evelin 4th, Djamira 3rd, Patrick 5th, Isabella 5th, Michael 5th, Emerson 3rd, Kaylani 4th, Kasch 3rd, Abby 4th, Cuillin 5th, Kaily 4th, Tristian 4th, Emma 5th

