



THE ACORN

January 2023

Welcoming the New Year with a Gym Makeover!

We are beginning 2023 with some exciting changes to our gym! Many thanks to Mrs. Ross and everyone who helped with the fundraising to make this long-term project a reality!

The gym makeover project began during the December vacation. A group of White Oak students, faculty, staff, friends, and family members dedicated a Thursday morning to adding fresh paint to the gym walls. Special thanks to Nurse Henderson's husband, Michael Henderson of Henderson Contractors, for his excellent guidance of the painting project. Thanks also to Mr. Dowd, Mr. Girard, Ms. Daley, Helayna and her mom, Paulina and her sister, and some of the CYO basketball team members who use our gym to practice and hold games.

This week, **New England Sports Floors** of Lowell, MA began installing a beautiful, new gym floor.

During PE classes for the next 3 weeks, White Oak students will be participating in health classes with Mr. Kibbe. An important part of their curriculum will include training to perform hands-only CPR. We have partnered with **Kev's Foundation** (an amazing local organization) which provided us with a traveling AED machine that accompanies all off-campus events and field trips. Given the recent NFL news, it is very important to talk about this topic and train as many people as possible.



White Oak Chorus



Last month, Mrs. Seyler and the White Oak School chorus presented a concert to the residents of Armbrook Village Assisted Living Facility. They sang 7 classic songs while the residents clapped and sang along. Armbrook invited the chorus back any time and are preparing to learn our school song!

Our recent sign painting fundraiser will help to fund uniform shirts for these dedicated and talented students. Thank you, Mrs. Seyler and our Chorus students, for adding so much cheer and school spirit to our events!

Star Wars Episode One: The Phantom Menace

A film review by **Charlie Rizas**

Star Wars Episode One: The Phantom Menace is one of the best films I have seen this year. This film tells multiple stories. It is a Science Fiction/ Action film directed by George Lucas. The story focuses on two Jedi: Qui Gon Jin, played by Liam Neeson, and his Padawan, Obi Wan Kenobi, played by Ewan McGregor. The Viceroy, played by Silas Carson, wants to invade Naboo. But they meet someone on a planet called Tatooine. His name is Anakin Skywalker, played by Jake Lloyd. The plot is action-packed. There are a lot of battles in the movie that involve exciting lightsaber duels.

The cinematography and costumes are breathtaking. The computer generated creatures in the movie are Unique and the soundtrack is perfect. The acting is also excellent. These were some of the breakthrough roles for Ewan McGregor and Natalie Portman. The Phantom Menace is masterfully made. I love how each and every character is different. Star Wars Episode One: The Phantom Menace is a highly entertaining film. Don't miss it. It is a hit! I rate it 5 out of 5 stars!



Mark Your Calendar

Friday, 1/13: The Clementones, a young barbershop quartet from Denmark, will perform for the whole school and then present a "master class" for any students who want to stay after to learn some barbershop singing! The Clementones members, all in their early 20s, won the Danish Quartet barbershop youth championship. Thank you to Mrs. Fox for arranging this for us!

Wednesday, 1/18: The United States Attorney's Office will host a virtual Internet Safety presentation for parents from 6:30 – 7:30 pm. The presentation is entitled Keeping Kids Safe and Secure Online: A Project Safe Childhood Presentation for Parents. You may register at the following link: (via Chrome browser) <https://usao.webex.com/usao/onstage/g.php?MTID=ec3d8ccd61ccdd26ee39d8c6ffd5c57aa> Password: PSC1 Questions or difficulty registering? Please contact Karen Legace @ USAMA.PSCOutreach@usdoj.gov

Wednesday, 2/8: The Student Council will host a Bingo Night from 4:30-6 PM in the cafeteria. Bingo tickets will be \$10 each. Food and drink will be sold. All money raised will be used towards a spring dance! See the flier in this Acorn.

Saturday, 5/13: We hope you will join us for the Red Sox game at Fenway Park. Reserve your tickets today! The flier is included in this Acorn. Invite your family and friends!

Getting to Know the Acorn Editor

By Stefanie Policki

This month, I interviewed Ms. Crowe. Ms. Crowe is from Westfield. She has been teaching at White Oak for 20 years. Ms. Crowe loves being a teacher because she always wanted a job where she could make a difference, and at White Oak she gets to do that every day. Ms. Crowe loves to go trekking with her dog Berry. Even though she is terrible at sports, she's a huge fan of the Olympics. Ms. Michalski used to do the Acorn then passed it on to Ms. Crowe about 12 years ago. The most difficult part about being in charge of the Acorn is that it takes a lot of time to get it ready, but it's all fun! Ms. Crowe's favorite part is handing student authors their own copies of the Acorn hot off the press! Thank you Ms. Crowe for doing the Acorn each month!



Reid S. created this wonderful portrait of retired White Oak Shop Teacher, Mr. Marshall

The Golden Acorn

White Oak has launched the Golden Acorn kindness campaign! If a faculty or staff member sees a student going above and beyond with some act of kindness, they will reward the student with a golden ticket. These tickets will go into the "Golden Acorn." Each month we will recognize all of the entries and one lucky student will be randomly chosen to win a gift card!

Golden Acorn nominees for the month of December were:

- Lucia G. for helping a peer who needed someone to talk to at milk break
- Jeremy P. for helping a fellow student gather her things and for being "a super cool guy" when it was needed
- Tyler F. for always being willing to assist his peers in math
- Mary F. for offering to drop off a homework packet to a peer's house after school and for offering to take a peer's bookbag and coat to them when they were feeling ill
- Jo C. for organizing a supply drive for a local dog shelter
- Ames A. for always being exceptionally polite and kind
- Connor C. for helping other students complete their OE presentations without being asked and for helping out a peer in the hallway
- Scarlott S. for noticing a student who sits alone and inviting that student to join her lunch table
- Thomas W. for validating another student's feelings and checking to make sure they were O.K.

Congratulations to all this month's nominees, and to **Connor C.**, who was randomly selected to win a Dunkin' gift card!



BINGO NIGHT!!!

Wednesday, February 8th

4:30 - 6:00 No Ticket Required

First Bingo Card Is \$10

Additional Bingo Cards Are \$5

Will Be Held In The Cafeteria

Food and Drinks Will Be For Sale

Funds Will Benefit A School Dance This Year!



Join us at the Boston Red Sox Game May 13, 2023

We are excited to bring you the opportunity to join us at a Boston Red Sox game at Fenway Park!

Saturday, May 13th
4:10 Game vs St. Louis Cardinals
\$65 per seat
Right Field Roof Box 35

All families will provide their own transportation to and from Boston.

If you would like to reserve tickets, please email Ms. Michalski: jmichalski@whiteoakschool.org with the number of tickets needed. Payment, a check made payable to White Oak School, will be due January 10th.

Let's Go Red Sox!

Other News

by Ms. Michalski

Merlot, from Bright Spot Therapy Dogs, has begun her regular White Oak School visits with her owner, Mrs. Gemme. Merlot visits on the 2nd Friday of each month and rotates through our classrooms. All students have a chance to see her during milk break. Merlot receives lots of love as the students do their work. We are all in love with sweet Merlot!



Before the December break, we enjoyed a visit from some White Oak alumni! From left: Nick graduated from the University of Hartford and is a software engineer for Traveler's Insurance, Evan is finishing up his Radiology program at STCC, and James will graduate in the spring with a degree in Criminal Justice from Westfield State University!



Career & College News:

Our Seniors are beginning to receive college acceptances and make choices about the next steps in their career paths. To date, the next steps for the Class of '23 include: Kevin B. (Southern Maine Community College), Maitreya A. (Curry College), Madeline P. (Bridgewater State University), Theo C. (Holyoke Community College). We are very proud of all of you! Watch for more career & college news in next month's Acorn!

JANUARY 2023

Fruit & Milk are served with all meals.
Alternate Meals: Assorted sandwiches.
All breads and rolls served are whole grain.
This institution is an equal opportunity provider.



White Oak School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 Tuna Melt French Fries Veggies, Fruit, & Milk	4 Pasta Alfredo Garlic Bread Veggies, Fruit, & Milk	5 Hot Dogs Potato Salad Veggies, Fruit, & Milk	6 Pepperoni Pizza Veggies, Fruit, & Milk
9 Macaroni & Cheese Veggies, Fruit, & Milk	10 Beef Tacos Lettuce, Cheese Sour Cream Veggies, Fruit, & Milk	11 Shepard's Pie Veggies, Fruit, & Milk	12 Chili Con Carne Veggies, Fruit, & Milk	13 Chicken Tenders Tater Tots Veggies, Fruit, & Milk
HAPPY MARTIN LUTHER KING DAY <small>I HAVE A DREAM</small>	17 Cheeseburgers Coleslaw Veggies, Fruit, & Milk	18 WACKY WEDNESDAY! Chicken Tagine (a Moroccan dish) Rice Veggies, Fruit, & Milk	19 Popcorn Chicken Mashed Potatoes Gravy Veggies, Fruit, & Milk	20 Cheese Pizza Veggies, Fruit, & Milk
23 French Toast Sausage Veggies, Fruit, & Milk	24 Koshari Rice Veggies, Fruit, & Milk	25 Philly Cheesesteaks Veggies, Fruit, & Milk	26 Grilled Cheese Soup Veggies, Fruit, & Milk	27 Mozzarella Sticks Pasta Salad Veggies, Fruit, & Milk
30 Pasta & Tomato Sauce Garlic Bread Veggies, Fruit, & Milk	31 Chicken Fajitas Veggies, Fruit, & Milk			