

As the New Year approaches, the Connection staff asks that you take a moment to connect with a new and improved you. The recipes included will give you the opportunity to mix it up in the new year and create a new YOU. GOOD LUCK!

SIX PILLARS OF CHARACTER EDUCATION

- 1. Trustworthiness
- 2. Respect
- 3. Fairness
- 4. Caring
- 5. Citizenship
- 6. Responsibility

Just Sayin'... A little advice goes a long way!

Advice I would give to someone is that when someone trusts you with something like a secret, don't go around telling people, because having someone's trust is something you should value.- Ally Callejas

Advice for children and adults -it might be hard to finish everything you need to get done. Don't try to cram everything into one day, because the next day you'll be too tired to do almost anything. Just do it when you can and in some cases that will be enough. -Ashton Wint

Don't let others put you down. If someone makes fun of you, it's because they are jealous. You are amazing and never think of anything else. – Sarah Conklin

Don't be afraid to show the world the real you. - Marilyn Matos

Advice I will give is to be chill as a teacher. If they don't get their homework done, don't yell -ask why they didn't do it. If it's not a good explanation, help them do it. - Kooper Nicolai

Advice for a teacher is to not put a lot of pressure on students, because the less pressure that is on them the more confident they will feel to do whatever it is they are doing. – Tallon Zabriskie

No matter what anyone else says, just keep trying your hardest and don't give up. – Carter Drouin

Good Advice:

For Children-

1. Create balance in your life

2. You're in charge of your own life

For Adults 1. Be patient and persistent 2. Be your best at all times **-ANTHONY PELUSO**

My favorite advice is from my dad: "everything in moderation," which is an old adage (inscribed in a Greek temple even) that really holds up well imo.-Mrs. Scrittore

Always try to help, compliment and respect others, be nice and chill, be responsible – Vincent Peluso

Advice I heard from my hockey coach was "If you mess up, don't get down on yourself, the past is the past. Stay focused on the future, because that's the next thing you have to worry about."- Sierra Latronica

Some great advice you should follow is to always try your best in everything you do. – Daniel Collins

Making a list and checking it twice! Hamburg School students are making <u>THE</u>nice list...

Good Deeds List

Good Deed: When two students tripped over each other in the hallway, they helped each other pick up their books, said sorry, and laughed it off. – Jessica Majtczak

Good Deed: In math class, when the students finished their homework and saw somebody struggling, they went and helped them. – Alyssandra Pena

Good Deed: The whole language arts class made Nice Notes to help people get through their day. - Ava Roopchand

Good Deed: One day, I dropped all my books on the way to science class, and Diamond, who is an eighth-grader, helped me pick them up, which made me really happy. – Kiers Nicolai

Good Deed: I put nice notes on kids' lockers during the month of November. – Mikayla Cherry

Good Deed: Seeing my teammates go above and beyond in practice or when seeing another teammate in need. They never stop when they know someone needs help. Like yesterday, when I wasn't feeling well, they came to check on me 24/7. I told them I was fine over and over again, but of course they didn't listen to me. I was grateful.-Mikayla Cherry

Good Deed: A good deed would be to give us all extra help and whatever we need. – Kooper Nicolai

Good Deed: Would be when you see someone having trouble, try to help them out. – Owen Crowell

Good Deed: In the stairwell, I was rushing up the stairs before I missed the bell. The door closing in on me, hit my shoulder, knocking down the tower of books I was holding. Three other students came up and down the stairs, and either looked at me or walked past me. Luckily, a fourth person came down the stairs, it was Jacob Muro. He was in a rush to get something from his locker before the first bell rang. He stopped and put me before him, he helped me pick up all my books and pencils. What made it memorable is the fact that he ended up staying 5 minutes after the first Bell. - Jakob Morales

Good Deed: Today, I saw a teacher help a student to a class. The teacher did not have to help, but did anyway. I would like to see more Good Deeds like that in life.- Tyler McCrary

Good Deed: Always help someone that needs help, "I saw a teacher help a student with homework," and maybe a good deed will come back to you one day. – Josh Demarest

Good Deed: Today, I saw someone hold the door for every person going into the lunchroom. There were a lot of people, but the boy still held the door for everyone. It was a simple act of kindness that made everybody's day better. Kaylee Fagan

a NEW you in the NEW YEAR!



Recipes to follow for a change in character... BESTFRIEND RECIPES

Friend (noun)one who listens, doesn't judge, and somehow makes everything alright!

Best Friend Recipe

1 cup of humor
2 cups of kindness
1 ½ cups of adventure
1 pound intelligence
2 ½ cups of liveliness
1 gallon of bravery
3 ½ cups of responsiveness
2 ounces of talkative
Mix together REALLY WELL to make your friend perfect!
Once all is done, enjoy it with your friend! - Zachary Nieper

<u>The Best Friend Recipe</u>

-INGREDIENTS-

- 2 cups of kindness
- 🔌 1 tablespoon of humor
- 1 cup of thoughtfulness
- 1 pinch of clumsiness
- 🔌 1 tiny dab of annoyingness
- 1½ cup of smartness

-DIRECTIONS-

- ★ Step 1- Preheat oven to 400 degrees Fahrenheit
- ★ Step 2- Pour all wet ingredients into a large mixing bowl
- Step 3- Mix contents of bowl for 5 minutes
- ★ Step 4- Pour all dry ingredients into the same mixing bowl
- ★ Step 5- Mix all ingredients until you have a smooth and consistent texture
- ★ Step 6- Place mixed contents into a separate container for baking
- Step 7- Place the container in the oven and bake for 25 minutes
- Step 8- After baking, let the container sit and cool for 5 minutes and enjoy with a friend! -Cassie Leyson

<u>The good friend recipe</u>

3 cups of silliness A pinch of sassy 5 cups sense of humor 5 tablespoons of kindness extract (a little goes a long way) 8 cups of forgiveness powder 10 cups of a whole lot of love

Mix until well blended Heat oven to 350 degrees and let bake for 5 - 9 minutes Enjoy! - MARILYN MATOS

<u>Recipe for a Best Friend</u>

- 1lb Humor
- 1½ cup Kindness
- 1 cup Intelligence
- 2 cups Helpfulness
- 1 cup Patience
- 3 cups Adventurous
- 3 cups Trustworthy
- 1 cup Honest
- 3 ½ cups Dependability
- 2 cups Positivity
- 2 cups Empathy
- Mix it all together to make the

perfect best friend. -ALLY CALLEJAS

Best Friend recipe:

- 1. 4 ²/₃ cups of kindness
- 2. 3 1/2 cups of patience
- 3. 4 ³⁄₄ cups of humor
- 4. 3 cups of empathy
- 5. 2 pinches of sarcasm

Mix until smooth for a few minutes, and enjoy with a friend!-Leilani Rivera

<u>BEST STUDENT RECIPES</u>

Best Student recipe: 1 tbsp. of good grades (can be substituted with a b+) 2 shots of random pencils on the floor you found 3 1/2 cups of essays due in 2 hours Bake until golden brown near the head Let rest on an uncomfortable bed FOR ONLY 2 SECONDS!!! IT SHALL HAVE NO SLEEP! Then give it a backpack and 4 mL. of insults for Mrs. Smalley's height 5 entire fruit baskets of confusion in math and simmer in a stainless steel pan until golden brown And now you should have a perfect student! *can be served with a salad.- Fabrizio Amado

Best Student Recipe

1 Cup of Kindness, ³/₄ Cup of Good Night Sleep, 2 Quarts of Participation, 3 Cups of Happiness, 1 Gallon of Support Enjoy On A Monday For A Fresh Start To A Week- **JOSH DEMAREST**

The Best Student Recipe

2 cups intelligence
2 cups kindness
3 cups defensive
3 cups Adventurous
5 cup bravery
4 cups helpfulness *Joseph Ekatah*

Best Student:

1 cup intelligence
 4 cup humor
 2 cup kind
 ³/₄ cup patience
 Does homework well
 Mixed until well blended
 And poof! you have a good
 Student

- Kooper Nicolai

STUDENT RECIPE

1 cup of preparedness 8 oz of an eagerness to learn 4oz of sharing 3 tablespoons of helpfulness

Bake and spread with 2 cups of kindness-Mrs. Cullen's 2nd grade class

<u>Recipe for the perfect student:</u> 1 part hard worker, 1 part love of learning, 1 part open mindedness. -MRS. SCRITTORE

<u>Recipe For A Good Student</u>

(Enjoy With A Cup Of Learning 1 Cup of Manners 1 Cup of Patience 1 Cup of Kindness 2 Cups of Effort **-DAVID FRYLINK**

Thy Recipe for Thy Best Student.

20 gallons of : Kindness 20 gallons of : Respectfulness 4 Cups of : Good Listener 7 Cups of : Love 8 Cups of : Support 10 Cups of : Determination 100 Gallons of : Being themselves

Once thou has the correct ingredients, Stir in your pipkin and enjoy with friends And family - MIKAYLA CHERRY

BEST TEACHER RECTPES

Best Teacher Recipe

3 Gallons of Patience, 3 Cups of Happiness, 1 Quart of Coffee, 2 Teaspoons of Sugar, 5 Cups of Consideration Spread The Cheer For The School For No Grouchiness- JOSH DEMAREST

Good Teacher

1 teaspoon of being understanding

3 teaspoons of joyful

2 teaspoons of funny

4 teaspoons of sweetness

Bake together on medium and you get great people.

- JILLIAN ACKERMAN

Recipe for best Teacher

1 cup of craziness
 3 cups of helping
 2 cups of humor
 3 cups of kindness
 4 cups of patience
 5 cups of making learning fun
 <u>Now mix together until it's well</u>
 <u>Blended and let sit for 5-10 mins</u>
 <u>And you will have the best teacher!</u> - Sierra Latronica

<u>Recipe For Best Teacher</u>

- 2 cups of Humor
- 5 cups of Patience
- 3 cups of Kindness
- 4 cups of Helpfulness
- 3 cups of a Good Listener
- 1 cup of Craziness

Then mix together for the best teacher!- Hannah Masten

<u>Recipe for the Best Teacher</u>

- 1lb Intelligence
- 2 cups Humor
- 2 cups Patience
- 3 cups Helpfulness
- 2 cups Kindness
- 1 1/2 cups Enthusiasm
- 2 cups Respectfulness
- 2 cups Positivity

Mix it all together to make a recipe for the best teacher. -ALLY CALLEJAS

Best Teacher Recipe

3 cups of patience

1 teaspoon of homework

- 2 quarts of humor
- 4 cups of kindness
- 5 cups of understanding
- 1 cup of helpfulness

Mix together and get the perfect teacher- DESIREE STILES_PEREZ

Thy best recipe for thy perfect teacher

2 Cups of : Humor 2 Cups of : Happiness 10 gallons of : Love 4 Cups of : Understanding 10 gallons of : Kindness 3 ¹/₃ Cups of : Loundess 10 gallons of :Determination 9 Cups of : Hard working 10 Cups of : Support Once thou has all the ingredients stir it all in your pipkin and good morrow- Mikayla Cherry Best Teacher Recipe

Ingredients: 1 Tbsp Humor Sprinkles 1 Cup Empathy 2 Cups Intelligence 2 Cups Patience Bowl Mixing Spoon

Directions:

- 1. Pour 2 cups of intelligence and 2 cups of patience into a bowl
- 2. Start stirring the two ingredients together
- 3. While stirring, slowly pour the cup of empathy in the bowl
- 4. Mix until it is a solid consistency
- 5. Finish it off by sprinkling the spoonful of humor flakes on it

Now you have the best teacher!- Anthony Peluso

<u>Recipe for an amazing teacher(aka Mrs.Smalley)</u>

100 cups of being smaller than me 4 cups of kindness 1 cup of helpfulness 2 cups of loveliness 10 cups of smartness

Mix, bake and ONLY SHARE WITH MRS.SMALLEY!!!!!

-DIAMOND ALVARADO

Recipe for a PERFECT TEACHER:

A teacher should help us and teach us big things we don't know. A teacher should let us learn, read stories and keep us safe. <u>- Mrs. Scrittore's KINDERGARTEN CLASS</u> Best Teacher: 5 cup intelligence 2 cup kind 2 cup humor ¹/₄ cup angry No homework Mixed until well blended And poof you got a good Teacher <u>- KOOPER NICOLAI</u>



-Owen Crowell

Recipe for Best Teacher

- 1 pound of giving candy away
- 2 teaspoons of yelling and getting mad
- 5 pounds of kindness
- 2 cups of humor
- 5 cups of kind grading and compliments
- STIR AND BLEND WELL and...

KABOOM!- IVAN REYES

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SUGGESTION BOX FORM
HAMBURG SCHOOL CAFETERIA
WE'D LIKE TO HEAR FROM YOU!
QUESTIONS,COMMENTS, OR SUGGESTIONS:
CHECK ONESTUDENTTEACHERADMINISTRATORPARENTOTHER
GRADE
WOULD YOU LIKE TO BE CONTACTEDYES PLEASENO THANK YOU
CONTACT ME BY:EMAILORPHONE
NAME:

PLEASE COMPLETE THIS FORM AND RETURN TO SCHOOL CAFETERIA OR YOU CAN EMAIL ME AT: MBIFANO@HAMBURGSCHOOL.COM

THANK YOU FOR YOUR SUPPORT

I ENJOY FEEDING OUR STUDENTS :)

MICHELLE BIFANO

HAMBURG SCHOOL CAFETERIA MANAGER

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