

THE MESSENGER OWL



Issue: November 12, 2021



Ural Owl

<https://ebird.org/species/uraowl1>

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Quote of the Week

"I don't go by the rulebook. I lead from the heart, not the head."

This quote shows how you can't always go by the rules because sometimes compassion and care is needed to make the right decision.



Works Cited:

<https://www.vanityfair.com/style/2021/06/princess-diana-voice-coach-stewart-pearce-interview>
<https://www.womenshealthmag.com/life/a19945374/princess-diana-quote/>

Weekly Survey

What is the best ice cream flavor?

Take the survey at:

<https://forms.gle/TZ2RrvUvjWwUGRHf9>



Principal's Message



Principal's Message:

Hey OWL-berts!

The end of the second quarter/first semester is coming soon. Take time to check Canvas and Skyward to make sure you are on the path to acing your classes. This is a good time to reflect on what you've learned, the effort you've put in, and where you can improve. Work with your parents and guardians to create a success plan that you can follow to keep you on track. Talk to your teachers about what you can do to improve your grades or deepen your understanding as we move towards Semester 2.

OGA Owls, have a great fall break!



Tips for Getting Good Grades from UMass/Dartmouth

1. Motivate yourself
2. Listen and participate in class
3. Take thorough notes during a class
4. Do not hesitate to ask for help
5. Stay focused during your homework
6. Take a 15-minute break after each 45 minutes of studying
7. Consider studying together with your fellow students
8. Keep your working space organized
9. Use a planner to organize your time
10. Develop a study schedule
11. Take care of your health
12. Sleep well
13. Stay fit



Thank you for your service

On November 11th, NJHS served coffee and donuts to veterans for Veterans Day as a way to thank them for their service.



**NJHS
BOMB POP SALE
\$1.00**

Wednesdays - Car Loop
Fridays - Car Line



COMMUNITY

Banana Pudding Recipe

November is National Banana Pudding Month. Celebrate with this recipe from Delish.com

INGREDIENTS

- 1 1/3 c. whole milk
- 1 (5.1-oz.) package instant vanilla pudding mix
- 1 (14-oz.) can sweetened condensed milk
- 3 c. heavy cream
- 1 tsp. pure vanilla extract
- 1 (12-oz.) box vanilla wafer cookies
- 4 bananas, sliced into coins
- 2 tsp. granulated sugar



DIRECTIONS

1. In a large mixing bowl, combine milk, vanilla pudding mix and sweetened condensed milk. Whisk thoroughly, breaking up any lumps, and refrigerate for at least 5 minutes, or until set.
2. In another large bowl, combine heavy cream and vanilla. Beat until stiff peaks form, 2 to 3 minutes. Set aside half of the mixture for topping the dish. Fold remaining half into the pudding mixture.
3. Cover the bottom of a 3-quart trifle dish with vanilla wafers. Top with one-third of the pudding mixture. Cover with another layer of the wafer cookies—you may want to also stand some cookies up vertically, so you see the full circle along the edge of the trifle dish. Top with an even layer of banana slices. Continue layering the pudding, wafer cookies and banana slices until you reach the top, ending with a final layer of banana pudding.
4. Refrigerate for at least 3 hours, or up to overnight.
5. Sweeten the remaining whipped cream: Add sugar to whipped cream, stirring to combine. Just before serving, dollop on top of the banana pudding, then sprinkle crumbled wafer cookies on top.



THE ATHENIAN SOCIETY

An after-school mentoring club for middle school girls

Wednesdays from 2:00pm-3:00pm

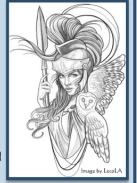
WISDOM • COURAGE • STRENGTH

Want a weekly club to get together with trusted friends and have fun discussing topics such as

- friendship
- peer pressure
- making the right decisions
- managing stress
- conflict resolution

Then this is the club for you!

Middle school can be a tough time socially. The Athenian Society gives you a fun, relaxing group where you can feel safe to laugh, share, create, and receive insights. Each week you will also learn a vital life skill that will help you move through middle school and beyond with more wisdom, courage, and strength. Please join us!



WHAT GIRLS AND PARENTS ARE SAYING:

Athenian Society with Ms. Tame has been a great experience this past year. I'm allowed the freedom to be me without judgement. I would recommend the program to anyone at OCA in need of a space to talk and enjoy yourself. —Natalie, age 12

The Athenian Society was a safe place to talk to Ms. Tame and other girls about how I felt and to have great conversations. It was very fun to meet up with everyone and share about how our week was! —Katherine, age 12

My daughter loved the club and connecting with her peers especially during the COVID months. Creating a safe space for young girls to share ideas and experiences is extremely important and Athenian Society was instrumental in my daughter's development this year. She is excited to be a part of it again. —Rose, parent

Hosted by

MS. KRISTEN TAME

Certified Life Coach

Florida Certified Educator

Former OCA Teacher



Would you like more information or are you ready to sign up? Contact me!



Kristen Tame
Educational Mentor & Consultant
Email: KristenTame@gmail.com
Web: www.KristenTame.com

Classes are for middle school girls and are only \$10 per week or \$35 per month! Interested in joining? Please have your parents email me to reserve your spot!





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8TH GRADERS!

High school magnet applications are now open.

Don't forget to check out your choices at:
https://www.ocps.net/departments/school_choice



MAGNET
SCHOOLS & PROGRAMS 2022 - 2023

Orange County
Public Schools



SAVE THE DATE

MAKERSPACE MATERIALS NEEDED

Please donate the following items:

Double A batteries

Triple A batteries

9v batteries

Lego

Printer paper

Black/Blue/Gree/Red Markers

XXXXXXXXXXXXXXXX



MIDDLE SCHOOL

INTRAMURALS



Starts Tuesday, September 21st

**Exercise Regularly
Stay Fit and Healthy**



Back of Room 17 from 8:15-8:40am
Every Tuesday and Thursday

No need to sign up- just stop by!
Q1: Track & Basketball
Other Sports TBD



OGA Spirit shirts are here!

OGA'S ODYSSEY OF THE MIND TEAM PRESENTS

SNOWFLAKE SOIREE 2021

THURSDAY, DECEMBER 16, 2021

2PM - 3PM

OGA CAFETERIA
MIDDLE SCHOOL ONLY

Add to your dance playlist at
<https://tinyurl.com/OGASoiree21>



Pizza, snacks, and drinks will be available - cash only.

All proceeds support the OGA Odyssey of the Mind team.



Order online:

OGA.MEMBERHUB.COM/STORE

Adult & Youth sizes: \$12/ea.

PTA will deliver the orders to your student's homeroom.

Email any questions:
ogapta@gmail.com



THANK YOU FOR YOUR SUPPORT!



Upcoming Events & What's for Lunch?

By: Sarah T.



Upcoming Events

Magnet Application is open 01 November, 2021 12:00PM - 15 February, 2022 4:00PM					
31	1	2	College Sp...	4	OGA PTA B...
Magnet Application is open 01 November, 2021 12:00PM - 15 February, 2022 4:00PM					
7	8	9	College Sp...	Elementary...	OCPS Pare...
Magnet Application is open 01 November, 2021 12:00PM - 15 February, 2022 4:00PM					
14	15	16	Middle Sch...	College Sp...	Teach-In All...
			Navigating...	SAC Meeti...	
Magnet Application is open 01 November, 2021 12:00PM - 15 February, 2022 4:00PM					
21	22	23	24	25	26
Thanksgiving Break 22 November, 2021 - 26 November, 2021					
Thanksgiving Break 22 November, 2021 - 26 November, 2021					
Magnet Application is open 01 November, 2021 12:00PM - 15 February, 2022 4:00PM					
28	29	30	1	2	3
Magnet Application is open 01 November, 2021 12:00PM - 15 February, 2022 4:00PM					
			College Sp...	Engage 36...	

Fun Spot

By: Terrance Miller

Q: "Why did they let the turkey join the band?"

A: "Because he had his own drumsticks."

Q: "What do you call a running turkey?"

A: "Fast food."

Q: "Why did the turkey cross the road?"

A: "He wanted people to think he was a chicken."

Q: "What's a turkey's favorite dessert?"

A: "Peach gobbler!"

Q: "Why was the Thanksgiving soup so expensive?"

A: "It had 24 carrots."

Q: "What sound does a turkey's phone make?"

A: "Wing! Wing!"

Q: "What do you get when you cross a turkey and a banjo?"

A: "A turkey that can pluck itself!"

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- Stansbury, L., & Avendano, K. (2021, October 29). 56 corny but hilarious Thanksgiving jokes to tell this year. Good Housekeeping. <https://www.goodhousekeeping.com/holidays/thanksgiving-ideas/g22788839/thanksgiving-jokes/>

What's for Lunch?

<p>ENTREES Mac and Cheese Deli Box</p> <p>VEGETABLES Italian Blend Vegetables Steamed Carrots</p> <p>FRUITS Mixed Berry Fruit Cup Fresh Apple Slices</p> <p>MILK 1% White Milk</p>	<p>ENTREES Chicken Tenders No Nut Butter Box</p> <p>BREADS/GRAINS Brazilian Sweet Bun</p> <p>VEGETABLES Fresh Broccoli Dippers with Ranch Dressing Vegetarian Baked Beans</p> <p>FRUITS Diced Peach Cup</p> <p>MILK 1% White Milk</p>	<p>ENTREES Hamburger Cheeseburger BBQ Chix Salad Wrap</p> <p>VEGETABLES Lettuce & Tomato Cup Sweet Waffle Potato</p> <p>FRUITS Satsuma Orange, Fresh Orange Juice Fruit Juice Apple Juice</p> <p>MILK 1% White Milk</p>	<p>ENTREES Holiday Turkey Slices PBJ Sandwich</p> <p>BREADS/GRAINS WG Dinner Roll</p> <p>VEGETABLES Potatoes, Mashed Green Beans & Corn fresh 1/2c</p> <p>FRUITS Diced Pear Cup Banana</p> <p>MILK 1% White Milk</p>	<p>ENTREES Cheese Pizza Turkey & American Sub</p> <p>VEGETABLES Italian Blend Vegetables Lettuce & Tomato Cup</p> <p>FRUITS Fruit Pearls Applesauce Cup</p> <p>MILK 1% White Milk</p>
No Information Provided	No Information Provided	No Information Provided	No Information Provided	No Information Provided
<p>ENTREES PizzaBoli No Nut Butter Box</p> <p>VEGETABLES Marmara Dipping Sauce Cup Italian Blend Vegetables</p> <p>FRUITS Orange Juice Fruit Juice Apple Juice Fresh Apple Slices</p> <p>MILK 1% White Milk</p>	<p>ENTREES Beef Nachos with Cheese Sauce Turkey & Cheese Sandwich Wedges</p> <p>VEGETABLES Lettuce & Tomato Cup Salsa Dipping Cup</p> <p>FRUITS Orange Juice Fruit Juice Apple Juice Strawberry Cup</p> <p>MILK 1% White Milk</p>	<p>ENTREES Rotini Pasta with Meat Sauce Italian Deli Wrap Italian Deli Wrap PBJ Sandwich Box PBJ Sandwich Box Italian Deli - Gluten Free (No Cheese)CK</p> <p>BREADS/GRAINS Garlic Bread Stick</p> <p>VEGETABLES Tomato & Cucumber Salad Tomato & Cucumber Salad Fresh Steamed Broccoli Garlic Spinach Garlic Spinach</p> <p>FRUITS Mix Fruit Cup Applesauce Cup</p> <p>MILK 1% White Milk Allergy Free Milk Substitute</p>	<p>ENTREES Omelet, Bacon, & French Toast Platter Egg, Yogurt, Carrots, and Flatbread Box Soybutter Sandwich Box Soybutter Sandwich Box</p> <p>VEGETABLES Emoji Fries Vegetarian Baked Beans</p> <p>FRUITS Grapefruit, Wedged Grapefruit, Wedged Fresh Apple Slices Fresh Tangerine</p> <p>MILK 1% White Milk Allergy Free Milk Substitute</p>	No Information Provided

Staff Member & Student Spotlight

By: Julian A.

Ada A



Ada A a segment producer of the OGA News crew. She is a single child with a mom, dad, dog, and two sets of grandparents. Ada's segment is the class spotlight portion, where she takes photos and videos, interviews teachers, and edits the video to put in the Morning News. She decided to join the OGA News crew because she is interested in acting and filming, and she would want to film a short film or movie sometime in the future. In fact, when she grows up, she wants to become an actress. When I asked her about her opinion on Mrs. Klear, she responds, "She is nice and supportive, but she is the type of teacher that prefers if you figure things out yourself rather than her help you." I asked her what would she tell herself if she could go back in time, and she said, "I would give myself some of the ideas that I wanted to go through with, but never got the opportunity to. Remember to say hello to Ada if you see her, and try hoping by the suggestion box in the library to help out the OGA News crew."

Q: What is your name and position?

A: My name is Sylvia Revangile, I go by either Ms. Sylvia or Ms. R, and my position here at OGA is the District School Social Worker, so I'm only here on Thursdays.

Q: When did you decide to come to OGA, and why?

A: I recently rejoined OCPS in September. The way that it works is that I go to 4 schools, OGA was one of those 4 schools. I did some research and was very interested! So far, it's been great.

Q: How long have you worked here?

A: I would say 2 and a half months, almost 3.

Q: What did you do before coming to OGA?

A: Before coming to OGA, I made sure children were kept from neglect, abuse, and abandonment.

Q: What are some hobbies you have?

A: I like traveling, I like going on long bike rides around the West Orange Trail. I enjoy Sudoku, volunteering, and nature!

Q: Anything else would you like to share?

A: I'm here on Thursdays, so I would love if you could come by and see me! I also went to UCF for both my Undergraduate and my Graduate degrees.

Ms. Revangile





Climate Change In Bangladesh

By: Max C.

Bangladesh is a country located in Southern Asia just east of India. For the past two years, Bangladesh has been attacked by multiple cyclones. The saltwater from the Bay of Bengal, which is south of Bangladesh, has been rapidly moving inland, posing a threat to the country's security. Though Bangladesh might be a small country, its population density which is 160 million as of 2020 is no small deal and means that hundreds of thousands of people have to deal with occasional floods which take away many of these people's homes yearly. In the past two years, the past two cyclones have taken down the mud banks that protected these people from tidal waves. The people of Bangladesh have requested enough money to be able to build plants that convert the saltwater that is invading into freshwater for people who don't have it. If we don't help these people soon their nation will sink along with many others that suffer from these problems.

- *Bangladesh bears brutal cost of climate change.* (2021, November 3). Latest World &
- National News & Headlines - USATODAY.com. <https://www.usatoday.com/videos/news/nation/2021/11/03/bangladesh-bears-brutal-cost-climate-change/6263375001/>

Why Do Our Teeth Chatter When We Are Cold?



By: Julian A.

Since it is starting to feel pretty chilly (at least chill for us Floridians), we are starting to feel the effects of the cold weather. Whether it comes from shivering, hands aching easier, or being able to see other people's breath, cold weather can feel like a hassle to deal with. But one thing that can feel the most irritating is when someone is talking and their teeth start chattering. No, not them talking, we're talking about when their teeth just shake from how cold it is. Really, that's all most people know about this thing. Well, this article will shed some light on what's really going on behind the scenes.

So, the answer is that our facial muscles are shaking in an attempt to get warm, causing our teeth to bang into one another. Basically, the muscles in the body move to warm up your body tissue. This raises your internal body temperature closer to normal. After then, your jaw twitches and spasms when the muscles contract and relax which results in your teeth chattering. This happens whenever the body drops below the required temperature of 98.6 and is the same reason that our body shivers when we are cold. So how does one stop teeth from chattering? Well, other than going to a hot place in the house, do what your body is trying to do. Go for a walk or a jog, or do some jumping jacks, pushups, or other exercises indoors. Not only will it warm you up, it helps build and keep your muscles, which also burn calories and make your body heat. If you're fit enough for it, vigorous exercise might even raise your core body temperature, at least for a while.

The cold weather, especially in Florida, is usually not much of a big deal. But if, let's say, students were to go north for autumn vacation, then maybe, just maybe, it would be wise to recall these tips. Stay safe and stay warm!



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Why is the Sky Blue?

By: Max C.

When we look up at the sky, we see that it is blue, but why is it blue?

The majority of people I have asked have told me that the sky was blue because the light that shines down on earth reflects off of the oceans, but this is not true at all. The real reason the sky is blue has to do with the molecules in our atmosphere. When light from the sun passes through the atmosphere these little molecules will scatter the light but in reality, this "Scattering" is just the molecules vibrate the wavelengths of different rays of light. Though you may be asking what does this has to do with why we see the sky blue. We see the sky blue because the color blue has the shortest wavelength of any color and since blue has the shortest wavelength, it tends to get scattered more than the other colors. "What about the sunset?" The cause of the red sky during the sunset is that the warm colors on the spectrum have a longer wavelength and since there is not as much light coming into our atmosphere the colors with the longer wavelengths get scattered more. Although some people have responded with "The light reflects off the ocean", some people who are a little too smart for their own good have responded with "The sky is actually Violet". Although this is true because violet has a shorter wavelength, we still see the color blue in the sky because our eyes are much more sensitive to blue light.



- Works Cited:
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Should Cell Phones Be Allowed In School?

By: Alexander M.

Cell phones should not be allowed in school. Many (Hopefully ALL) of you agree with me. There are many different reasons why cell phones should not be allowed in school. These include but are not limited to Possible High Amounts of Cell Phone Radiation (due to a collectively large number of CellPhones on a school campus), Distractions During Class, Constant Disturbances throughout the school day, and malicious usage of online messaging and Social Media. According to "vittana.org": The blue light produced by modern screens is known to be a stimulant for students dealing with hyperactivity issues. Increased screen time is also associated with impulsive decisions, addictive-like behaviors, and an overall lack of focus." This basically means that CellPhones pose both a distraction and a health risk both to our eyes and our brains and for some students they use their phones throughout the entire day which can cause serious damage to both your brain and your eyes. In conclusion, Cell Phones should be banned in schools altogether because they can cause damage to your eyes and brain, can be used for cyberbullying and other malicious purposes, and can practically create a radiation zone.

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Why is Gold Valuable?

By: Kai M.

Gold is an immensely valuable resource that almost everyone values. But have you ever wondered why it's so expensive? According to Investopedia, "The metal is abundant enough to create coins but rare enough so that not everyone can produce them. Gold doesn't corrode, providing a sustainable store of value, and humans are physically and emotionally drawn to it. Societies and economies have placed value on gold, thus perpetuating its worth." Gold is durable and can't corrode which is one reason it's valuable. Gold also has a nice appearance causing people to like it. Gold is rare but not too scarce, it doesn't react that bad with other elements, and is portable. Gold is also valuable because economies and people have placed that value on it. Meaning it's valuable because they said so. Gold also has a nice appearance causing people to like it. This is why many civilizations in the past used gold as currency. However, it isn't used currently mainly because countries couldn't mine enough gold to keep up with the money they were printing.



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The Emden Goose

By: Alexander M.

The Emden or Bremen Goose is a German breed of goose believed to have originated from a northern region of Germany. The Bremen Goose is also known to be one of the earliest breeds of goose. It has also been shown that these geese are very good foragers and are very caring as parents of young or even slightly older goslings. These animals have also served a purpose as pets and also for meat production due to their size and fast growth rate. The goose is also considered to be on the **Critically Endangered List** in the wild but as of 2007 it was removed from the list and is currently of extremely low risk. In conclusion, The Emden Goose has undergone many stages of population risk and different uses for the "greater good of humanity".



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What Abilities Can Humans Achieve?

By: Terrence M.

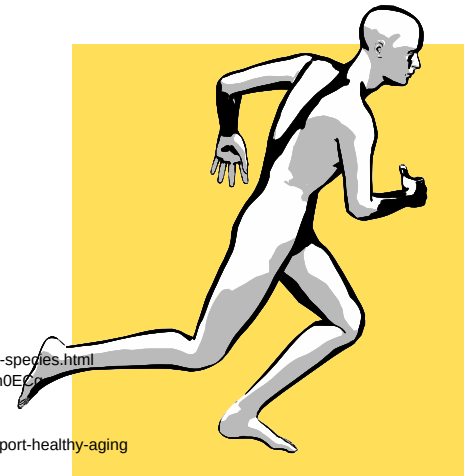
Humans possess so many abilities. We can withstand so many harsh conditions. If we were to put our mind and body together, no one knows what we could accomplish. Endless possibilities and so many things to come in the future. So, what other unpredictable things can us humans achieve?

Being punched is definitely not a great feeling. When getting harmed, a human's body can go into a state of shock, but if you were to keep getting punched over and over (progressively) the body will build up endurance and strength against this force and it won't be as harmful as it may seem. Humans have evolved so much throughout millennia, and we have achieved so many things and have picked up things on the way - intelligence and resourcefulness are just naming a few.

A very unique ability that humans possess is that of the brain. The brain can process your thoughts, feelings, and emotions. According to Moran Cerf on TedEd, "Our brain is a brilliant device which can make predictions about the future. For example, we can all know which word will appear at the end of this... sentence. The brain can solve complicated problems, imagine the entire universe, and grasp concepts such as infinity or unicorns.". The human brain is so grand to the point where humankind hasn't even begun to scratch the surface of its capabilities. Over many years, humans have used their brain to come up with so many things that we use in our everyday lives. With the ability of "super intelligence", one person could change humanity completely!

Another interesting ability is how digesting certain consumables can enhance your body extremely. Carrots being one of them. Moran Eye Center says "In addition to carrots (sweet potatoes have even more beta-carotene) and other vegetables, fruits, cold-water fish, vitamin and mineral-rich foods, including eggs, beans, nuts, lean red meats, and poultry, all contribute to better vision at all stages of life" (Paragraph 9). By eating those foods, you will increase your sight. The interesting thing about this is that as long as you keep eating that, your eyesight will, not only stay permanently, but will only get better! "In fact, many skin care products contain green tea extract for its antioxidant and anti aging properties.", says Katie Davidson, MScFN, RD, CPT. Green tea is a well-known drink that some drink to relieve stress. Ever heard that stress isn't good for the body, well, too much could distort the body. Because of green tea and it's antioxidants, they stop antioxidants so they are "unable to cause damage" to the body.

The human body can achieve so many things, and it is practically impossible to know how many things it can achieve. To say that there is a limit to what the human body can accomplish is a mistake to not look over. Usain Bolt, the fastest man in the world! Zydrunas Savicka , the strongest person in the world (as of June 2021)! Sultan Kösen, the tallest person in the world! As you can see, the human body is extraordinary. What will happen next, who knows?! And that's what makes it irreplaceable!



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