



January 2019



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January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 New Year's Day	2 C-Day Breakfast: Beef Sausage on a Whole Grain Bun Lunch: Breaded Chicken Sandwich School Activities: X-Cat Team Meeting	3 D-Day Breakfast: Breakfast Pizza Lunch: BBQ Chicken Romaine Salad	4 A-Day Breakfast: Ultimate Breakfast Round, Cinnamon Lunch: Pizza, Chicken Fajita Buffalo Chicken Sandwich	5 School Activities: X-Cat Competition
6 School Activities: X-Cat Competition	7 B-Day Breakfast: Assorted Whole Grain Cereal Lunch: BBQ Chicken Salad School Activities: X-Cat Competition	8 C-Day Breakfast: Assorted Whole Grain Cereal Lunch: Cheese Pizza	9 D-Day Breakfast: Egg & Cheese Sandwich Lunch: American Sub Southwest Chicken Salad School Activities: X-Cat Meeting	10 A-Day Breakfast: Assorted Whole Grain Cereal, Pancakes Lunch: Chili, Chicken with beans, Italian Vegetable Salad	11 B-Day Breakfast: Assorted Whole Grain Cereal Lunch: Soybutter and Jelly Sandwich Early Dismissal School Activities: X-Cat Team Volunteer Activity	12 School Activities: X-Cat Team Meeting
13	14 C-Day Breakfast: Apple Benefit Bar Lunch: Chicken Sandwich, Salad School Activities: X-Cat Meeting	15 D-Day Breakfast: Assorted Whole Grain Cereal Lunch: Falafel Salad Italian Vegetable Salad	16 A-Day Breakfast: Beef Sausage Sandwich Lunch: Grilled Chicken Wrap Italian Chicken Salad School Activities: X-Cat Meeting RECRUITMENT NIGHT	17 B-Day Breakfast: Cheese Stuffed Sandwich Lunch: Southwest Chicken Salad, Chicken Sandwich	18 C-Day Breakfast: Cinnamon Breakfast Round Lunch: BBQ Chicken Salad Mexican Pizza School Activities: X-Cat Meeting	19
20	21 D-Day No School Dr. Martin Luther King Jr. Day	22 A-Day Breakfast: Sausage and Cheese Omelet Pita AM ELA Regents Algebra 1 Mid-Term PM Living Env. Regents	23 B-Day Breakfast: Egg & Cheese Sandwich AM USHG Regents Geometry Regents PM Algebra 1 Regents	24 C-Day Breakfast: Southwest Breakfast Slider AM Global Regents Physics Regents PM Algebra 2 Regents	25 D-Day Breakfast: French Toast Crackers AM Earth Science Regents Chemistry Regents Living Env. Mid-Term	26 School Activities: X-Cat Meeting
27	28 A-Day School Activities: X-Cat Team Work Day	29 B-Day	30 C-Day School Activities: X-Cat Meeting	31 C-Day		

January Monthly Horoscope



Ycniug Goodson
Wildcat Times
Correspondent

Aries (March 21- April 19)

Keep the wind at your back, and the love in your heart. Every day is a brand new start.

Taurus (April 20- May 20)

When you feel like giving up push yourself to do better. The best way to succeed is to never give up.

Gemini (May 21- June 20)

Don't run from your problems but face them and acknowledge the ones you love. You're halfway through the year.

Cancer (June 21-July 22)

Keep a smile on your face during midterm week. The days are young so have fun with your family.

Leo (July 23-Aug. 22)

Let others in while opening up and getting to know people. Communication is key.

Virgo (Aug. 23-Sept. 22)

No matter how many mistakes you make, take advantage of every situation and clear the air from negativity.

Libra (Sept. 23-Oct. 22)

Don't follow the rules, bend a little bit and allow your freedom to take control. Never show your vulnerability—be self-assured and confident.

Scorpio (Oct. 23-Nov. 21)

Your goal is closer than you think. Whenever you get close, someone will try to knock you down but don't let them.

Sagittarius (Nov. 22-Dec. 21)

Show your personality through your emotions. Believe people when they show you who they are.

Capricorn (Dec. 22-Jan. 19)

The effort you are making will ultimately pay off. The marking period will be over before you know it, get stuff done while you can.

Aquarius (Jan. 20-Feb. 18)

Start off fresh forget about the past and old grudges. Even on your worst days you will still outshine.

Pisces (Feb. 19-March 20)

Last year has probably taken a toll on you so put a smile on your face—fake it til you make it.



Take the Time to Prepare

January 7, 2019



Shabria Wright
Wildcat Times
Correspondent

Regent exams and midterms are almost here and a lot of people might not know where to start or how to pass their tests. Here are some good tips for acing the New York state regent exams.

#1: Study every day don't leave studying to the last day before the regent exams.

Start with material learned at the beginning of the school year because you are most likely to have forgotten it.

You should start reviewing practice regent's books and doing ten questions a day.

#2: Get help from teachers and attend all extra classes for regent's prep here at school.

Teachers will often review practice tests and other material in class and provide tips that will help you perform your best.

#3: Study with friends. Get together with a friend, or group of people from your class, and study together. You can simply review each other's notes to see what you may have missed and discuss concepts you think will be covered on the test.

#4: Whether it's an English, math or a social studies exam, a good score depends largely on the student's ability to study for the test without worrying about outside factors—but this can be difficult in today high-tech world.

Things like Facebook messages might be causing you to lose your focus on studying. Try something like turning off your phone and laptop until you're done studying.

While midterms may be a source of stress, you can reduce it by following these four steps. Furthermore, if you follow these steps and pass your exams now, your stress may be reduced this spring during finals.



Filling Your Bucket

January 7, 2019



Corri'yonna
Brock
Wildcat Times
Correspondent

Some people put together the things they would like to accomplish in life before they die—they call it a bucket list. Mrs. VanDerwater, our principal, has one of her own.

The term 'bucket list' may sound a bit sad or tragic but, really, it is a great thing to have. This chocked-full list can help you keep track of and accomplish your life long goals before you kick the bucket.

When she has the time she's either traveling or finding somewhere to travel.

While VanDerwater has been to a good amount of places around the country, her main focus is traveling abroad. She has been to Mexico, Canada, the Dominican Republic, Saint Lucia, Aruba, London, Paris, the French Rivera, Monaco and much more.

The places she has traveled are very different from the region she normally lives in. From the weather to the overall culture, each stop has its own unique personality.

Traveling to these faraway places gives VanDerwater a sense of how others live in different parts of the world and she loves to see and experience other cultures.

VanDerwater has done very much but is not done yet—there are still things she hopes to cross off the list while she has the chance.

VanDerwater would like to spend some time in Italy and Hawaii, cruise to Alaska, and take a vista ride on a mule through the Grand Canyon with her family.

Finally, VanDerwater would like to create a new culture of her own. After retirement, she would to buy a house on Keuka Lake for her and her family

While she has checked-off a lot of the things on her bucket list, VanDerwater is always up for exploring new cultures and experiencing all this world has to offer.



The Joy of Giving

January 7, 2019



Cadeeja Tanksley
Wildcat Times
Correspondent

Wilson High School launched a new Christmas event called the Holiday Bazaar Monday December 17th.

Students could use their own money, or currency called ‘Kindness Dollars’ to purchase a multitude of items donated from staff members across Wilson. The purpose of this event was to give students the opportunity to get Christmas gifts for their families.

Mrs. Wilmarth, a Wilson High school speech therapist, and Mrs. Gurell, a Wilson High School Science teacher helped put the event together.

“It’s a good opportunity for students to give gifts for the holidays,” Mrs. Wilmarth says.

Over a span of a week, students collected as many Kindness Dollars they could to spend at the Holiday Bazaar. Everyone started off with two Kindness Dollars but could earn more from teachers and staff members for actions that show the Wilson Way.

No item donated would be over \$5 or five kindness dollars, so it was easy for students to get, at least, one item from the event. During 5th, 6th, and 7th period lunches, students were let inside the Holiday Bazaar.

The item buying limit was three per student to ensure that everyone would have the opportunity to buy one thing.

The gifts ranged from fragrances, toy sets, clothes, and much much more. There was a huge variety of items for students to choose from. There was even plants for sale!

Then, after students picked out what gifts they wanted, they were able to “pay” for their items with their kindness dollars at one table.

Once purchased, they were able to get their items bagged or gift wrapped by a table of kind teachers.

The Holiday Bazaar helped out a lot of students with getting items for family members during the Christmas season. By the end of 7th period lunch, the Bazaar was nearly wiped out of items.

Judging by the reactions from both students and staff, the Holiday Bazaar was a huge success and a great way to show the Holiday Spirit here at Wilson.