

The 5 Day Week

With the start of the new school year, the 5 Day Week introduced many new changes or the better. The student newspaper team, the fonts used and even many concepts of the paper. To

begin this contemporary design, we'll give a shoutout to farewell the previous and first editors, Elie Tsan, Saryah Asoli and Stella Bynum, who are somewhere out there, having their first day in Middle School. The same

applies to any former 5th Grader - they may have switched schools forever, but their legacy lives on. As this is the very first issue of the 2024 school year, we cannot offer many event articles for now.

NEW SYSTEM ADDED TO SURVEYS

An example of this renewal are the surveys. Starting from this edition, the monthly survey will include at least one 'simple question' (e.g. "What's your favorite color?"), for which the majority will be revealed. But the change comes in where at least one 'debate question' is included, which

requires a short essay response. (Of course, the debate questions are optional.) The top 3 most interesting responses for the debate are included in the next edition. The form allows anonymous responses, for those of you who don't want your name mentioned if your response makes it to the top three. And the questions for this edition are:

(That's right, we did purposely include the topic of change in the debate questions.)

"How did you change throughout the previous school year?"

"If you were the principal, what would you change and why?"

"Be realistic; how will the world change in 50 years?"

And, debated on later in this issue, **"Should schools have uniforms or not?"**

Take the survey [here!](#)

Note: If you don't have access to the PDF version of the newspaper, which allows you to access links, you can still discuss these with your friends. (By the way, teachers, please include the PDF version in Google Classroom.)

FEEDBACK AND AUDITIONS

We now have a feedback/recommendation form and audition application! You can tell us what you think of The 5 Day Week so we can improve, in the [feedback form](#), and in the [monthly audition form](#), you submit a poem on the prompt, which you can interpret however you want. Speaking of which, this issue's prompt is 'Over The Years'. These are due on November 25th. The winning poem (judged by the editors) gets a shoutout in the next edition, submissions can be anonymous. *Go to the digital version to click on the feedback form and the monthly audition form links.*

MEET THE EDITORS!

The Editors-In-Chief are those who will format, edit and plan the issues of this newspaper for the school year, second in command to Ms. Joanna, the principal.

Mira Strenitz

This is my sixth year at P.S. 107, I joined in Kindergarten. I am currently in 5-306, Mr. Ed and Ms. Nelley's homeroom class. I like all subjects, but my favorite ones are writing, science, P.E. and math. For afterschool, I have been part of the Track Team since third grade, and this year I joined Girls' Soccer. I wanted to become part of the Five Day Week because of my passion for reading and writing about causes I care about. I care about sustainability, equity, fun field trips, good cafeteria food and more. Last year I was part of the Student Equity Team. My hobbies outside of school are playing the piano, reading, writing, rollerblading, and listening to music. I think fifth grade will be exciting but also sad as I will graduate from P.S. 107. I will be sure to enjoy every day of it.

Maria Minkova

Now I'm not going to write anything irrelevant, but my name's written above, and I tend to work more behind-the-scenes. I'm the one who picks the fonts, brainstorms and makes sure everyone gets things done. I decided to apply for Editor-In-Chief last year, as I saw all the unclaimed potential this newspaper had to offer. I'm in class 5-301.

Sif Horowitz-Sorensen

My name is Sif Horowitz-Sørensen, I am from Denmark and the U.S. As I start 5th grade I have to admit it feels like last week I was in Kindergarten looking up at 5th graders. But it feels like long ago when the lockdown happened and Abby and I were 2nd graders isolated at home in a learning pod doing school work together. Just this week, as phone monitor, I answered the class phone saying "Hello this is 4-307," while that was so last year... Time surely passes at different speeds. ;)

Now I am proud to say I am a new editor of the 5 Day Week.

I was interested in joining the paper for a handful of reasons:

- 1: I love writing and think I could put it to good use.
- 2: I find knowing what is happening around you is a good thing.
- 3: I want to feel engaged with the school in a new way.

I am in homeroom with Ms. Shirley and Ms. Hannah. I love both reading and writing, but I have to admit math is my favorite subject. In my free time I also love playing the piano, I will try to sneak in time to do it at the end of the day.

See you soon!

Staff Writers: Abigail Miller, Emily Levin, Emma Bonenberger, Freya Nassy, Hannah Kwong, Mina Sommer, Jovie Roth, Nora Gallagher, Oona Cowie, Owen Allen and Rory Piercy

'BLUEBERRY PASTA'

Short Story by Abby Miller

I hate blueberry pasta. Every single morning I wake up and go downstairs to the kitchen and have breakfast. I ask for eggs and toast or cereal and milk or just something that just resembles a normal breakfast but no. Every single morning it's blueberry pasta. My mom says that it is the most healthy and nutritious breakfast she could find, but I always laugh and say no. Still, I have to eat it.

By the time I get to school my mouth always looks like a blueberry exploded on it and all the kids laugh at me. That is the first reason why I hate blueberry pasta. Another reason why I hate blueberry pasta is that my teacher always thinks I'm chewing gum but I'm not. I just had blueberry pasta for breakfast. Still my teacher always screams at me. He calls me a rebel, the delinquent of the class.

By the time it gets to lunch I'm dreading it. I know exactly what my mom would have packed me. Blueberry Pasta! I know, I know it's annoying but do you really think that I would've eaten the same meal twice a day? That's right I wouldn't have. School lunch is a dollar each day but it's worth it. That way I don't have to eat blueberry pasta.

By the time I get home I ditch my bag and go to my friend Nixon Lights house. My mom always tells me to remind Ms. Light about my diet but I never do.

Nixon's house is like my paradise. When I get there I eat pretzels, Goldfish, gummy worms and more! Then we hang out and do our homework. When I get home though, it's back to the blueberry pasta for dinner. Then I go to bed wishing I could eat something that's not blueberry pasta.

SHOULD SCHOOLS HAVE UNIFORMS OR NOT?

By Owen Allen and Emma Bonenberger

Pro: Here is one reason we should wear school uniforms on special occasions. It shows that we are 107 and it helps represent the school.

Con: Here is why we should not wear school uniforms every day. If we wore uniforms every day we wouldn't be able to wear clothes that express ourselves.

Pro: Another reason why we should wear school uniforms sometimes is because if a kid gets lost we could always find them easier!

Con: Why we shouldn't wear uniforms is because some people would probably hate it and leave the school, ignore the uniforms or go on strike and no one would like that.

Pro: If the uniforms must be worn every day, you don't have to pick out just the right clothes for every single day, with athletic versions for gym class.

Conclusion: I think that schools should design uniforms for special occasions. We can wear them on track events, cheerleading events, and graduation ceremonies.

UPCOMING HOLIDAYS

Compiled by Maria Minkova

Just so you can all mark your calendars, here are some interesting, less heard of October holidays:

- ADHD & Dyslexia Awareness Month
- LGBTQIA+ Appreciation Month
- Cybersecurity Awareness Month
- National Poetry Month
- Halloween (Oct. 31)
- Wear Something Bright Day (Oct. 17th)
- 'Sweets Day' (Oct. 21st)
- Anti-Poverty Week (Oct. 20th - 27th)
- National Croc Day (Oct. 23rd)
- Wolf Appreciation Week (Oct.15 - 21st)

INFLUENTIAL HISPANIC/LATINX PEOPLE

September 15th-October 15th is Hispanic/Latinx Month, and to celebrate that, the PTA designed and hung up posters around the school. Here is a list of yet more notable people (Feel free to research them if interested):

- Shakira (Singer & Songwriter)
- Julia de Burgos (Renowned poet)
- America Ferrera (Actress)
- Alexandria Ocasio-Cortez (US Legislator)
- Cesar Chavez (Civil Rights Activist)
- Constance Marie (Dancer)
- Eva Longoria (Scientist)

EDUCATIONAL EXPERIENCES

Compiled by Maria Minkova

Note: Links are included within the games' titles. Most suitable for 4th and 5th grades. These are also better with sound, so please play at home and/or with headphones. Don't let these override your schoolwork. Other notable mentions include [Space Elevator](#) and [Deep Sea](#).

Parable of the Polygons

An interactive article on how small, harmless choices (particularly biases) can lead to a discriminatory world. Also an inspirational piece to prevent bias, showing how it builds up in society.

The Evolution of Cars

An interactive simulation of evolution, and helps explain the process of evolution, by letting you watch randomly generated blobs with wheels gradually evolve into better and better cars.

Branches of Power

How does the government and congress work? Find out in this game playing the role of president, speaker of the house, and chief justice.

A MURAL IN THE CAFETERIA

If you were in this school last year, you certainly have noticed the mural of Park Slope in the cafeteria. Another change is the lighting, which used to be a more yellowish tone.

PICTURE DAY

Yesterday was Picture Day for Fifth Grade and within this week for others will be picture day! Whether you planned your outfit or improvised, it's good to have a memory to look back upon many years later.

FONT COMBINATIONS FOR ESSAYS

By Maria Minkova

Sometimes we just can't find the right typeface for our document. (And admit it - most of you have changed the font before to make your essay fill the whole page.) The first in each pairing is for the headers, while the second for body text. Also, you may notice that you're already familiar with most of the fonts, (but probably never thought of these pairings before). After all, These fonts are popular for a reason. So without further ado, here are some font combos, all of which can be found on Google Docs;

Tip: For essay writing, instead of 'P.S.', '(About that,)', 'I.e.' and 'E.g.', use footnotes, inserting by pressing Ctrl + Alt + F, instead to look more professional and organized.

Bodoni Modda (Semi-Bold) + Times New Roman

Limelight + Tenor Sans

Yeseva One or **Glook** + Alice

Karla (Semi-Bold) + Inter

Syne (Bold) + Inter Tight

Economica (Bold) + Oswald (Light)

Monda (Bold) + Proxima Nova

SIX CAPS + Playfair Display

Montserrat Alternatives (Medium) + Hind

Arvo + Flamenco

Poiret One (Bold) + Montserrat or

Raleway

Montagu Slab (Medium) + Bitter

La Belle Aurore Bold + Hind

RECOMMENDED BOOK LIST

Compiled by Maria Minkova

Picture this: you finished your favorite book series and then think - "What now?" Sounds familiar? Well, feel free to use this list of recommended books throughout the school year for these situations to read at home. (Sorted by genre.) Note - These books are most suitable for 4th and 5th graders.

- **The Pearl Hunter** by Maya T. Beck
- **Keeper of the Lost City** (series) by Shannon Messenger
- **Warriors** (series) by Erin Hunter
- **The Chronicles of Narnia** (series) by C.S. Lewis
- **The Hobbit** by J.R.R. Tolkien
- **Miss Peregrine's Home for Peculiar Children** (series) by Ransom Riggs
- **Percy Jackson and the Olympians** (series) by Rick Riordan
- **The School of Good and Evil** (series) by Soman Chainani
- **Wings of Fire** (series) by Tui T. Sutherland
- **The Ickabog** by J. K. Rowling
- **A Wrinkle in Time** by Madeleine L'Engle
- **Beverly, Right Here** by Kate DiCamillo
- **Number The Stars** by Lois Lowry
- **Saving Zasha** by Randi G. Barrow
- **Enola Holmes** (series) by Nancy Springer
- **We're All Wonders** by R. J. Palacio
- **The War That Saved My Life** by Kimberly Brubaker Bradley
- **The Fourth Stall** (series) by Chris Rylander
- **A Series of Unfortunate Events** (series) by Lemony Snicket
- **Nevermoor - The Trials of Morrigan Crow** by Jessica Townsend
- **Dork Diaries** (series) by Rachel Renee Russell
- **Knucklehead** by Jon Scieszka
- **When Marnie Was There** by Joan G. Robinson
- **Fish In A Tree** by Linda Mullaly Hunt
- **Tuck Everlasting** by Natalie Babbitt

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HOW TO STOP PROCRASTINATING

By Maria Minkova

When you don't get something done at school, it's always best to get it done at home in your free time, although it's not any less distracting there. Here are some tips to stop procrastinating and work efficiently:

The Pomodoro Technique

Staying productive for long periods of time can be difficult, but what makes us get distracted in the first place? Boredom. If you motivate yourself with short, consistent breaks, you'll be more focused in the time in between - as long as you don't start anything that takes a while to finish during them. For example, if you study/practice/write for 25 minutes and take 5 minute breaks before reviewing and moving on, and do that for an hour and a half, you'll have productively worked on 3 things for 75 minutes and have gotten a total of 20 minutes of break time. By the way - working on the same thing over and over and over again is proven to only make you less motivated. Instead, move on and come back later.

Identify What You Struggle With

Prioritize the things that you just can't get done, or struggle with. When studying, though you may think that you should start with the easy stuff and gradually get harder, it's actually better to do it the other way around - get the challenging work done and then the easy, or else you might eventually get unmotivated.

Organize Your Google Drive

Things are much easier when you keep everything organized. Make color-coded folders and sub-folders for each subject in your drive, star the documents that matter the most and name every document briefly and appropriately. Put important, related files into workspaces. Open your Priority Drive to access things you work on frequently more easily. Trust me, an organized drive can go a long way.

Organize Your Desk

Though most schoolwork requires you on your computer these days, not all of it does. This makes your desk the equivalent of your drive, so you should keep it organized as well, although the definition of 'organized' is different in this case. Keep all your subject folders stacked on one side of your desk in a specific order, I'd recommend by color, side of your desk, and stack your notebooks in the same order on the other side. Keep your Eureka math workbook beneath all your notebooks and your handwriting workbook beneath your folders - or vice versa. So that you can see which notebook is which without taking all of them out, mark the bottom side of each notebook with the subject's corresponding color. To organize things further, you can open your writing folder and use a sharpie to write 'Complete' on one pocket and 'Incomplete' on the other. You can make up systems for the other folders, as well, such as tests vs. practice for your math folder. Also, each notebook should have a gap between the first and second half of the pages because of the way it's made, allowing you to easily open the first page of the second half, and you can use this as an advantage. For example, you can use the first half of your writing notebook for drafting and brainstorming, and the second half for notetaking & editing (unless you're in fifth grade, which requires a different format.). If each log in your kimoichi notebook, if you still keep one, takes no more than one page and you do that every school day (or have it take up two pages, but log every two days), you should have 20 spare pages - so you could use the pages from the start for your daily entries, and from the end for *not doodling*.

Make Checklists

If you set a specific goal for yourself before starting, you'll know exactly what to work towards and thus more effectively - you can use Google Tasks or Google Keep for this. Besides, it's really satisfying to check off all of those tasks, one by one.

Use This Notetaking Strategy

In a notebook, write the title of the notes on the very first line, and the date next to it left of the margin. Draw a line over the seventh or eighth line from the bottom, dividing the page into a larger and smaller section.

Use This Motivation Strategy

Have trouble being persistent and motivated? Tally down every day you, for instance, do your homework, read, or study math facts. When you break the chain, cross everything out and try again. The idea of having a streak might make you increasingly motivated until it becomes a habit. Random Tip - if you ever forget the times tables or metric system during math, just look at the back of any school notebook.

Thank you all for reading this rather long article, I hope it was of some use to you.

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TAKE ACTION FOR SUSTAINABILITY

By Mira Strenitz

On Friday, September 29, 2023, our neighborhood got flooded from heavy rain. Cars were trapped in water and even our cafeteria was several inches underwater! It appears to be yet another result of climate change, which scientists attribute to man-made pollution of our planet.

What Is Sustainability?

Sustainability refers to us making sure that we take certain actions to help our planet's ecosystem keep its natural balance. The planet suffers from deforestation, wildlife extinction, air pollution, exploitation of resources, the pollution of oceans, and more, all of which are opposites of sustainability. Sustainability is finding a way to have a cleaner and greener future. And this will be hard. We throw plastic into oceans and nature, which is leading to the killing and even extinction of a lot of animals. We also burn down forests, which kills trees. Trees turn carbon dioxide into oxygen, which is what we breathe. Carbon dioxide is released by cars, planes, and factories into the sky which heats up the atmosphere. Global warming is how Earth's natural temperature increases over time. And we are rapidly mining Earth's resources to make computer and phone chips, machinery and more!

Why Is This Important?

We care about sustainability because we want a better future for ourselves and new generations. We want to live in harmony with nature instead of burning it down for our own needs and wants. If we don't stop global warming, glaciers and ice caps will melt, sea levels will rise, drinking water will become scarce, and many places will become uninhabitable because of heat.

How We Can Make an Impact

There are many easy and simple, yet effective ways we can help with sustainability. Here are some:

Help plant trees. As mentioned, trees make oxygen which is vital for humans to live. With more trees, we can breathe better, cleaner air. Plant hydroponics! Farmers buy lots of machinery to put on their farms, which are heavy, and they release a lot of harmful gasses into the air. Hydroponics do nothing like that, and the best part is you can plant them at home! Save water. You can do this by not letting water run when you are not using it. Take shorter showers or baths, because when you pull the plug of your drain, all the water goes to waste. Turn off the lights when you leave your house. If you turn off the lights, you can save a lot of electricity! When you leave your house, also turn down the air conditioner or heating. That also saves so much energy! Don't waste paper! Color on both sides before you decide to throw it out, or you can buy a white board and pens to be able to draw and erase your drawings whenever you want and you won't be wasting anything. Pay attention to the three R's. Reduce, Reuse and Recycle. You can take really simple actions. Help reduce plastic by buying reusable water bottles! Reuse old things that you have at home! You can do fun crafts! Recycle! You can recycle newspapers, magazines, cardboard egg cartons, mail envelopes, paper bags, wrapping paper, receipts, paper cups, food and shoe boxes, parts of pizza boxes, plus even more!

Sustainability at P.S. 107

At P.S. 107, we have a Green Committee, which was established to make P.S. 107 and our community a more sustainable place. The committee has already made an impact on sustainability by using leftover school supplies from last year and only buying what is needed. In addition, they have committed to reducing waste at special school events. Ask your parents to check Konstella announcements for upcoming sustainability events in Park Slope.

In light of climate change, sustainability is more urgent than ever, and we can help create a greener future.

WHAT YOUR HANDWRITING SAYS ABOUT YOU

By Maria Minkova, with inspiration from Mira Strenitz

Did you know that certain handwriting traits are linked to your personality? This is because the area of the brain for motor skills is right next to the one for personality traits. Well, let's see how well this applies for you:

Rounded - Creative
Pointy - Curious
Connected Letters (even when not in script) - Honest
Relatively Small - Shy
Relatively Large - Outgoing
Hard Pressure (you press down on the paper hard) - Determined
Light Pressure - Optimistic
Always Write Fast - Critical
Write Slowly and Carefully - Perfectionist

NEW STAFF MEMBERS

A quick shoutout to all 7 staff members who joined our school community this year, perhaps you've met some already:

Jennifer Baron (2nd grade), Reham Refai (2nd grade), Nick Farrar (3rd grade), Kai Hollander-Malys (3rd grade), Hannah Boal (5th grade), Crystal Barnes (Science) and Armando Perez (Physical Education).

Our staff writers will be interviewing them for the November issue. Stay tuned!

PUZZLES

Compiled by Nora Gallagher, more on page 10.

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'THE BACON LOVER'

A comic by Emily Levin



PUZZLES

Compiled by Nora Gallagher

Hidden Message Word Search

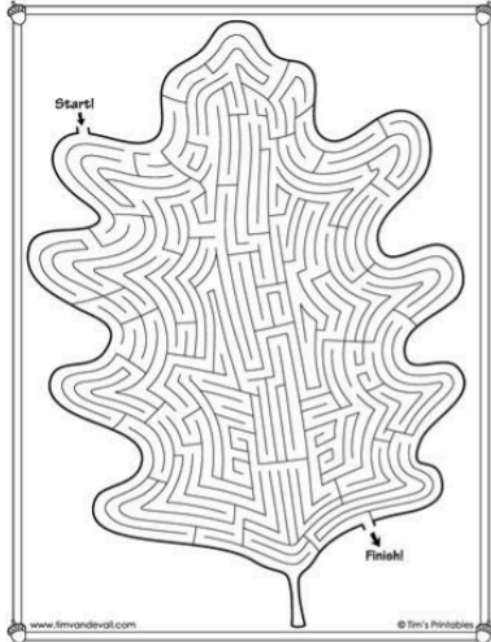
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This is like a normal word search, but once you're done, the first few unused letters spell out a hidden message.

Here are the words:

- Comic
- Debate
- Editors
- Fonts
- Halloween
- Mural
- October
- Pasta
- Latinx
- Pictures

_____ !



SEE YOU NEXT MONTH!

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October 2023

Note - If you have the paper version and, for any reason, are throwing the issue away, please recycle it.

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