

The Cougar Post

March Issue 2026
Chief Editor: Mrs. Wise

Things to Do Over Spring Break

By Ella Saulsgiver

Are you wondering what to do on Spring Break??? Well lucky for you I know what you could do on Spring Break!!

What Girls Can Do on Spring Break

1: You can do crafts like make slime or decorate clips which is really fun and so much more!

2: You can go to your friend's house or you could ask your parents to have a sleepover with your cousins or with your friends. It is your pick!

3: You can go on a vacation with your family: like you can go to Buffalo, Pennsylvania, Ohio and more!

4: You can go shopping, which might be my favorite! You can go to Target, Walmart, Five Below, the mall and more!

5:You can have a spa day! You can paint your nails, put a face mask on, and just relax!!

What Boys Can Do on Spring Break

1: You can go play video games and hang out with your friends.

2: If the weather is nice and warm, maybe you can ride your bike or ride a skateboard if you have one!

3: Maybe if you like fishing you can (if the weather is nice and warm) you can go fishing or just go on the boat and have fun as a family or just with friends and have a good time and maybe you can swim too!

4: Maybe if the weather is nice you can also go to the park and just play with your brother or sister if you have one or both or your friends and just have a

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good time with them and just be crazy and have a lot of fun!!

5: You can just play outside! You can run around, ride your bike, and maybe you can invite friends or family over and play with them or if you have siblings you can play with them. Some ideas of things to play are hide and seek or tag or if you know the game “Yes Mr. Fox?!” you should play that!

Have a safe and fun break!



Read Across America Week
By Madison Oldro and Paige Winton

During the month of March, our school celebrated Read Across America Week! We enjoyed dressing up for all of the themed days.

Monday- Highlighter day: Dress in bright colors

Tuesday- Tye dye day: Wear tye dye

Wednesday- 80s day: Wear stuff from the 80s

Thursday- Mix matched day: Wear mix matched in bright colors

Friday- Wear your assigned grade level color:

Pre-k bright purple
Kindergarten-bright purple
First-bright orange
Second-bright yellow
Third-bright pink
forth - bright green
fifth -bright blue



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Literacy Night
By Leo Diate

Literacy Night took place during Read Across America Week! At Literacy Night I hung out with my friend. I adopted a glow pet in the gym. There was also singing in the gym. Popcorn was available in the cafeteria. I also played find the word in the hallway. I saw Mrs. Wise. I also saw the iReady people.



🍀St. Patrick's Day treats 🍀
By Stella Kilmer and Ileana Kelley
(For next year's St. Patrick's day, keep this page!)

1.Four Leaf Clover Rice Krispie Treats-
Ingredients-
3 tablespoons of butter
One pack of Jet Puffed Miniature Marshmallows
Kellogg's Rice Krispies Cereal

Prep time: 10 minutes, total time: 30 minutes Servings, 12

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.

2. Add KELLOGG'S® RICE KRISPIES® cereal. Stir until well coated.

3. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray.

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Cool. Cut into 2-inch squares. Best if served the same day.

MICROWAVE DIRECTIONS: In microwave-safe bowl heat butter and marshmallows on HIGH for 3 minutes, stirring after 2 minutes. Stir until smooth. Follow steps 2 and 3 above. Microwave cooking times may vary. Note - For best results, use fresh marshmallows. - 1 jar (7 oz.) marshmallow crème can be substituted for marshmallows. - Diet, reduced calorie or tub margarine is not recommended. - Store no more than two days at room temperature in airtight container. - To freeze, place in layers separated by wax paper in airtight container. Freeze for up to 6 weeks. Let stand at room temperature for 15 minutes before serving.



(Make shamrock rice krispies by using a cookie cutter and green food dye)

2. Cookies:

- 2 ½ cups (310g) all-purpose flour
- 1 ¼ cups (141g) powdered sugar
- 1 cup (226g) unsalted butter , softened
- 1 large egg
- ½ teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract (optional)

Frosting:

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- 2 cups (452g) powdered sugar
- ½ cup unsalted butter softened
- 2 teaspoons vanilla extract
- 3 to 4 tablespoons milk regular low- or non-fat are all fine
- Green Food Coloring
- Green Sanding Sugar

Instructions

Combine all ingredients in the bowl of a stand mixer fitted with the paddle attachment (or in a large mixing bowl if using a hand mixer). Mix on low, scraping the bowl occasionally, until the mixture forms a cookie dough. Be sure to start on low or the dry ingredients will fly everywhere!

Divide the dough in half. Place a large sheet of waxed paper on a large cutting board or flat surface. Place the cookie dough on the wax paper.

Place another large sheet of wax paper on top of the cookie dough. Press down into a flat disk with the palm of your hand, then roll out the dough between the two pieces of wax paper.

After each 3-4 rolls, carefully lift the top sheet of wax paper off the dough, then replace it, flip the dough over, and carefully peel the other wax paper sheet, replace it, then continue rolling until the dough is about 1/4” thick. Place the dough, still between the wax paper sheets, on another cutting board or cookie sheet. Repeat with second half of dough. Place both rolled out cookie dough sheets in the refrigerator for at least 30 minutes (or wrap them well



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with plastic wrap and chill overnight).

When ready to cut cookies, preheat oven to 375°F.

Cut cookies in desired shapes and place them on a parchment or silpat lined baking sheet. Save the scraps of dough and re-roll them as needed.

Note: once you re-roll the dough, you may want to chill those cutouts for about 10 minutes before baking them so they'll keep their shape.
Bake cookies for 6-10 minutes depending on the size. If you want crunchy cookies, let them cook longer. Cool completely before frosting and decorating.

To make frosting, beat butter until smooth in a large bowl with an electric mixer. Slowly mix in powdered sugar, then vanilla and 1 tablespoon of milk at a time until the frosting is the consistency you desire.

Tint the frosting green. Place sanding sugar in a shallow bowl or plate. Frost cookie then dip frosting-side down in sugar.
S
tore in a single layer in an airtight container for up to 3 days. Can freeze cookies in a single layer, then stack in an airtight container (be sure to unstack them before thawing). Or freeze cookies unfrosted in an airtight container.

Kellogg's. "The Original Rice Krispies Treats™ Recipe." *Kellogg's Rice Krispies*, edited by

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Easter History
By Jenna Aiken

The easter egg represents new life. Historically, they were painted, often in red to represent the blood of Christ. In 1290, Edward I ordered 450 eggs to be decorated or covered in gold leaf for the royal family. The "egg-laying hare" tradition was introduced to America by German immigrants. These are some of the many wonderful historical facts for the holiday of Easter.





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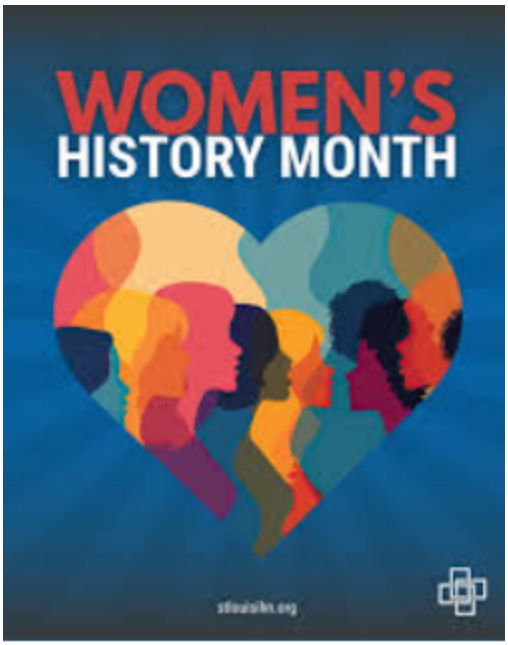
Women's History Month!
By Emelia Ashley and Aubry DeBiew

Women's History Month is here! In 1987 after being petitioned by the National Women's History project, Congress passed Pub. which designated the month of March 1986 as Women's History Month.One thing you could do to honor Women's History Month is to create a social media campaign. Some colors you could wear for the month are purple, green, and white. President Jimmy Carter started Women's History Month. One ICONIC symbol for Women's History Month is Rosie the Riveter .Some other icons for Women's History Month are

Harriet Tubman- She escaped slavery and led others to freedom.

Sojourner Truth-Abolitionist and Women's Rights advocate known for her "Ain't I A Women?" speech.

Kamala Harris-First female Vice President in the U.S.A



A Look Back in History: The Battle of Okinawa
By Owen Davis

The Battle of Okinawa, also known as Operation Iceberg, was the largest and bloodiest amphibious assault in the Pacific World War II. US forces needed to capture the island to put bases and attack forces to attack the Japanese mainland. It was very brutal and there were many losses on both sides. The Allies lost about 50,000 and the

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Japanese lost about 100,000 in the brutal fight. Also, there were about 100,000 civilian deaths. The battle lasted 82 days in which both sides fought for victory. The Allies won the battle and were able to set up their bases. The most iconic American tank in the battle was the M4 Sherman variants, and what's cool is some of them had flamethrowers. There were also different American tanks. The Japanese used Type-97 Chi-Ha and Type-97 Shinhoutou Chi-Ha tanks. This was a short summary of The Battle of Okinawa.

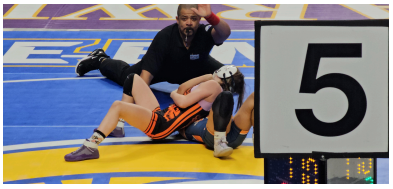


SPORTS

My Sister Went to States for Wrestling
By Evelyn Holtz



My sister, Anastazia Hale wrestled in states in 2025 and 2026. She was in 9th now she's in 10th grade. She did not place, but it took a lot of work to get there both times. You also need a lot of courage. She was 15 in 2025 and 16 in 2026 when she went. I was not there, but I heard all about it. She did awesome. She said she can eat more now. She had to weigh 94 pounds to wrestle. She ended this year with a record of 22-10 for this season and a high school career of 30-14.



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Fun Facts About Joe Brady: The Buffalo Bills New Head Coach

By Jack Lerow, Easton Johnson, and Jaidyn Abam

#1 Joe Brady is the youngest coach in the NFL right now.

#2 Joe Brady was born September 23 1989.

#3 Joe Brady Wakes up at 3:47 a.m. every morning.

#4 Joe Brady has 2 kids that were both born in Buffalo.

#5 Joe Brady prefers to eat green grapes.

#6 Joe Brady likes espresso instead of regular coffee.

#7 Joe Brady was born in Hollywood, Florida.

#8 This is Joe Brady's first time being head coach.

#9 Joe Brady coached Josh Allen in his first MVP season.

#10 Joe Brady played college football at the College of William & Mary from 2009 to 2012.

#11 Joe Brady played in the wide receiver position in college.

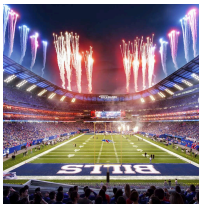
#12 Joe Brady played football in high school. He was a four-year letterwinner and standout wide receiver at Everglades High School in Pembroke Pines, Florida, where he also served as a team captain.

#13 Joe Brady wore number 33 as a sophomore wide receiver and later changed to number 88 as a junior and senior while playing in college.

#14 Joe Brady's first coaching job was as a linebackers coach at his alma mater, the College of William & Mary, where he served from 2013 to 2014.

#15 Joe Brady started working for the Buffalo Bills on February 4, 2022, when he was hired as their quarterbacks coach.

#16 GO BILLS!!!!!!!!!!!!!!!!!!



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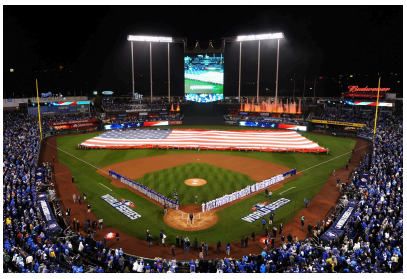
Top Ten MLB Teams This Year: Prediction on World Series Teams

By Landon Conti and

Clinton Fenton

1.Los Angeles Dodgers
2.Philadelphia
3.New York Yankees
4.Miliwaukee Brewers
5.Toronto Blue Jays
6.Atlanta Braves
7.Red Sox
8.Seattle Mariners
9.Clevland Guardians
10.Tampa Bay Rays

This is our prediction for the World series. Dodgers vs Brewers score Dodgers 3\7 Brewers 3\7 last game 11-8 Dodgers win.



Cboystv Facts By Bexley Smith and Caleb Boyland

1. The group started as friends hanging out, riding, and filming, eventually turning their hobby into a full-time career in their early-to-mid 20s.
2. They focus on motorized action, including stunts, jumps, and building/destroying various vehicles.
3. Members include CJ Lotzer, Ryan Iwerks, Micah Sandman, Ben Roth, Ken Matthees, and Evan Sheff, Big Wrench, Gavin Ehlen, and Spencer Wilton.
4. A group of seven best friends from Cormorant, Minnesota.
5. "C" stands for chaos, and the group was originally dubbed the "Cormorant Boys" before shortening it to CboysTV. Founded by seven friends who grew up together in a small town, with the "C" in boys often referring to "chaos".

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6. Known for stunts like jumping jet skis over gravel roads, custom vehicle builds, and, more recently, acquiring a 55-acre property for their projects.
7. What started as filming for fun has turned into a professional operation with merchandise, a shop, and professional fabrication.
8. Famous for their "100 people mow my lawn" video, and building "mini snowmobiles" that can reach 60 mph.
9. They just dropped the reboot energy powder



Teacher of the Issue: Interviewing Mrs. Hansraj

1.What is your favorite color?
Pink

2. What is your favorite book?
Harry Potter The Prisoner of Azkaban

3. What is your favorite hobby?
Reading a book and walking her dog.

4.What is your best friend's name?
Third grade team

5. What is your favorite food?
Pizza

6. Do you like pizza?
“I love pizza!”

7. What is your favorite flower?
Rose

8. What do you like to do in your free time?
Reading, shopping, cleaning, and playing with Everly.

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9.What is your favorite thing to do in the summer?

Swimming because it makes her happy.

10. What is your favorite animal?

Dog, elephant, and giraffe.



Thank you, Mrs. Hansraj, for all you do for the students here at SES!

Teacher of the Issue: Interviewing Mrs. Turk

By Saleen Burnett and Eliza O'Connor

1. What's your biggest challenge?

Making sure every kid is where they should be.

2.What's your favorite color?

Teal.

3.Why did you decide to become an office worker?

I always wanted to work at a school.

4. What do you not like about your job?

The summer. No one's here.

`5. What's your favorite food?

Indian food.

6. Why did you want this job?

So I could be in the district that I live in.

7. What do you like about your job?

The entire day is filled with kids.

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8. What would you want your other job to be if you did not have this job?

A chef.

9. Who is your favorite singer?

Lady Gaga and Lainey Wilson

10. What is your favorite animal?

Pig.

Thank you, Mrs. Turk, for all you do for the students here at SES!

