

Sterling High School

KnightLine

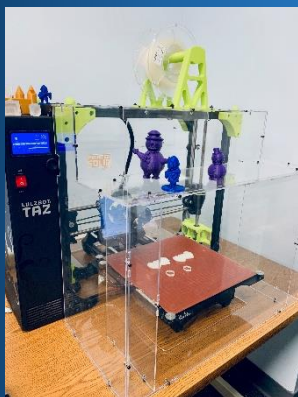
Volume 3, Edition 1



Mrs. Irace teaching
crochet



The Makerspace



3D Printer

Meet the Makerspace

By: Matthew Wright and Joshua Fletcher

Got ingenuity? If the answer is yes, then Sterling's Makerspace is the place for you. A makerspace is the newest trend amongst many libraries and colleges. The space provides students a place where their ideas have no limits. Creativity, critical thinking, and problem solving skills are a required in order to create in this environment. On a daily basis, students flock to Sterling's Makerspace to learn, explore and share their ideas with each other. After spending just a few minutes in the space it is very easy to see what the buzz is all about.

The Makerspace is in the library and open to students throughout the day. It is also open Wednesday after school until 3:30 for those who need more time to tinker with their ideas. There are a lot of art supplies students can use for projects and even a 3D printer! The variance in supplies and technology allows the students to create both low tech and high tech projects. Some of the most popular art projects include origami, crochet, and cardboard instruction. In the future, students can expect competitions created to provide them with the opportunity to compete with their peers. These competitions will encourage learning by presenting challenges students need to overcome.

Without a doubt, the Makerspace is an appealing place to be. One of the most exciting aspects of the library's new space is the influx of new faces to the Media Center. Students who are interested sign up for the classes with the expectation they are going to learn something cool and new. Many teachers are including makerspace activities in their curriculum. In world language, Ms. Galt and Ms. Strow will be creating Spanish artifacts with makerspace supplies. Many more teachers will also be using the space for class. Mrs. Irace has a clear vision for the Makerspace. "I want the Makerspace and the Media Center to be a vital part of Sterling's culture- a place where students can go to learn, read, and develop their own skills and interests in a safe environment that is open and welcoming to all. On my end, I would like to facilitate learning and provide tools and services to help students and staff towards that goal." The Makerspace has been well received by all and takes student learning beyond the classroom.



Senior, Morgan Lewis

Marching On

By: Morgan Lewis and
Trinity Starr

This year, the Sterling High School Marching Band is performing one of their most popular shows yet: Beatlemania. This ten-minute show includes some of the most famous songs from The Beatles. The marching band has placed 2nd and 3rd in their competitions and continues to work hard to represent Sterling.

The drum majors for this year's marching band season are Morgan Lewis and Brianna Allen. They have led the band from their early practices in August, the many Friday night football games, and the competitions in which the band has placed among the top in their division. Morgan Lewis

has been a part of the band since 2014, and Brianna Allen has been a part of the band since 2017. With their years of experience, the drum majors have done an excellent job in leading the band to victory.

One thing that the band wants the Sterling community to know is that they work extremely hard to achieve their success. Many people do not see how much time and effort is put into making the show possible. Each individual is important in the band, and each group of instruments is important to making the band whole. The marching band is something that the Sterling community can continue to be proud of throughout this year. The band is a unique activity that helps students learn teamwork, accountability, and responsibly all while having a great time on and off the field.

Part of the Sterling High School Marching Band is the color guard. This year the band only has three members of their color guard including Trinity Starr, Erin Brennan, and Ana Beldan. Each member has been actively part of the program for two years or more.

The color guard is a key component of the visuals that the marching band has. By portraying the story, the

band in trying to convey with their music through statements made by costumes, make up, variations of flags, rifles, and sabers, the show is made to seem complete. The color guard's job is to bring all aspects together in clean and effective ways to score even higher during performances. Being a part of the color guard is a rewarding experience that has its many highs and lows. The lows of dealing with on going injuries, the frustration of never having enough time or practice. The highs of being acknowledged on the field visually, being a small close family, getting performance ready in sparkles, and the hilarious memories that won't fade. The highs will always beat the lows and the experiences gained with the Sterling Marching Band are ones that could never be replaced.



Senior, Trinity Starr

Commission Pieces are Going Digital

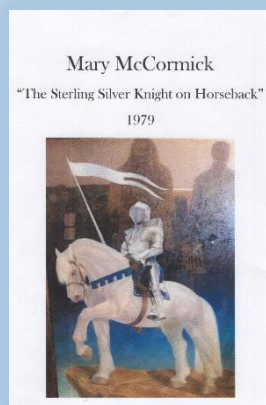
By: Morgan Williams
and Robbin Barney

Every year a talented senior is commissioned to bequeath a work of art to Sterling. The Sterling High School Board of Education has commissioned student artwork since 1979, and since then 40 seniors have been awarded this honor. Upon selection by the Art Department, the student works tirelessly for months to create a work of art they will leave as their legacy to the castle.

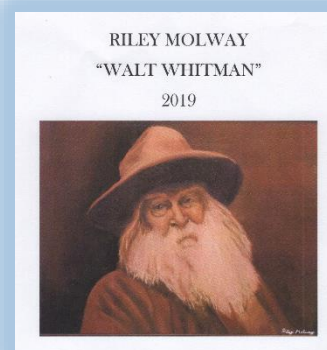
Currently, the Art Department is working to make the former commission pieces more visible and accessible for everyone to enjoy.

They are actively planning to display this part of Sterling's history throughout the school for students, faculty, and visitors to enjoy.

Additionally, there is a digital archive containing a list of every artist that has contributed work to the collection. Beginning in November you will be able to see the commission pieces hung throughout the building. Administrations continued support for the arts and the dedication of our teachers have made all of this possible.



First Commissioned painting completed in 1979



Most recent Commissioned painting completed in 2019

1:1 Initiative is Completed Ahead of Schedule

By: Jarod Claybourn

The Sterling High School District Board of Education and School Administration are proud to provide all students with a tablet computer for the 2019-2020 school year. This is the fourth year of the initiative, a full year ahead of schedule, to provide all students with a device. Behind the scenes recognition goes to our Business Administrator, Mrs. Joanne Augustine, and our Superintendent, Mr. Mark Napoleon who have worked with our Board of Education to develop a budget that highlights the 21st century educational technology standards as set forth by the New Jersey Department of Education. Additionally, the initiative requires a staff of individuals to manage the network, implement upgrades, distribute the devices, and provide support. Our three person Tech Staff Team work seamlessly with our staff and students.

The initiative is an ongoing process as we continue to plan for and provide Professional Development in addition to testing out state of the art learning programs and electronic curriculum.

The Sterling Teaching staff have taken ownership of this initiative and are highly successful in implementing the initiative into their working curriculum planning. The Microsoft OneNote Class Notebook is the district platform used to distribute and collaborate learning material.

Most impressively, the students are already becoming advanced proficient with this learning tool. Our Knights will be highly competitive in terms of technology literacy and creativity as they move on from Sterling High School.

October is School Safety Month

By: Hatice Emanet, Brenna McCormick, and Dayna Ways

Sterling High School is taking up a new initiative this year, on behalf of Mrs. Eppright, our school's Social Worker. By incorporating the No Place for Hate program, Sterling is taking steps to encourage being an upstander, creating a nonviolent and inclusive environment, and making students feel safe. A "No Place for Hate Pledge" has been passed around to students, and when signed promises that students will not be bystanders when encountering discrimination and intolerance. Sterling High School partakes in trying to build a No Place for Hate school through new technology as well. To make students feel more comfortable reporting bullying and destructive decisions students are given the opportunity to use the all-anonymous StopIt app. Using the StopIt app allows students to feel safer and more comfortable reporting events without facing consequences or hate.

Along with new technology, Sterling has clubs that integrate different aspects of the student body through the No Place for Hate program. To make students of differing genders and sexualities more comfortable, the Gay-Straight Alliance has been started with Mrs. McKee. It can be difficult at times for students who don't feel like they belong, and GSA has been offering solutions. It offers a place for all students, no matter the sexual orientation, to come together and feel welcomed in our school. None of us are alone in our struggles and within GSA, there is no one to judge. Furthermore, Sterling High School has the long withstanding Believe in You club. Directed by Mrs. Johnson, it allows students to give back to other students who have been working hard or doing something right within the school. It shows to students that they are being noticed for all the good that they do. The "sunshine box" every month is for not only students, but also teachers and includes a little letter inscribed with positive message to make the teachers and students feel appreciated and more welcome.

To commence October, School Safety Month, Sterling High School invited Michael Fowlin, psychologist and actor, for his performance of "You Don't Know Me Until You Know Me." On October 2nd, the students gathered in the new gymnasium with a different bell schedule to encompass Dr. Fowlin's show. Having been a psychologist and poet, Dr. Fowlin's talk was an immersion of art and real-life scenarios. Each act was followed by laughter from the audience and a sense of realization of how our actions can affect others. We are all dynamic and different, yet still the same in our emotions and ability to impact each other. His assembly invoked a conversation about tolerance and personal identity amongst the students. We shouldn't be bystanders in the face of discrimination. The assembly was met with positive feedback. It was touching and invoked new emotions to think deeper on our impact on others' lives.

Red Ribbon Week took place October 21st-25th, with lots of fun themes each day. Everyone could participate and show support for our drug free movement. Students Against Destructive Decisions (SADD) helped take part, placing anti-bullying, anti-violence, and anti-substance posters along the halls. Red Ribbon Week's main objective is to help students and parents become aware of the danger of substance abuse in teens. Thanks to the speakers and our own Mrs. Eppright, the week ended successfully with students on a much more aware note of substance abuse.



A Message from the Superintendent

Welcome Back! The 2019-2020 school year promises to be a great year! I want to thank Mr. Sheehan, the Administration and staff for a great start to the school year. I look forward to working with all the parents of our students this year.

Updates to STEM Lab, Allied Health and Health Sciences classroom and the creation of a Makerspace

We are all excited with the soon to be completion of a new STEM Lab, and Allied Health and Health Sciences classroom. The two classrooms will offer the latest technology for our students. The new Makerspace classroom is up and running. These three areas will assist our highly qualified staff members with the best delivery of instruction.

Solar Project

A solar array system was approved by the Sterling High School Board of Education in February 2019. The proposed solar construction project includes roof panels mounted on the school and canopies along walkways including over the former tennis court which will be improved with a new parking lot for the district. Once the project is complete, the district will receive a significant energy cost savings and a capital improvement parking lot at no cost to the district. Construction will commence early Fall 2019.

Branding our Campus

Sterling High School's Board of Education, Administration, Staff and Students are working on improving our school campus through branding. At the heart of school design is campus identity. Ultimately, branding's objective is to reinforce and remind the students and community of their immediate and future goals. Branding can be applied to a school campus through the development of a logo, school color, mascot, banners, and directional maps. Although the district has increased its branding efforts over the last few years, the completion of major construction projects has opened the door to new branding ideas. I look forward to communicating some of those new branding ideas in the near future.

From the Principal's Desk

By: Matthew Sheehan, Principal

The 2019 school year is well underway to what we hope will be a fantastic school year. We are encouraged by the developing leadership of our upperclassmen and how quickly our new students are adjusting to life at Sterling High School.

Sterling High School welcomed the Class of 2023 and several new staff members this school year. Mrs. Kristin O'Donnell was hired in our Special Education Department. Ms. Rebecca Forcellini, who served as a long-term substitute last year, was hired as a full-time member of our English Department.

The 2019-20 school year is the fourth year of our one to one tablet initiative.

All our students have been issued devices. Students have year-round access to the devices and are working well with our Microsoft Office platform. Our United Mentoring Program is in its second year and is looking to provide greater student support throughout the building. The Sterling High School Believe in Your Program will be recognizing students on a monthly basis for leadership, improvement, attendance, school spirit, community service, and our students/staff of the month. Sterling is thrilled about our Maker Space which is in the Media Center. Mrs. Irace oversees the Maker Space, which is open to individual and classes throughout the school day and after school on Wednesdays. Students can sign up for the Maker Space in the Media Center or electronically on the Sterling Library Website.

October is an exciting month for unity and school spirit with our Red Ribbon and Spirit Week Activities. Sterling will be recognizing Red Ribbon themes during the week of October 21st. Spirit Week begins on Monday, October 28th and includes hall decorating, themes, Mr. Sterling Contest, Homecoming, and our fall pep rally. Student council and class officers work hard at coordinating efforts to promote their respective classes.

SADD students also are busy in October. We have had outstanding guest speaker in Dr. Mykee Fowlin and had a Community Family Night on October 24th. We also asked students to make a "No Place for Hate" pledge. High School can be a challenging time for students but when we work together, know our resources, and support one another we make high school a great experience for everyone.

On October 16th Sterling High School offered PSATs for all 9th, 10th, and 11th graders. The PSAT serves as an indicator of future course work, like AP, at Sterling, prepares students for the SAT, and could potential graduation requirement. Our seniors had the option of visiting local colleges or attending Senior Breakfast and an assembly with a focus on a presentation by staff from Camden County College.

We encourage everyone to visit our website, download our mobile App, and to follow Sterling High School on twitter @knightprincipal. We appreciate all your efforts so far this school year and ask for your continued support of our student groups in athletics, performing arts, and activities.

I wish all students and staff the best of luck this school year. Set goals. Remember to 'Smile and Move' as your work towards your goals.



ROTC Active in the Community

Vietnam Veterans War Memorial Pinning Service

By: Justin Mirenda

Thursday September 5th, 2019 was a day to remember. It was a day to properly commemorate those we lost and those still with us from the Vietnam War era. 50 years later we came together as a community to rightfully thank these brave men and women, present and past, for the great sacrifice they made for this country. As a small token of gratitude, we presented the veterans with a gold pin. Depicted on the pin is the American bald eagle which stands for the country they so bravely fought for. We will never be able to properly thank and repay these men for their grave sacrifices, but this was one step in the right direction.



Vietnam Veterans War Memorial Pinning Service

Heroes Run

By: Dayna Ways

On September 8th, 10 NJROTC cadets volunteered to support the cause of the Travis Manion Foundation. The Foundation exists to raise money for our fallen heroes on the tragic day of 9/11. At the end of the event, our color guard carried our American flag in a ceremony to honor the fallen first responders, and our veterans for all their service.

To the end, the Travis Manion Foundation executed the event amazingly, as they do every year, and our cadets will be sure to attend next year!



ROTC students after completing the Heroes Run

Wounded Warrior Golf Outing

By: Maxwell Lopez

On October 19, Cadet Tony Klein, Erik Shipley, and Cadet Maxwell Lopez went to a Wounded Warrior Golf Outing. Klein oversaw both Shipley and I throughout the event. Shipley held the country club flag, Klein raised the American flag, and I saluted it when both flags were raised. After the flags were put away, we greeted and shook hands with the veterans. Some of the veterans even asked us to play golf with them. Some of us have never played golf before, so this was a new experience. We didn't feel like we played very well, but I believe being there in uniform meant more to the veterans than our talent.



Wounded Warrior Golf Outing

Knights in the Spotlight

Transition to Work Students are Hard at Work

By: Ian Steinmiller

The 2019-2020 Transition to work program is off to a great start. Daily, you can find many students in the Multiple Disabilities program heading off to their perspective jobs. A few of the places students work at are: Giambri's, The Maker's Workshop, and Wawa. The students feel a sense of pride in the work they do and exhibit the kind of work ethic many companies desire.

Sterling truly has an outstanding Transition to Work Program that benefits the young adults involved in it by teaching them skills about work and the real world. This progress would not be at all possible without Ms. Billingsley, her coworkers, the aids, administration, and the students themselves. These people are exceptional at molding the students into prepared workers and members of society. Not only are work skills taught, but there are many other great life skills and values that are learned such as responsibility, time management, communication skills, and independence. These immensely important skills have a secondary effect in that they make the students more confident, boost their self-esteem, and give them the sense of high self-worth that they deserve. The Transition to Work Program is a perfect example of the staff's willingness to prepare all students for the real world.



Students working at The Maker's Workshop in Laurel Springs

Not only are work skills taught, but there are many other great life skills and values that are learned such as responsibility, time management, communication skills, and independence. These immensely important skills have a secondary effect in that they make the students more confident, boost their self-esteem, and give them the sense of high self-worth that they deserve. The Transition to Work Program is a perfect example of the staff's willingness to prepare all students for the real world.

The Castle Welcomes Two New Teachers this Year



Rebecca Forcellini

- Teacher of English
- College: UNC Charlotte
- Varsity Soccer Volunteer Coach



Kristin O'Donnell

- Individual Education Teacher
- College: Rowan University