



The Prudence Wave

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Intriguing islander

Steph Jenness

By Marina, PISF 12th grader

We all know Steph Jenness, but do you really know Steph? She is pretty intriguing if you ask me. Steph was born and raised in Yarmouth, Maine. She attended Yarmouth Elementary School, Yarmouth Middle School, Yarmouth High School, and for college she went to the University of New England and the University of New Hampshire. While in college, Steph had a few crazy experiences. One was her Semester at Sea where they started in Vancouver, British Columbia and traveled around most of the world. During this trip, they got caught in three weather systems at once! There were seventy to eighty foot waves! One wave knocked out all of the ship's electronics and another took out the engines, so the ship was just bobbing in the North Pacific Ocean. They even separated men, women and children

during this madness. Another crazy thing Steph did during college was skydiving! There was a place about a half hour away from her college, so she and her sister-in-law decided to go. She has been more than once and she says it was the biggest thrill of her life.

Steph met Dan through a mutual friend in college in 2005, and by the summer of 2006 she moved to the island. I had asked Steph what her favorite spot on Prudence was but she doesn't really have one.

She did say she likes the south end where the seals are. Some of her hobbies include photography, walks in the woods and dealing with her children, of course. A few things not many people know about her is that she has ridden a camel named George, she has buzzed her head, and she has been to a bunch of places! She has traveled to China, Japan, Vietnam, India, Kenya, Tanzania, South Africa, Brazil, Venezuela and she has traveled throughout the United States. See? I told you Steph is intriguing.



Fieldtrip to Channel 10

By Raya, PISF 4th grader

Have you ever wondered what it is like at a news studio? If you have, keep reading this article and I'll tell you what it's like! On December 6, 2014 the whole school went to Channel 10. Did you know that Channel Ten's symbol is a peacock? One of the first rooms we saw was the control room. We also got to see the news room! The news room is where the stories are found. We also got to say Hi to Frank Colletta while we were there. He's really nice. Then it was off to the studio! The studio is where all of the filming goes on. When we got there we got to meet Kelly. She does the weather. She showed us how it's done. One of the tools she uses is the blue screen which allows her to change the backgrounds. They don't use a green screen because then people with blonde hair get a green halo around their head. If you watched the afternoon news that day you almost got to see us. While Frank was on the air we were right next to him, but not close enough to be seen on the news.



Thank you
Channel 10
for letting us
tour your
studios!

Prudence Island Schoolhouses

By Julianna PISF 10th grader



This past Friday the Prudence Island School kids took off on a history walk with our history teacher- Joe Baines. This week we decided to make a visit to the site of the very birth place of the island's first schoolhouse. Built in 1763, the landscape of the site has changed dramatically over time. Now overgrown with briars and vegetation, it is a bit difficult to visualize a whole schoolhouse resting on the site. However, it is even more challenging to imagine that when the original schoolhouse was still standing, you could see water on three out of the four sides - devoid of any trees or vines to block the spectacular view.

Unfortunately, the building was burned down by British troops during the Revolutionary War. Due to this catastrophe, children's education on the island was halted for nearly twenty years.

After the war came to a close, a new and improved

school house was built in 1781, near the edge of a swamp. This school remained undisturbed until the 1820's, when the building was moved to the site of the original school house. Amazingly, this task was completed using nothing but a pair of large skis along with a team of oxen to tow it up the hill. This old school in its new location was the learning place of a young boy by the name of Halsey Chase, who is known for his infamous journal entries about school on the island. Then again, Halsey wasn't the only student attending the island school in this time period. Operating in its new location until the mid-1890's, the school was actually booming with business. In fact, during the 1850's, the school had over 50 students in attendance!

During the last few years of the new (old) school's presence, island students turned their attention to the Baker Farm farmhouse instead, where they started to spend their school days.

In 1896, today's school was constructed. The building just so happens to be where I spend my days and where I wrote this article.



Nutrition

By Nevaeh, PISF 7th grader

If someone offered you a **free** McDonald's meal, would you take it? I hope you said no, because that meal is *not* free. It's costing you your health! Imagine this. Every day, you were feeling tired. You were always depressed, and you had no motivation. And, hey, let's not forget that you're out of shape. Well, newsflash, that would be because your nutrition is poor. You aren't eating right. And if you feel like this now, you know why. Nutrition is extremely important to have in your daily life. It keeps your body content, and your mind as well.

Since 2004, the obesity rate in America has gone up. *Way* up. A little more than 1/3 of adults in America are considered to be obese, more than 1 in 20 have extreme obesity. Almost 3 in 4 men are considered overweight or obese. That is absolutely *ridiculous*. Would you like to be considered one of these Americans? I would think not, because obesity increases your chances of cardiac arrest (a heart attack), depression, different syndromes, such as Crohns disease or IBS, Coronary Heart Disease, high blood pressure, a stroke, Metabolic Syndrome, type 2 diabetes, abnormal blood mass, cancer , and much more.

Are you looking for a New Year's Resolution? Start here:

1. Daily exercise (jumping jacks are enough, people!)
2. Daily sunlight (at least ten minutes a day)
3. Water – drink eight 8oz glasses of water per day

Everyone loves food

Here's what you should be eating each day:

Whole grains = 5-12 servings

(bread, crackers, spaghetti, rice)

Legumes and soy = 1-3 servings

(beans, soy foods)

Fruits = 3-4 servings

(apples, bananas, oranges)

Vegetables = 6-9 servings

(broccoli, carrots, potatoes, etc.)

Nuts and seeds = 1-2 servings

(cashews, peanuts,...)

Vegetable oils = 0-2 servings

(veggie oil)

Dairy = 0-2 servings*

(milk, yogurt)

Eggs = 0-1 serving*

(eggs, brown or white)

Sweets = 0-1 serving

***A reliable source of vitamin B12 should be included if no dairy or eggs are consumed**

You know how you've got Nutrition Fact labels on the back of all food boxes and such? Try to shy away from cholesterol, sugar, fat (especially trans fat), and sodium. That is how you prevent yourself from becoming an obese American. You can search websites on the Internet for more tips. And always remember, obesity happens one pound at a time, but so does prevention.

Santa Flies In

By Aribella, PISF 2nd grader

Every year Santa comes to Prudence Island in a helicopter. He came on the fourteenth at 8:30 in the morning. He came to Sandy Point. The other kids and I told him our Christmas wishes. He gave us candy canes. I had a great time at flying Santa!



The PISF Website
is now up and running! Visit us at
www.prudenceislandschool.org

Our Solar System

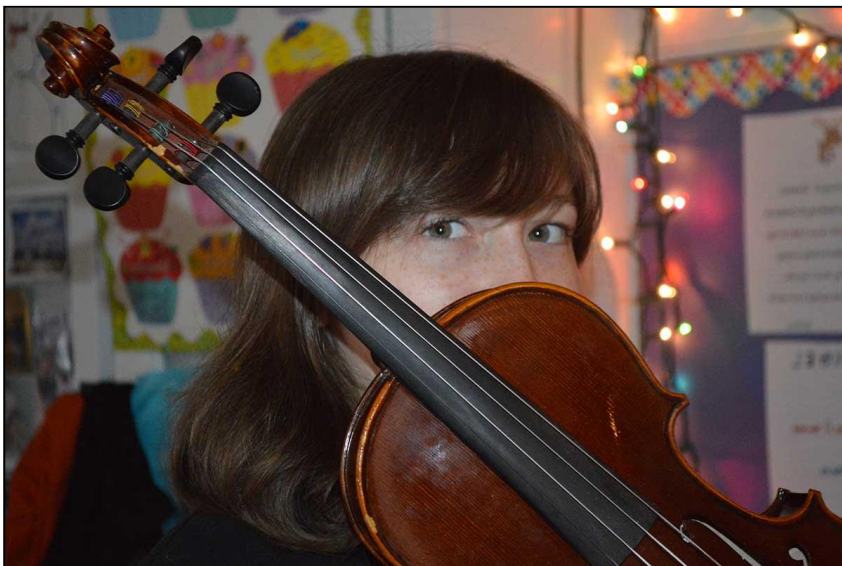
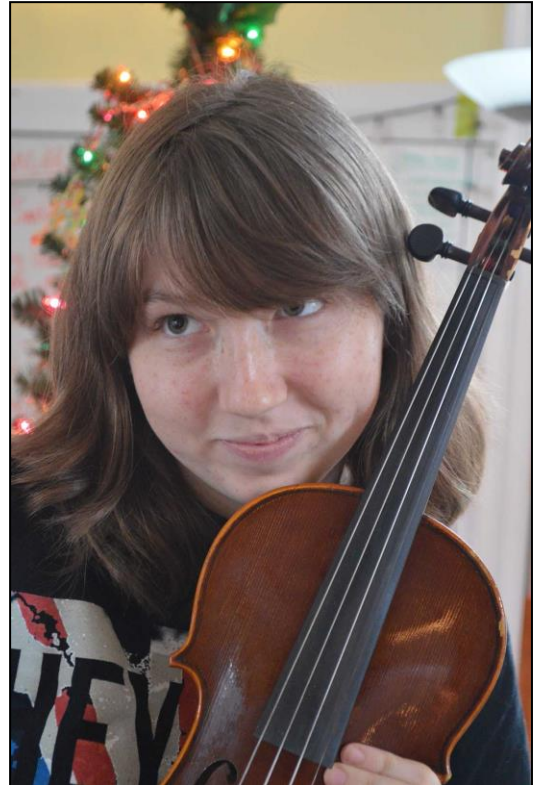
By Gianna, PISF 3rd grader

So I hear you know who I am (Gianna), but that's not why I'm here. You know your science, but do you know ours? Are you ready for this wild trip through space. Well, I am! 3, 2, 1 BLAST OFF! The first thing we learned was planets. What we learned about planets was the order of the planets. A way we learned them was My Very Excited Mother Just Sent Us Napkins. One fact about the planets is that Saturn is the sixth planet and can be seen without a telescope. We also learned about meteors, comets, asteroids, and craters. What we learned about asteroids is that they are huge chunk of rock. We learned that comets are kind of like a dirty snowball. Also, we learned about craters. They are the holes in the moon. Last, but not least, meteors are smaller chunks of rock. We also learned about gravity and that if you jump you go back down because of gravity. We did the sun and that was very fun, but also the sun is a hot ball of gas. Raya, Aribella, and I learned what rotating and revolving are. Revolving is moving around something and rotating is spinning around like a top. We found out about solar and lunar eclipses. So a lunar eclipse is when the earth gets in between the sun and the moon and they are all lined up. A solar eclipse can only take place when the new moon's shadow gets between the sun and the earth. Finally, our last one is moon phases. Here are some of my favorite moon phases; a waxing gibbous and a waning crescent. Waxing is when the moon is getting bigger, and waning is when the moon gets smaller. We did a cookie activity. What we did was we took oreo cookies and carved moon phases on them. Now you know what we did in science so far this year!



Fiddle Faddle*By Clare, PISF 12th Grader*

Fun fact about me: I play the violin. I have ever since the fourth grade. I like to think I've improved since then, though. You may have known this already, but it's likely you didn't because since I've moved down here I haven't been able to play much. Well that changed this school year when I started taking violin lessons every Tuesday at the Bristol Music Academy. I used to have orchestra class every day at Medford High School where I played as a first violinist, but I'll gladly take being able to go once a week if it means I can do it at all. I love playing the violin. I'm not sure if you're familiar with the mechanics of it all, but there's a lot more that goes into it than meets the eye. Every positioning of the arm, hands, and fingers is carefully calculated. Deviation of the finger on the fingerboard even ever so slightly results in being out of tune. It's all very precise. If you know me you're aware that I despise exercise and movement in general, so I consider playing the violin exercise. It gets tiring holding yourself in such a rigid structure after a while! My old orchestra teacher used to say learning an instrument makes you use both halves of your brain, and therefore makes you smarter. Taking his class involved math (counting beats), history (of the music), and literature (reading notes). Playing an instrument also uses muscle memory. It's like riding a bicycle; you learn once and continue to practice and you never forget it. However, you can get rusty after not playing for a few months like I did. It only took about ten minutes before I was back in the saddle playing like I used to. To anyone who has never learned an instrument I highly encourage you to do so. And don't go using the excuse that you're too old to do it; all you have to do is pick one up and start playing, and the benefits are endless.



Pot Luck Dinner Theater
Saturday, Jan. 3 at 7:00 p.m.
Hope Brown Center

January's movie is
"Magic In The Moonlight"

Bring a dish to share and the
beverage of your choice.

No reservations required.



Taste-test science



Art Class



Math Class



Making pie crust



On the new ferry



Performing at the nursing home



At Channel 10 with Frank Colletta



At Dudek Bowling Lanes

A day at PBS in Providence





Wish List

Whiteout
Dry erase markers
Dry erase cleaner
Wall clock

If you would like to donate any of these items, please contact Steph Jenness at heprudencewave@aol.com

HAVE A VERY HAPPY NEW YEAR!