



Holmstead Gazette

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October is a busy bee!

October is Breast Cancer Awareness month, fire prevention month, the month of Halloween, along with Hispanic Heritage Month, which lasts from October 15 to November 15. A lot has happened in this busy month of October! Holmstead School has had bake sales, as well as breast cancer awareness ribbons. The proceeds from the sales will be donated to Valley Hospital Cancer Foundation. Most of Holmstead School had also went on a community service trip with Felician 21 and over clients to Van Saun Park petting zoo. We have had a pet donation box, where people have donated food, toys, and treats to the survivor pets of Hurricanes Maria and Michael. Within the school, we have a pumpkin-carving contest, a Halloween costume contest, and and on the 19th, a Friday in October, was a day where everyone was encouraged to wear pink for a school picture.



Breast Cancer Awareness Month

Breast Cancer Awareness month is October and what many people might not know might be a reason to be informed and aware. Breast Cancer does not only affect women, men can also be diagnosed. Even though over 250,000 women and 2,500 men have been diagnosed with invasive breast cancer, they have hope. Because with the right treatment with the new advances in medications, technology, and early detection, they have a second chance at life.

Since 2011, Holmstead students and staff have made lots of donations to support the Breast Cancer Foundation Center in the Valley Hospital in Ridgewood. Holmstead offers cupcakes, pink ribbons, cookies and more to raise money. We also take a picture of the students and staff wearing pink. Make sure to wear it on Friday, October 19th, 2018. With the sale of all the pink ribbons and baked goods, the staff and school donated \$103.00 to the Valley Hospital Cancer foundation. A big thank you to all who participated.



Glow Lunch festivities

Michele and many of the students enjoyed our annual Glow Lunch. The lunch was held in our sub-basement adorned with black lights and balloons and all types of iridescent foods and treats. Those who

went really had fun and want to thank Michele for all her hard work and planning. See you next year!

Oktoberfest '18

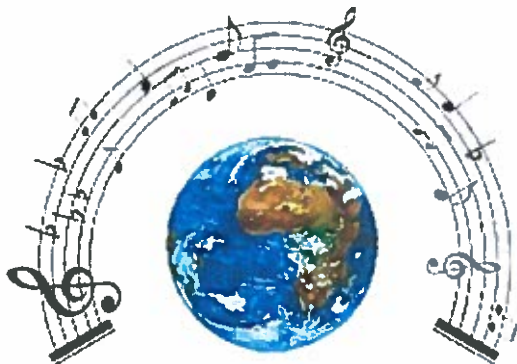
Vicki and the cooking club helped prepare Holmstead's first Oktoberfest lunch. There was sauerbraten and red cabbage, spätzle and a surprise dessert of apples and bread pudding.

Oktoberfest is a much loved celebration for people of German heritage and for those who just love German food. You can also find bratwursts and knockwurst, pretzels with mustard and craft beers and sodas at many restaurants. Thanks, Vicki for all your hard work.



Music from around the World

The students and staff were treated to an assembly given by Darius Kaufmann from Journeys with Sound. He presented us with different musical instruments from different parts of the world. Part of the assembly was a type of visualization and meditation. We closed



our eyes and envisioned images that the music or tones created in our minds. He played us samples of music for the respective cultures that he was highlighting. For example, he had two didgeridoos, one made out of eucalyptus and another made from a hollow reed type branch. He explained how the aborigines were the oldest known living indigenous group of people and how their music resembled that of peoples in the Far East. There were flute- type instruments that sounded like recorders. He demonstrated different types of drums and how many sounds were made simply by how it was struck or beaten. He ended his demonstration with a wonderful demo of the Scottish pipes as the school audience enthusiastically tapped and clapped to the beat.

History of Halloween



Halloween, even though it's thought to be a fun holiday where kids receive candy and dress up as scary or cute costumes, is actually pretty dark. Around 2,000 years ago, the Celts celebrated this sacred festival under the name of Samhain. October 31st, the Celts believed, marked the end of the harvest summer, and the beginning of a cold, dark

winter which was often associated with human death. On the night of October 31st, the belief that the dead would once again roam the earth, marked the beginning of Samhain. While the Celts believed that the otherworldly spirits ruined crops and caused lots of trouble, they also were thought that these corpses would make it easier for the Celtic priests, Druids, to make predictions about the future. To commence the event, Druids built huge bonfires while the Celts burned crops and animal sacrifices, wearing animal skins and heads, dancing and singing out around the fire trying to predict each other's futures.



- Interviews: A. 29 years at Holmstead
- Q. Name Q. What do you do at Holmstead
- A. Regina A. Answers phone, keeps attendance and calendar
- Q. How long have you worked at Holmstead Q. Where did you receive your professional training
- A. Katherine Gibbs NYC, executive secretary degree
- Q. Do you have any children and or pets

A. 3 sons, 5 grandkids. No pets

Q. What is your favorite pastime or hobby

A. Reading and swimming

Q. What is the last book you read

A. The Glass Ocean Beatrix Williams

Q. What is your favorite TV show or movie

A. Dr. Zhivago

Q. Do you have a favorite food or restaurant

A. Andrea's in Waldwick-shrimp

Q. What are your pet peeves

A. Whistling and saying "no problem" instead of "you're welcome"

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Q. Name

A. Liza (Elizabeth Ann)

Q. How long have you worked at Holmstead

A. Decades

A. Disabilities consultant and IT coordinator

Q. Where did you receive your professional training

A. Masters degree@FDU

Q. Do you have any children and or pets

A. 3 children. No pets

Q. What is your favorite pastime or hobby

A. Crafting, Batik, reading and gardening

Q. What is the last book you read

A. There There by Tommy Orange

Q. What is your favorite TV show or movie

A. American Horror Story Apocalypse-current

Q. Do you have a favorite food or restaurant

A. Japanese

Q. What are your pet peeves

A. Answering with four or more "yeah"s

BASEBALL DAY AT THE STEAD

On October 29, the students and staff were treated to a hot dog, chips and soda lunch in honor of the World Series and baseball week. As it turned out, the Boston Red Sox won the series and are the 2018 Champions. Those who participated wore the jersey or hats of their favorite team and that all contributed to the festivities at lunch. Thanks, Mark, for grilling all of those hot dogs!



Halloween

On Halloween, there was a pumpkin carving contest, in which Tiffany, Hannah and Kira won first prize with their idea of Mickey Mouse. There were also three winners for the Halloween costume contest who were Morgan with first prize, with a "lady in a little black dress" costume, Colton with a close second, with a Batman costume, and Jonah, coming in third place, with a blow-up dinosaur costume.

Halloween candid



