



## A FIDGET WHAT?

By: Logan Froio

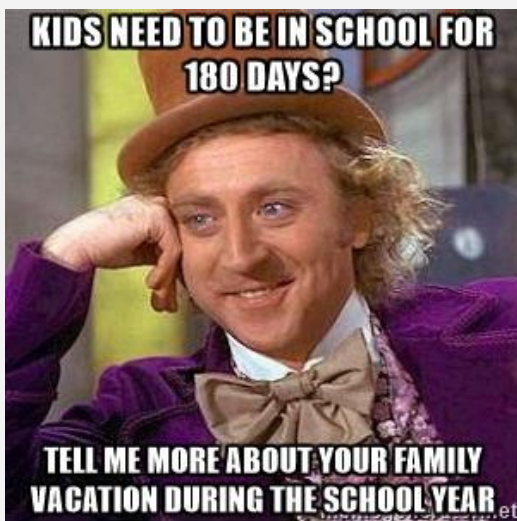


5th Grader Aiden Cousineau shows off his fidget spinners in class. **Photo Credit:** Boston Piquette

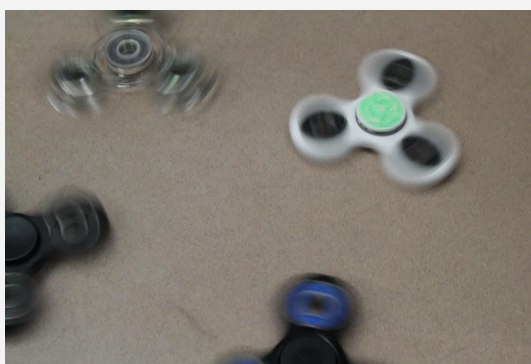
Are you a fidgety kid? Well, a new trend can help to keep you focused in class. It's called a fidget spinner. Fidget spinners can help people stay focused, be fun to play with and can even help people quit smoking. A fidget spinner has 3 parts; a plastic part to hold it together, a bearing which evens out the weight of the sides, and a middle section where you put your fingers to spin the fidget spinner. Fidgets can come in different sizes, different colors and even different fidgets. There are fidget cubes, fidget spheres and of course fidget spinners. Some teachers think they are distracting and the students using them can look down and look at them, but I think that fidgety kids are actually helped by these multi-colored spinning helpers. Some teachers like Mr. Duff allow fidget spinners until they become a distraction. I think that Mr. Duff's rule is a good rule that can allow fidgety kids to focus and kids that fool around - stop fooling around. Other teachers don't allow any student to use a fidget spinner because they think that they are a toy. Some students think that fidget spinners are fun to play with and are okay to be using as a toy when it comes to class. With this, students decide to bring their fidget spinners into class and use them to get out of class. When it comes to fidget spinners you have to think of the real meaning, helping people focus! As a student at GRAIS, I think that they should not be open for anyone to use because as I already said people do not use them correctly and some students actually need them. For instance, a kid with ADHD could find a fidget spinner as a very good helper to keep them on track. However, they shouldn't be open to use during class to everyone. At recess, it would be a lot of fun for students to have and to play with. Next year at FLMS, Mr. Patota (the principal) will not allow them. So, I suggest not getting too attached to the fidget spinners as something we are allowed to have in school because they will no longer be allowed next year at FLMS.

## VACATIONS DURING SCHOOL

By: Phoebe Quinn



Have you ever skipped school to go on a vacation? Have you thought about how much you will have to catch up on? Well, here are some student opinions on whether or not they like doing this because of its effects on school. One student said, "I don't like doing this because then I miss a lot of work, but I do like doing this if it is the only flight available. Another student said, "I don't like doing this because it is a lot of money to go on vacation, and you will have school work to catch up on. Also, you could go on vacation on the weekends." In my opinion, I don't like doing this because then I will have to catch up on a bunch of work. Also vacations are meant to be during February and April vacations as well as summer. But, I think it's fine if it is something like a wedding or a family get together. Well now that you have some classmates opinions, what do you think?



Fidget Spinners in action. **Photo Credit:** Boston Piquette

## summer vacation HOT SPOTS

By: Lily Rogers, Jaymi Bowlby, & Sofie Olivieri



Photo Credit: Sofie Olivieri

Where would you go if you went on vacation? Most people prefer California. Why you ask? The people that picked California explain that it is nice and warm. To some people there is nothing better than spending a warm summer day on the sandy beaches of California.

We surveyed 30 students, and out of all 50 states, California received 17 votes. Two students Adam Estes and Aiden Cousineau say they would visit because they would like to experience California by seeing the Walk of Fame. If you took a trip to California what would you see?

Some students say they would rather spend the day in Alaska skiing down the mountainsides. Alaska to some, is better because you can watch the snow drift down onto the log cabins and then watch it disappear. If neither of those sound fun to you, you can always sit back, relax and end the night by slowly sipping on some hot cocoa in the wild state of Alaska.

If California and Alaska aren't for you, others mentioned they would rather go on a breathtaking underwater adventure of a lifetime in Hawaii. If that's not good enough you could also take a vacation to Maine and experience some of the prettiest camp grounds, or on a hot day you could take a dip in the lake.

If you could pick from California, Alaska, Hawaii or Maine, which spot would you choose? Any one of these places would be an adventure of a lifetime, and it's waiting for you to experience it!







# 4TH Grade Band!

by: Ayvia DaSilva & Orianna Hernandez



Artwork By: Lindsey Olivier

What do saxophones, flutes, clarinets, trombones, trumpets, and drums all have in common? They are all instruments in the fourth-grade band! We interviewed one player of each instrument and the band instructor, Mr. Duff. We asked each instrument player a different question.

We started off by asking Mr. Duff why he started the fourth-grade band. He answered, “I started the fourth-grade band because I was in band when I was in fourth grade.” The next question we asked Mr. Duff was, “When you were in school what instrument did you start out playing at first?” Mr. Duff said he started out playing the clarinet. We also asked Mr. Duff, “What is your favorite instrument in band?” Mr. Duff said that he likes the saxophone. Finally, we asked Mr. Duff in his opinion, what is the hardest and the easiest instruments to play in band. He replied, “No instrument is easy to play at first, but the hardest instrument to play is probably the flute,” though he did not elaborate on why it was the hardest.

We asked Amelia Turner, “Why did you want to join band?” She answered, “I wanted to join band because I wanted to play the clarinet.” When we interviewed trumpet player, Abby Bradley, we asked “What’s the main reason you chose trumpet?” She replied, “I mainly chose trumpet because it only had three keys which made it look easy to play.” Next, we asked saxophone player, Jolie Decas, “How long did it take for you to get used to the saxophone?” “It took about a week to get used to it,” she replied. We asked Niamh Gallagher if it was hard to play the flute at first. She answered, “Yes, flute was hard to play at first but then I realized my flute was broken.” The question we asked Quincy Alves was, “Why did you chose the trombone?” His answer was, “I chose the trombone because of the Star Wars theme song which can be played on the trombone.” The final question we asked percussion player, Ryan Vincent, was “How do you like the drums?” He said, “I like the drums because they are loud!”

Playing an instrument is harder than just blowing into holes and pressing keys. You have to blow certain types of air and press certain keys to make a good sound and eventually a song. So, maybe one day you will pick up an instrument and want to join band, too!

## UP COMING EVENTS

Date	Event
Monday, June 19th	SURVIVOR DAY!
Tuesday, June 20th	*SURVIVOR DAY RAIN DATE
Thursday, June 22nd	LAST DAY OF SCHOOL! - ½ DAY

# I am BORED! WHAT TO DO?

By: Autumn Arnone



4th Grader Phoebe Quinn can’t stand to think of how bored she might be this summer. Photo Credit: Delaney Bazydlo

“Woohoo, Summer!” School’s out for the summer and the first couple of weeks are filled with tons of fun activities! Then, you’re BORED! There is nothing fun left to do! Here is a list of **SIX** things to do when you are bored!

1. Have a movie marathon! Pick your favorite movies, grab some snacks, a friend, and watch away!
2. No pool? Do you have a bathtub? Then turn your bathroom into the beach! Bring beach toys and wear a bathing suit! Have fun with it!
3. Make a stand selling something like lemonade or bracelets. When you are done selling, donate profits to a charity of your choice! Not only will you feel **good**, but you’ll also have spent a lot of time **making a difference**!
4. Reorganize your room!?! This might not sound fun, but you may find things that you lost during the school year!
5. Finish all of your old (or new) coloring books!
6. Make a summer bucket list! During the summer try to do at least 5 things on your bucket list.

I hope these tips help keep your summer exciting and free of boredom!





# BULLYING

By: Lindsey Olivier



Above: 4th grade students act out an example of bullying in school  
Photo Credit: Madison Gilbert

It is a subject that is common. It has been watched before many of your own eyes. It is usually ignored by us students, but not in the way that is wanted or recommended. Take a moment and think. ( Even if you have probably read the title of this article, think anyway.) Have you figured it out yet? Probably not. You’re just trying to read this article.

The answer is bullying. Why, why, why on earth would there be an article about bullying? Well, truth be told, somebody in our school asked us to. Not only were we asked, but this subject is important, no matter how much you think you know. So here you go, that one person. Here is your request.

*Bul-ly - a person who uses strength or power to harm or intimidate those who are weaker.* This is the dictionary definition of the word bully. Sure, there are other ones out there that will pop up if you *Google* the word, but all meanings surround the same idea - harm, strength, and a threat with force. Some others include that the victim is “weaker” but I personally feel that maybe there is something about the person that makes them seem weaker. Nobody is weak, they simply don’t show their strengths unless needed. ( Seems like a tacky saying, but it seems accurate to me anyway.)

In other words, don’t go around thinking that people that are bullied are weak. You wouldn’t like it if you were called weak, would you?

In the first part of this, I mentioned that bullying is ignored, but in the wrong way. What I mean by this, is that during health class or any other time bullying is mentioned, we are told that if you are in a situation in which you are a victim of bullying, you should ignore the person (or people) or make it seem like you don’t care. What do I mean by ignored incorrectly? Well, it seems like students in our school ignore the fact that it exists, or that whether they see it or not, it is still happening. Remember that, when you tease or pick on the kid who seems “different”.

You may have heard of a type of bullying called cyberbullying. Waiting for another meaning? Well, here you go. Cy-ber-bul-ly-ing - *The use of electronic communication to bully a person, typically by sending messages of intimidated or threatening nature.* If you want a more straight out meaning, cyberbullying is simply bullying that is sent through messaging or comments online or through text. If you have hurt someone through text by saying offensive words without mercy or stopping then you have been a cyberbully. One out of three people have experienced cyberbullying threats at some point in their life. It is common. But that does not make it okay.

What are you supposed to take out of this? Well, I want you to be cautious of what you say. The littlest things can hurt someone deeply. It doesn’t feel good to have your “flaws” ( =which are never actually bad unless they make you hurt someone) shown out in the open by a person’s words. Please be kind, okay? Also, don’t go around thinking that everybody is a bully and that you should suddenly be extremely careful with who you hang out with. Only you can decide what is wrong and what is right.

One last thing before my adios- if you see someone being bullied, please stand up for them. Take this time, because you may just be someone’s hero.

# GRAIS CHORUS: A PERFECT HARMONY OF STUDENTS & SONGS

By: Kaiya Rego



Artwork By: Rachel Roelofsen

Do you like singing? What about practicing the lyrics of a song? Well, if you do, then you might just want to join Mr. Duff’s chorus group!

Chorus gives you a great chance to sing, learn different harmonies and melodies, and of course, have fun. If you’re in chorus, you will practice one day a week with everyone else, for at least an hour. And both fourth and fifth graders are able to attend the practices if they sign up. Mr. Duff has two sessions of chorus - the spring and winter choirs. There are three concerts per session; one for the fourth graders, one for the fifth graders, and one for family and friends at the end of the session, so that makes 6 concerts per year.

While there’s a commitment for each choir member, there is also an even bigger commitment for Mr. Duff. He picks the songs by asking himself the following questions: Is the song the right difficulty? Is it catchy? Is this something the students are really actually going to want to sing? Do we have a mix of fast and slow tunes? One fact you may not know is that Mr. Duff starts learning and practicing the songs two weeks prior to when choir starts, on his lunch breaks, and in his car on the way to and from work!

So if you think chorus is for you, be on the lookout for notices going home next fall! But be sure to be speedy, because spots fill up quick!





TEACHER PROFILE: MS. ROY

By: Delaney Bazydlo



Above: GRAIS Rising Star employee Delaney Bazydlo interviews 4th grade teacher Ms. Roy  
Photo Credit: Phoebe Quinn

Have you ever had questions about your teachers, in this case Ms. Roy? If you have here is the inside information I got. Ms. Roy has been working as a teacher for 35 years! However, she has only been working at GRAIS for 10 years. When I asked her when she was a kid did she know she wanted to be a teacher, I got a great story in return. Ms. Roy knew she wanted to be a teacher when she was in fifth grade because her teacher was so great, and once she became a teacher her partner for teaching was her old fifth grade teacher. I was surprised when I found out Ms. Roy’s favorite subject is not math or science, considering that is what she teaches. Her favorite subject is actually reading. I also found out Ms. Roy was not always a math and science teacher, she used to teach all the subjects and she was also a special education teacher. When I asked if Ms. Roy was not a teacher what would she be, her reply was a librarian. When I found out how many meetings the teachers have weekly her response surprised me; 2 weekly, which is about 72 meetings a year! You also may have heard that Ms. Roy is retiring this year, and that would be wrong. Ms. Roy will be at GRAIS for another year. That is all the insider information I was able to get on Ms. Roy!

PETS

By: Jaymi Bowlby and Lily Rogers



Artwork By: Lily Svirtunas

So many to choose from! Dogs, cats, bunnies, birds. Which one would you choose for a pet?  
In a survey of 27 students, 16 students voted for dogs, 4 for bunnies, 2 for ferrets, and 3 for cats, and Guinea pigs and turtles tied with 1 vote each. When you walk in the pet store which animal would you run to?  
There are more than what we gave for options such as snakes, mice, rats, chinchillas, lizards and frogs. A fun fact about a dog is that they see in black and white. Did you know that Guinea pigs are social animals and it is better to adopt them in pairs. Female rabbits are called doe and male rabbits are called buck. Another fun fact is that cats have about 130,000 hairs per square inch. Another pet you might have are ferrets. A group of ferrets is called a business.  
(continued on the right) →

AN INSIDE LOOK: WHAT WE DO AT THE GRAIS RISING STAR

By: Aurora Corbett & Orianna Hernandez



Photo Credit: Orianna Hernandez

Have you ever wondered what the staff of the newspaper do to put a smile on your face when you read the newest addition? At the newspaper, the staff have to meet deadlines, take time out of our day, and have people rely on us for the latest addition of the GRAIS Rising Star. We’re sorry we don’t sell color copies, but it’s too much money. If we used all of the money on 350 color copies we wouldn’t make any profit. No profit = no newspaper, so that’s why all the newspapers we sell have to be black and white. Although we don’t sell color copies, you can go on the GRAIS Rising Star website. On the last day of the week that we sell Mr. Lestage will post a digital color copy on the website that you can read. For our final copy, there’s a catch. When you buy a black and white copy of the newspaper you will get a raffle ticket and at the end of the week we will pick one lucky winner who will get a \$20 prize from the choices listed on our flyer around school!

On a scale of 1 to 10 we asked the staff of the newspaper how hard it is:

1	2	3	4	5	6	7	8	9	10
0	2	3	3	4	5	3	1	0	0

Were these the results you were expecting? If so, you might want to think about applying next year to experience the fun we have at the GRAIS Rising Star!

(continued from PETS ) A cool fact about a turtle is that their upper shell is called a carapace and the lower part is a pastron. How about fish? Fish have been around for more than 450 million years. Birds you ask? Some birds sleep awake during the day, like owls. There are so many facts about many different pets.

If your parents were to let you get any pet, which one would you choose as your companion?



GOODBYE GRAIS, HELLO FLMS!

By: Morgan Hayward



Artwork By: Whitney L’Heureux

It's that time of the school year. Classes are almost over, the summer is right around the corner. This year it's extra exciting for 5th graders, but makes us nervous at the same time. When September comes this year's fifth graders will become middle schoolers!

Middle school for some kids is an exciting time. Others don't enjoy the large change. Lindsey Olivier says, “I’m excited because I’m looking forward to being in more classrooms, along with learning a different language and seeing different people in more than one class.” Another fifth grader student, Milan Mendes, states the following “I’m nervous, but excited for middle school. It's a different school and we are getting into more challenging grades with higher expectations.” Reagan Flynn explains “I am excited, but also nervous at the same time.” According to most of the students they think they will be nervous at first, but will be fine after they adapt. One of those students being Taryn Madsen. She thinks, “It’s going to be a little crazy going into it, like going to all the classes and doing everything the current middle schoolers do, but I will get used to it.” Another fifth grader said, “I’m really excited, it's going to be a new school and new teachers, and I will get to see more of my friends. I'm also a little nervous because I don’t want to get lost.” Emerson Ricciardi is excited but scared. She says, “There's going to be people who are older than us, and might pick on us. As long as I'm with my friends I think I will be fine.”

The schedule at middle school is much different than at the GRAIS. You still have classes, except you have five instead of four. Math, Science, History, and ELA 1 & ELA 2. Also, something that students have loved since Kindergarten vanishes, RECESS! Although you can go outside to get fresh air during lunch, some kids can't accept the fact that recess no longer occurs at the middle school. The six grade schedule is that you have two classes in the morning, then two specials in a row followed by lunch. Then, you have three classes at the end of the school day. You have different classes associated with different colors. Instead of day 1, 2, and 3 for specials, you have A Day and B Day. On A Day, you could have Spanish and Music, or Art and Music, but it all will depend on your schedule in September.

Have you ever wondered what your middle school neighbor, sibling, friend or cousin thought about middle school? Or have you ever wondered if middle school is as easy or as hard as your other fifth-grade classmates say? Well, if you have, consider the following student opinions from sixth, seventh, and eighth graders at FLMS! Adam Coutts is a six grader at FLMS. He says “I like the middle school better than GRAIS, because you get more freedom. The middle school is a little confusing and you might get lost but other students and teachers will help you.” Madison Hayward, a current 7th grader, also had a few things to say. She states “I personally Like the middle school better because it's more fun to go to more than two classes.” As for the eighth grader Charlotte Coutts, who is almost done with her third and final year in middle school says, “The middle school was fun. You get to be with more people in your grade throughout your years. The work amount goes up a little, but it's not as bad as you think.”

The current fifth-graders already know some information about the middle school. If it's almost near September 5th, and you forget the overall schedule or what your friends think about it, consider looking back at this article - it could potentially help you out! But most importantly, are you ready to be a middle schooler!?

SWIMMING AT THE GRAIS POOL

By: Reagan Flynn & Milan Mendes



Photo Credit: Sofie Olivieri

Do you like swimming? Do you like to go to the beach or a friends house on a nice day and swim? Well if so, pool is a great choice for you. If you're in fourth grade, you will get to swim in the pool next year. For pool, you have 5 swim classes with Mr. Ireland. Reagan and I asked a couple of fifth graders their opinion about pool.

We asked a fifth grade student what they thought about swimming. “I don’t like it, it’s boring” said the fifth grade student. We asked a fifth grade girl in Ms. Ortloff’s homeroom how she felt about the topic. “I like the whole pool idea, because I think it’s a good opportunity for kids to take swimming lessons,” Kaiya stated. We also asked her how she felt about the locker rooms. “I don’t like that there are no mirrors in the locker room. Kids might not feel comfortable in their bathing suits in front of classmates,” said Kaiya. Sofie, a student in Mrs. Deming’s homeroom said, “Instead of curtains in the girls locker room, maybe they could have stall doors or even clips for the curtains. Swimming is good to learn, but the curtains could be something sturdier. But overall I like it, and free swim at the end is fun!

For swim class, you’ll need a swimsuit and a towel. You are allowed to bring goggles, or a mask too. If you are a girl you probably want to put your hair up.

In swim you do many lessons, but it all pays off. The first swim class you have is a swim evaluation. But before you get in the water, Mr.Ireland will explain what to do and how everything will work. You will walk in, sit on the black line - no warm ups. He will do attendance and then ask the boys and girls to walk to their separate locker rooms. Get ready quickly. You don’t want to stay in longer than you need to or else you will have less time to swim. If you forgot your swim stuff that's okay, but you will have to sit on a chair and watch your classmates in the water.

For swim evaluations he will call two students at a time to swim across the pool normally. Everyone who brought their swim stuff will get a turn. Next class you’ll find out if you will be swimming in the three feet or under area, or between the five feet and three foot marks. Each class Mr. Ireland will explain what you will be working on that day. Everyone works on the same thing. You will be able to choose your swim partner but that person has to be in the same group as you. The last day of swim you will have a free swim and you can swim wherever and with whoever you want.

After swim you have ten minutes to change. Your class might leave but as soon as you’re done you should go so you won’t miss anything in your next class.

Don’t be scared or nervous because it’s only five weeks and it’s fun. Trust us, you’ll get used to it!

THANK YOU FROM THE GRAIS RISING STAR

By: Mr. Lestage



I first would like to thank you, the readers. Our newspaper would not possible without the students, teachers, and parents who purchased, subscribed and took the time to read our articles each month. We started out not really sure how this would all work, but we thought hard, brainstormed, and came up with a game plan we could manage. We have had a wildly successful first three months of the GRAIS Rising Star. The support and readership we have received far exceeded any of the team's expectations. So, we want to thank you again for helping us get this newspaper off the ground and running and look forward to your continued support next year.

I also have to thank our team. What an incredible group of twenty students I was able to work with on this project. You all worked tremendously hard! Whether it was taking pictures, drawing, writing articles, coming up with ideas, selling the papers, advertising, or making commercials - you came through and made it your own. I just can't say enough good things about how proud I am of this group. As your teacher, it is incredibly rewarding to watch students get excited and passionate about something. You are an extraordinarily talented group of young adults who will continue to do great things. Keep up the hard work, continue to challenge yourselves and find things that excite you.

To end this year, it is always good to reflect back on any experience. I think back to January when I came up with the idea to try to start a newspaper and I told myself no matter if we sold 10 copies or 500 copies, I wanted to get the students, teachers and families of GRAIS together to become a stronger community and to enjoy reading. I feel at this point, we accomplished both those goals. It is a pretty rewarding feeling when I walk into the cafeteria each month and see a sea of newspapers amongst the students. With that, we hope you have enjoyed reading as we will continue to be a newspaper "created by students, for students."

Finally, I encourage the 5th graders heading to to FLMS to find a sport, an instrument, a club, or activity next year. Keep yourselves busy; try new things. You'll be surprised at how many opportunities are out there, you just have to get out there find them. To the 4th graders moving on to 5th grade, be on the lookout for The GRAIS Rising Star applications coming out in September. Talk up the experience with the incoming 4th graders, and hopefully we can create another successful newspaper for the 2017-2018 school year.

Keep reading! Have a great summer!  
- Mr. L

JUNE 2017

GRAIS RISING STAR RAFFLE PROMOTION

HOW TO WIN: Simply buy a copy of the June GRAIS Rising Star (3rd Issue) during the week of June 12th-June 16th. EACH copy purchased will award you (1) raffle ticket. The following Monday, (1) lucky winner will be randomly selected to choose from the following prizes below:

Prizes

(PICK 1 FROM BELOW!)

- \$20 CASH!
- \$20 Gift Certificate to Kool Moose
- \$20 Amazon Gift Card
- \$20 VISA Gift Card
- \$20 Apple Gift Card

- \$20 Dunkin Donuts Gift Card
- \$20 Target Gift Card
- \$20 Toys R Us Gift Card
- \$20 Barnes & Noble Gift Card
- \$20 Paper Store Gift Card



- Official Rules -

\*In order to win prize, winner MUST show the winning raffle ticket!

\*Winner MUST be in school the day of the raffle.

\*Winner MUST report to Mr. Lestage the morning of winning announcement or another raffle drawing will be held.



original artwork/comics/cartoons  
(enLARGed)



Artwork By: Whitney L'Heureux



Artwork By: Rachel Roelofsen



Artwork By: Lindsey Olivier

**CHECK US OUT ONLINE!**  
**- [HTTP://Graisingstar.weebly.com/](http://Graisingstar.weebly.com/) -**  
**SEND TIPS/IDEAS TO: [TLESTAGE@FREELAKE.ORG](mailto:TLESTAGE@FREELAKE.ORG)**



## **THE GRAIS RISING STAR**



*"Created by students, for students."*

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