

Vol. 12
4.17.20

The Eagle Eye

**Special
Quarantine
Edition!**

Sebastian Middle School

Build your Mind, Explore your World, Create your Future

Principal's Message

Dear Eagle Families,

Who could have guessed when we ended third quarter with a blast at Spring Fling that we wouldn't be seeing each other for over a month now? I miss having our teachers, staff and students on campus so very much, but I am grateful for everyone's persistence and positive attitude in transitioning so quickly to online learning for this fourth quarter. As I hope you know from my previous video messages, we are taking this day by day and we are here to help our students and families in any way that we can. If your student is struggling at home with anything, please reach out to his or her teachers and/or guidance counselor for support. No question is too big or too small. We want your child to feel empowered and to embrace learning in this new environment.

This special "Quarantine Edition" of our Eagle Eye Newsletter highlights what our teachers and staff members have been doing in their newfound spare time at home to stay busy and productive. We hope you'll enjoy this peek into their private lives as parents, pet owners, gardeners, seamstresses, artists and more.

As for my personal quarantine survival tip, it's baking bread! When I visited my family in England in 2018, I discovered my godmother and her whole family were making their own bread. It was so tasty, I decided I wanted to learn too! I made a lot of mistakes at first, but I really enjoy making bread and I stuck with it. See the article to the right here for photos and a link to create a sourdough starter for your next loaf.

Stay home, stay safe, and stay well! We will get through this together.

With much appreciation for your support,

Kirstie Gabaldon
Principal

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Kirstie Gabaldon, Principal
Angela Hensley, Asst. Principal

Matt Hodges, Instructional Literacy Coach
Kevin Hayes, Dean of Students

Darren Tagliarini, Guidance Grade 6 / 7 A-L
Leanne Fortune, Guidance Grade 8 / 7 M-Z

Important Dates

April 21

4th Quarter Interim Progress Reports issued in HAC

Got Quarantine Survival Tips?

Share them with everyone in our Eagle Family! The next special edition of the Eagle Eye Newsletter will feature news and photos submitted by our students and parents to share what they've been doing at home these past few weeks. Please send your submissions to Susan.Connor@stjohns.k12.fl.us by Friday, April 24. We miss you and want to see what you've been up to!



Baking Bread with Mrs. Gabaldon

Basically all you need to make bread is flour, water, salt and yeast, but it is hard to find yeast right now in grocery stores. That means this a great time to begin a sourdough starter which is a form of wild yeast, and sourdough bread is delicious! It takes about a week to make a starter, and then you have to think of your starter as a pet: you have to give it food and water or it will die. My starter is two years old now but some starters have been alive for over 50 years so let's hope I can keep it going. I made my starter using this great day to day guide: <https://www.kingarthurfLOUR.com/recipes/sourdough-starter-recipe>. All you need is flour and water, so go for it! The pictures are of two sourdough loaves I made this weekend, and the jars to the right have a poolish in them (which is what a starter is called when you add lots of water and flour it right before you use it). Good luck!





Mrs. Marimpietri's Enchilada Bake

This easy recipe is a huge hit with the Marimpietri Family! To make it you need:

2 cans refried beans	1/2 cup sour cream
1 can cream of mushroom soup	
1 cup shredded cheese	1 tsp chipotle spice
1 tsp dried onions	Flour tortillas
Enchilada sauce	

Combine refried beans through dried onions in a bowl. In a baking pan, layer flour tortillas, then the mixture; create three layers then top with enchilada sauce and cheese. Bake covered for 30 minutes at 350 degrees, then uncovered for 15 more minutes. Pictured right are the Marimpietri pups dressed in their Easter best.



Easy, Healthy Pancakes by Mrs. Taylor

This 3-ingredient healthy pancake recipe guarantees a great start to your day!

2 eggs

1 banana

1/4 cup of whole, rolled oats (not quick)

Optional additions (but also delicious without): 1 tsp vanilla, 1 tsp cinnamon, 1 Tbsp chia seeds, 1 scoop almond or peanut butter.

Directions: Mix all ingredients in a blender for 5-10 seconds, or mix by hand to avoid over blending. Use nonstick pan.

Makes 4-6 sand dollar sized pancakes.



Life in the Conrad House

Ms. Conrad has put her sewing machine to good use these past few weeks making masks for family and friends, who also

happen to be sports fans!! She's also been reading for pleasure in her spare time, and is now on her 8th book! If you are looking for some light reading, she recommends *The Summer End* by Mary Alice Monroe. Meanwhile, Mr. Conrad has been working out in



his garage and hanging out with some new friends, pictured here. HA!



Mr. Gray (AKA #RadDad)

Mr. Gray has been spending time fishing and going on picnics with his daughter Charlotte!



Art All Around Us with Mrs. Hagy

Connecting with her peers, Mrs. Hagy took a turn this week as the guest editor of the Florida Art Education Association's FaceBook page. Her focus is Teaching ApART and how art teachers are engaging students remotely. Scroll through the page at <https://www.facebook.com/FloridaArtEd/> for a glimpse of Mrs. Hagy and some super creative art projects like this!



In addition, she's been spending time baking with her 5-year-old son Wyatt. Here's a cooking video of their favorite brownie recipe: <https://youtu.be/gUpLde8wkj4>. She's also excited to report that she has learned to make bread—how appropriate during a PANdemic!

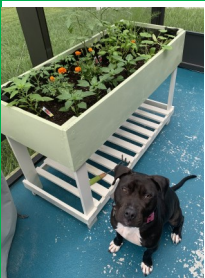
Cross-Stitch with Mrs. Hartley

With her newfound spare time, Mrs. Hartley reports that she will finish making this stocking for her son well before next Christmas! She says that the repetitive motion of using needle and thread is her therapy. And so beautiful!



Raised-Bed Gardening with Mrs. King

With her dog Luna to keep her company, Mrs. King built and painted the raised-bed garden pictured here. Beautiful and functional!



Mask-Making with Ms. Ludwick and Pumpnickel

Ms. Ludwick has been making creative masks for people in her local community and her cat Pumpnickel has (not!) been helping her with the effort.



Attention Readers!

WE ARE STARTING A BOOK CLUB AND YOU ARE INVITED!

We need your help to pick out our 1st book!

**Go to Schoology's Sebastian Media Center Group to
vote for the first book of YOUR
Sebastian Middle School Virtual Book Club!**

**Not a member of the Sebastian Media Center
Group? No problem!**

**Join the Sebastian Media Center Group (2019-
2020) with Access Code ZK7Z-TM44-R3Q43.**

**We want to know which book you would like to read
and talk about! Whichever book we choose will be a
free, easily accessible eBook, available to anyone
with a device!**

**Visit the Sebastian Media Center Group
(2019-2020) Schoology Page for more de-
tails on how to join the SMS Book Club
and how to access free eBooks!**

HAPPY READING!



Emergency Food Assistance For St. Johns County, FL

Donations for St. Johns Food Pantry

With an increased demand for their services, the St. Johns Food Pantry invites donations of the following items:

- Canned vegetables and canned fruits
- Canned tuna and canned chicken
- Rice, pasta and canned sauce
- Boxed cereals
- Peanut butter and jelly

Items may be dropped off on Thursdays and Fridays from 1:00-4:00pm at 12 Madeore Street, St. Augustine, FL 32084. For more information, please call (904) 824-2070.

Gaming with Mr. Sitowitz

Mr. Sitowitz has been developing a board game called MonoTunes for people who love pop music but can't sign or play an instrument. Sounds like a #1 hit!

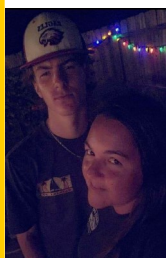


Cooking with Grandma

Mrs. Nall has been spending time cooking with her granddaughter. Dinner tonight—meatballs!



Happy Birthday Lightseys!



Coach Lightsey and her son Wyatt both celebrated birthdays this month with a backyard party!



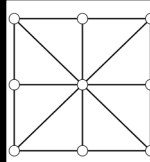
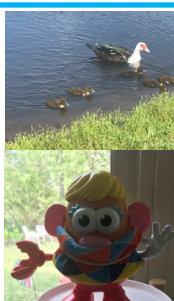
Lockdown Fun at the McCoy House

Gardening and skateboarding—fun for the whole family!



Monarch Caterpillars, Baby Ducks, & Mr. Potato Head, Oh My!

With a toddler in the house, Mrs. Edwards has been keeping her family busy exploring nature in their backyard, and using Mr. Potato Head to help educate the kids about the importance of wearing masks.

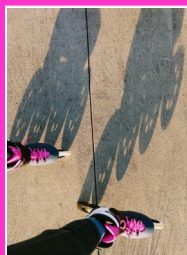
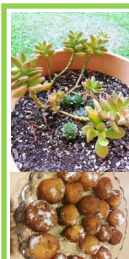


Tapatan with the Tagliarini's

Mr. Tagliarini and his family have been playing this version of the classic Tic Tac Toe game. Draw a board like the one shown and click [here](#) for directions on how to play!

Staying Busy with Mrs. Barnard

Planting a new succulent garden, baking keto donuts and bread, and playing volleyball with her daughter are keeping Mrs. Barnard busy!



Rollerblading with Ms. Johns

Without a commute to work, Ms. Johns has been using the extra hour in her day to exercise! Rollerblading is her favorite form of exercise; her longest distance so far is 10 miles!