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About this Publication

Your monthly access to all things HARRINGTON! For Students. BY Students.

I'M Possible Assembly Motivates HMS



Mrs. Roberts introduces motivational speaker Mr. Eddie Cortés to HMS seventh-graders. Cortés uses music, humor, and real-life stories to inspire students to be resilient and to dream big.



Pictured: (top) Student Kane S. is invited to 'pitch' in the introduction to Cortés' presentation. (Below) Cortés ends with a reminder that 'I'M Possible'

Cortés' Lessons Learned

Lesson One: You can do hard things. If you try something and you fail, you can learn from the experience. Additionally, you can accomplish almost anything with resilience. He added that TRYING + FAILURE = LEARNING

Lesson Two: You are Worth Big Dreams. This part of the assembly Eddie shared the stories of real-life individuals. They dreamed big and achieved their goals. One story centered on former Yankees' pitcher, Jim Abbott. Abbott achieved great success as a pitcher despite being born with only one hand. Cortés went on to share the story of a young lady who achieved success as a high school catcher despite having only one hand.

Lesson Three: You are Full of Possibilities. During this lesson Eddie talked about exceeding others' perception. In this portion of the assembly, students learned about Kodi Lee, winner of season fourteen of *America's Got Talent*. Lee rose to fame after his amazing performances as a singer and pianist, despite being legally blind and autistic.

Lesson four: I'm Possible. For the last part of the assembly, Eddie recapped all that he said by telling students that, with resilience and hard work, their dreams are not so out of reach.

By Catherine A.

On Tuesday, February 25, HMS students were treated to the *I'M Possible* presentation. Like past assemblies, the day was split into two presentations – one for seventh in the morning and another for eighth-graders in the afternoon.

The highly energetic program was developed and given by Eddie Cortés, a motivational speaker. The presentation explored the concepts of

resilience and *dreaming big*. Cortés spoke enthusiastically about the ability to withstand (or to recover quickly from) challenges. He also spoke about how resilience has an impact on students' grades. According to one of Eddie's statistics, "Students who demonstrate resilience get grades that are 11% higher than their peers."

After an exciting introduction where Mr. Cortés reenacted his dream of playing for the New York Yankees (which

also involved voiceovers and a student volunteering as a pitcher), the rest of the assembly was broken up into four different lessons (detailed in "Lessons Learned...").

Mr. Cortés had several HMS students participate in challenges, games, and direct Q&A. We would like to thank Mr. Cortés and the HMS staff who made this a fun and motivational day!

Featured News

Exploring fresh insights, new ideas, and inspiring stories that spark curiosity and ignite conversation!

Women's History Month: A Time for Celebrating and Remembrance

By Natalie B

"Well-behaved women seldom make history." ~ Laurel Thatcher Ulrich

Every March we celebrate Women's History Month, but just where did this month-long celebration start?

Women's History Month (WHM) started in 1978 with a local celebration in Santa Rosa, California. It was planned by the local education task force. It started as a week-long celebration of women's history.

After getting national attention, the movement quickly spread across the country and, eventually throughout several countries around the world (usually observed around the week of March eighth). In 1980, several women's groups and historians (led by the National Women's History Project) successfully got Women's History Week to be nationally recognized.

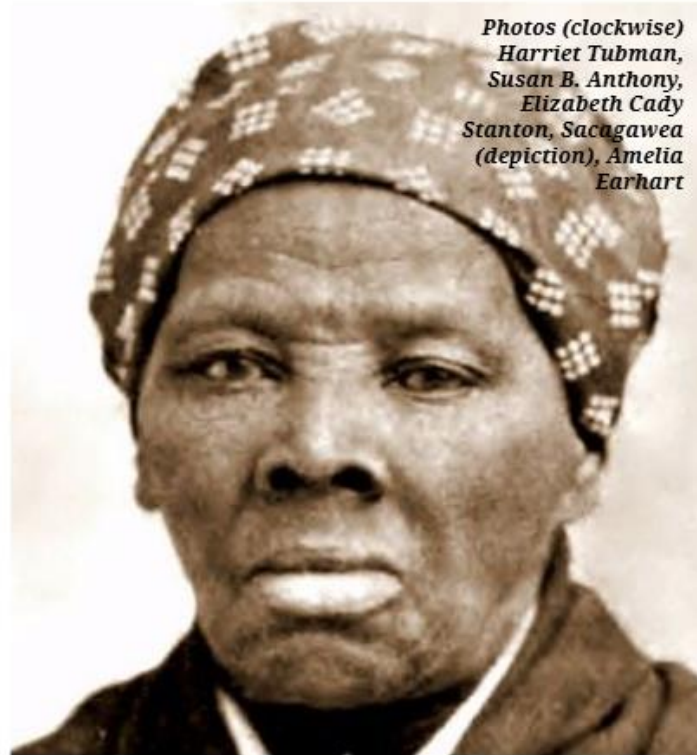
Here in the US, it is tradition to celebrate, honor, and/or remember people like Sacagawea, who lead the Lewis

and Clark expedition. Susan B. Anthony and Elizabeth Cady Stanton are often remembered as women who fueled the fight for women's equality. Amelia Earhart, who was one of the first female pilots ever. Another powerful woman was Harriet Tubman, who was a spy and freedom fighter. She is greatly remembered for her efforts and leadership in aiding countless enslaved people during the Civil War.

Each year, the National Women's History Alliance picks a theme to go with Women's History Month. This year's theme is "Moving Forward Together: Woman Educating and Inspiring Generations." This theme puts a spotlight on the achievements and contributions of female educators, advocates, mentors, and leaders.

The celebration of Women's History month gives the unsung contributions made by women a chance to be heard - highlighting their accomplishments and diverse backgrounds including socioeconomic status, ethnicity, race, culture, abilities, and personal experiences.

Photos (clockwise)
Harriet Tubman,
Susan B. Anthony,
Elizabeth Cady
Stanton, Sacagawea
(depiction), Amelia
Earhart



Pictures provided by Wikimedia Commons

SPORTS

Philly Sports Update

By Lela C.

*All information
current as of March
4, 2025.*

Eagles

As we previously reported, the Eagles won Super Bowl LIX on February 9. Philly fans had a chance to celebrate the victory (only the second in Eagles history) with the much-anticipated victory parade in Philly. The parade had over 1 million people in attendance, and it was a huge hit.

Following the big win, changes were made to the team's roster. On March 3rd, the Eagles released six-time pro bowler Darius Slay. On March 4th, the Eagles released one-time all-pro James Bradberry. At the same time, on March 4th, the Eagles made Barkley the highest-paid running back in NFL history with a two-year \$41.2 million-dollar contract extension.

The Eagles are currently ranked with the #1 defense in the NFL and in the offseason, they are expected to sign Zach Baun to a deal. He helped us a lot this season and it would be a huge loss if we let him go.

Sixers

This season it seemed like everything that could have gone wrong for the Sixers DID go wrong. All season they have been dealing with a great number of injuries, with most ILs not getting better.

In December, Jared McCain (who was favored to win Rookie Of The Year for the 2024-25 season) was ruled out for the season with a torn meniscus. He was a big help for the team this season and it was a huge loss for the team. Joel Embiid has only played 19 games this season because of a lingering meniscus injury from last season. He is out for the season and has to get another surgery on his knee - even though he got one last year as well.

The Sixers' "Big Three" only played 15 games together this season, going 7-8. Paul George has also been injured a lot this season, and fans are really mad. It is felt that George hasn't really stepped up in his position this season as everyone thought he would. George has played 40 games this season. Tyrese has really been the biggest hope this season and has played 52 games. On March 3rd he suffered a back injury while going in for a reverse layup and he fell on his back. This happened in the beginning of the third quarter and he did not return. Nick Nurse has good hopes for him, however.

Right now, the Sixers' best option is for them to tank. As of right now, they will not be in the playoffs. They could try to make the play-in game, but there wouldn't be much point since they will most likely not be making



Photo: Celebrations outside of the Philadelphia Museum of Art (credit: 6ABC News Philadelphia)

a finals run this year. If they tank, however, the chances are high they could get one of the top 6 draft picks - which could really help the team.

Phillies

The Phillies started spring training last month, and their regular season starts this month on March 27th. Their home opener is on March 31st. A lot of people are really excited for the Phillies this season.

Flyers

The Flyers are currently second-to-last in their division with a record of 27-26-8. Scott Laughton, has eight teams interested in him currently. As of right now the Flyers have the proposed 23rd draft pick.

Kirby's GROWTH Corner



Welcome!

It's March, and, as you may know, this month sees the start of spring. It is a time of growth and change. Whether this means physical changes or mental, these changes can be tricky to navigate. Use the space below anytime you need to "Check In" with yourself.

How are you feeling right now?

What's causing you to feel that way?

Stop, take a deep breath in. Then take a deep breath out and read these words:

I am unique.
I am important.
I am a good person.
I can handle anything.
I can do anything.
I've got this.

Once again, you can use this space anytime you're feeling lost, disappointed, alone, or just want to jot down your feelings. You've got this!

Features, Too!

Random Facts About March

By Shawn H.

Random facts. You have to admit that they're a lot of fun.

If you aren't ready to admit that, then I'll say it like this: learning has been a part of our species since the dawn of its existence, and (hopefully) it always will be.

Okay, you're probably wondering when I'll stop this exposition and get onto the March facts. I'll do it in 3...2...2½...2½...okay, let's just get started.

The first March Madness happened 86 years ago in 1939, and it included only 8 teams.

The term "spring" as a season originates from the term "Springing Time," denoting the time of year when most plant species repopulate after a long winter and "spring" back to life.

In 2024, the most March babies were born in California.

The idea of eating corned beef on St. Patrick's Day is almost completely American! Originally, pork was, in fact, Ireland's dominant meat.

In 2019 and 2018, over 700,000 chickens were processed in March.

Until around 1752, England and its colonies (that includes that which would eventually become the U.S.) celebrated New Year's Day on March 25.

Spring starts on March 20, in case you ever forget.

Around 1,800 giant pandas are alive today. However, only about four of those are in the U.S. If you were wondering what black-and-white bears have to do with March, we celebrate them on the 16th.



How do YOU Celebrate?

By Cammy L.

St. Patrick's Day is widely known as the day that leprechauns cause all kinds of mischief and your bakery sells green bagels. However, St. Patrick's Day, traditionally celebrated on March 17th, is a date that marks St. Patrick's death. Despite being entirely and American holiday, why is this day associated with the Irish? Well, St. Patrick was the patron saint of Ireland.

Despite being an American holiday, the day was originally a day of remembrance for St. Patrick. In recent years, it has become a day (sometimes more) where people from all nationalities and backgrounds come together to dance, drink, and feast on traditional Irish foods. There are parades and celebration of all kinds. Americans have adapted this holiday to giving leprechauns the spotlight – all why being decked out in GREEN!

It is said that EVERYONE is Irish on St. Patrick's Day, so how will you be celebrating?

History of St. Patrick's Day

By: Dhanshika S.

St. Patrick's Day is celebrated annually on March 17th to commemorate the death of Saint Patrick, the patron saint of Ireland. Many stories and legends associated with St. Patrick's Day have been passed down through generations.

One of the most popular stories is about how St. Patrick drove all the snakes out of Ireland. According to the legend, St. Patrick used his staff to force the snakes to leave the island and cast them into the sea. However, scientists now believe snakes never existed in Ireland, so this story is likely just a myth.

Another story tells of how St. Patrick used the three-leafed shamrock to explain the Holy Trinity to the Irish people. The story goes that St. Patrick plucked a shamrock from the ground and used it to illustrate how the Father, Son, and Holy Spirit could exist as three separate entities yet still be one.

In modern times, St. Patrick's Day has become a celebration of Irish culture and heritage, with parades, green beer, and traditional Irish food. It is a time for people of all backgrounds to come together and celebrate the spirit of St. Patrick.

Other March Celebrations...

March 1: Self Injury Awareness Day	Wrong Day
March 2: National Banana Cream Pie Day	March 16: National Panda Day
March 3: National Anthem Day	March 17: Saint Patrick's Day
March 4: National Grammar Day	March 18: National Sloppy Joe Day
March 5: National Cheese Doodle Day	March 19: National Backyard Day
March 6: National Oreo Cookie Day	March 20: National Proposal Day
March 7: National Cereal Day	March 21: National Memory Day
March 8: National Oregon Day	March 22: National West Virginia Day
March 9: National Barbie Day	March 23: National Chia Day
March 10: National Pack Your Lunch Day	March 24: National Cheesesteak Day
March 11: National Promposal Day	March 25: National Lobster Newburg Day
March 12: National Working Moms Day	March 26: National Spinach Day
March 13: National Dermatologist Day	March 27: National Scribble Day
March 14: National Children's Craft Day	March 28: National Black Forest Cake Day
March 15: Everything You Think Is	March 29: National Pita Day
	March 30: National Virtual Vacation Day
	March 31: National Crayon Day

