



Hi Harmony Heights! As many of you know my name is Tatiana Pejkovic (also known as "P") and I am your new school principal. Since starting at Harmony in July I have felt so welcomed by each and every one of you. I come to work each day excited to see you all, to learn more about you and to see how you are growing each day as students and individuals.

A little bit about me:

I am a mommy of a three month old baby girl named Nikki. I was a Literacy teacher for many years before I became a principal. I love to play sports, dance, listen to music or be outside in nature.

You can always catch me in Greg's gym class playing an intense game of badminton, or eating the latest meals in Gina's culinary class or trying my best on the mic in Estelle's karaoke Friday's.

I am looking forward to this upcoming school year with you all. I hope we can come together as a whole school to make 2022-2023 the best year yet at Harmony Heights!

"Don't allow people to dim your shine because they are blinded. Tell them to put on sunglasses."

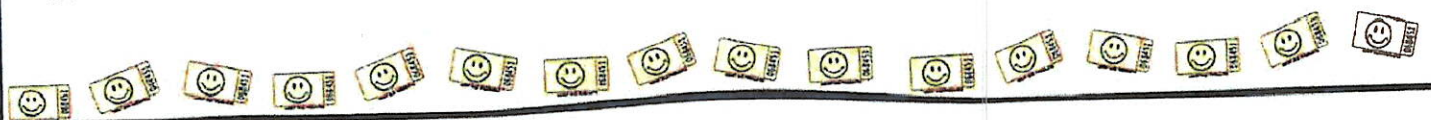
~ Lady Gaga~

Love,
P

Earn a ticket for a prize!

There are many ways for students to earn tickets in their classes for a fun prize!

Cookie Friday is now available! Great way to start the weekend!



FUN SUMMER ACTIVITIES

TO DO AFTER SCHOOL

By Kate Houghton

Being in school over summer can be pretty hard at times, but here are some things you can do after school to take advantage of the time you have !

Have some friends over after school.

Swim in the pool.

Have a movie marathon sleepover and make cookies.

Hangout and have your pets meet.

Get your nails done .

Go out to the mall and grab some dinner!

Go to the beach and watch the sunset.

Have a baking contest and eat it all after!

Go get fast food and listen to music !

Give each other makeovers.



How to keep your hair looking good in the humidity!

By Kate Houghton

Walking out of the house and realizing you have big frizzy hair is the absolute worst, here are a few tips to keep your hair smooth and sleek during this crazy weather !

Always apply an anti-frizz product... like a serum or spray

Use a hydrating shampoo and conditioner

Wash your hair less often to prevent dry hair

Heat style your hair, but make sure to use heat protectant !

Throw your hair up into a bun or ponytail

Use a microfiber towel to dry hair

Keep your beautiful hair moisturized !

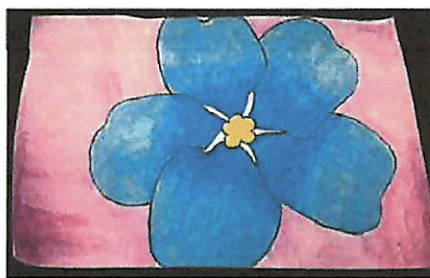


This summer in Women in History class we learned about the life and art of Georgia O'Keeffe. We also painted Georgia O'Keeffe inspired paintings.

By Zaara Yaqoob

Steps For Creating a Georgia O'Keeffe Painting

1. Select a picture of a flower.
2. Sketch an outline of the flower in black crayon or pencil.
3. Make sure the flower is off-centered and some of the petals go off the page.
4. Use watercolor paints to paint the flower.
5. Paint the background a complimentary color of the flower that is opposite its color on the color wheel.



What is a famous food in Japan?

By: Mei Kashioka

Japanese food is famous in every country. The traditional cuisine of Japan is based on rice with miso soup and other dishes.

Sushi is the most famous food in every country. It is a dish of prepared vinegared rice, such as seafood, and often raw.

Ramen is a Japanese noodle dish. It's flavored with soy sauce or miso, and uses toppings such as sliced pork, nori, menma, and scallions.

Takoyaki is a famous food in Osaka. Which literally translates to grilled octopus. It is a snack of savory ball-shaped cakes containing chopped octopus.

Yakitori is grilled chicken skewers made from bite sized pieces of meat from all different parts of the meat.



Where is best place in Japan

By Mei Kashioka

The most famous place in Japan is Tokyo. In 2019, 31.88 million people came to Japan for a trip.

Tokyo:

Tokyo Dome City is a famous amusement park. Some idols are doing concerts there.

Tokyo Tower is a communications and observation tower, it is the second-tallest structure in Japan.

Kaminarimon Gate is the outer of two large entrance gates that ultimately leads to the Sensō-ji in Asakusa.

Shibuya Station is the most famous station in Japan. There is a store called Shibuya 109. The store has many clothes, shoes, etc.



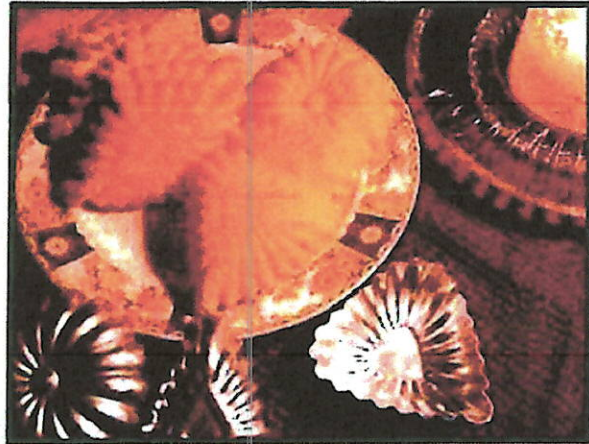
Norwegian Cookie Recipe

By Brooke Gorostieta

Sandbakkels are a traditional Norwegian sugar cookie commonly made during christmas in Norway along with other cookies like krumkake. Here is the recipe to make sandbakkel cookies.

Recipe

1 egg
½ cup granulated sugar
1 cup all purpose flour
½ cup almond flour
¼ tsp salt
1 cup unsalted butter, softened
½ tsp vanilla extract
¼ tsp almond extract
You also need sandbakkel tins



Instructions

Combine all-purpose flour, almond flour, and salt in a bowl and whisk to combine. Mix Butter and sugar until creamy and fluffy.

Add room temperature egg, vanilla, and almond extract and beat until combined.

Reduce the speed to low and add the flour mixture in and mix to combine.

Scrape down the side of the bowl and make sure everything is well incorporated. Pat into a disc and wrap tightly with a cling wrap. Put it in the fridge to chill overnight.

Preheat the oven at 375 F for a conventional oven. Regular mini tart tins used to make egg tarts can also be used if you don't have sandbakkel tins. Oil each tin or use non-stick cooking spray. Put dough in and press around the mold.

Place the mold on a baking sheet and put inside the oven, middle rack and bake for 8-10 minutes or until the tarts are golden brown. Remove from the oven and let them cool down in the mold for about 5 minutes.

Lay a piece of parchment paper. Take one baked sandbakkels and gently flip it upside down on the paper, give it a gentle tap and the cookie will flip right out. Let them cool down upside down on top of the paper.

They can be eaten as is or fill them up with, custard, or whipped cream and topped with some fresh fruit.

Culinary's Snickerdoodle Recipe

By: Brooke Gorostieta

One of this summer's best recipes made in culinary were the snickerdoodle cookies. Here is the recipe and directions so you can make them too.

Ingredients

2 ½ cups of flour
1 cup (2 sticks) unsalted
butter/room temperature
1 cup of sugar
2/3 cup brown sugar
2 large eggs at room temperature
2 teaspoons cream of tartar
1 teaspoon baking soda
½ teaspoon salt
1 teaspoon vanilla extract

Topping/Roll-in

¼ cup sugar
½ tsp. Cinnamon



Directions

Mix together flour, cream of tartar, baking soda and salt;
set aside
In 2nd large bowl or mixer; cream butter and sugars until
light and fluffy
Reduce mixer speed; beat in eggs, 1 at a time, then add
vanilla
Scrape down sides of bowl and make sure all are
incorporated
Gradually add in dry ingredients, mixing until just
combined
Wrap dough in plastic bag and refrigerate for at least 30
minutes
Preheat oven to 375 and line baking sheet with
parchment paper. Roll dough into balls (golf size or
smaller), dip balls into cinnamon sugar.
Bake for 8-10 minutes or until puffed

Fun activities for your dog in summer

By: Kate Houghton

Freeze fruits and water in an ice cube tray and give it to your dog for a refreshing treat.

Go swimming at a beach or lake.

Set up a pet pool and let your dog cool off in the fanciest of ways.

Find a local pet friendly hiking trail.

Plan doggy play dates with neighborhood pets.

