

The AHS Weekly

Vol XLVII Issue XVIII



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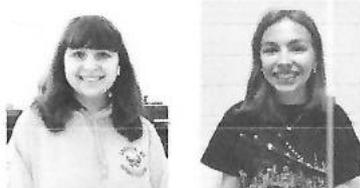
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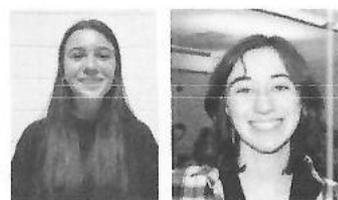
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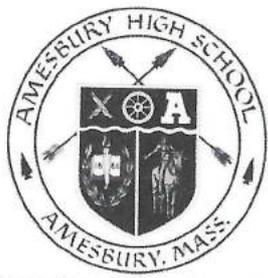
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The AHS Weekly welcomes your questions, comments, and opinions. To submit a letter to the editors or join the staff, contact Barbara Leary or come to the Mac Lab (241) any Wednesday or Thursday after school. Send articles and comments to ahsweekly@gmail.com.

We are giving away the newspaper for free until further notice. We are doing this because we want to know if we need to make changes, or if you just don't have a quarter. No, we do not take Venmo!!



Quote of the Week:

"Sign up for yearbook. Join newspaper. Get Stuff Done!!!"
-Leary

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January 30, 2026

BOYS INDOOR TRACK WINS CAL TITLE FOR THE SEVENTH YEAR.

By Lucas Ferreira

For the seventh year running, the boys are back in town. This past Tuesday, in an easy win over Hamilton-Wenham, our Redhawks won their seventh-consecutive championship title in the Cape Ann League's Baker division. In a season where the second meet against Ipswich was supposed to be the most competitive, the boys faced no real challenges overall, but still had great times, marks, and performances.

Throughout the season, our Redhawks soared to great heights and kept up their nest at the top of the CAL Baker. Individually, there were many noteworthy performances, but I'd like to personally recognize a few.

Most notably, Josiah Fugate took home a school record in the 1000 meter race with his time of 2:36.86 seconds. Marcus Colon threw 52' 8.25" in the shot put, catapulting the guy up to sixth in Massachusetts and, incredibly, just 135th nationally. Noah Blouin was just inches from taking the school record for the indoor long jump, leaping just two inches shorter than the standing record of twenty feet three and a half



inches. Heartwarmingly, Dylan Palen came back from serious injury to throw within ten feet of his all time personal record; frequent readers may remember that he had not participated in the majority of the season because of a cast on his right hand.

Closing out the season against Hamilton-Wenham, it was a no-contest win again for the guys, with the final score 70 - 26 in favor of the Red. A good share of the teams at the school will hold that the results don't reflect the performance of their teams. For the track guys, nothing could be less true: no opponent came close to defeating them, all season long.

A large share of the team is looking forward to competing at the

divisional championship, held at the track at New Balance on Valentine's Day. The best valentine for any of our guys? The state championship trophy, preferably.

GIRLS TRACK
By Haley Jzewski

The girls are finally back in the win column

after a disappointing few weeks, and it's safe to say that they are ready for more successful meets with CALs coming up next Tuesday. Last week, back at the lovely New Balance, the girls indoor track team managed to score a whopping 70 points against Hamilton-Wenham, who only snagged a measly 28 (womp womp). The field events were as impressive as always, with sophomore Katie Bigos jumping 5'00" in high jump and securing herself another first place. She was followed in second by fellow sophomore Caroline Berg, who soared over the 4'08" bar. Next, in long jump were the usual suspects: junior Hope Shanahan in first with 14'05.25" and senior

BOYS WERE UNDEFEATED

INDOOR TRACK

RESULTS OF HAMILTON-WENHAM MEET

High Jump	Connor Scialdone	1
Long Jump	Noah Blouin	1
	Joe Puleo	2
Shot put	Marcus Colon	1
	Lucas Ferreira	2
	Jack Harrington	3
2 Mile	Josiah Fugate	1
	Ty Giangregario	2
55M Hurdles	Connor Scialdone	1
	Noah Blouin	2
	Farid Tashi	3
55 meters	Joe Puleo	1
1000 meters	Dane Hall	3
600 meters	Maxx Rodrigas	1
	Andrew Parsons	3
300 meters	Joe Puleo	1
	Anthony Peixoto	2
Mile	Harrison Sullivan	3
1600 meter relay	Ty Giangregorio, Anthony Agular Lopes, Blouin, Peixoto	1
800 Relay	Fortier, Parsons, Peixoto, Jalloh	1
Total	70-26	

High Jump	Katherine Bigos	1
	Caroline Berg	2
Long Jump	Hope Shanahan	1
	Della Hildt	3
Shot put	Eva Hunt	1
	Della Hildt	2
2 Mile	Haley Jezowski	1
	Gemma Peacock	2
55M Hurdles	Alexis Desmond	1
	Lillian Clark	2
	Katherine Bigos	3
55 meters	Hope Shanahan	1
	Kaia Bartosik	2
1000 meters	Gabrielle Bonia	2
600 meters	Haley Jezowski	3
300 meters	Hope Shanahan	1
	Alexis Desmond	2
	Lauren Talbot	3
Mile	Gemma Peacock	1
800 Relay	Bartosik, Desmond, Talbot, Houlihan	1
Total	65-28	

□

suspects: junior Hope Shanahan in first with 14'05.25" and senior captain Della Hildt in third, flying 13'05.75" into the sand pit! Freshman Eva Hunt continues to prove her strength, throwing 28'06.50" in shot put to land her in first, and Della Hildt finished second with a solid 24'10.25" throw. The runners were equally as successful, with senior captain Haley Jezowski taking first in the two mile (13:10.43) and junior Gemma Peacock crossing second (15:20.77). Junior Lexi Desmond, sophomore Lily Clark, and Katie Bigos swept hurdles, finishing first (10.32), second, (10.47), and third (10.72), respectively. Hope Shanahan (first

place, 7.96) and sophomore Kaia Bartosik (second place, 8.15) managed to earn another eight points in the 55m dash by running some super speedy times. Sophomore Gabbie Bonia finished second in the 1000m (3:48.73) and Haley Jezowski came in third in the 600m (2:00.74). As for the 300m, the sprinters swept yet again, with Hope Shanahan in first (45.98), Lexi Desmond in second (47.64), and junior Lauren Talbot in third (48.07). No meet could be complete without a little mixup, however, as Gabbie Bonia's first place in the mile (6:23.78) was ripped from her hands due to being entered into the

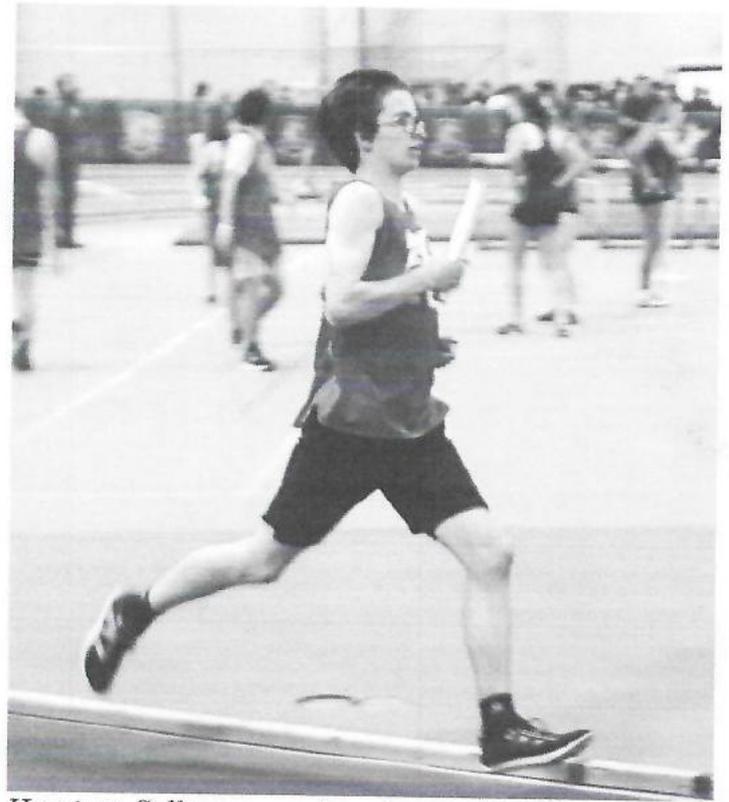
JV meet (what a silly goose B can be!). Regardless, Gemma Peacock outran the competition at the finish line and secured a time of 6:35.57 with the actual first place title (guess this just means we should get ten points!). The 4x200m relay took first place, even with a randomized team composed at the last minute, proving just how versatile those sprinters really are. Finally, we can't forget about the Coaches Invitational last Saturday; shoutouts to the 4x400m relay team for setting a 10 second PR and Katie Bigos for finishing fifth overall in high jump!!

GIRLS WERE 2-2

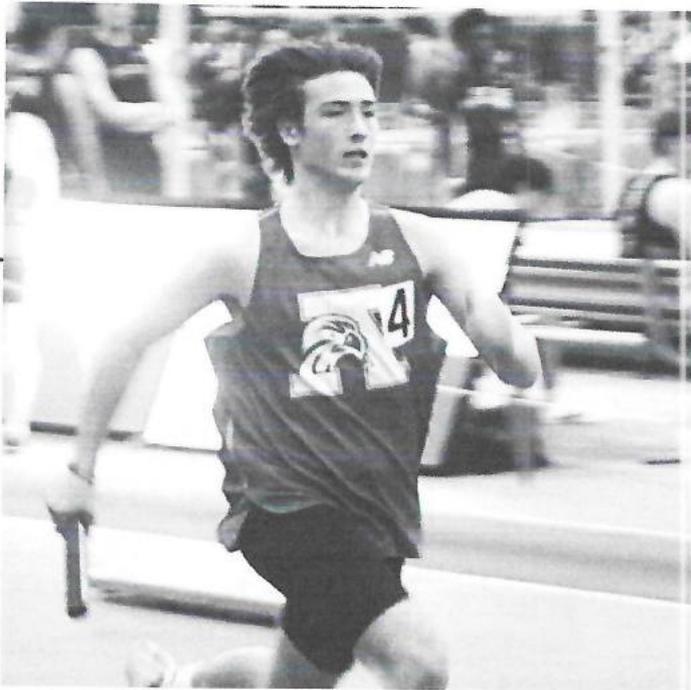
INDOOR TRACK



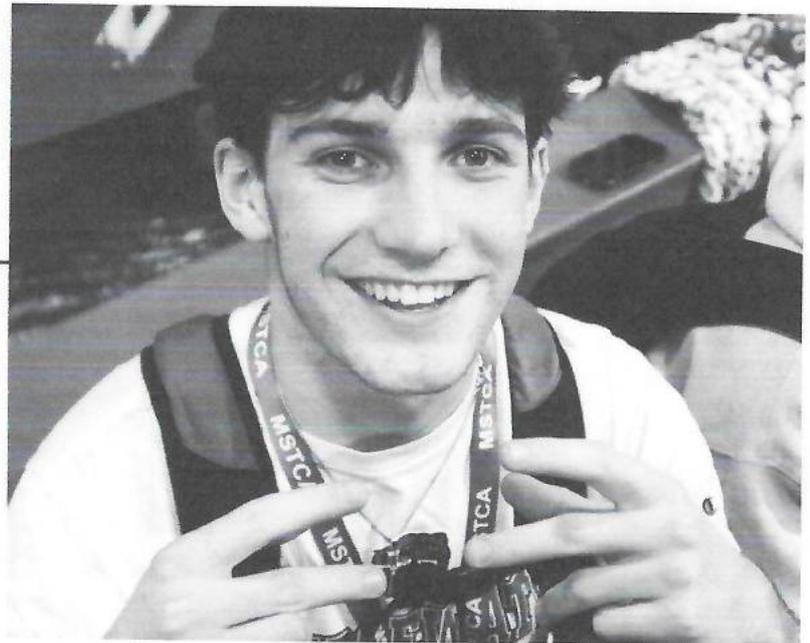
Adele Bailin puts the shot



Harrison Sullivan runs the relay.



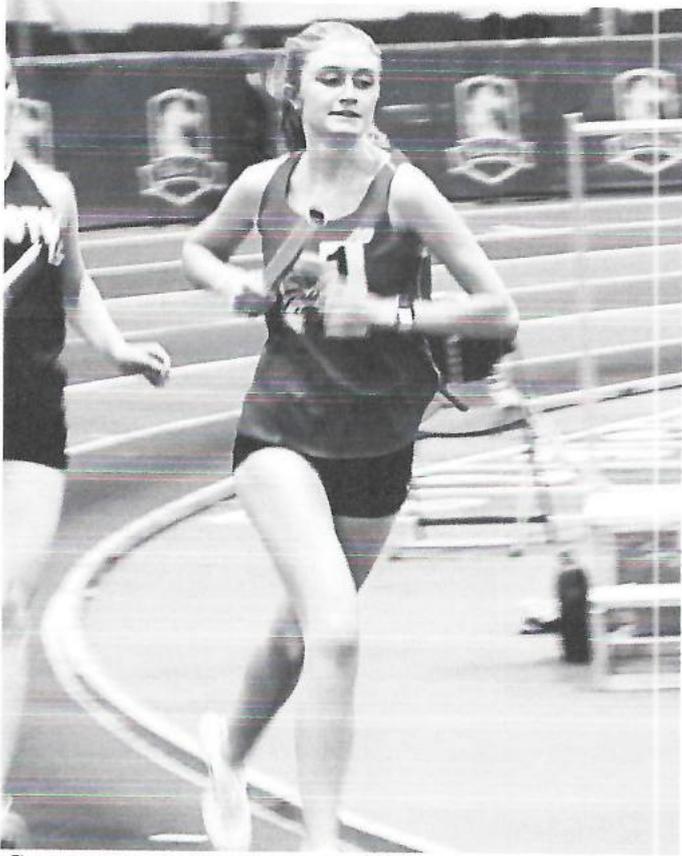
Sam Fortier runs his leg of the race.



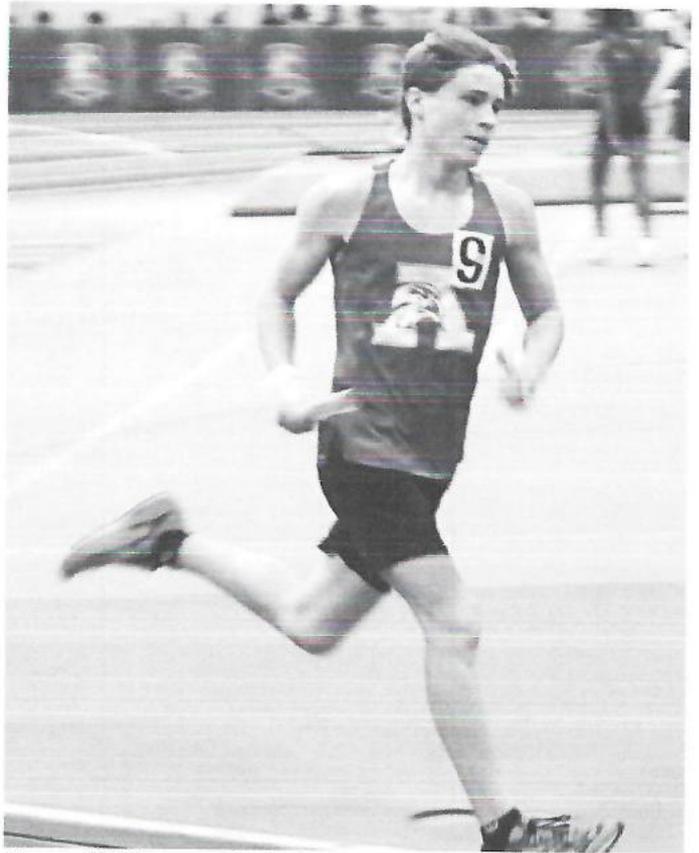
Anthony Pieoto is happy to be at the track meet.

TRACK ALWAYS ROCKS

INDOOR TRACK



Gemme Peacock runs smoothly.



Dane Hall gives the relay his bet.



Haley Jezowski is one of only two senior girls on the winter track team.,



Eva Hunt wins the shot put.

WARM AND COZY

Comfort Food Night

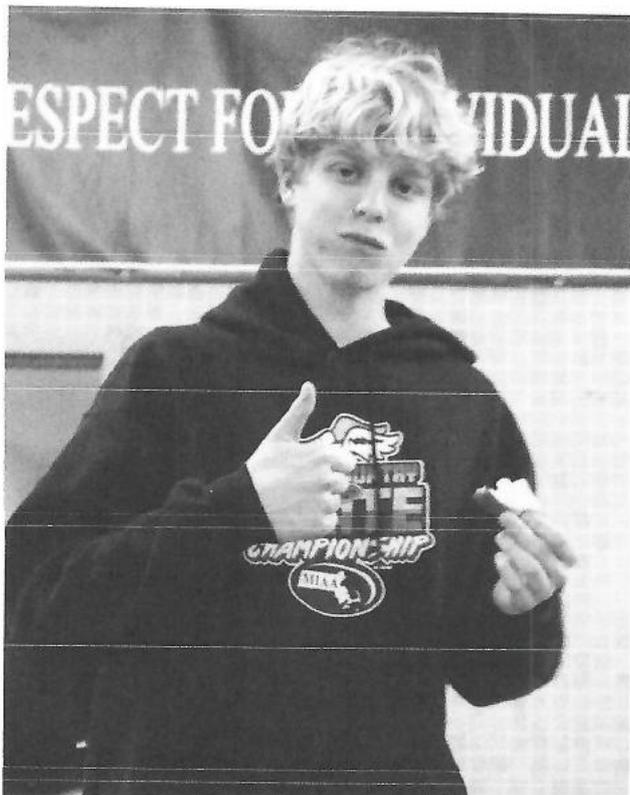
Last Friday, the Junior Class hosted Comfort Food Night in the AHS Cafeteria. Held before and during the Girls' Basketball Team's home victory over Hamilton-Wenham, the night was a huge success! The Class of 2027 made, quote, "A bunch of money," according to President, Josiah Fugate. The food was delicious, and unlike past fundraisers, there was tons left over!

Apparently, "comfort food" means Mac and Cheese, since there were at least a half dozen kinds, along with soup, chili, pulled pork, and stacks of pizza. Other than the pizza, the food was donated by parents.

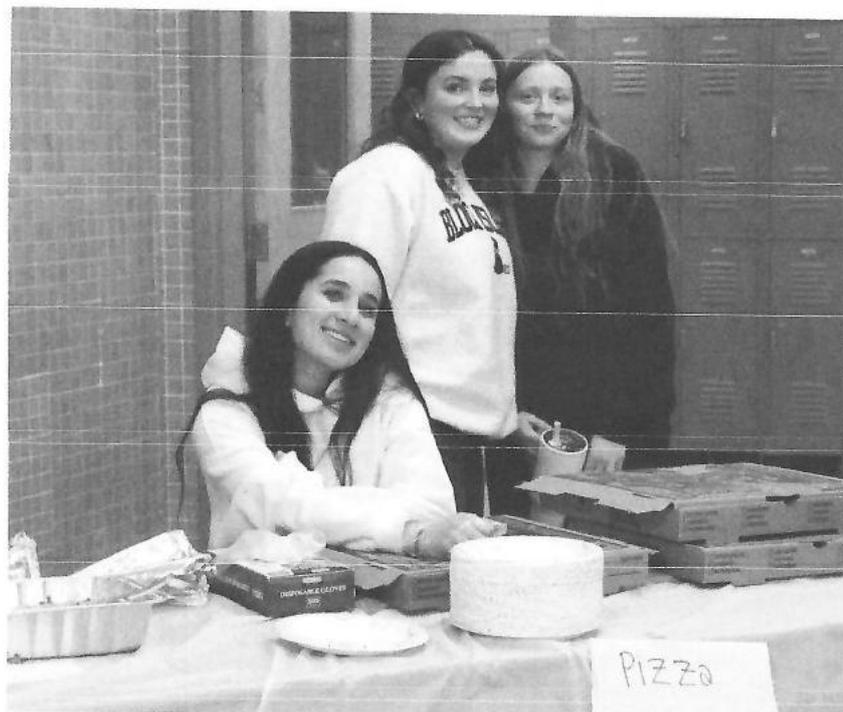
Organized by Fugate, VP Jamie Hawkins, Mr. Miller, Mrs. Yeoman and the Junior class officers, Comfort Food Night was a memorable time. Next up, the Class of 2027 will host a Mac N' Cheese Night on February 12th!



Lexi Desmond and Leo Fonseca support their class!



Class president Josiah Fugate gives the food a big thumbs up.

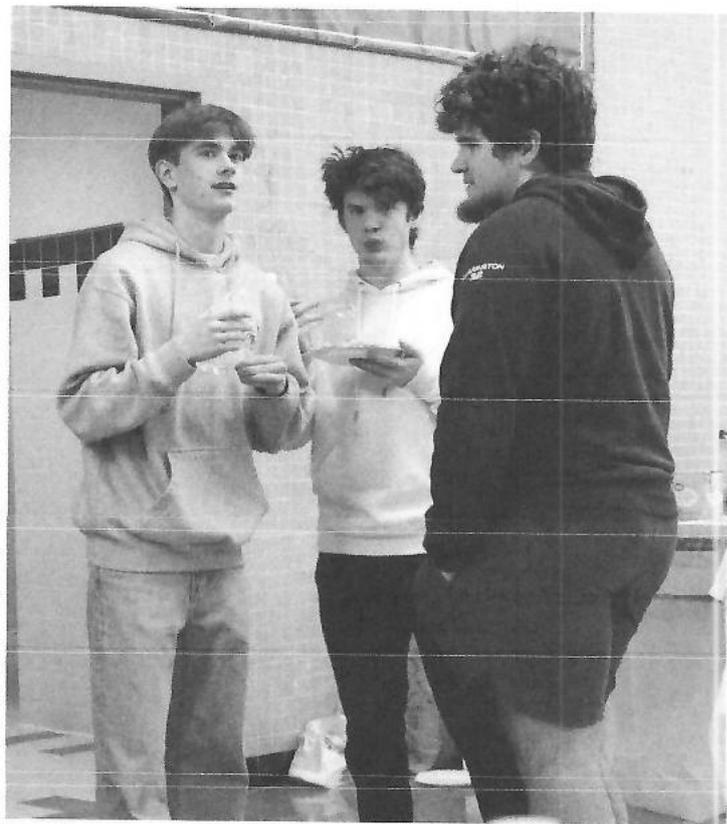


Sofia Le, Addy Cooper and Norah Walsh serve pizza.

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YUMMY IN THE TUMMY

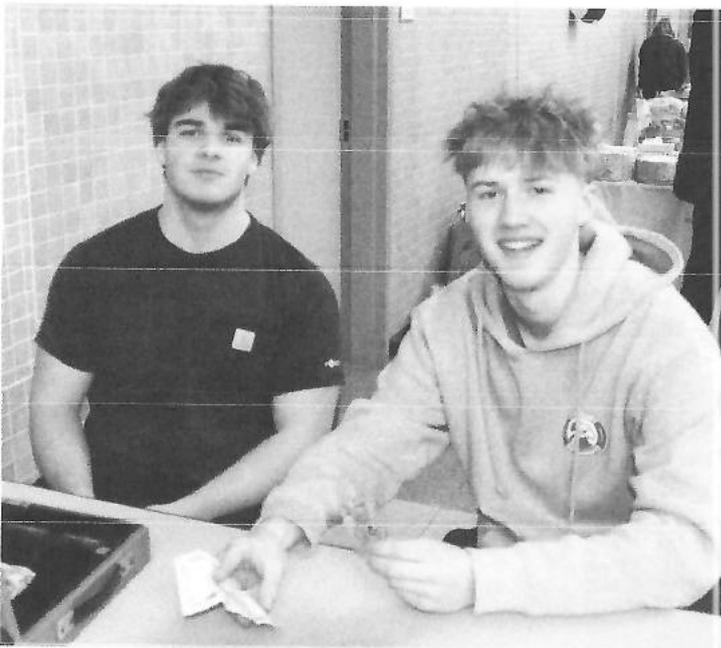
Comfort Food Night (Continued)



The boys enjoy a hearty meal.



AHS students serve up their own comfort food.

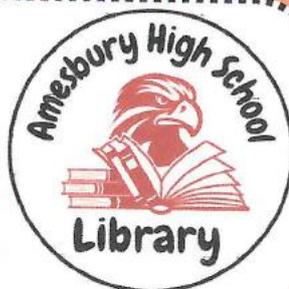


Ryan Houlihan and Julian Sherwood happily collect funds for their class.



Natalia Makarewicz, Maggie Francis and Jackson Haynes smile for the camera.

Redhawk Book Talk

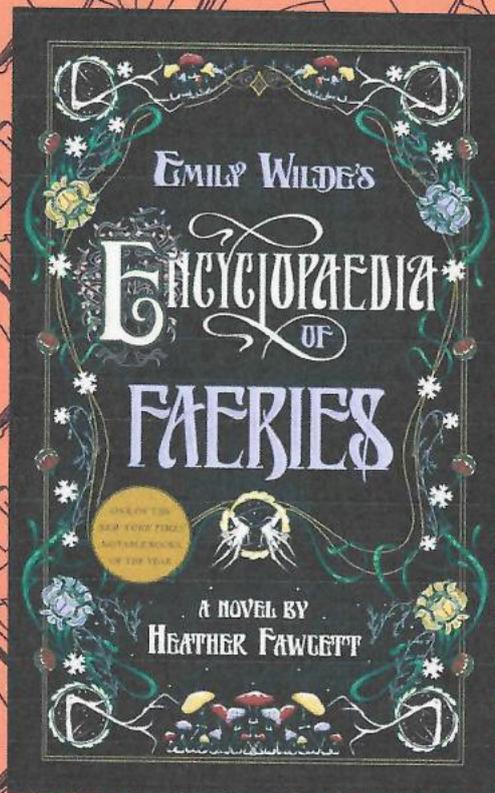


Ms. Martens
Principal's Secretary

Book Title: *Emily Wilde (Series)*
Author: *Heather Fawcett*

Book summary:

This series is about Emily Wilde, a professor of faeries, who is writing the world's first encyclopedia of faerie lore. There are adventures, mythical creatures, and romance - what more could you ask for!



Interested in this book?
You can find it at 
Amesbury Public Library!



Reason for Recommending:
I absolutely loved this series. I'm a big fan of the anti-social main character and her very charismatic fae counterpart - a perfect pairing. It also made my nerdy side happy since the main character references her research and scholarship a lot throughout the series. Highly recommend for fans of romantasy!



**Time to
order your
Yearbook**

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**Order forms outside the main office, room 136 and room 241.
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Interviews February 9th.

Apply for editorial positions,
photography, or both. Yearbook is a
two quarter class.

Only responsible people need apply.
Questions? See Leary or Mrs. Alley

CAMILA VENTURA

Senior Profile

By Sophia Santa Fe

Camila Ventura was born on June 1st, 2007. The most unique thing about Camila is her proficiency in learning new languages. She was able to be completely fluent in her second and third languages, English and Spanish. Camila would describe herself as a dreamer. She has high aspirations for her future.

While in school, Camila is known to be involved in a variety of activities, including WLHS, Rho Kappa, as well as Quill and Scroll. Camila's favorite teachers are Mr. Osgood and Mrs. Murphy. They taught her a lot and are kind people. Camila's favorite class was Spanish. She found the class easy and it was taught by one of her favorite teachers. If Camila could change one thing about her high school career, she would choose to improve her attendance. Camila's fondest high school memory was her time participating in Yearbook, and her favorite thing about high school are the classes taught by her favorite teachers.

Outside of school, Camila works at her job and tries to learn new languages. Camila's favorite song is "DTMF" by Bad Bunny, but

her all-time favorite artist is Shakira. Camila enjoys watching *Avenida Brasil*, playing *Mario and Ludo*, and her favorite place to shop is Ulta Beauty. If the AHS Weekly Genie could give Camila three wishes, she



would wish to be rich, to not have to work anymore, and to be able to travel around the world.

If someone made a movie about Camila's life, it would depict when she first moved to the United States. If Camila could meet anyone, alive or dead, she would want to see her grandmother so they can spend more

time together. The best advice that Camila has ever been given is to be insistent, persistent, and to never give up. Camila's personal hero is her mom, it seems like she makes anything possible. Camila's most

embarrassing moments are when she forgets English words in the middle of conversations. The greatest mystery that Camila would like to see explained is the truth behind God's life. If Camila had the opportunity to change one thing about her life, she would choose to change nothing at all. Camila's greatest pet peeve is when people chew loudly and she thinks the best looking person in the world is Giselle Bunchen. If Camila could choose one superpower, she would want the ability to read minds. When Camila was younger, she wanted to grow up to be a doctor so she

could help people. Camila's all-time favorite quote is "Be the change you wish to see in the world."

- Gandhi

Enjoy the rest of your senior year, Camila!

DELLA HILT

Senior Profile

By Estella Jones

Della Hilt is Soccer Captain, NHS Secretary, and STUCO Recording Secretary.

One word Della would use to describe herself is Adventurous. Della's greatest accomplishment is being Soccer Captain and winning the Society of Women Engineers Book Award. The most unique thing about Della is that she used to have a pacemaker. Della's favorite class is AP Stats because Santa (Santosuosso) is the teacher. Other hobbies and interests include walks, hikes and going to the beach. A fellow

student Della Hilt really appreciates is Adele Bailin because Della says she is "Just the cutest."

If the AHS Weekly visited Della Hilt and gave her three wishes she would

wish to leave AHS, get a lifetime supply of oysters, and money. Her favorite videogame is Fortnite and her favorite mobile game is



Block. Blast. If there was a movie about Della Hilt's life, she would want Jennifer Lawrence to play her. Coincidentally, if Della were to meet anyone alive or dead, it would also be Jennifer

Lawrence.

Della's hero is Sadie Bolth and the best advice she has ever been given was, "Be like Sadie Bolth." (Said by

Leary). If Della had a superpower it would be teleportation. Her favorite quote is, "Can't keep the ground from shaking, no matter how hard you try" from Old Dominion.

Della thinks the most attractive person in the world is Glen Powell. When Della was a little kid, she wanted to be a Child Life Specialist.

Her pet peeves are loud chewers and slackers.

After highschool, Della is planning on attending UNH. In ten years, she sees herself in the hospital (for her job). Her message to the rest of her senior class is, "Be kind!"

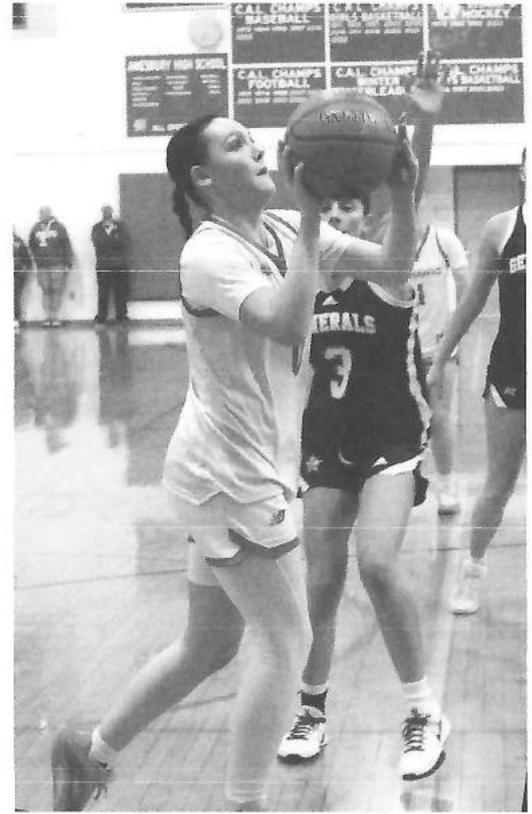
GIRLS SCORE!

Girls' Basketball

By Shelby Massey

Amesbury Girls Basketball has had their ups and downs this season, with a record of 11-4. The girls played Muniz Academy and won 76-8. While this team was not the greatest, the girls got to practice executing their plays and working the ball. This game demonstrated the true joy of the sport, and how the key to winning is by working together and setting up your teammates. Two days later, the girls played Pentucket and lost 30-62. This was definitely a disappointment, but the players locked down on defense and worked hard. Pentucket was on fire against our defense because one of their

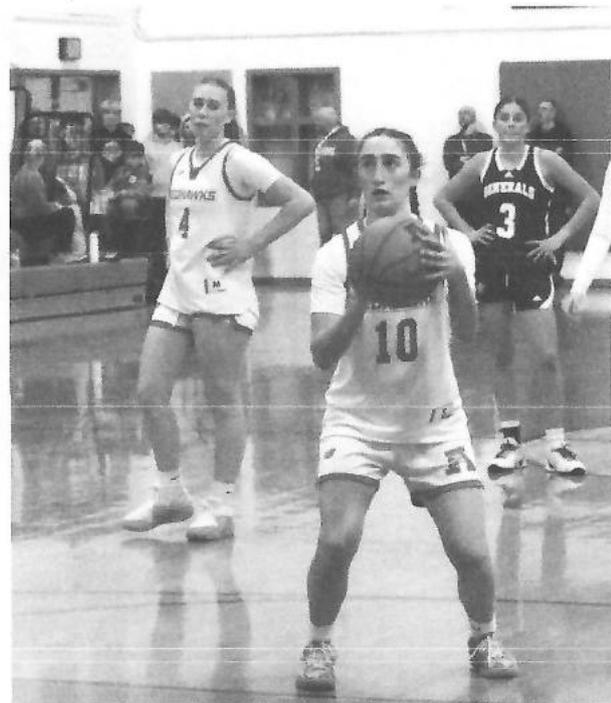
players scored 1,000 points. The girls will put the defeat behind them while they continue their season. Moving forward, the girls versed Hamilton-Wenham and won 52-43. This game was impressive and a big win!! While this team was scrappy and aggressive, we outbeat them till the buzzer. Hopefully this win will push the team up in the rankings. On Wednesday the girls lost to Manchester Essex 47-60. Honestly, it was not the team's greatest performance, but they will clear it out of their heads as they prepare for North Reading. GO REDHAWKS!



Delaney Sargent puts up a shot.



Ellison Talbot works around a HW player.



Maddie Rodrigues is at the foul line.

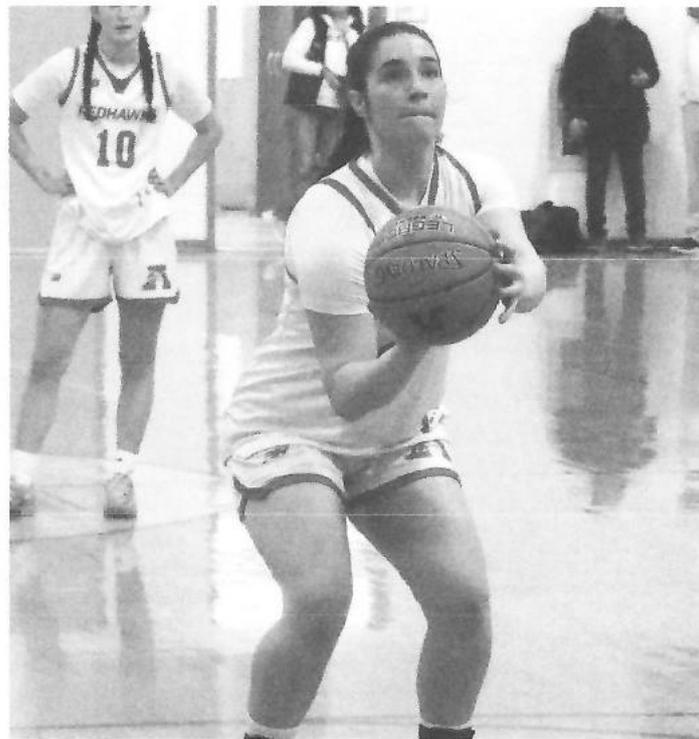
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LET'S GO GIRLS!

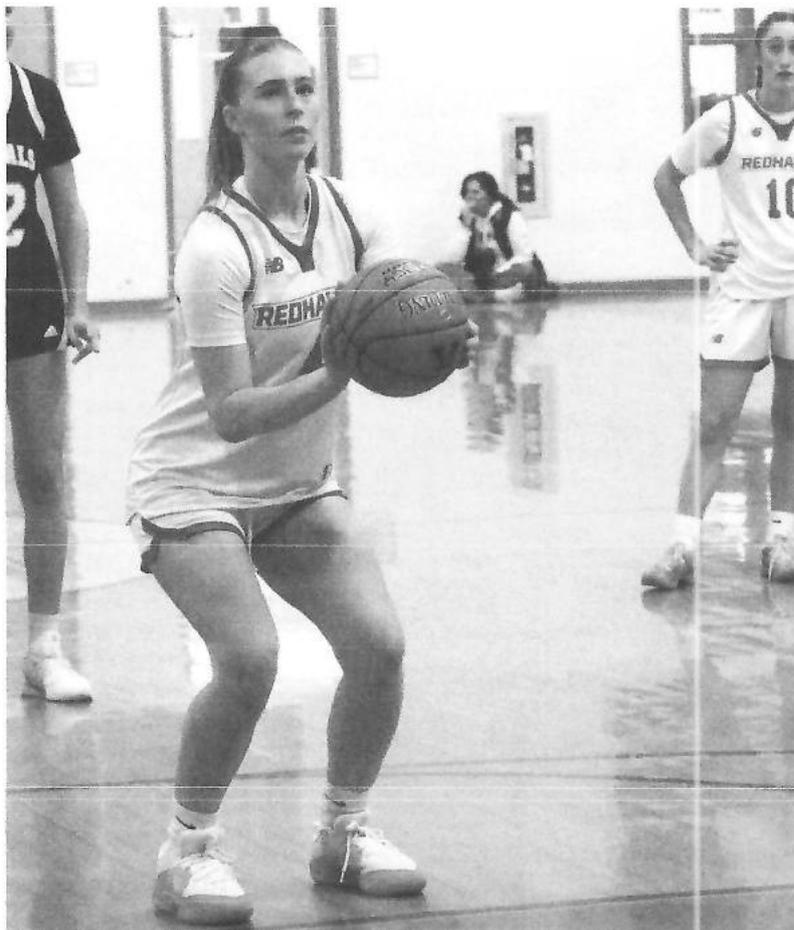
Girls' Basketball (continued)



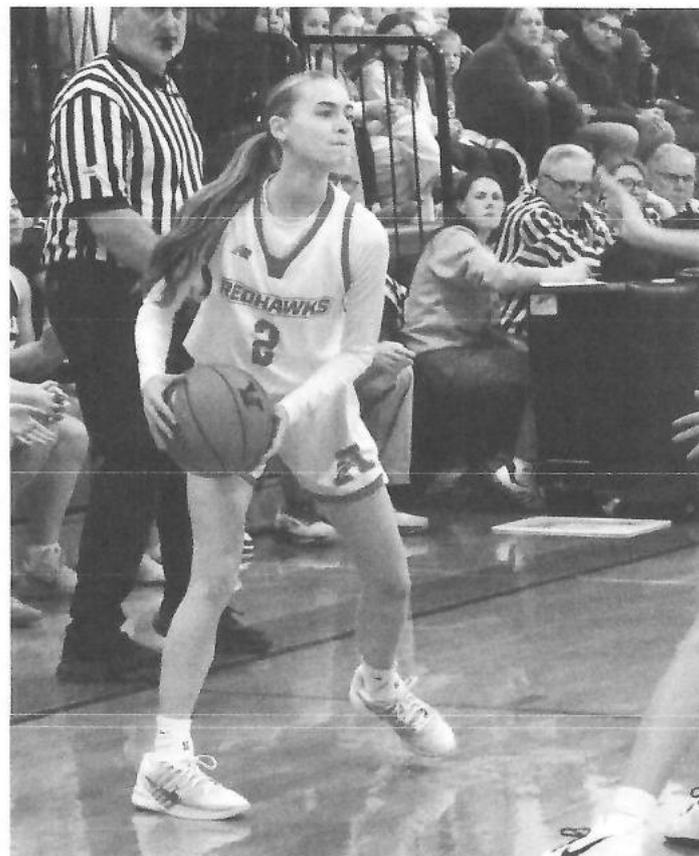
Charlotte Kime looks for the rebound.



Celia Tavares is at the foul line.



Olivia McKay takes a foul shot.



Haley Dube looks for an opening.

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WINNING

Girls' basketball (continued)



Cadence Olbrot plays defense.



Violet Davis takes care of the ball.

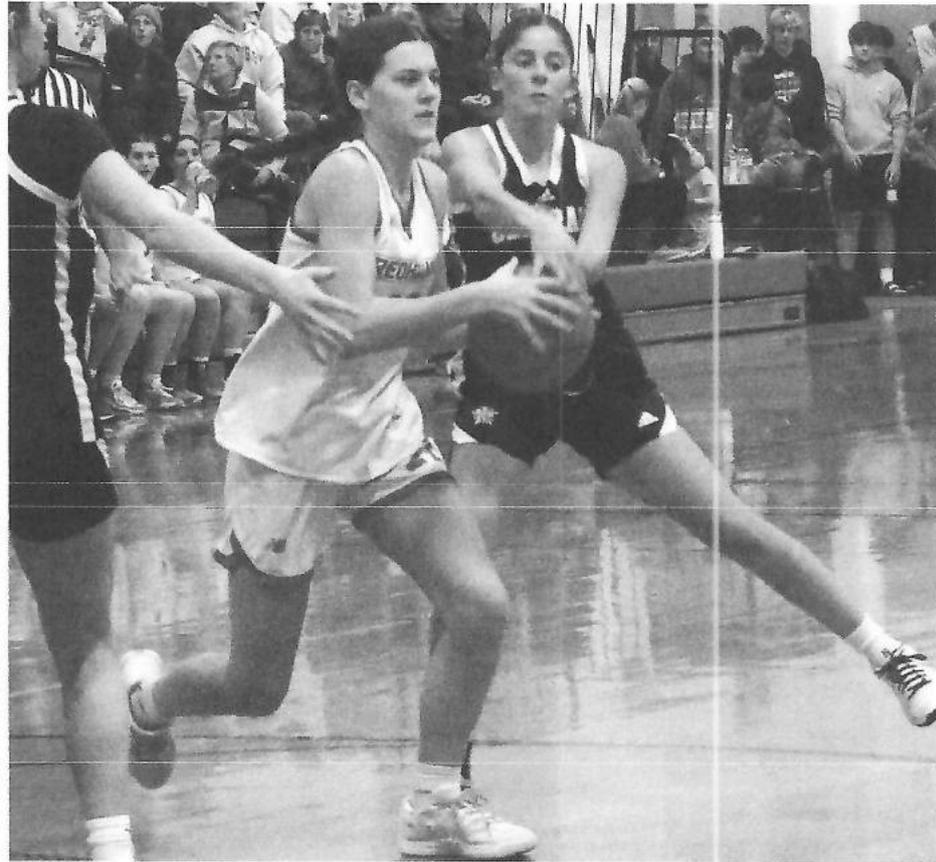


Bailey Kimball puts in a shot.

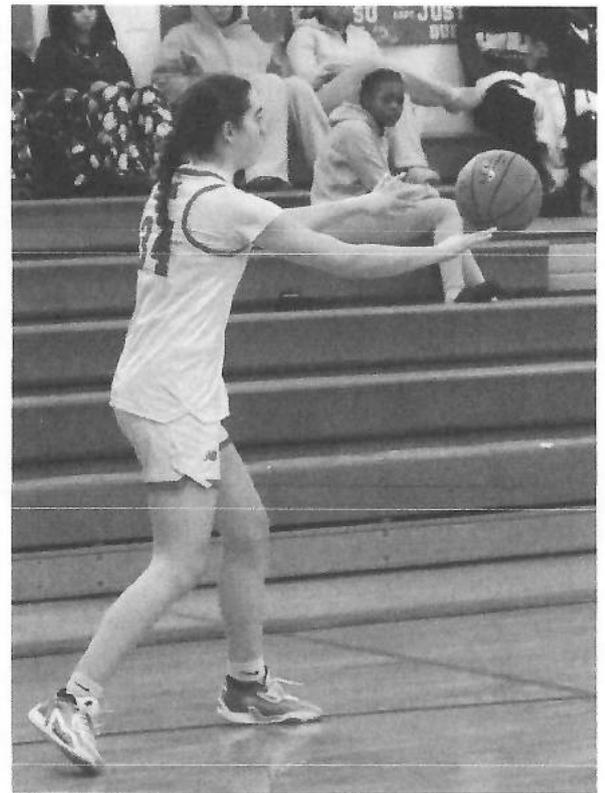
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SWISH

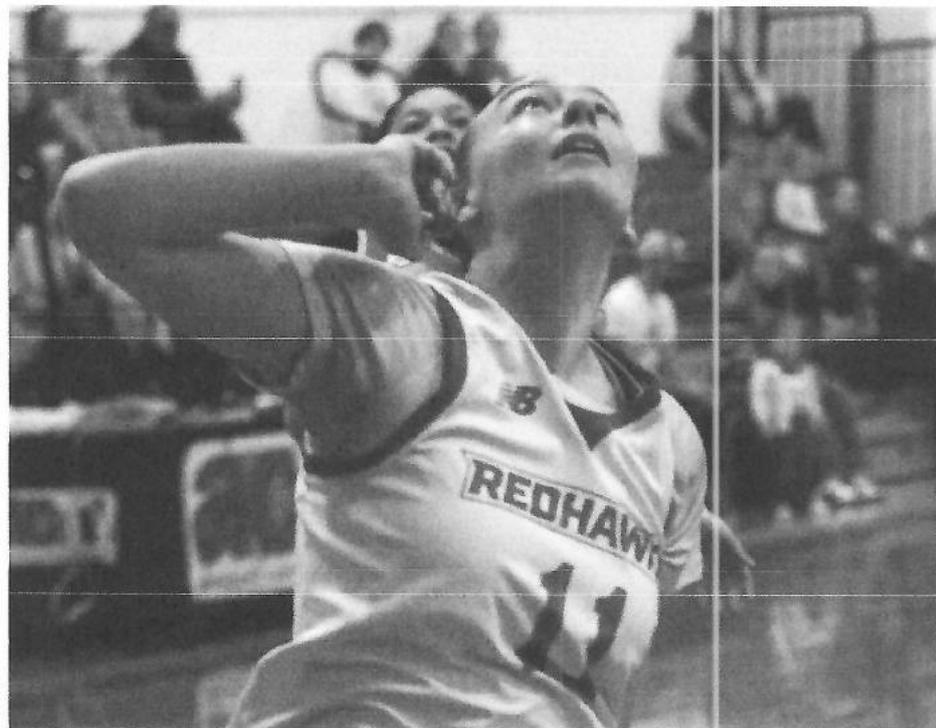
Girls' basketball (continued)



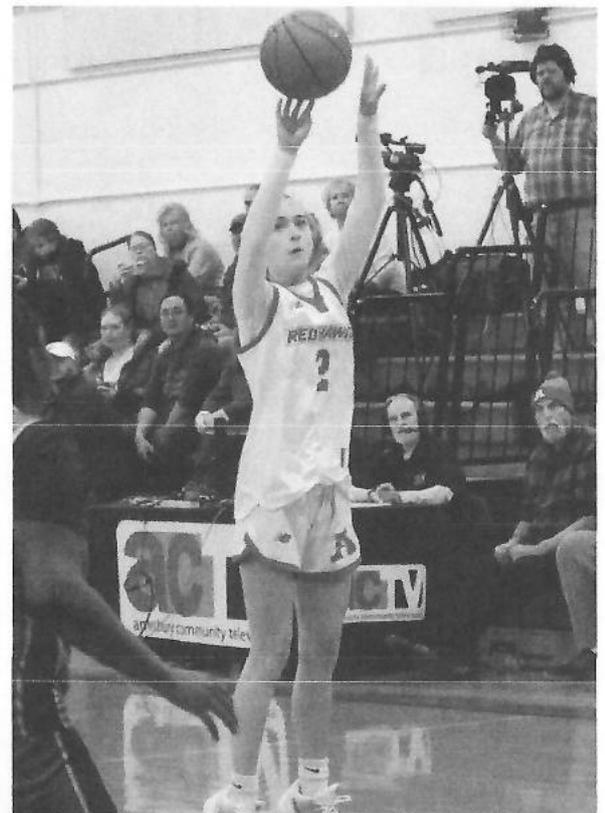
Shelby Massey drives with the ball.



Norah Costigan passes off.



Lydia Hunt looks for the rebound.



Haley Dube puts one up.

ON THE COME UP

Boy's Basketball

After starting the season with 4 straight losses, the boys' basketball team won three in a row. The last four games have been one win and three losses. The Redhawks lost to Ipswich 72-61 on January 15th and 59-50 to Hamilton Wenham on January 23rd.

Between those two games was a win against Pentucket 49-44 at home. It certainly didn't look like a win for Amesbury in the first half. The Redhawks trailed 27-15 at half time as even the usual scorers for Amesbury couldn't find the basket.

In the second half, Amesbury very slowly started to cut the lead. It took until 5 minutes left just to the 4th for Amesbury to tie things up 40-40. With a minute left, the Redhawks led by only a point but held on for a 49-44 win. Justin Dube had 19 points, Parker Delong had 14.

The Redhawks met a very strong Manchester-Essex team Tuesday with the expected result.



Ollie Peters fights for the rebound.

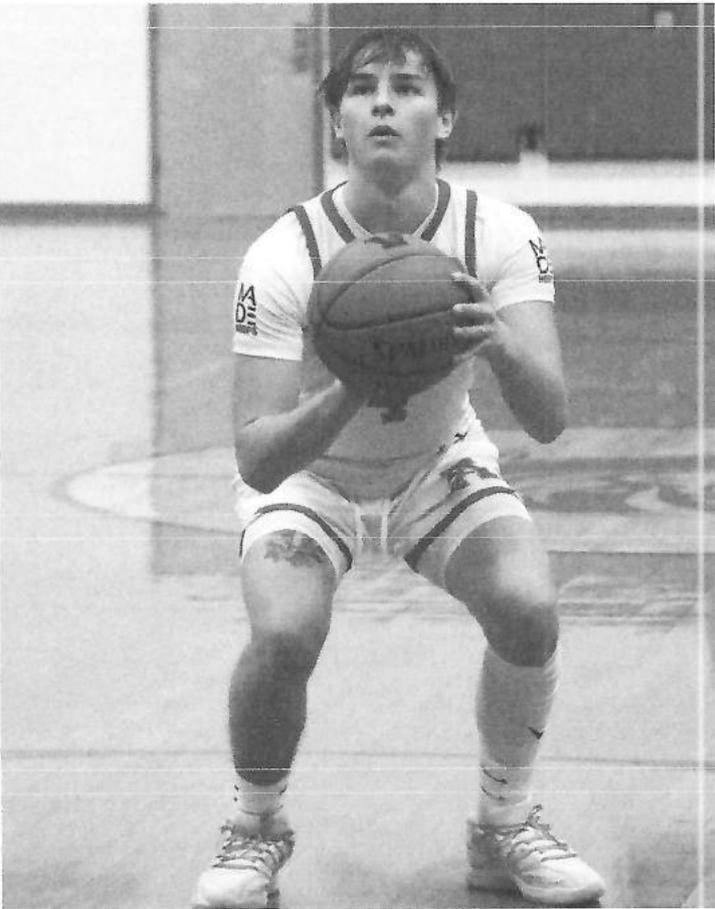


The players stand for the national anthem.

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ANOTHER WIN FOR AMESBURY

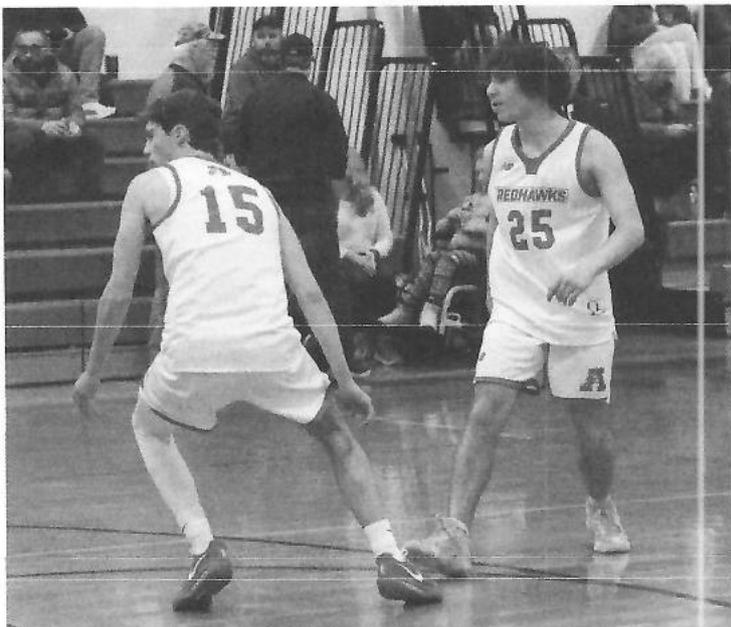
Boys' Basketball (Continued)



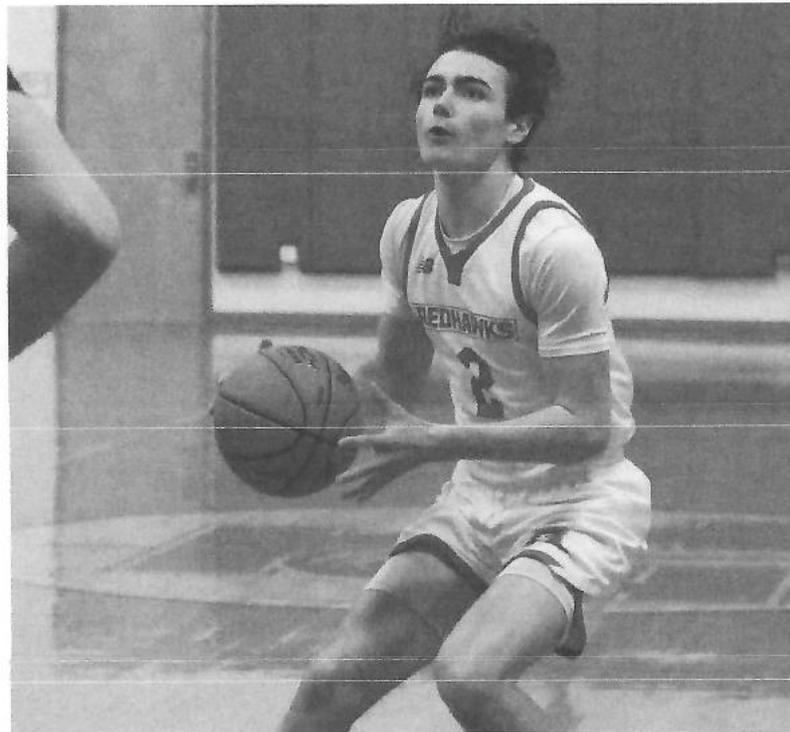
Parker Delong shoot from the foul line.



Ryan Baker in the tip-off.



Chase Linsey and Sam Tavares are on defense.

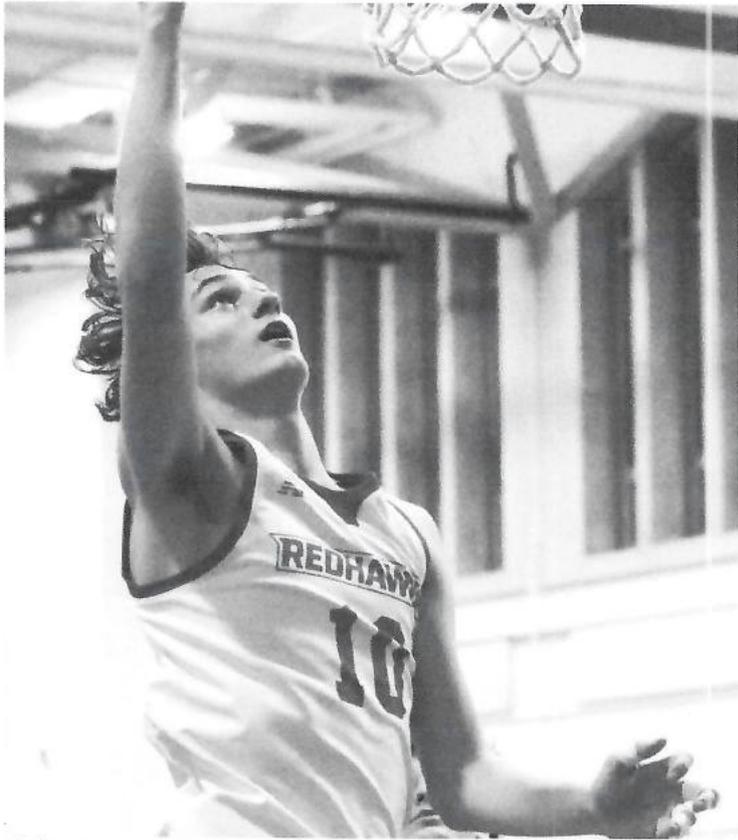


Justin Dube goes for the three points.

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DUBE SCORES 19!

Boys' Basketball (Continued)



Ollie Peters makes a slam dunk!



Parker DeLong goes up for a dunk.



Joe Celia goes for a free throw.



Another basket for Amesbury!

Photos by Eliza Froncki.

OUT ON THE ICE

Hockey

After losing to Pentucket 3-5 on January 17th and Silver Lake 4-6 on January 19th, the Redhawks hockey team pulled off a 5-4 win in overtime against Essex Tech at the elite Governors Academy Rink in Newbury on January 24th. Amesbury was ahead for most of the game, but Essex tied things up in the 3rd with 27 seconds left in regulation. A minute and a half into overtime, Logan Pickering popped one in on the right side of the net for the win.

Other Amesbury goals were scored by Owen Bartniski, Thomas Pourro, and Wes Ackerman (2). The Redhawks are now 8-6.



The team celebrates their win.



Jack Puorro tries to find the puck.



Evan Murphy plays defense.

Continued on next page

GO AMESBURY!

Hockey (Continued)



Thomas Puorro looks for the puck.



Lincoln Kime waits for the puck.



Ryan Guertin and Evan Murphy play defense for the Redhawks.



Players celebrate a goal..

Continued on next page

IT'S HEATED

Hockey (Continued)



Jack Kustler fights for the puck.



Thomas McElaney plans his next move.



The team holds their sticks up before the game.



Ryan Guertin looks for the puck.

Horoscope

Virgo (Aug. 24 - Sept. 23)

Life: You will go to the barber and get the famous 67 cut!

Single: You fall in love with a snowman named Frosty.

Couples: You and your significant other play in the snow together.

Libra (Sept. 23 - Oct. 22)

Life: You get a C on your next math test... At least that's average.

Single: You win the game!

Couples: Your partner accidentally reminds you of the game, causing you to lose!

Scorpio (Oct. 23 - Nov. 22)

Life: You transform into a scorpion and move to the desert.

Single: You go to Six Flags New England and meet the love of your life!

Couples: Your partner buys front row tickets to the Superbowl!

Sagittarius (Nov. 23 - Dec. 21)

Life: Leary comes to visit you at your home to get you to join Yearbook! Phew, it was just a nightmare... or was it?

Single: You and your friends have a spa day!

Couples: You get into your dream school!

Capricorn (Dec. 22 - Jan. 20)

Life: You receive a football signed by Drake Maye himself!

Single: Government enacts a new law saying that all single people must run for president!

Couples: After shoveling two feet of snow, you and your partner have a snowball fight!

Aquarius (Jan. 21 - Feb. 19)

Life: Happy birthday to you guys! You get a lifetime supply of hot cocoa!

Single: You get casted for a movie with the love interest being your celebrity crush!

Couples: You and your partner watch movies under the blankets while you are snowed in together.

Pisces (Feb. 20 - Mar. 20)

Life: After February break, Amesbury gets 10 feet of snow!

Single: You have to shovel all 10 feet by yourself because you don't have a partner. :(

Couples: You and your partner will go to see *Iron Lung* in theaters for a date.

Aries (Mar. 21 - April 20)

Life: A new affinity for egg and cheese omelettes will come into your life.

Single: You fall in love with your fling from last summer!

Couples: You and your partner build a LEGO set together inside to keep warm.

Taurus (April 21 - May 20)

Life: You set your sights on everything LEGO. You go into debt buying so many LEGOs.

Single: You fall in love with a LEGO figure! How romantic!?

Couples: You catch your partner building a LEGO snowman with someone else! :(

Gemini (May 21 - June 21)

Life: To keep out of the snow, you watch *Heated Rivalry* over and over...

Single: You take your pet (any) out for a walk in the snow!

Couples: Your partner will take you to a fancy restaurant where you get unlimited tiramisu!

Cancer (June 22 - July 24)

Life: A lump will grow in on your arm and you are forced to go to the emergency room (its never lupus).

Single: A doctor who goes by the name House treats you and diagnoses you will 20 different diseases.

Couples: House gets the correct diagnosis first try and your partner takes you to Chili's (triple dipper :0).

Leo (July 25 - Aug. 23)

Life: Now that midterms are over you're free!!!!

Single: Your ex wants you back for the winter!?

Couples: Your partner treats you to dinner after all the stress from midterms.



Amesbury Public Schools Educational Access Channel 8

P r o g r a m S c h e d u l e W e e k o f F e b r u a r y 2 , 2 0 2 6

Monday, February 2nd

4:30pm Amesbury School Committee Meeting -Recorded 1/15/26
 6:30pm Amesbury Public Schools Superintendent Candidate Thomas Ambrose Public Forum -LIVE
 8:00pm Amesbury School Committee Meeting -Recorded 1/26/26
 10:00pm Whittier Tech School Committee Meeting -Recorded 1/14/26
 11:00pm Information Bulletin Board

Tuesday, February 3rd

6:00pm AHS Magazine Show -Show 88 -Topic: PACT (R)
 6:30pm Amesbury Public Schools Superintendent Candidate Ellen Kaschuluk Public Forum -LIVE
 8:00pm Amesbury High School 2026 Girls Varsity Basketball vs North Reading -Recorded 1/30/26
 9:30pm Information Bulletin Board

Wednesday, February 4th

5:30pm Behind the Brick Wall -Amesbury's Entrepreneurs -Show 10 "Shaheen Bros & Shea Concrete" (R)
 6:30pm Amesbury Public Schools Superintendent Candidate Stephen Zadravec Public Forum -LIVE
 8:00pm Amesbury High School 2026 Varsity Ice Hockey vs Rockport -Recorded 1/31/26
 9:00pm A Celebration of the Life of Nicholas J Costello -Recorded 8/24/25 (R)
 10:00pm Information Bulletin Board

Thursday, February 5th

6:30pm Amesbury Public Schools Superintendent Candidate Elizabeth Legault Public Forum -LIVE
 8:00pm Amesbury High School 2026 Joint Honor Societies Inductions -Recorded 1/29/26
 9:00pm AHS Magazine Show -Show 90 -Topic: AHS Peer Mediation (R)
 9:30pm Information Bulletin Board

Friday, February 6th

5:00pm Behind the Brick Wall -Amesbury's Entrepreneurs -Show 10 "Shaheen Bros & Shea Concrete" (R)
 6:00pm Amesbury High School 2026 Joint Honor Societies Inductions -Recorded 1/29/26 (R)
 7:30pm Amesbury High School 2025 "Mr. AHS Pageant" -Recorded 12/8/25 (R)
 9:00pm Amesbury High School 2026 Varsity Ice Hockey vs Rockport -Recorded 1/31/26 (R)
 10:30pm Information Bulletin Board

Saturday, February 7th

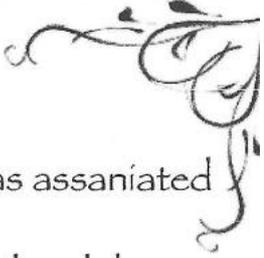
8:00am Amesbury Educates -Shows from the Archives of this Long Running Series (R)
 9:00am Amesbury School Committee Meeting -Recorded 1/26/26
 12:00pm Around Amesbury -Show 89 -Guest: Ariel Dupont (R)
 1:00pm Footprints -Amesbury's History from Those Who Have Lived It -Show 1 -Guest: Betty Goodwin (R)
 2:00pm Information Bulletin Board

Sunday, February 8th

7:00pm From the Archive:
 Amesbury 2020 Industrial Center Groundbreaking Ceremony -Recorded 9/24/20
 8:00pm From the Archive:
 Amesbury High School 2006 Author Talk: Jay Atkinson -Recorded 1/25/06
 9:00pm Information Bulletin Board



Today In History



- 1) In 1948, Ghandi, leader of India's non-violent independence movement, was assassinated
 - 2) The first radio telephone connection occurred between the Netherland and the United States in 1928.
 - 3) In 2003, same-sex marriage was legally recongnized by Belguim.
 - 4) Gills Graftrom of Sweden wins the mens figure skating gold medal at the first winter Olypmics in 1924.
- 
- 



Trivia



- 1) How many inches of snow did Amesbury recieve over the past weekend?
 - 2) Which country is the only one to have won a medal at every Olypmic winter games?
 - 3) Which animals fur turns white during the winter months?
 - 4) Who voices Elsa in the movie Frozen?
 - 5) Which NHL team has the most Stanley Cups?
 - 6) When is the winter solstice?
 - 7) How many Olypmic medals does Leary have?
 - 8) What New England state has the most amount of ski resorts?
- 
- 

I KNOW I COULD EAT!

Menu

FEBRUARY 2026				
Amesbury High School				
Monday	Tuesday	Wednesday	Thursday	Friday
Buffalo Chicken Sandwich Spiral Fries Lettuce, Tomato 2	Taco Tuesday Walking Tacos Salsa, Sour Cream Lettuce, tomato, Onions, shredded cheddar 3	Macaroni & Cheese Buffalo Chicken Seasoned Corn 4	Bacon Cheeseburger Crinkle Fries 5	French Bread Pizza Side Salad 6
Curry Chicken Mixed Vegetables Brown Rice 9	Taco Tuesday Soft Shell Tacos Mexican Rice Sour Cream, Salsa Lettuce, tomato, onion 10	Chicken Broccoli Alfredo Garlic breadstick 11	Hot Dog Cheese Sauce Potato Smiles 12	Mozzarella Filled Breadsticks Side Caesar Salad 13
VACATION 16	VACATION 17	VACATION 18	VACATION 19	VACATION 20
Mashed Potato Bowl Popcorn Chicken Mashed potatoes, Corn Gravy, Cheddar 23	Taco Tuesday Nachos Sour Cream, Salsa Cheese Sauce All the fixin's 24	Spaghetti & Meatballs Seasoned Vegetables 25	Grilled Cheese & Tomato Soup 26	French Toast Sticks Hash Brown Patty Sausage Patty Cinnamon Applesauce 27

Also available Daily: burgers, chicken, grilled cheese, sunbather and Jelly, pizza, assorted wraps, salads and parfaits
All lunches served with fruit, vegetable and milk choices
A la carte items available for purchase

MY SCHOOL BUCKS www.amesbury.org/MySchoolBucks.com

TOP 5

indoor activities for cold weather:

1. Baking

2. Movie Marathon

3. Board Games and Puzzles

4. Reading

5. DIY Arts and Crafts





SNOW EVERYWHERE



Wordsearch

T	N	S	W	Y	V	R	E	G	W	Y	A	Z	Y	R	S	C	M	L	E
S	M	R	N	U	N	B	V	V	N	Z	H	C	O	L	D	A	D	Q	F
F	N	I	H	O	T	K	N	N	U	W	R	E	P	J	Z	N	I	O	G
L	E	O	L	O	W	K	F	V	V	X	U	B	G	K	X	D	E	R	B
F	D	P	W	U	X	B	S	S	T	D	K	D	G	Q	V	Y	F	Y	R
P	O	Q	W	S	O	C	A	N	W	L	D	G	M	U	K	C	A	J	Z
S	E	W	Z	O	T	Z	S	L	O	W	Q	X	R	J	Z	A	F	R	X
H	R	Q	B	P	M	O	C	B	L	W	J	G	B	U	H	N	X	P	Q
O	H	Z	A	F	M	U	R	Q	A	Q	M	U	E	D	D	E	R	N	L
V	U	A	U	Q	R	Y	E	M	Z	R	X	A	T	I	S	S	H	S	X
E	J	U	F	Z	W	M	U	I	L	H	N	Z	N	J	N	S	U	L	S
L	J	Z	W	X	H	R	R	B	M	N	A	S	L	B	O	U	N	E	X
I	U	H	O	L	I	D	A	Y	S	A	S	P	Z	R	W	G	N	D	X
N	U	X	F	M	I	I	Q	D	Y	E	I	P	S	V	M	Q	Q	D	S
G	Q	X	U	O	V	T	A	O	S	K	P	V	X	S	J	V	K	I	C
S	J	H	O	H	X	C	E	B	O	K	N	F	M	H	K	O	P	N	A
N	H	O	T	C	H	O	C	O	L	A	T	E	P	V	C	J	K	G	R
D	E	Q	L	G	R	V	Q	L	Y	G	M	P	H	N	M	V	D	H	F
L	K	A	M	N	S	N	O	W	F	L	A	K	E	M	K	C	J	V	H
R	J	J	U	J	G	A	X	I	R	H	M	V	X	X	T	S	G	V	W

COLD
SHOVELING
SNOW
SNOWBALL

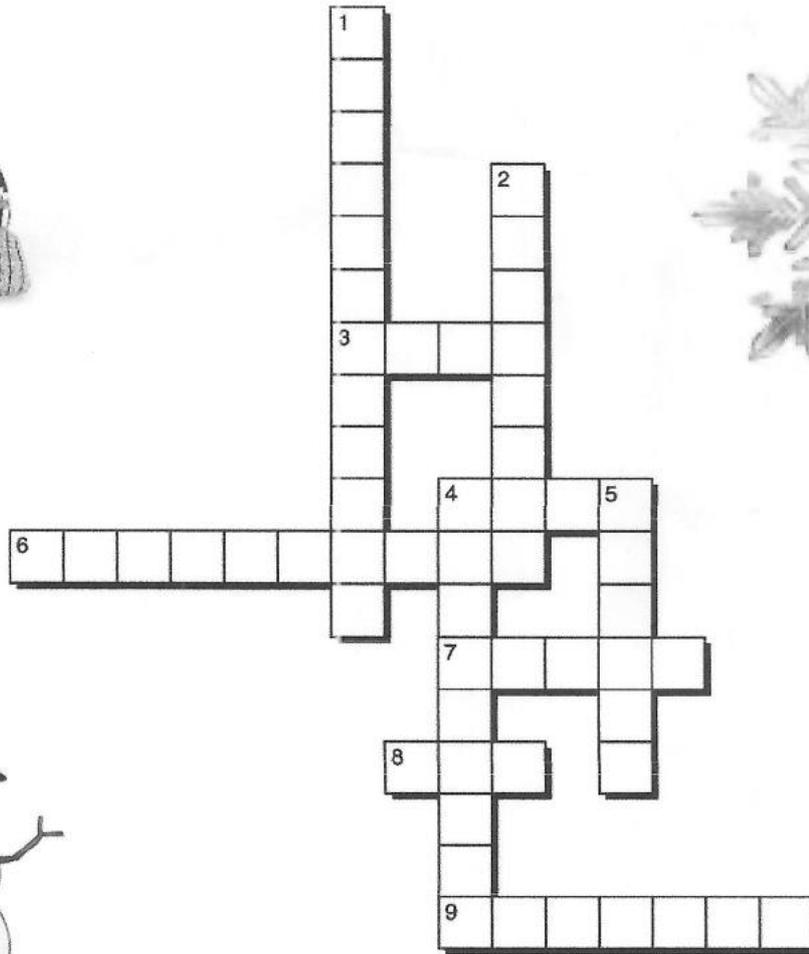
HOLIDAYS
SCARF
HOT CHOCOLATE
CANDY CANES

SNOWMAN
SNOWSTORM
SLEDDING
SNOWFLAKE



WINTER FUN

Crossword



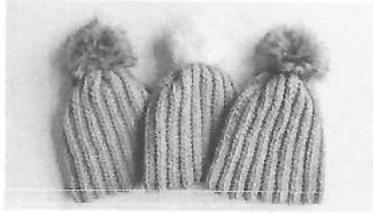
Clues

Across

- 3) Opposite of hot
- 4) Soft white pieces of frozen water
- 6) A fun activity that you do on ice
- 7) The color of snow
- 8) Covering to keep your head warm
- 9) A person you can build out of snow

Down

- 1) Warm, chocolate drink
- 2) Riding down a snowy hill
- 4) Things you throw in a game during the winter
- 5) The coldest season of the year



SNOWBALLING IT



Sudoku

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

