



News



3 EDITION

2024 - 2025 | Quarter 1

THE DAILY HAWK

Together, We Can!

Table of Contents

1 - **What is Cross Country?**

by Sakin Hasan

2 - **PTO Activity Night**

by Ms. Leshowitz

3 - **Interview with Coach Halpin**

by Mary Daly



Welcome to the 3rd edition of The Daily Hawk.

**THANK YOU
TO OUR
REPORTERS:**

The Blue Hawks have completed Quarter 1 of the 2024-2025 school year. Read on to learn more about it.

Sakin Hasan
(8th grade)
Mary Daly
(6th grade)

Interested in joining newspaper?
Email leshowitza@hudsoncsd.org

What Is Cross Country?

By Sakin Hasan



8th grader Sakin Hasan sat down with Cross Country coach Mrs. Williams to learn more about the sport.



Why do you coach cross country?

I coach because long distance running is something that's important to me, it's something I do in my personal life, and it's something where you can set a goal and work toward it. While it's a team sport, it's also something where you can feel personal success; you're not competing against anyone really, you're competing against yourself.

What is cross country? Long distance running. At practice, we run anywhere between 2 - 5 miles. A race is a mile and a half, and in high school they're 3 - 3.3 miles. We practice 4 days a week and race (or have a "meet") 1 day a week. We run in courses, never on a track, and on different types of terrain.

Why running? Running is good for your mental health and physical body. Pushing yourself to do something hard is important in life.

Why should kids join? It's a sport you can do for your whole entire life. It doesn't matter the kind of physical shape you're in; anybody could be a runner. It also helps you with other sports because you build the stamina for running.

Is this a new sport or an old sport? It's been around a long time and lots of people do it, but interestingly, only 1% of the population has ever run a marathon. A marathon is 26.2 miles and there's big ones all over.



PTO Activity Night

By Allison Leshowitz

Quarter 1

On Friday, November 1, Hudson's Parent Teacher Organization (PTO) hosted an activity night in the Hudson Jr. High School cafeteria and gym. The evening included a snack table, photo booth, a variety of board games, a bracelet making station, and various sports in the gym.

Gina Molinski, a member of the PTO, explained the purpose behind the evening: "We want to have something fun for the kids to do. It's good for them to get together in a non-academic setting."

When asked their favorite part of the evening, 7th grader Naomi Robinson said: "playing a new game called Kids Against Maturity." Ajani Bowen, 8th grader, said his favorite part was "playing games in the cafeteria and seeing friends who came."



Interview with Coach Halpin

By Mary Daly

Quarter 1

6th grader Mary Daly sat down with Ms. Halpin to learn more about her experience coaching the soccer team.

What were tryouts for the team like? The first day of tryouts was crazy! 27 boys but it was exciting to see them perform.

Do you play soccer? I did play modified travel until 12th grade.

How did this season go for the soccer team? We won all 11 games of the season!



What is the most challenging part of coaching soccer? Being able to communicate what is being seen on the field so I can provide feedback.

What is the most rewarding part of coaching soccer? Watching the kids understand feedback I give, and the kids' ability to make me laugh!

