



THE LIBERTY BELL



Liberty High School Academy For Newcomers

Liberty High School

**Investing in Everyone:
Civic Seal Participatory Budget Project**

***Deciding how to spend limited money in ways
that help the most people***

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Civic Seal Participatory Budget Projects



Volleyball and Soccer Net

“We see that the school needs new nets because the ones we have are old.”



Coat Hooks

“In the winter, jackets are heavy and it’s hard to carry.”



Sports

“We can change the machines, improve the gym area, and help ourselves and our physical bodies.”



Nurse's Office Seat

“Our project is about having a comfortable seat for students in the nurse’s office.”



Gym Improvement

“Our project is on gym improvement. We’ll buy some barbells for the gym for everyone to exercise.”



Board Games

“We will buy board games to play during lunch time.”

WINNERS!

The Comfort Zone



“Our proposal is to put bean bags in the library and in the college office.”

Foosball Table



“Our project is about a foosball table. We want to put this foosball table in the library or in the cafeteria so students can all play together and enjoy.”

Gym Equipment



“Our proposal is to bring new equipment to gym classes and the after-school yoga club.”

Congratulations to all who participated!

Does Saturday Academy Help Students Pass Their Regents Exams?

By Aliou Niass and Dan Diba

Many students who attend Liberty High School pass their regents exams, in part because they attend Saturday Regents Academy to help them prepare. Saturday Regents Academy takes place every Saturday for five weeks before the exams from 8:00 am to 1:00 pm.

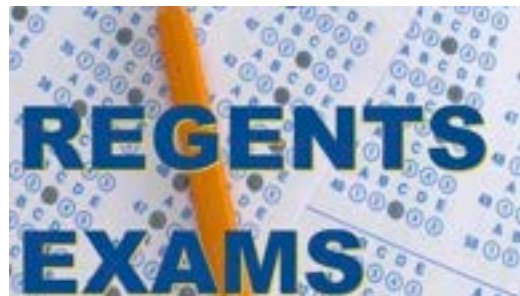
Ms. Sepulveda, a social studies teacher at Liberty High School explained the difference between teaching Saturday Academy and the regular school day, and how Saturday Academy improves students' chances to pass. She says, "I have less students on Saturdays, they are all focusing on one exam which makes it easier for us all."

Mr. DJ, another social studies teacher at Liberty High School also shared similar thoughts on the subject. "Yes, is it helpful because the classes are smaller and teachers give more attention to students and they get the chance to ask more questions. If students show that they made some effort to pass the exam it can help them with their graduation."

Ms. Edyta, another counselor and graduate of Liberty High School shared her perspective on the relevance of Saturday Academy for passing the regents exam. "Students have the opportunity to practice more for the regents, and the teachers are only focusing on regents' questions. The attendance is strong and there are warm breakfasts to encourage students to keep coming."

Finally, Mamadou, a senior at Liberty High School, shared his insights about whether coming to Saturday Academy helped him to pass his regents exams. He said, "Yes, because I got the chance to ask my teachers more questions and it helped me learn more about how to answer regents' questions, which is a significant point if you want to pass."

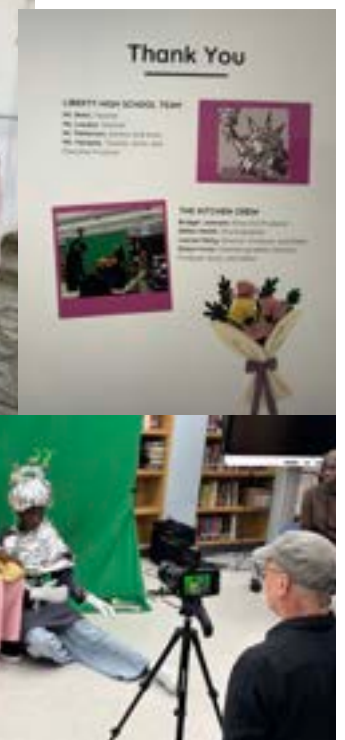
In conclusion, it is clear from all perspectives that attending Saturday Academy is fundamental if you want to pass the regents exams. We highly advise that all students who need to take regents exams come to Saturday Academy.



My Experience in the After-School Theatre Class

By Fatema Takia

Being part of the after-school theatre class and making a film was a really fun and new experience for me. At first, I was a little nervous because I had never acted in a film before but it felt exciting to try something different. The teachers were very nice and helpful, made us happy, explained everything clearly, and asked us whenever we needed help. They made the full class comfortable and safe, so it was easy to try new things without any stress. Working with others helped me practice speaking in English and made me more confident when talking to people. I learned a lot from working with classmates from different backgrounds. One funny moment was when someone forgot their line, and we all started laughing. Even still, our teachers supported us instead of showing anger. Moments like that made the class really friendly and fun. I would definitely recommend this class to other students, especially someone who doesn't like to participate in class. It's a great way to practice English, try something creative, meet new friends, and have fun! I'm really glad I joined this class and got to be a part of this project! If you are interested, see Ms. Vazquez in the library!



A Diversity of Flavors

Photo Essay by Ratmir Lenkhoev, Jurany Caisatoa, and Pedro Say Alvarez

The world offers a wide variety of flavors, and you can find them in every corner of every city and country. We want to showcase some of the typical foods from Latin America, Europe, and Asia, specifically Ecuador, Guatemala, and Russia. Our purpose is to show the importance of other cultures and the stories told through the foods.

Some of the food from Ecuador evoke feelings of love for the Ecuadorian culture. This includes Encebollado, a fish soup considered a national soul-food, Ceviche with its fresh coastal citrus, and Bolon de Verde, which represents the Andean heart.

Some of the tastes from Guatemala that show the love for their ancestral culture and great tastes are Pepian de pollo, a spicy and rich stew reflecting Mayan heritage and Tamales wrapped in banana leaves for celebrations. This food is essential to understanding the identity of the Guatemalan people and their vibrant colorful markets.

The many different Russian foods include Kvass, the drink made from bread, Borscht, the iconic beet soup, Pelmeni, dumplings and Pirozhki. These hearty meals are designed to provide warmth during the long, cold winters.

Exploring these international flavors allows us to travel to different countries and cultures, and create an understanding through a diversity of flavors.

RUSSIAN FOOD



PELMENI



PIROZHKI



BORSCHT



KVASS

GUATEMALAN FOOD

MAYAN HERITAGE



ECUADORIAN FOOD



ENCEBOLLADO



CEVICHE

BOLON DE VERDE



PEPIAN DE POLLO



TAMALES

News From Teachers...

Liberty HS Running Team's First Winter Track Season

The Liberty HS Running Team will compete in its first Winter Track Season this year, culminating in the CPSAL Championship Meet on Wednesday March 4th at the famous Nike Armory in Washington Heights. The boys finished 3rd and the girls finished 2nd in the CPSAL Championship during the Fall 2025 season. Top boy runners included Aboubakr Diallo, Alpha Diallo, Ronardo Montilla, Pedro Say, and top girl runners included Oumou Diallo, Wuilianin Pina, Bintou Toure, and Melany Abrajan. They all won medals and will look to continue their strong performances. Our team began as a small Running Club in 2023 and are now a competitive team, racing year round, and having competed in 12 races so far this school year. We are looking forward to a strong and competitive winter season!



Yoga Club With Ms. Chaitram

Every Wednesday!

Other clubs and after-school programs are welcome to collaborate.



Robotics Season Update

This season, FTC Team 22053, Liberty Robotics has shown strong growth, resilience, and a commitment to long-term success. The team competed in their first qualifier weekend on December 20th at University Heights High School, where they achieved an important milestone by earning the Sustain Award, recognizing their planning, sustainability, and vision for future growth. In addition, the team ranked 5th out of 24 teams, marking the highest ranking Liberty Robotics has achieved in the past three seasons.

The team competed again on the weekend of January 3rd at the Academy for Innovative Technology, facing some of the strongest and longest-running FTC teams in NYC. Despite the high level of competition, Liberty Robotics still performed competitively and finished in the top 50% of teams. As the season continues, the team is currently reassessing their robot design and performance, focusing on key modifications and strategic improvements in preparation for spring competitions, with the goal of achieving even stronger results.

Math & Biology Tutoring

Do you want to improve in math or science?

Our school is excited to announce a new opportunity FOR YOU! Beginning the week of **February 23rd**, professional, bilingual tutors will be available during lunch in the library and after school on Wednesdays, Thursdays, and Fridays. Please see your counselors or Ms. Vazquez in the Library for more information.



Academic Support Class

The after-school academic support class starts **February 11th**. The class is in room 409 on Wednesday, Thursday and Fridays. In this class, we do hands-on projects, practice conversational English, get help in math science, classwork and homework. This semester we will take several fun trips around the neighborhood on Fridays. If you have any additional questions, or want to join, speak with your counselor or Ms. Vazquez in the library.



Art Contest!

If interested, please Ms. Lozano for more details! Deadline is **March 31st**.



More News...

The Liberty Pantry

By Mr. Segura

Three years ago, Liberty came up with a bold initiative to help feed and clothe its most vulnerable students. This resulted in the establishment of the Liberty Pantry (2023). Food insecurity is a major problem for Liberty students, with many students forced to work to help provide for their families. Unfortunately, this is not just a problem for our students, but for families across New York City. In an article shared with me a year and half ago, it reported that 31% of adults and 44% families with children living in NYC has experienced food hardship and relied on a local pantry. I am sure that this number has only grown.

In any case, the school community came together to participate in a community canvass, donated food and clothing, and have reached out to private online companies such as Donors Choose to help fund and sustain the Liberty Pantry. Today, the pantry is so well stocked with food, clothing, and toiletries, that it might as well be a supermarket! I am proud to be part of such a caring and supportive community that not only cares about what students do in the classroom or in a school building, but also care about how they are doing outside of school.

The Liberty Pantry is open to ALL students. Students can come down and take a bag full of food, clothing, and toiletries. Students can come once a week. We only ask that you recycle (or reuse) the bags. To use the Pantry, you can ask your Guidance Counselor or someone from Catholic Charities. Student's family members can also come to the pantry if they provide advanced notification. If you or someone you know suffers from food insecurity and have to choose between buying food or paying bills, please do not hesitate to come to the pantry. It is free for ALL students, alumni, and their families, no questions asked.



College Office



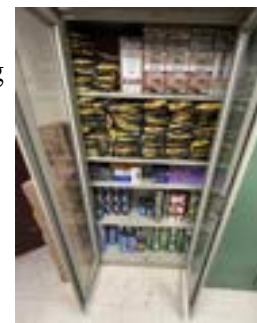
Passed their regents and accepted into college: Go eagles!

Dates to Remember for January and February:

Financial Aid: FAFSA/Dream ACT

Scholarships: Shanker - Feb. 15th

BP leadership - March 5th



Medical Room 516



PSAL

First Aid

Mental Health

Working Papers

Reproductive Health

Nurse Gabrielle

Catholic Charities Career Exploration Program

For the last 3 months students enrolled in the Catholic Charities Career Exploration Program learned about different career pathways in finance, engineering and healthcare. Each unit culminated with an industry visit related to the career pathway explored that month. In December the students visited the local firehouse to see first-hand what an EMT's role consists of. They toured the firehouse and sat in the ambulance.



Your February Horoscope!

Aries: This month highlights your goals and direction. Take brave steps and believe in your choices.

Taurus: You focus on learning and new ideas. Be open to change and try something different.

Gemini: Money and shared resources need attention. Make clear plans and avoid rushing decisions.

Cancer: Relationships are important this month. Honest talks help you feel closer and safer.

Leo: Daily life feels busy, but productive. Small healthy habits bring big results.

Virgo: Creativity and joy return to you. Do something fun and express your true self.

Libra: Home and family matter more now. Rest, recharge, and create peace around you.

Scorpio: Communication is key this month. Speak clearly and listen with care.

Sagittarius: You think more about money and security. Simple planning helps you feel calm.

Capricorn: You feel more confident and seen. This is a good time to start something new.

Aquarius: You need quiet time and reflection. Rest helps you gain new strength.

Pisces: Friends and future dreams support you. A shared goal brings hope and motivation.



Aries March 21 to April 19 Ram	Taurus April 20 to May 20 Bull	Gemini May 21 to June 20 Twins	Cancer June 21 to July 22 Crab
Leo July 23 to Aug. 22 Lion	Virgo Aug. 23 to Sept. 22 Virgin	Libra Sept. 23 to Oct. 22 Balance	Scorpio Oct. 23 to Nov. 21 Scorpion
Sagittarius Nov. 22 to Dec. 21 Archer	Capricorn Dec. 22 to Jan. 19 Horned goat	Aquarius Jan. 20 to Feb. 18 Water bearer	Pisces Feb. 19 to March 20 Fish

Words of the Month:

Diversity: The presence of a wide range of differences among people, including backgrounds, experiences, cultures, and perspectives.

Our high school has a lot of **diversity**, with students from many different backgrounds and a wide range of experiences and perspectives.



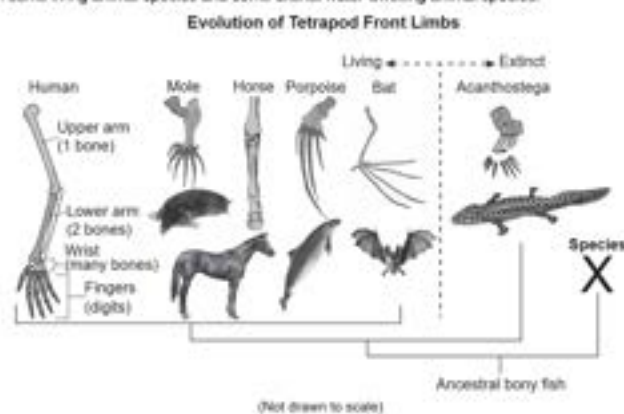
Regents Multiple Choice Practice: Show your answers to your teachers to see if you're correct!



Source: James L. Huffman, *Modern Japan, A History in Documents*, Oxford University Press

- Which period of history most likely caused the changes shown in this wood block print?
 - Heian court
 - Tokugawa shogunate
 - Meiji Restoration
 - United States occupation
- Which of the following concepts supported the transformation of transportation depicted in this wood block?
 - Isolationism
 - Cultural Diffusion
 - Nationalism
 - Ethnocentrism

The diagram summarizes some of the current structural and fossil information regarding front limb evolution in some living animal species and some extinct water-dwelling animal species.



Which statement below identifies the evolutionary relationships presented in the diagram?

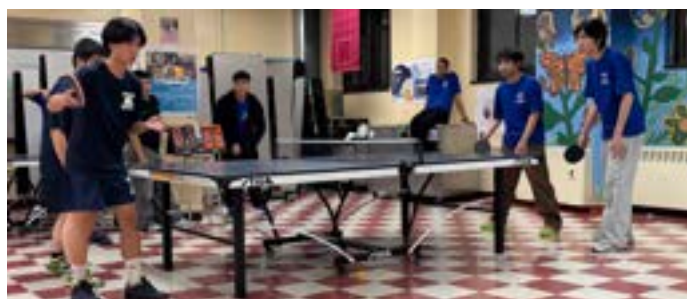
- The forelimbs of Acanthostega and the living species have a bone structure best suited to life on land, therefore the forelimb of all species evolved from an extinct land-dwelling ancestor.
- The extinct, water-dwelling Acanthostega and porpoise share the most similar habitat, therefore they share the most recent, extinct common ancestor.
- Each of the living species has different forelimb bone structures because they developed different structures in order to evolve within their specific habitats.
- The forelimbs of the extinct, water-dwelling species and the living species have a similar arrangement of bones, which provides evidence of common ancestry.

Sports

The Ping Pong Connection

By Ameer Kassim

The ping pong team has been a door of opportunity for me to see further horizons. It has been a place where I have met many good friends and learned many good life lessons. It is where I found the joy of playing ping pong and where I had good times with good friends. While being on the ping pong team, we went to different schools and met different students from different countries which allowed us to interact with many other students and learn about their different interests and cultures. We have had moments of happiness as well as sadness, but they are all part of the game and the experience. Sometimes we lost, but that is what allowed us to grow and get better at ping pong. We learned from our mistakes and practiced every day. In our team, losing is not a failure but an opportunity to learn and grow. Most importantly, we are a team and we help each other every step of the way. We have learned that together the impossible becomes possible. The Ping Pong team has become our spot to destress, play, have fun, and recharge.



History Made: Liberty Eagles Reach the Playoffs



The Liberty High School basketball team has made history by reaching the playoffs for the first time EVER! Finishing the regular season with an 8–6 record, the Eagles have earned a spot in postseason competition after a hard-fought season.

Liberty will face Aspirations High School in their playoff matchup on Wednesday, January 28th at 4:30 p.m. Students, staff, and families are encouraged to come out and support the Eagles as they continue their historic run.

Head coach Cassano emphasized that the team's success is the result of long-term growth and commitment. "Building a program takes time, and this year proved we are on the right track. Last season, we laid the foundation by changing the culture. This season, we have been learning how to compete at the highest level. We've become a tough, competitive team, but we still have work to do. Our goal for the years to come is simple, to become a perennial winning program."

The Liberty community is very proud of the team for their hard work and dedication.

