

BLACK CAT NEWS

In This Issue

Artificial Intelligence pg 11

Ask Ashley pg. 6

Book Review pg. 9

Crossword pg. 8

Editorial Playground/
Recess pg. 13

Entertainment pg. 7

Fall Sports pgs. 2-4

Fishing pg. 10

Holly Days pg. 1

Horseback Riding pg. 10

Lion's Baskets pg. 1

Maze pg. 7

Office Staff pg. 5

Recipe pg. 6

Show Choir pg. 17

Stock Car Racing pg. 12

Student Survey pg. 18-20

Teacher Features
pg. 14-16

The Holly Days By Calista R

Every year at West Salem Middle School, it is a tradition to have a day full of fun on the day before winter break. An early release schedule is run on these days. The morning is a time for grade-level activities.

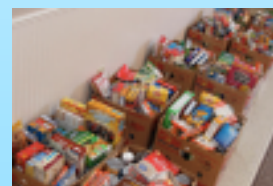
In the afternoon, all of the AA's meet in the gym for an assembly. Throughout the assembly, the high-honor and honor roll students for trimester one are acknowledged. The activities differ every year. In past years there have been talent shows, lip-sync competitions, and the staff have made funny videos of themselves.

This year there will be karaoke, Family Feud, and Scrooge Basketball. There will also be relays including Snowball, Snowblower, and the Elf Shuffle.

Another tradition the school has is to have a week of dress up days. This year the dress up days were the following: Monday - Winter Sports, Tuesday - Winter Character, Wednesday - Winter Pajama, Thursday - Winter Sock and Red & Green day.

Lion's Baskets

Each year in December, the West Salem Lions Club prepares collections of food and supplies for families during the holiday season. They deliver these boxes



shortly before Christmas.

Each year, West Salem Middle School students and staff assist the Lions Club with this community project. We collect non-perishable foods and paper products. We also decorate the boxes and make ornaments and greeting cards. This year some 7th graders also knitted dish clothes to be included in the boxes.



Recap of Fall WSMS Sports

7th and 8th Grade Football Recap by Isaac O.

The 8th grade team started their season with a 6-6 tie against Logan. That following week the had a hard fought win against Holmen 2, 18-16. That next week the team breezed by Lincoln 40-0 with the defense's first shutout. In week three the 8th grade team played Holmen 1 and won 16-6. After those weeks, we were on a high, but the undefeated season would soon come to a end with a heart breaking 28-12 loss to Longfellow. Then after coming to school on an off day, the team came close to beating Winona in a 26-20 loss.

Coach Brewer says, "Through the whole season this team had grit."

The 7th grade team was the first team in 10 years to have two teams. They ended the year with 8-2 record. The wins came to Holmen 1, Longfellow, Logan, Onalaska 1, Holmen 2, Onalaska 2, and finally Winona. Both losses were to Bangor and Longfellow.

Coach Running says, "We is greater than me." With that, he says that the whole team really bought into that the team is greater than one person.

7th Grade Team: Corbyn A. Trae A. Connor B. Ashton B. Nick B. Braiden C. Bennett D. Mason G. Dawson G. Landen G. Jacob H. Jacob H. Judah H. Andrew J. Marshall K. Brennon K. Brody L. Peter I. Kyle L. Jesse L. Hunter L. Aaron M. Ian M. Brett M. Jeremiah M. Luke N. Colin N. Austin S. Drake T. Dylan W. Kellen W.
Coaches: Mr. Running and Mr. Shrake

8th Grade Team: Ryan N. CJ M. Max Y. Coltan G. Joseph D. Sam S. Noah L. Trenton P. Isaac O. Even V. Ryan S. Reid R. Canaan S. Leo F. Jack H. Isaac C. Leif H. Coaches: Mr. Brewer and Mr. Duster



Isaac O.



Brady S.



Tristan M.

Cross Country

By: Blaine W.

A typical cross country practice will begin with dynamic stretches. These stretches are designed to prevent injury during practice.

We then get a run down from the coaches about what we'll be doing for the practice and for the rest of the week.

Then depending on the day we'll either run distance, work of speed, or have a easy day where we just run two miles at a comfortable pace. Distance days we'll head out onto the bike trail and run a distance longer than two miles depending on what you're comfortable with. On speed days the coaches will split us into different groups based our performance in races and we'll run shorter distances at a faster pace on the track.

Casual days are before or after race days. We have these days to help prevent injury. Pre-race days help get us ready for the race while reducing the risk of injury before the race, and post race days are to help the lactic acid settle so that we aren't super sore after races.

We will also have fun days where we have fun runs such as the chip run and the freezey run. The chip run is where we are given chips to carry while we run and if we don't break them we get to eat them. This is to help with keeping our hands loose while we run. The freezey run doesn't help with anything running related it's just for fun. The typical meet is two miles in length and and is never in the same place in one season. Some of our meets are run in Myrick Park, Arcadia, Sparta, and West Salem.

Team Members: Elyse B, Anna B, Zach Ch, Zach Cl, Tessa D, Alena D, Jesse D, Peter D, Colton E, Magei F, McKenna F, Nathan F, Sam F, Zach F, Maddie G, Natalie G, Dawson G, Breenan H, Ruby H, McKenna L, Samantha L, Ben L, Zach L, Gretchen L, Ella M, Dominic R, Tristan M, Celia M, Elsa M, Koen M, Priya O, Seth P, Morgan Q, Molly R, Mason R, Anya S, Brady S, Junior S-M, Ed S, Ethan S, Vinny S, Orin S, Elliott S, Rachel S, Macy T, Steven T, Cole T, Jake W, Lily W, Ever W, Blaine W, Wesley W, Max W, Nolan W, Nick Z Coaches: Coach Tashner and Coach Hoff



Blaine W.



Emily M.



Volleyball

By: Kate F. & Machaela A.

In a typical volleyball practice we start with dynamic stretching. The dynamic stretches are zombie walkers, touch the ground, lunges, open the door, over the fence under the fence, farmers walk, knee hugs, power skips, baby skips, high knees, butt kicks, and running.

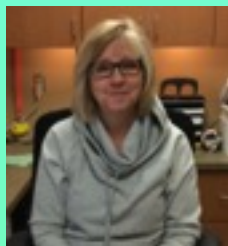
After those stretches we start our setting and passing progressions. The passing progression starts with one person on their knees and another standing. The person on their knees is the passer; the person standing is the tosser. The tosser tosses the ball to the person on their knees and they will pass it. Then once they have passed 40 balls on their knees, the passer stands up and passes another 30 balls. After the first person is done passing you switch roles and repeat the progression. After they are finished you move on to the next progression. The next progression is the setting progression. To complete this progression the two partners with each take turns doing 30 short sets, 30 medium sets and 30 tall sets against the wall.

After everyone is done with the progressions we start doing drills. The drills vary by practice, but some of the common drills we do are butterfly, ace and replace, T drill and hitting lines. Some of our favorite drills were 21 bounces and queen of the court. Those drills normally came at the end of practice as a fun game. To finish practice we break down then take all of the nets down, and then we are free to leave.

7th grade team: Ella B, Lauren B, Kendall B, Ella G, Kirah G, Elly G, Jaden H, Amalia H, Kendra H, Morgan K, Abby K, Madison M, Anna M, Genevieve M-S, Taliya M, Kyla M, Reagan R, Ashlyn R, Danie S, Anna S, Sophia T, Kalye T Coaches: Mrs. Arentz, Sam Schmitz, Mrs. Wagner

8th grade team: Madison A, Machaela A, Helen B, Kaylee B, Emma B, Anja C, Gracie C, Allie C-L, Aubrey D, McKenna E, Skylar F, Kate F, Maddy F, Alyssa G, Destiny H, Allie H, Kamry H, Emmy H, Ella J, Megan M, Maggie M, Gracie M, Makenzie N, Leah N, Madison O, Haley P, Elaina R, Morgan S, Mandi S, Lauren S, Matilda V, Grace W, Maddie W Coaches: Mrs. Jeranek and Mrs. Lochen

Meet Your Office Staff by Kaylee B.



How long have you worked at West Salem?

Janel- February it will be 10 years

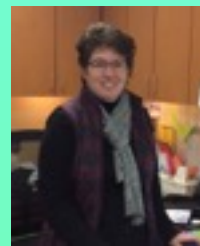
Anita- Since 1998

What do you do?

Janel- schedule classes, process report cards, answer phones, write student passes, fill in for the nurse and many many misc duties

Anita- I work in the office keeping track of student attendance, discipline, and athletic records. I purchase all the supplies for

staff and classrooms and make sure those bills get paid on time. I work with Mr. Wopat to make sure that every teacher has a budget so they can get what they need for their classroom. I fill in for the nurse when she is out, and I hire the subs who fill in when staff members are out. I make sure that the staff and substitutes get paid correctly for the time they work. I help anyone - parents, students, staff - who walk into the office with what they need. I keep records of employee accidents. I keep track of all the classroom keys in the building, and I program the fobs used to get into the building.



Why did you choose West Salem?

Janel- working in a school interested me.....enjoy working here with my co-workers and the students

Anita- I like the community and my co-workers, and the students are pretty wonderful, too.

What was your favorite subject in middle school?

Janel- social studies

Anita- I loved band and math!

What is your favorite color?

Anita- Depends on the day. Most days green, some days blue or yellow.

Janel- blue

If you were the principal what would you do differently?

Anita- I would make the students bring treats for the office ladies every single day. ;)

Janel- nothing. Mr. Wopat is doing a GREAT job!

What do you think about the construction?

Anita- I think that it is a loud, dusty, messy problem that we are lucky to have, and I am super excited for next fall when all the dust and noise will be a distant memory and we will have an updated building with enough room for everyone.

Janel- excited to see the progress and for it to be done also excited to be in the new office.

What is your favorite dessert?

Anita- Malt ice cream

Janel- A layered pudding dessert

If you were stuck on an Island with only one thing to eat what would it be?

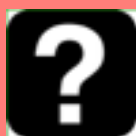
Anita- Seedless watermelon

Janel- chips and dip

If you could create anything what would it be?

Anita- A way for elderly people to be comfortable all the time as they age so that they don't have to feel aches and pains.

Janel- hmm not sure....not very creative!

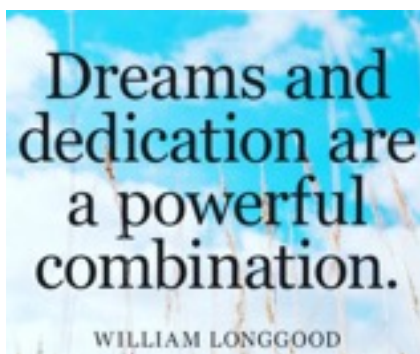


Ask Ashley: An advice column

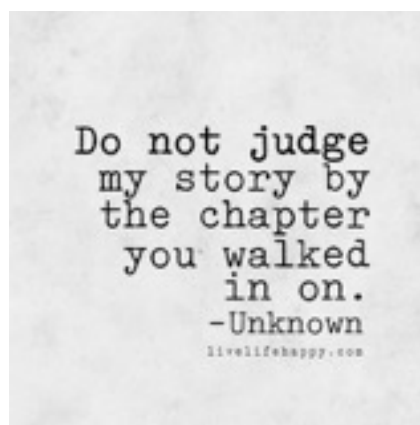
Dear Ashley,
I am having guy problems. I really like this guy, but I don't think he knows I even exist. What should I do?

*Dear Anonymous,
You should just talk to him.
Don't be afraid to make the
first move in your friendship.
Just talk to him and start out
as friends. Then if things start
to spark go for it. I hope things
work out.*

Sincerely Ashley



Helen B.



Kaylee B.



Emily H.

Peppermint Mocha Fudge Recipe shared by Lily W. & Helen B.

Ingredients:

1. 6 tablespoons of unsalted butter
2. 3 3/4 cup of powdered sugar
3. 1/2 pound of unsweetened cocoa powder
4. 1/4 cup of International Delight
5. 1 teaspoon of vanilla extract
6. 1/4 teaspoon salt
7. 1 cup of peppermint chips or chopped candy canes



<https://www.crazyforcrust.com/peppermint-mocha-fudge/>

Directions:

1. Line an 8x8 pan with foil and a non stick cooking spray
2. Place a 3 quart saucepan over medium heat. Melt the butter and then add the powder sugar and cocoa powder, coffee creamer, extract, and salt. Whisk the mixture until it is smooth, and then cook until the entire of mixture is hot and melted.
3. Spread mixture into a prepared pan. Sprinkle peppermint chip pieces or chopped candy canes. Let it sit in room temperature and then cool it to set if needed.

Entertainment

as recommended by the Black Cat News staff

Movies

42 The Jackie Robinson Story
Inception
Dr. Strange



Apps & Games

Awesome Tanks
Snap Chat
Webtoons
Minecraft Pocket Edition



Books

Almost Home by Joan Bauer
The Young Elites by Marie Lu
And Then There Were None by Agatha Christie
The Red Queen by Victoria Aveyard
A Court of Thorns and Roses by Sarah Maas
The Maze Runner by James Dashner
Dead Girls Don't Lie by Jennifer Shaw Wolf
Fable Haven by Brandon Mull
Where the Red Fern Grows by Wilson Rawls
Mark of the Thief trilogy by Jennifer Nielsen
OCD Love Story by Corey Ann Haydu
Dark Promise Talia Jager



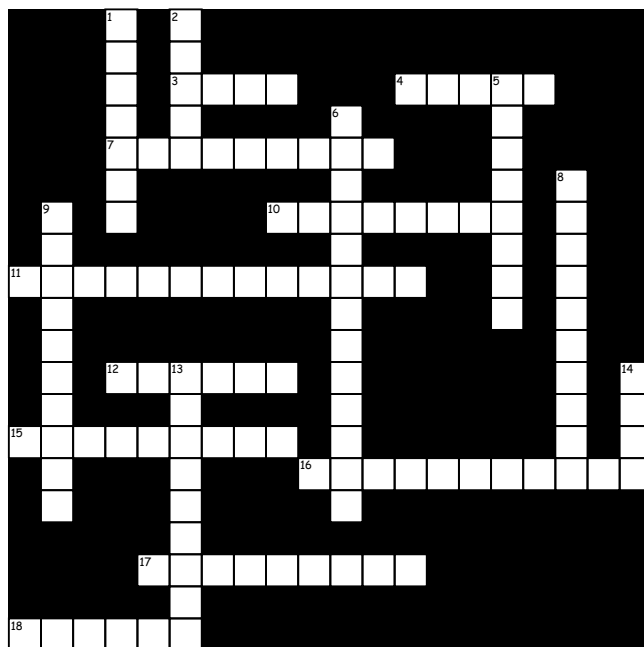
Maze by Vinny S.

December Crossword

Lacy H.

Word Bank

blizzard, cold, fire, gifts, gingerbread, gloves, hibernate, holiday music, hot chocolate, lights, mistletoe, north pole, ornaments, reindeer, scarf, snowflake, snowman, snowmobile



- | | |
|-----------|---------|
| 3 Across | 1 Down |
| 4 Across | 2 Down |
| 7 Across | 5 Down |
| 10 Across | 6 Down |
| 11 Across | 8 Down |
| 12 Across | 9 Down |
| 15 Across | 13 Down |
| 16 Across | 14 Down |
| 17 Across | |
| 18 Across | |

"To make darkness conscious. Is to turn the shadow into light." — Teal Scott

The Maze Runner by Maddy O.

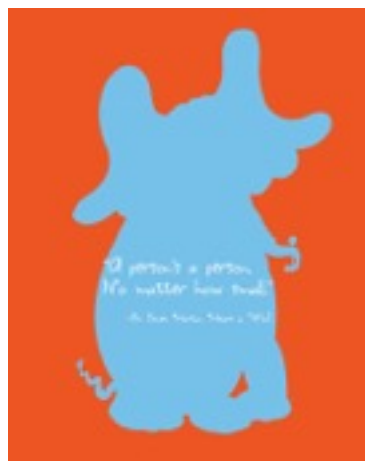


This book is about a seventeen-year-old boy who has no memory of his past. He wakes up in an elevator box going up. He then is released and he finds himself in a large plane that is boxed in by four huge walls that have a gap.

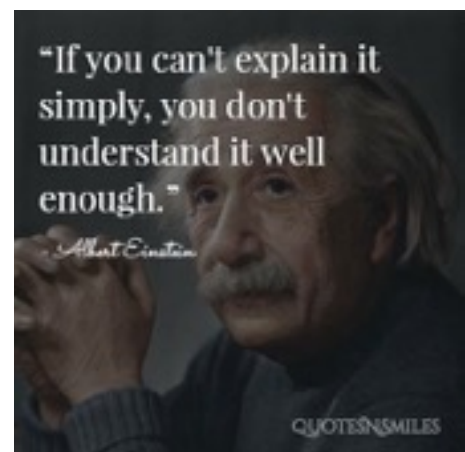
Beyond the gap is a large maze that changes continuously. With other people who have found themselves in a similar situation, they try to escape. Although it isn't easy, there are giant Grievers (machine creatures) that are in the maze. One night Grievers attack the place that they are staying because Thomas was exploring further into the maze and found the key of escaping. Thomas and the others devise a plan to escape and some disagree and stay behind. While many die escaping, Thomas and a few others surprisingly escape. They find themselves in a strange place and are fed and have a "safe" place to sleep. Then something unthinkable happens. That is the end of the first book in *The Maze Runner* series.



Abi K.



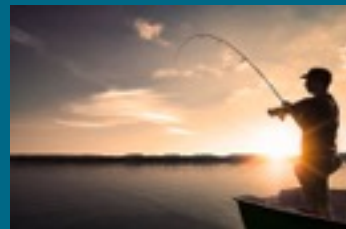
Calista R.



Tegan H.

Fishing by Trenton P.

Fishing is a good sport because you can enjoy the great outdoors. This sport is available year round. Many people also think fishing is a relaxing hobby. There are numerous types of fish to target in fresh water. Some of the freshwater fish to target in lakes and rivers are musky, northern pike, walleye and many more types of fish. There are also tournaments that range nation wide. In these national tournaments you can win big amounts of money. You can also win expensive boats. You can ice fish in the winter. You want to have at least 4 inches of ice to be safe. There are classes you can take in schools on building rods. There are many schools that offer a high school fishing team.



Horseback Riding By: Delaney C.

Horseback riding is a fun hobby that includes many benefits. One benefit is that you get to see the world from a different point of view. Seeing the world on the back of a horse is an incredible feeling. The most fun way to see the world on horseback is on a trail ride.

Horseback riding also teaches you responsibility. You have to learn how to recognize when the horse you ride is in pain or has an illness. You practice a lot and you learn all about horse health and how to take care of your tack. You also learn how to properly feed horses, groom them, and tack them up.

Horseback riding also improves your core strength. You use different muscles to help with balance and stay in different positions.

If you are interested in taking on horseback riding, you will need certain riding clothes based on what style you want to ride. If you want to ride western, you will need jeans to avoid blisters and scrapes from the saddle. Next, you will need a riding helmet made specifically for horseback riding. You will also need boots with a 1¼ - 1½ inch heel.

If you want to ride English, you will need riding breeches or jodphurs. English riders tend to like paddock (shorter) boots for schooling or field (taller) boots mainly used for showing. You will also need a riding helmet made specifically for horseback riding.

The best way to learn how to ride a horse is by taking riding lessons. A lot of stables offer riding lessons weekly for a reasonable price. These lessons teach you how to ride horses, groom horses, tack them up, and how to take care of horses. The lesson instructors also teach you horse safety and how to act around horses.

A close stable is Wild Winds Ranch LLC. This stable is located right in West Salem. They have lessons with affordable prices and great horses. For more information about Wild Winds Ranch LLC, go to their website: <http://thewildwindsranch.com>



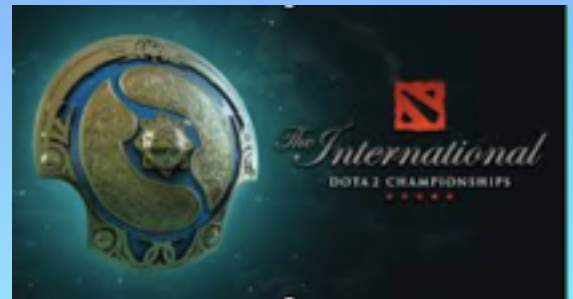


OpenAI by Brady D.

OpenAI, backed by Elon Musk, created a bot who rivals the skill of top Dota 2 players in the world. At Valve's annual Dota 2 tournament (The International) in August, the bot went up against Dendi, a pro player, and won the best-of-three matches. The week prior to the tournament the bot went up against SumaiL (top 1v1 player in the world) and Arteezy (top overall player in the world) going undefeated against both players.

Dota 2 is a complex, team-based game played by over ten million people monthly. It has a thriving pro scene with over \$20M awarded in The International alone. The game is continuous, with hidden information, and uses complex strategy.

The bot learned new strategies all via self-play meaning the bot battled itself over and over in a 1v1 battle learning along the way and implementing its new techniques into the game. It's just like the human brain using trial and error to learn. It just learns a lot faster than humans do.



Tech Integration

by Tegan H.

Tech Integration is an elective offered to 7th and 8th graders. In Tech Integration you get to experience wood working. Your teacher will be Mr. Mathison. There are many different machines you get to use. There's a band saw, miter box saw, disc sander, drill, and a router. You also get to use sand paper and a handsaw. You also use polyurethane and wood stain. You get to make a wooden box, a wooden shelf, and a gum ball machine. At the end of the year you will get to take your creations home.

STOCK CAR RACING by Alyssa G.

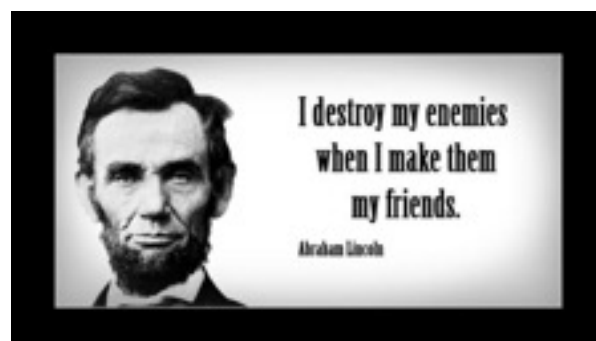
FACTS:

- NASCAR stands for National Association for Stock Car Auto Racing
- Bill France founded NASCAR in 1948
- The 3 NASCAR series are Monster Energy NASCAR Cup Series, Xfinity Series and Camping World Truck Series
- NASCAR race cars can go about 200 mph
- They can go 293 ft. in 1 second
- The temperature in a race car can get to 100 degrees or higher
- The floor of the car can get to be about 170 degrees
- There are 150 other countries that can listen or watch NASCAR
- The first race of the NASCAR season is the Daytona 500
- Daytona 500 is the largest race of the season
- Other NASCAR tracks are, Atlanta Motor Speedway, Auto Club Speedway, Bristol Motor Speedway, Canadian Tire Motorsport Park, Charlotte Motor Speedway, Chicagoland Speedway, Darlington Raceway, Daytona International Speedway, Dover International Speedway, Eldora Speedway, Gateway Motorsports Park, Homestead-Miami Speedway, ISM Raceway, Indianapolis Motor Speedway, Iowa Speedway, Kansas Speedway, Kentucky Speedway, Las Vegas Motor Speedway, Martinsville Speedway, Michigan International Speedway, Mid-Ohio Sports Car Course, New Hampshire Motor Speedway, Pocono Raceway, Richmond Raceway, Road America, Sonoma Raceway, Talladega Superspeedway, Texas Motor Speedway, Watkins Glen International



Sources: <https://mydriftfun.com/18-facts-about-nascar-you-didnt-know/> <https://www.nascar.com>

Memphis H.

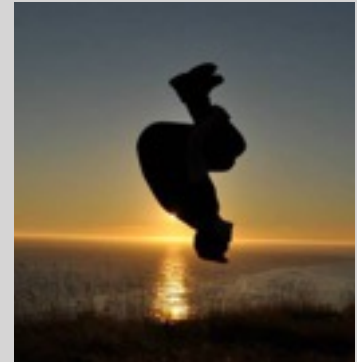


Nik H.

Flipping and Recess/Playground Rules

By Peter D. & Robert H.

We are writing about why 7th and 8th graders should be able to do flips at recess. Kids should be able to do all sorts of flips — side flip, back flip, front flip — at recess in the grassy areas. Doing flips would make our recess more enjoyable. Currently, we are able to do a front or back handspring because we are using our hands. If we do a flip with no hands, we get a detention and a strike against the D.C trip. Three strikes and we're kicked off the D.C. trip.



On the school district website we looked up the current recess rules. Here they are.

Playground and safety rules according to the West Salem Middle School Parent and Student Handbook.

Playground Policy To ensure the safety and well being of all students while at recess on the playground, specific behavior expectations are listed below: Aides and Supervisors will follow a progressive system of discipline on the playground:

- Consumption of food or drink outside at noon hour or recess can pose a choking hazard and is not allowed.
- All students must be outside on designated playground areas and may only enter the building with a Hall Pass.
- Students may not play on or use the high school equipment. Examples: high school track and football equipment.

Insurance

The school district does not provide an individual student insurance policy.

Safety Safety is a habit that is learned only through practice. Parents, as well as teachers, need to continually remind and discuss the reasons for all safety practices with their children. Here are some suggestions, which may help develop these essential practice.

- If your child walks, plan the safest way to get to and from school. Insist that your child take this route at all times.
 - Insist that your child go directly home from school.
- Discuss with your child the danger of accepting gifts, rides, or going any place with strangers, or unauthorized adults.
- Help your child see the danger involved in throwing stones, rocks, sand, or snowballs en route to and from school at bus stops or on the school grounds.
 - Encourage your child to obey all bus safety rules.

It is the responsibility of parents and staff members to inquire from their insurance carrier as to the insurance coverage needed for personal property that is brought to and/or kept at the middle school. This includes clothing articles, electronic devices, and musical instruments that may be lost, damaged, and/or stolen.

In all these rules for the school, no where do we see the word “flip.” Even though it isn't in the rule book for West Salem Middle School, we were punished for doing flips. Kids who are able to do no handed flips should be allowed to flip at recess. Is there a way to show the supervisors that we can do flips and not get hurt? If so, maybe this rule could be changed in the future.

Teacher Feature: Mrs. Jarosh by Machaela A.

Full Name? Alyssa Marie Jarosh

What job would you be terrible at? Rockstar/singer

What's your favorite drink? Fruit smoothie

What would be your ideal way to spend the weekend? On a tropical island with family & friends



What's the farthest you've ever been from home? Murmansk & Moscow, Russia

What fad or trend do you hope comes back? Hypercolor shirts

What city would you most like to live in? This is a hard one... I love W.S. because my family is here... There are so many amazing cities...

What dumb accomplishment are you most proud of? Trying to be the first person of each year to water ski on Lake Neshonoc... Also "canoed" across the lake... chopping the ice as we went.

Who is your best friend? Jenna Bonsall (my sister)

How many kids do you have? Two, Easton 3 years old & Cooper 6 months old

How long have you been a teacher? 11 years

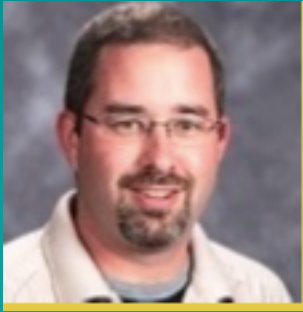
What are some words to describe yourself? Happy, energetic, friendly

Who was your favorite teacher? Why? Mrs. Jones (my 3rd grade teacher) She allowed me to explore my interests and always extended my learning! 5 years ago we traveled together to teach at a science camp in Russia! Maybe I will travel with some of you in 10 years!

Canaan S.



Teacher Feature: Mr. Jones by Emily M.



1} Why did you decide to become a teacher? *I love math and I enjoy making a difference in the lives of the young adults in ur school.*

2} Where did you go to college? *Viterbo for Business Management and Education Degree UW-Eau Claire for math.*

3} Do you have any college experiences you'd like to share? *College is where I met my lovely wife.*

4} What was your favorite subject and why? *P.E. I like being able to get out of my seat and move.*

5} What frustrates you most in a classroom? *Good question! When a student doesn't put in enough effort to reach their full potential. You can learn about anything you want, but sometimes you may need to work hard for it.*

6} Where do you see yourself in 10 years? *Right here in WSMS! The best place to be.*

7} What social media sites do you use? *What's that? Just kidding. I used to be on the book of faces but I didn't like it and have since deleted my account.*

8} If you never became a teacher, what would you have wanted to become? Why? *A backcountry hiking guide. I love being immersed in nature and would enjoy sharing this experience with others.*

9} If you could be any animal what would you be and why? *Animal? No thanks. I like to see animals not be them. Ive seen those costumes at Walmart but I am not interested.*

10} What is the first thing you notice about people? *Their smile and personality.*

11} What is your favorite food? *I like Mexican food. Feel free to bring me up some when you have a fiesta in Spanish class.*

12} Do you prefer scary movies or happy movies? *Neither... I prefer funny movies or action movies.*

13} What is your favorite sound? *The crack of a baseball bat hitting the ball.*

14} Big city or small town? *Small town. Its nice to know the great people of West Salem.*

15} Where did you grow up? *Holmen*

16} What sports did you play when you were younger? *Mostly football, baseball and basketball.*

17} What music do you listen to? *U2. I've been to 6 of their concerts in 5 different states.*

Teacher Feature: Mrs. Olson by Emily H.

What is your favorite color? -yellow

How many years have you worked at west Salem? -7

What is your favorite weird food combination?

-marshmallow fluff with peanut butter sandwich

What is your favorite TV show? -"Peppa Pig"

What is your favorite song? -"Beautiful Day"
by U2



What is the one thing you enjoy most about working at West Salem Middle School?

-the students

When is your birthday? -November 25th

If you could be any animal which one would be? Why?

-a bear because you get to eat tons before you hibernate for the winter

What is your favorite Starbucks drink? -vanilla latte

What is your favorite holiday? Why? -Thanksgiving because I like to give thanks and eat a lot of turkey.

What is your favorite Disney movie? - *Mulan*

If you could have any superpower what would it be? Why?

-super speed because then I could be more efficient in things I do.

What would you do if you found a penguin in your freezer?

- I would say "Hi penguin!"



Lily W.



Delaney C.



Trenton P.

SHOW CHOIR - CRESEENDO

By Nik H & Lauren S

Show choir is an energetic, enthusiastic combination of singing and dancing . There are usually about 30-60 kids in show choir each year. This year there are 59 kids. The main goal of show choir is to get kids singing and dancing. It gives kids an opportunity to try things that interest them. It also gets them involved in the performing arts. If kids get nervous about being in the spotlight, show choir offers them a chance to be a part of a larger group and do what they enjoy. Ms. Nimm, Ms. Alex and Mr. Tashner are the show choir instructor. This year Ms. Alex took Mr. Tashner's place because he had to take care of his beautiful newborn son (Emerson).

Amy Hanson started show choir when she was working at the middle and high school. Then after Mrs.Hanson started full time at the high school, show choir ended for a couple years until Ms.Nimm joined the school district and joined the middle school. Then Ms. Nimm started show choir up again, and she has been doing it for eight years. Ms. Nimm plans to be teaching show choir until no one else wants to be in show choir or when she retires; whichever one comes first.

Show choir rehearsals start at 7:00 am sharp each Thursday morning. The name of this show choir croup is Crescendo because when singing, we get LOUD!



All 59 kids in Crescendo: Machaela A, Keanna B, Isaac B, Kaylee B, Sophia, Anna B, Emma B, Nick B, Alyssa B, Maddie C, Delaney C, Anja C, Allie C-L, Aly C, Xavier D, Aubrey D, Tessa D, Allie D, Brady D, Mckenna E, Magei F, Skylar F, Kylee G, Maddie G, Ben H, Nik H, Allie H, Lacy H, Kamry H, Mali H, Kendra H, Kate H, Katherine H, Abby K, Rebekah K, Abby K, Madison M, Taliya M, Elsa M, Reanna M, Kiana O, Madeline P, Morgan Q, Caitlin R, Molly R, Reagan R, Aspen S, Ed S, Austin S, Lauren S, Macey T, Drake T, Kendra T, Matilda V, Grace W, Ever W, Noelle Z

Student Survey- How much screen time to kids get each day?

By Leah N.

It is important to limit yourself with screen time. Not just on your phone, but on televisions, video games, tablets, and computers. Too much screen time as a child, can hurt your outcome in later life. It's important to get outside, read books, and interact with people in person, and not just on a screen.

What can too much screen time do to yourself?



Too much screen time can cause damages to still-developing brains. Important abilities like the ability to focus, concentrate, pay attention, sense other people's attitudes and communicate with them, and the ability to build a large vocabulary, all of those abilities are harmed. Parents who limit their kid's screen time may seem mean in the meantime, but later in life, screen time does more harm than good. It lets their children pay more attention to their schoolwork, and less attention to their phones.

Although too much screen time is bad, some screen time is alright. It's okay to have 1-2 hours of screen time each day. However 8-9 hours a day is way too much screen time for a growing child.

How can I control my screen time?

There are many ways that someone can control how much screen time they have each day. For instance there is an app called "Screentime" that is meant for limiting a child's screen time each day. This app will not allow any more apps to work after the desired time is over. An example, if you set the app YouTube to one hour, after one hour of YouTube it will shut down and not let you use it again until someone (usually your parents or a guardian) resets the app. You can ask your parents to control how much time you use on each app. If you would not like to use that app, you can just ask someone in your household to tell you to get off of your device at a certain time, maybe after an hour or so. The last option is internet hours. Instead of certain apps, you can control the overall internet hours to go off at a certain time each night. For instance a good time to set would be 6:00-8:00 at night. That way your wifi will go on at 6:00pm and shut off at 8:00pm everyday.

Overall, too much screen time can be harmful to a developing child's brain, and cause many problems later in life. So get outside, get reading, and stay healthy!

SOURCES: psychologytoday.com
sreentimelabs.com

