

Black Cat News

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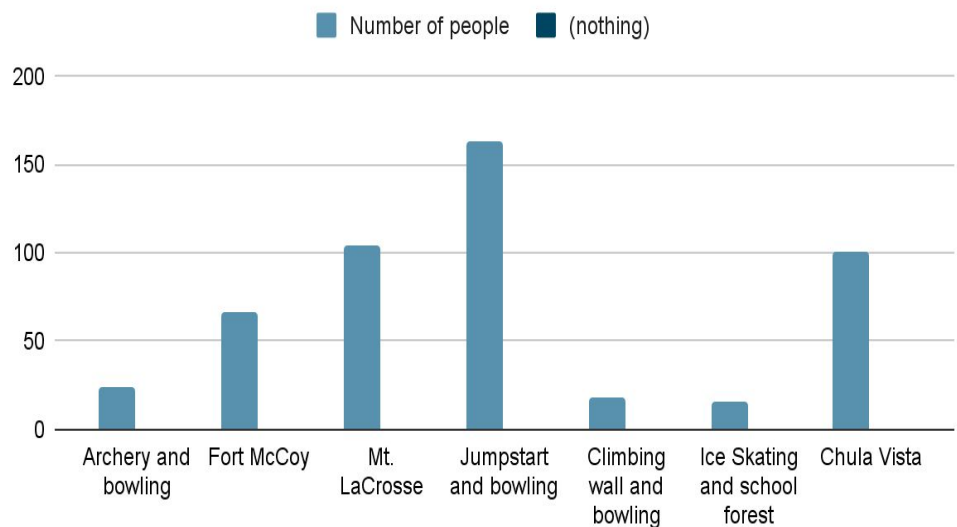
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Winter Wellness

by Kara J. and Evelyn M.

On February 11th, our entire school went on a field trip! On Winter Wellness Day, students get to pick where they go for the day. There are many different options to choose from, like Chula Vista (an indoor water park), Fort McCoy (a tubing location), Mt LaCrosse (downhill skiing and snowboarding), Jumpstart (a trampoline park) and bowling, Features (bowling) and archery, a climbing wall and bowling, and lastly, ice skating and our school forest. Kids look forward to the day because it's social and a break from school work.

Winter Wellness





The History of Valentine's Day

By Lily O.

There are a few different stories of where of Valentine's Day comes from. Here are two of them.

One story is Emperor Claudius of Rome decided men with no wives make better soldiers, so he outlawed marriage for young men. But there was a priest named St. Valentine in the third century who thought it was wrong, so he performed marriages in secret. When Emperor Claudius found out that Valentine was doing this, he killed Valentine. Other people in Rome believed it was a different St. Valentine performing marriages, and the emperor killed him too.

A second theory about Valentine's Day is that St. Valentine was in prison when it was discovered he was performing marriages. While he was in prison, he helped Christians escape and sent letters to Emperor Claudius' daughter. That is where the tradition of Valentine's Day cards came from.



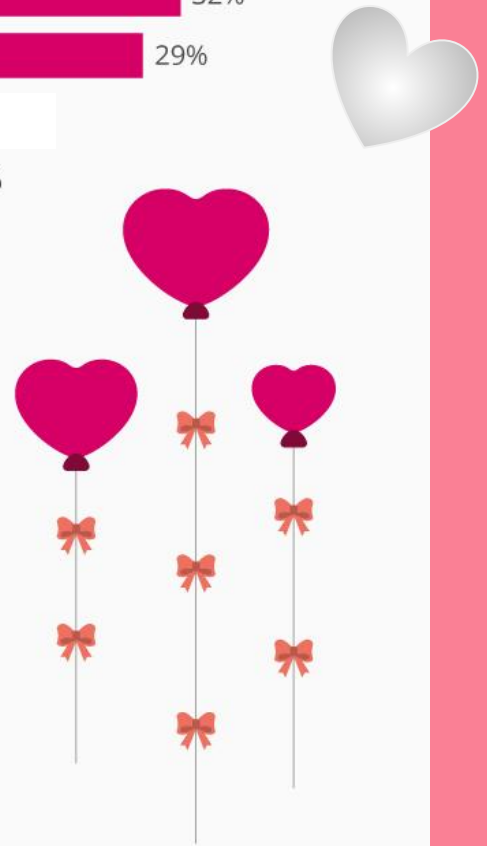
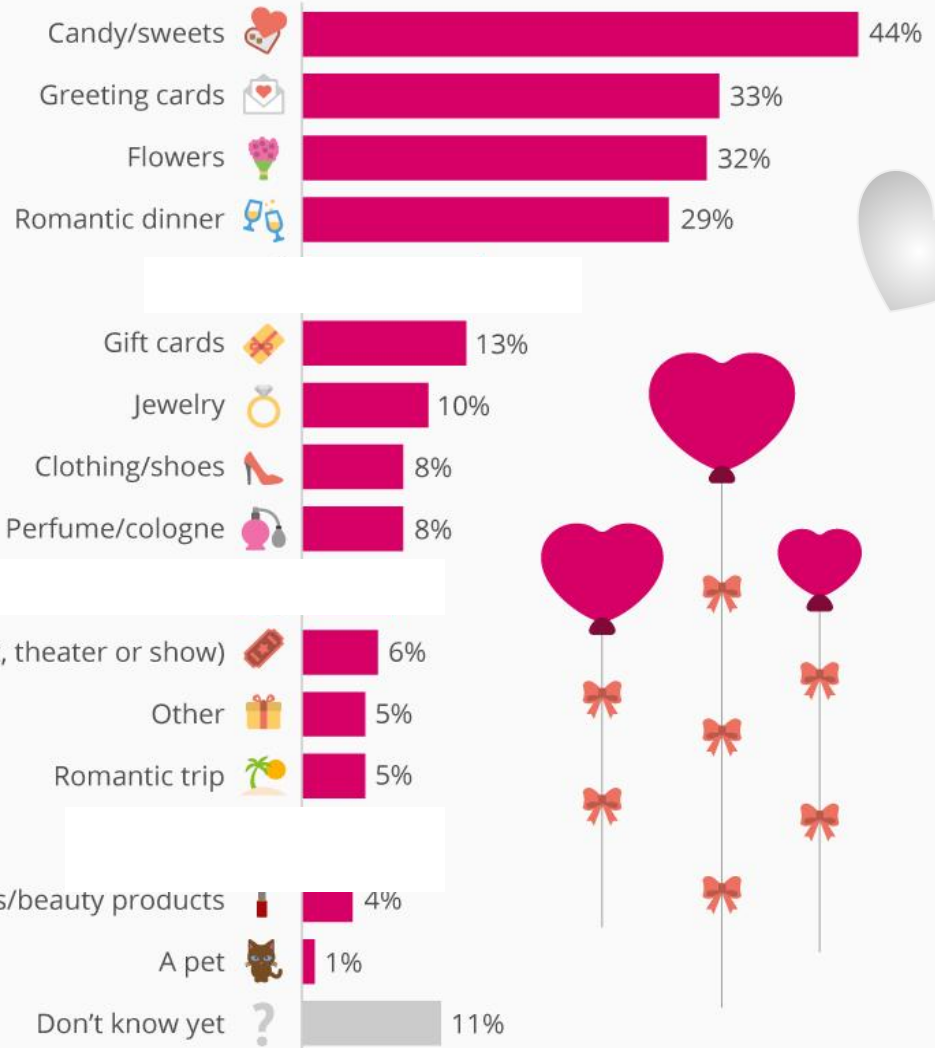
<https://www.history.com/topics/valentines-day/history-of-valentines-day-2>

Most Popular Valentine's Day Gifts to Give

by Izzy G. & Lily K.

The Most Popular Valentine's Day Gifts In The U.S.

"What kind of gifts will you be purchasing for Valentine's Day?"



n=685 respondents that plan to buy gifts. Multiple answers possible.
Source: Statista Survey Valentine's Day 2017



Valentine's Advice

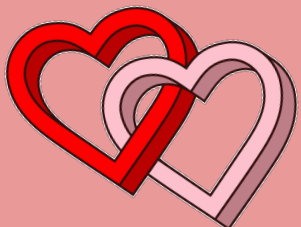


Dear Alex,
I have had a crush on a certain someone for a few months now (since the beginning of the school year). We've been friends since we were little but now I think I really like him in a different way. The problem is he has a "girlfriend." I honestly think we'd be a better couple. How do I get him to notice me in "that" way?

Dear Anonymous,
Although it might be hard to see your crush with someone else, I would recommend just trying to give him some hints that you see him as more than a friend. Some hints might be hanging out and talking with more about his interests. That way he'll realize how great you truly are and they might break up. Just wait and you'll get your opportunity.

Dear Alex,
Valentine's is coming up, and there's girl I really like. I want to ask her to be my Valentine but I don't know how to do it. Could you give me some ideas?

Dear Anonymous,
I can't say I've ever been in your position but if I were you I would get to know her. Learn what she enjoys. Then when you know what she likes, try to do something related to her interests. Get a few of her favorite candies. Maybe get a bouquet of her favorite flowers. Or you could just leave her a note. Best of luck!



Valentine's Day Riddles

There will be different riddles. Match the words below to the riddles to find the correct answer. Hint: There will be different answers to confuse you.

I have a heart that never beats. I have a home but I never sleep. I can take a man's house and build another. I love to play games with my many brothers. I am a king among fools. Who am I?

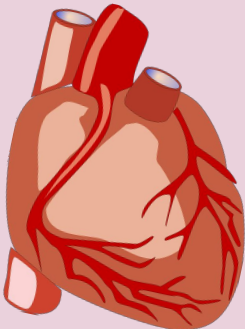
What fastens two people yet touches only one?

You can hurt me. You can love me. You should win me if you want to be mine. What am I?

What flowers are kissable?



Answers (but not in order):
Heart
King of Hearts
Wedding ring
Tulips



8th and 7th Grade girls School Basketball



7th Grade Players

- Jayda M
- Lily O
- Kylie E
- Ava S
- Elise F
- Kennedy E
- Averie G
- Mayumi M
- Airreyanna C
- Briauna M
- Malana K
- Breely O
- Bella Q

In What We Do In Practice

Practice starts off by shooting around at hoops until our coaches come. Then both 7th and 8th graders do ladders. Next we do two-ball with an 8th grade partner. After that we do Panther layups. Then we spit up and do basketball drills to get ready for our next game. At the end of practice we do a breakdown.

8th Grade Players

- Bailey F
- Addie J
- Addy F
- Josie B
- Emma G
- Maddy K
- Lydia J
- Natalie W
- Natalee R
- Aireyanna N
- Abby P
- Autumn L
- Emily G

By Averie G. and Elise F.

Coulee Region Stars 12U

Aira C.#1

Maddie R. #3

Brenna P. #4

Hannah K. #5

Julia H. #6

Paige D. #7

Madelyn M. #10

Grace J. #11

Addison W. #13

Ellie H. #14

Sydney C. #17

Macy R. #18

Elyse B. #19

Shawn D. #20



By: Macy R.

: The Coulee Region Stars is a group of girls from all
: across the La Crosse County who want to or already
: play hockey. There are three separate teams, 10U, 12U
: and 14U. I currently play on the 12U team. In the
: beginning of the season, I didn't know anyone on the
: team besides who I played with last year on the West
: Salem team. We practice at the Omni Center, the
: Panther Den, and Green Island. At practice we work on
: skating, shooting, passing, defending, and a lot more.
: We compete against both all girl and co-ed teams
: around the area. There's even a state tournament.

Guess the Movie Emoji Riddles by Kennedy E. & Lydia R.



- 1. Lion King
- 2. Toy Story
- 3. Car(lighting mcqueen)
- 4. Cinderella
- 5. Frozen
- 6. Up
- 7. Mulan
- 8. Lady and the Tramp
- 9. Moana
- 10. The Little Mermaid
- 11. Dumbo
- 12. Rapunzel
- 13. Prince and the Frog
- 14. Pocahontas
- 15. Aladdin
- 16. Beauty and the Beast
- 17. Jungle Book
- 18. Mary Poppins
- 19. Sleeping Beauty
- 20. Pinocchio
- 21. Brave (Merida)
- 22. Monsters, Inc.
- 23. Coco
- 24. Inside Out
- 25. Peter Pan
- 26. Winnie the Pooh
- 27. Wreck-it Ralph
- 28. Alice in Wonderland

2021 Popular Movies & Shows

According to popular movies of 2021

By Jarett P. and Isaac D.



Vacation Friends rating: R-rating Rotten Tomato rating:60% People go on a trip to Mexico and find crazy party people in Mexico. I recommend it because it has good actors and great comedy.

Yellowstone rating: Rotten Tomato rating: 81%This is about a family owned farm in Montana that has an argument over land with Native Americans. I recommend it because it's a dramatic series that keeps you on edge.

Free Guy rating:pg-13 Rotten Tomato rating: 80%This is about a fake pedestrian in a video game who becomes a player and makes the game's developers go crazy. I recommend it because it has good actors and it has amazing comedy.

Ghostbusters After Life: rating: pg-13 Rotten Tomato rating: 60%It's about one of the original ghostbusters who dies. His family moves into his house and some spooky things start happening. I recommend it because it has a good story and it has actors from the original movie.

Trees for Tomorrow

by Boden H. & Evan C.

We, along with ten other 7th graders, went to Trees for Tomorrow in Eagle River, WI during the first week in January. Mr. Baker and Mrs. Persima went along as chaperones.

Trees for Tomorrow started as an organization that helped replant the trees that were cut down in the Eagle River area. Now it is an organization that helps teach others about the importance of our forests.

Not only did we learn about our forests, but we also learned to cross country ski, snowshoe, and do lots of other fun activities. We also learned about tree identification, how to identify animal tracks, and about wolves.

Students participating in TFT:

1. Bode H.
2. Evan C.
3. Malana K.
4. Alexis M.
5. Dhalia S.
6. Tula M.
7. Addi P.
8. Bri P.
9. Jack W.
10. Graham S.
11. Breeley O.
12. Tyler K.



Mr. Baker

By Khalan D.



Why did you become a teacher?

I became a teacher because I like working with kids, probably because I act like a kid myself most of the time. I also liked the idea of a career that worked well for me to have my own kids. My schedule fits right in with their schedule!

What's your favorite and least favorite unit to teach?

I have lots of favorites! I enjoy any time we get to go outside for a field trip! My favorite lab is the Superstar Lab because we get to taste crazy things and then dye our tongues different colors.

Did you want to be anything other than a teacher? Or have you always wanted to be one?

If I wasn't a teacher, I'm not sure what I would do. However, my dream job would be a professional fishing guide.



Mr. Mathison

By Jayda M & Briauna M

When did you start learning Tech Ed?

I was in 7th grade but did watch tv shows such as *The New Yankee Workshop* (a woodworking show), *This Old House*, and *Hometime* which were home building shows.

What was your favorite project for Tech Ed?

Probably the Emergency Shelter project for Principles of Engineering class. It is where a group of two students design a shelter but it must be constructed of at least 90 percent of biodegradable material...aka...a lot of paper and cardboard. During the project we learned about heat transfer (conduction, convection, radiation) and also about insulation (R-values of insulations). We created a small wall section sample to see what the R-value would be. We also evaluate (test) our shelters in the winter months because the goal is to keep the inside temperature at 70 degrees (or how high about 70 we could get it up to) using only our body heat as the shelter's heat source to see what the actual R-value is on the whole structure.



How long have you been teaching?

18 years

What is your favorite machine to use?

Either the CNC router or the laser engraver because of the creativity you use to design in order to create products

What is the longest time you have spent on a project?

During the summers, I used to work for a local contractor. I would have to say working for him and building various houses or remodels for people.

What is your favorite project?

A Wisconsin / Bucky Badger picture with a frame. The picture was created by using a technique of inlays. The inlays were created from using the laser engraver to cut out the various colors using various species of wood.

What is your least favorite project?

I don't know

What is your favorite grade to teach?

??

What is the biggest project that you have done?

Again, working for the contractor...building a house or a remodel. If you mean as a project from the woodshop...it would either be cabinets or various tables.

What is the smallest project that you have done?

The smallest project that I have ever created is the small business card holder that I created to showcase some of my creativity and my skills for my interview for the Tech Ed position at West Salem. I designed it using CAD and the laser engraver cut out the pieces which I glued together. I also used the laser engraver to add the "flying" WS logo onto one side of it.

Interrogating Mr. Jones

By Ali H.

How many years have you worked at West Salem Middle School?

Mr. Jones has worked at the middle school for nine years, this being his tenth. But before that, he taught Geometry and Pre-Calculus at the high school. Mr. Jones also taught 7th grade math as well before he was the STEM teacher!

If you could teach any other subject, what would you teach?

Mr. Jones would like to teach math. But if he could choose a subject that he hasn't taught he would like to teach to P.E.

Boden would like to know who your favorite homeroom student or grade is?

He said that Bode is in his top fourteen in his home room (there are only fourteen of us).

Which project is your favorite to see students do?

Mr. Jones agrees with me and many of his students that any of the 3D printing projects are very interesting for kids. And he said, "It's interesting to see the kids' creativity."



What did you want to be when you were growing up?

When Mr. Jones was in middle school he wanted to be a pilot. But that didn't happen and instead he found he likes teaching many of the different subjects he enjoys.

Get to Know Ms. Nimm!

By Evelyn M.
(choir teacher)

Q: When did you become a music teacher?

A: I graduated from Ripon College in 2005. I worked a couple of long term sub positions for that year. I was hired by West Salem School District in 2006.

Q: What is your birthday?

A: November 19

Q: Do you consider show choir a sport?

A: I think show choir is extremely athletic; however, there is no governing body such as WIAA to create a common set of rules and expectations. Every competition that you go to has different ways of operating, which makes it hard on the team. Until there is a governing body you can't call show choir an official sport. But being able to sing and dance at the same time requires the same amount of athleticism as every other sport.

Q: What is your first name?

A: Elizabeth, but everybody calls me Elle because no one says Elizabeth correctly.

Q: What is your favourite color?

A: Green, pink, purple, anything bright and colorful

Q: What is your favourite childhood memory?

A: My grandfather needed to use a wheelchair while walking long distance, and I loved sitting on his lap while being pushed. When I got a little older, around 8, I was then able to push him in the wheelchair.



Q: What was your favourite school subject?

A: Aside from music, English.

Q: What is the farthest you have ever traveled from home?

A: In college I went on a choir tour to Austria, Hungary, and Cech Republic.

Q: Did you want to do anything other than be a teacher?

A: No

Q: What is your favorite thing about teaching choir?

A: I love that I get to watch my choir students all the way from 6th grade to high school, and I get to see their involvement in music, and I get to see them grow into adults.

Q: (Be honest) What is your favorite grade to teach?

A: I won't tell you.

Q: How many siblings do you have? What are their names?

A: I have two sisters. Melissa is older, and Jessica is younger.

Show Choir

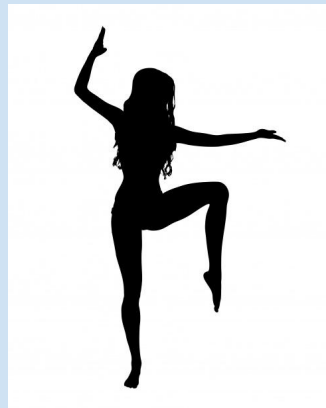
By: Sam M & Kahlan D

The songs
"Want You Back"/"ABC,"
"Grapevine,"
"Dancing in the Street,"
"Ain't No Mountain,"
"Do You Love Me?"



These are our costumes.

What is Show Choir?
Well, show choir is a competitive activity where you sing and dance. You have an opener, ballad, and a closer to keep your audience engaged. You have fun outfits, dance numbers, and a fun time. You get to go to competitions and some of them are even overnight. It can even carry over to the next days after, if you make finals.



Practice days

Thursdays
7:00-7:43 A.M

Sundays 6:00-7:30
P.M

People who are in show choir

7th graders

- Lydia R
- Evelyn M
- Anna K
- Kennedy E
- Lexi M
- Lily O
- Joshua L
- Sam M
- Natalie C
- Kahlan D
- Bella Q
- Kara J

8th graders

- Sophie B
- Mckenna M
- Addie J
- Sydni S
- Breanna S
- Emilia T
- Addy F
- Abby P
- Maddie H
- Danielle C

Rodeos

By Paityn B and Liliana L



Rodeo has been around for a long time. It consists of many events some of which are listed on this page.

There are timed events and roughstock events. Roughstock events are not timed and consist of bronc riding and bull riding. In bronc riding you see how long you can stay on, unlike timed events because in timed events you see how little of time it takes you to complete the pattern.

In timed events there is a timer that counts how long it takes you to do things like barrel racing, pole bending, and other game events. You can win various prizes such as things to tack up your horse, ribbons, buckles, etc.

There are also different animals for different types of rodeo.

Types of Rodeo

- Pole bending*
- Bull fighting
- Bull riding
- Team roping*
- Barrel racing*
- Steer wrestling*
- Bronc riding
- Tie down roping*
- Game events*

*timed events

Dirt Biking by Cade W.

Dirt bikes are very popular now. Dirt bikes can make it much easier to get around, and they are so much fun.

There are many different brands and kinds of dirt bikes, like Kawasaki, Honda, KTM, Husqvarna, and Yamaha. There are 4 stroke dirt bikes and 2 stroke dirt bikes. My favorite is Kawasaki.

There are different types of riding, like motocross and trail riding. And there are bikes made for that type of riding. My favorite type of riding is motocross.



WSMS Wrestling

by Jaxon R.

The middle school wrestling season starts in November and ends in December. Boys and girls in grades 6 - 8 are able to participate. West Salem co-ops with Bangor, and the Bangor kids come over to West Salem for practice.

A normal day of practice starts of by us running laps in the mat room. After we are done with our laps we start stretches and sprints. Then we start our drills such as scarecrow. That is where we take shots under their arms. Then we practice our shots and escapes. After that we do live wrestling until the end of practice.

In middle school, there are just general weight classes. Kids are weighed twice during the season and that determines who you wrestle against at meets. There is a meet about every week.

Coaches: Aaron Bahr & Jason Raasch

Roster:

Cayson A.	Mason C.	Ethan H.
Teghan M.	Kaiden S.	Dominic W.
Easton C.	Justice E.	James F.
Lucas F.	John M.	Liam O.
Jarett P.	Noah W.	Jackson W.
Isaac A.	Ryan A.	Carter H.
Brayden K.	Kaden L.	Landon R.
Ihlee S.	Evan S.	
Gideon S.		
Brock T.		

The Rock

by Liam H.

I decided to research the wrestler/actor The Rock because he made an amazing song called "Face Off" with Tech N9ne.

The Rock As A Kid

The Rock was born in 1972 in Hayward, CA to a rich family. He had lived in 13 different states by the time he was 13.

The Rock As A Teen

The rock started to go to the gym as a teen and that started his wrestling career. Anytime he was not in school you could find him in the gym. The University of Miami is where he went to college.

Some movies The Rock has been in:

- Red Notice
- Jungle Cruise
- Jumanji
- Fast and Furious
- Bay Watch
- Moana
- Super Pets
- Free Guy
- Shazam

The Rock's Wrestling Career

The rock started wrestling in 1995. His first opponents were Crush and Goldust and he beat both of them. The Rock played in over 500 matches and 80 of them were professional. Out of the 500 matches he won 263 of them and lost 172 of them. And in 1991 he won the national championship.

The Rock Now

The Rock was a very good wrestler, but he decided to be a actor in 2001. He has been in over 30 movies and was the lead actor in at least 10 of them. He has three cute kids. The youngest kid Tiana is 3, his middle child Jasmine is 5, and his oldest is 20. His most recent accomplishment was the song "Face Off."



WWE

by Will C. and John M.

WWE stands for World Wrestling Entertainment. WWE started in 1953 but expanded and became what it is today in 1980. The first WrestleMania (which is like the Super Bowl of WWE) was in 1985 and featured Hulk Hogan and Mr. T. WWE makes around \$960 million a year. Some wrestlers, like John Cena, make a lot of money a year in the WWE. In 2019, John Cena made \$9.5 million and Brock Lesnar made \$6 million.

Some of the stunts and moves are fake, but sometimes the wrestlers really do get hurt. All the wrestlers attend practice at the New York Wrestling Connection to learn the stunts. All of the wrestlers come up with their own moves, name, attire, and entrance song.

Will's favorite WWE performer of all time is the Undertaker, and John's favorite is Rey Mysterio.

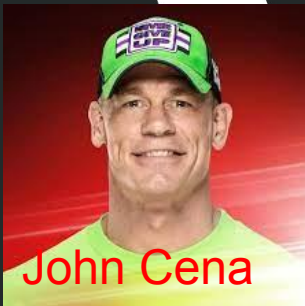
John Cena held 13 titles at one time

Stone cold Steve Austin has won 3 royal rumbles

Brock Lesnar has the most royal rumble eliminations at 1 royal rumble

The Undertaker has won 21 matches in a row in wrestlemania

Bruno Sammartino's 2,803-Day Title Reign



Teen Time Screen Time by Anna B.



Owning a personal device comes with a lot of responsibility. Personal devices require being mature and safe online, and 53.7% of the 7th grade thinks they can handle it. The risks are higher for younger kids who own a personal device because there are a lot of people who are not who they say they are. For example, people could trick you into sharing information that should not be shared. This most likely happens because kids have their own accounts and not many parents are able to manage what websites and games they use.

Source: [Personal Device](#)

Do you think you benefit by having a phone? Well, 96.7 % of the 7th graders think they do. According to researchers, if you are having trouble making friends, and you are given a phone, it will help you make friends quicker or strengthen current relationships if you use social platforms.

Source: [Phone Benifital](#)

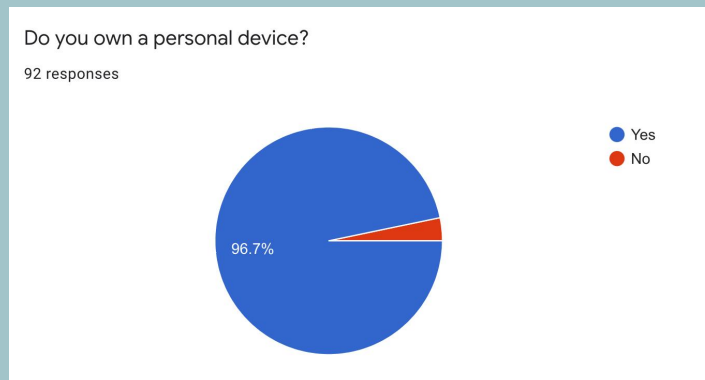
The appropriate amount of screen for kids 10-13 is no more than two hours a day. Screen time studies have proven that kids will have mental side effects due to a lot of technology. Social media can cause depression due to negative posts and hurtful comments.

Source: [Post-Screen-Time](#)

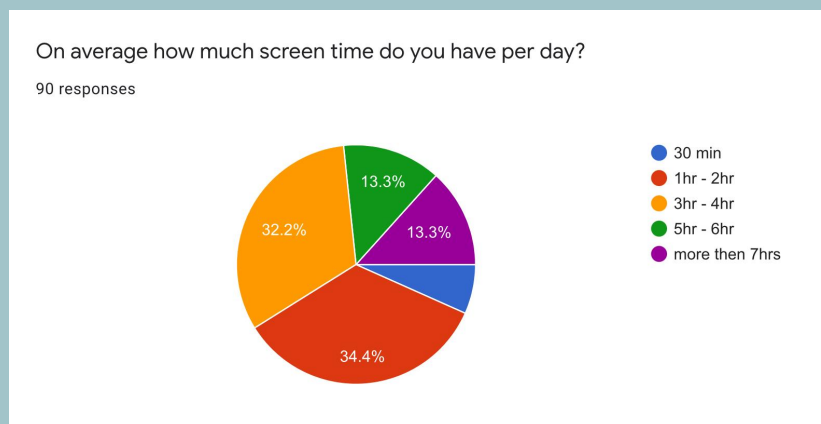


7th Grade Technology Usage Survey Results

Out of 92 students, 96.7% said they own a personal device.



The average screen time for 7th graders is 1-2 hours.



Out of 82 students who have a phone, 53.7% said they think they are benefited by a phone.

