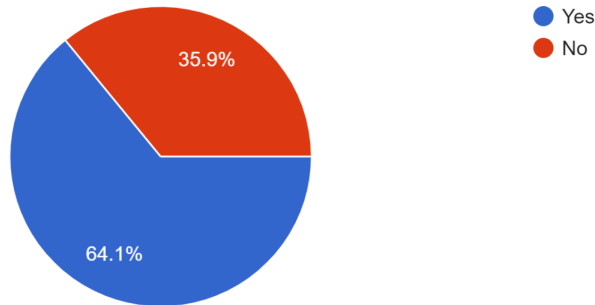
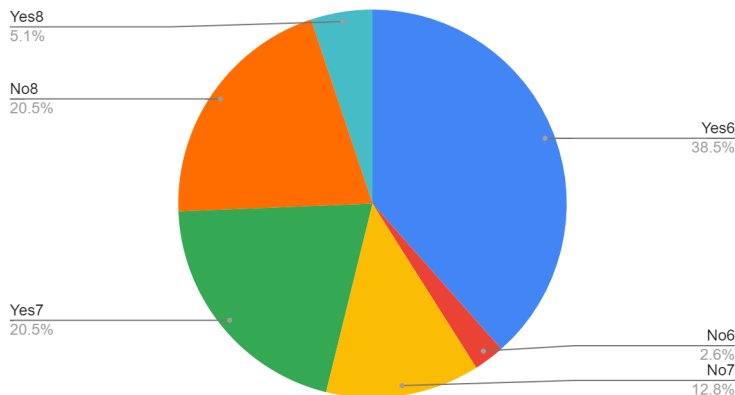


School lunches better received by sixth graders

Do you like most of the school food choices?
39 responses



Count of Do you like most of the school food choices?



By Ben Carr

IMMS Grade 6

So recently, some of y'all took a survey on our school lunches, arguing whether they are good or bad, and which one is your favorite. Well, here are the results of this survey.

After looking at the short answer section, the lunch all grades seem to love most is ... BUM-BUM-BUM BUM BUM BUMMMMMM! Pizza Hut! And other pizza, but Pizza Hut seems to be the overall fav.

The food most respondents seem to despise the most is the Hawaiian burger (among other burgers) and the mac and cheese. Who knew that those were that bad?

And, finally, most of the respondents like the school lunches, although a few of you say that you don't like them. When looking at grade levels, there was a trend with sixth-graders most favorable, seventh-graders split, and then a decline, leading to few of the eighth-graders voting yes.

Maybe there could be some changes later on? Results have been forwarded to the food service staff. Anyway, thank you to all students who took the time to complete this survey; it is very helpful to see your views. Peace out!

How to organize your locker

By Cece Norgord
IMMS Grade 7

The first step into organizing your locker is to clean it out. Do this at the end of the school day so as to not be in a rush before class starts. Don't try to do this in between classes, either; your attendance will not be so great, and your teachers won't enjoy you coming into class late, either.

The second step is to take stock of everything that you have, sort out things that always stay at school, and things that travel from home to school.

Things that travel to home and school should be:

1. A homework folder and/or materials like binders and notebooks from various classes
2. A pencil case (if you have one) so that you can use anything like scissors, sticky notes, highlighters, pencils, etc, for school projects and homework
3. Maybe an assignment notebook, if you have one; if not, you can get one
4. Your chromebook and accessories such as earbuds, charger, mouse
5. 5) Water bottle and lunch dishes to be washed
6. 6) Sports gear such as jerseys, knee pads, shin guards, change of clothes, etc.

Things that should stay at school consist of the following:

- 1) School ID/Lanyard
- 2) Library books (these can go home but it's more likely you will forget about them)
- 3) Some hygiene products, deodorant for example.

The next step is to put your school supplies in your locker. You won't want to just throw stuff everywhere, especially if you're the type of person who ends up having a lot of stuff in their locker (mirrors, whiteboards, pictures, etc.).

If you leave your stuff that is used primarily in class—binders, folders, notebooks—in your locker at the end of the day, it may help to have a locker



organizer shelf. This is a great organizer that creates more space for supplies. Place binders, folders, and notebooks in your locker easier. If you do not want to use or get one of these, you can always just place them at the bottom, because they will all fit there.

Any hygiene products you may have should stay in the top

part of your locker, and maybe some in your backpack. Deodorant, feminine hygiene products, whatever it is, should stay accessible at all times. If you are going to bring makeup or body sprays to school, put it with the hygienic products in your locker. Do not bring those to class. Any hair products (hairbrushes, detangler, hair ties, etc.) put them up there, too. You can put some items in your backpack, but it will definitely be heavier.

For any sports that occur right after school, you should bring a bag dedicated to that sport with any equipment you might need. At school, hang it on one of the hooks in your locker until the end of the day. That bag should be washed at the end of every week, as that will probably stink the most.

Your school ID/lanyard should be hung up on one of the hooks in your locker; you should have three of these hooks. Hang up any jackets/coats that you bring in that day on the final hook. Any binders, folders, and notebooks should go towards the bottom of the locker, as they can get heavy fast.

Clean out your binders and folders once or twice a month. Do this with your chromebook "files" and gmail, too. It helps load things on your chromebook faster, and when you have only the things you need, it makes it easier and simpler to find things.

Remember that you don't have to organize your locker the exact same way.

That's all for now! Next addition: How to stay on top of homework

Another organization tip

By Angela Huang
IMMS Grade 8

Another tip to help you be organized for the 23-24 school year: Use a planner! You can write upcoming tests and assignments in them. Don't multitask. I know it sounds great in theory, but really, multitasking will make you more prone to errors and distractible.

Keep your backpack organized

By Cece Norgord and Angela Huang
IMMS Grades 7 and 8

Whether you carry your items in your backpack or store them in your locker, it's important to stay organized for the school year. Being organized will not only help you be more successful in class, but also have an easier time focusing in school.

Some tips to keep your backpack organized: Don't just toss papers in there; use folders to keep them organized! Keep important supplies, such as pencils and notebooks in places where you can get to them easily.

For library books you bring home with you, write a note or make a reminder on your phone to return them. Always keep your book near your backpack so that you will remember to read it and return it.

If you bring class supplies home with you, keep them near your backpack and check to make sure that the next morning you have them before you leave for school. If you have a homework folder, remember to empty it every night so you know what homework you have.

If you have a pencil case, bring it home for any homework. You actually used stuff in your pencil case more than you think! If you have an assignment notebook, write down any assignments you may

have, and if you don't have one, just write your assignments in a google doc or a notebook.

Always bring home your chromebook, because you can always work on school projects then and any homework you may have. If there is leftover work from class, leave the tab open after class is over so you're less likely to forget about any homework. If you have a charger for your chromebook, always have that in your backpack so you can charge it wherever you need to. If you have earbuds that go back and forth, pack those so you can listen to music, books or videos.

Also, bring home your water bottle and lunch dishes so then they can be washed. These might be packed in your backpack or separately in a lunch bag. Wash your water bottle every day because your water bottle is the second most germ-inhabited item that you take with you. The first most germ-inhabited item is your phone, if you have one.

In your backpack or separate bag, bring home any sports gear (or clothes) from gym class and/or athletic activities to be washed. If it is something that is harder to wash, for example, soccer cleats, do those about once a month; anything like volleyball knee pads (soft items) should be washed once a week, as they tend to get pretty stinky.

Cross Country ends season with honors



In its final two meets against 24 other middle schools, the IMMS cross country team received numerous honors.

On a hilly course in Lodi, eighth-grader Boden Wagner won a thrilling sprint to the finish line and earned first place. Alyssa Bresette was the first seventh-grader in her race by more than one minute and beat more than 130 runners from across south-central Wisconsin.

Other runners receiving top medals and ribbons in the team's last two races were: eighth-graders Will Heitzman and Mia Tokheim; seventh-graders Max Hoyer and Olivia Schultz, and sixth-graders Emily Zhang-Zhou, Evie Heitzman, Addy Ewing, Taylor DiMartino, Maddie Shaw, Max Hoeme and Bode Stenman.

Renewed call for a school garden

By Mannat Bolla
IMMS Grade 8

Wisconsin's rich agricultural stream is great for our environment, and a way to continue promoting our agricultural heritage is through gardening. Gardens surround us throughout our environment. We tend to grow and harvest plants everywhere: At home, parks, farms. Because of this, I suggest a school garden for Indian Mound Middle School. This will increase social skills amongst students, provide biodiversity, and create a stronger community.

School gardens can be an opportunity for children to be exposed to important social skills, through interpersonal relationships, communication, and overall, it's great for a hands-on activity. In a school garden setting, children can be seen demonstrating social skills as these skills are extremely important to ensure social structures. Students will be able to work together and problem solve through communication. In addition, students will be able to make decisions together and would gain a sense of responsibility while working with other students.

Gardens also provide an opportunity for students to be creative. Natural materials give them the ability to create their own surroundings. Students tend to have a more hands-on experience where there seems to be a more positive attitude towards science. It is also proven that the exposure to nature has an influence on systemic behaviors, say Susan Pollin and Carolin Retzlaff-Fürst in the article "The School Garden: A Social and Emotional Place" featured in *Frontiers in Psychology*. Students involved with school gardens "generally take pleasure in learning and showing a positive attitude towards education," explain Amy Dirks and Kathryn Orvis in the article "An Evaluation of the Junior Master Gardener Program in Third Grade Classrooms" in

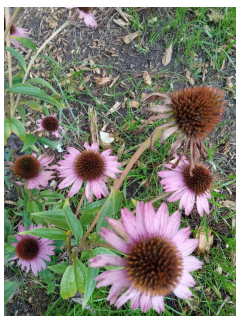
HortTechnology. Once students start having a general idea about plants, they have a better chance in expressing themselves. Scientifically, gardening is proven to calm the nerves and ease the mind of those who feel stressed out.

Gardening structures spread bio-diversity and stewardship of our natural heritage. School gardens contribute to helping children understand the importance of our natural world and how they can help with environmental issues, such as deforestation, pollution, and toxic gardening, and how to prevent erosion.

Gardening requires a huge amount of labor, and it can be time-consuming. To maintain a garden, it can take up to 6 to 8 hours a week. But if we create a community amongst the students and research about native plants that are low maintenance, we can complete the work by splitting up the labor. This also allows the students to rely on one another and collaborate together to take care of the garden.

At the beginning of a segment, materials for gardening will cost much more than expected. Regardless of the cost, we students will be able to provide many fundraisers and donations to help ensure a great environment for us all. With the money donated, we will take it into consideration for helping grow our school garden throughout our journey of Indian Mound Middle School. We as individuals and groups will step forward to help this journey be accomplished in the future.

School gardens help increase social skills amongst students, provide biodiversity, and create a stronger community. Representing our school, we will be sure to provide attention towards our school garden and work together to grow our garden. We as students, teachers, and as a community, will ensure that gardening at Indian Mound Middle School will create a healthy environment for our school.



Learning about native plants is a garden bonus

Native plants in a garden on school grounds provide awareness. In addition, native plants help reduce air pollution. Native plants also don't require fertilizers and even require fewer pesticides than lawns, which helps sequester carbon from the air. They provide low maintenance as well. Native plants thrive under the local conditions and are adapted to environmental changes. Native plants have formed symbiotic relationships with not only wildlife, but gardens as well, allowing the plant to be offered in a sustainable habitat. Native plants can also be a great way for students to understand how the environment is less absorbent to the native flowers because of the effects.

Fall photos feature colors



Above: Emma Carmichael's photo "Fallen Joy" was taken Oct. 19 in her backyard.

At right: Kendall Thorson shares her views of fall trees that feature colorful leaves, as well as colorful horizons.



IMMS Fall Messenger Staff and Contributors

Kaavi Bezouska, Mannat Bolla, Emma Carmichael, Ben Carr, Angela Huang, Cece Norgord, Claire Rattmann, and Kendall Thorson. If you would like to get involved, contact Adviser Ms. Ndlovu at Ndlovut@mcfbsd.org.



7th-grade volleyball

The IMMS 7th-grade volleyball teams worked together to achieve an almost perfect season. Coach Burke said, "Our athletes played hard, dedicated themselves to being supportive teammates and growing their volleyball skills and knowledge."



IMMS supports state bid

Busloads of IMMS students made the two-hour trip to the WIAA State Volleyball Tournament in Green Bay on Friday, Nov. 3, to cheer on the MHS Spartan girls team.

The fans cheered through a thrilling match against second-seed Pewaukee in the semifinals. Although Pewaukee took the first game, McFarland went on to win the match: 18-25, 25-23, 25-23, 16-25, 18-16.

The victory sent the Spartan team on to the finals, where they faced top-seed and defending champion Xavier.