



# WE A.R.E. SPARTANS

— ACHIEVEMENT RESPECT RESPONSIBILITY EMPATHY —

The IMMS Messenger, Virtual Edition 5-1

November 11, 2024

## Students want larger lunch portions

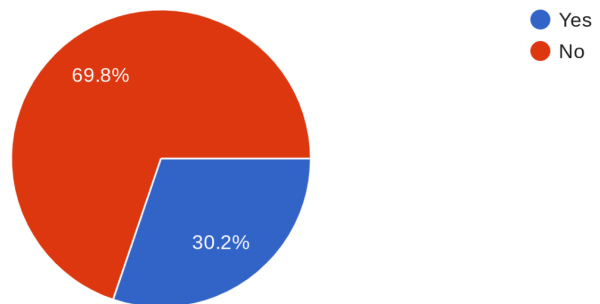
By Alex Grossman & Luke Larson  
IMMS Grade 7

Do you enjoy hot lunch? Do they serve enough food for the average middle schooler? Does the food even taste good or fresh? Do you have enough time to finish your lunch? This article will take student opinions from a survey and decide if lunch needs an improvement.

One topic that has been brought up with lunch is the portions or amount of food they serve. Most students say the lunch they serve isn't enough food to last the whole school day. Many students are angry that the portions aren't enough in their lunch proposals. "People are leaving lunch hungry," one student describes.

"The lunch portions are super small," says another.

At lunch do you think the food is enough to last for the school day  
53 responses



Some students have after-school activities, like clubs and sports, which leaves them even hungrier by the time they get home.

"They should extend lunch portions. I normally don't eat

anything after school because I have sports and I get VERY hungry," says one student.

Overall, students agree lunch portions could use improvement.

For more information on lunches, see page 2.

## Meet new staff: Ms. Walli

By Raya Becher-Etnier  
and Kendall Thorson  
IMMS Grade 7

We took surveys on some new IMMS staff to get to know them. Check this out to see what new teachers like!

**Q:** How many years have you been teaching before you came to IMMS?

**A:** 4 years.

**Q:** Why did you come to IMMS?

**A:** I love middle schoolers.

**Q:** What is your favorite thing about teaching or being at this school?

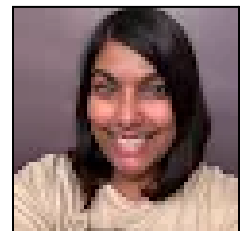
**A:** The kids!!! Getting to know them!

**Q:** Do you like dogs or cats?

**A:** Dogs.

**Q:** What's your favorite food in the cafeteria/ teachers lounge? Or just what's your fav food?

**A:** Tacos.

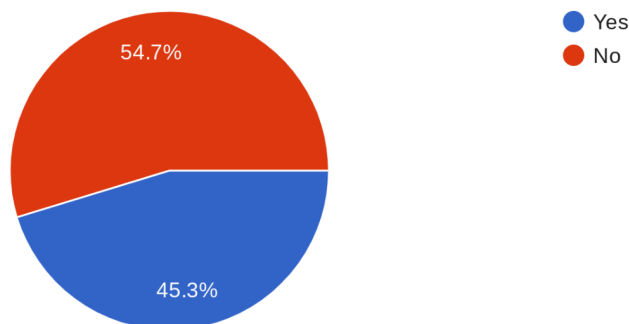


Meet more staff on  
pages 4-5.

# Students also want longer lunch times

Is the lunch period enough to finish your food

53 responses



**By Alex Grossman  
and Luke Larson**  
IMMS Grade 7

Another thing students worry about is the time they have to eat and play outside. Our lunch period is only 30 minutes in all but we have to be outside for at least 15 minutes. This leaves us only 15 minutes to eat, which isn't enough for most students. About 55 percent of students who took our survey say the lunch period isn't enough to finish our food.

"The lunchtime length is not enough to finish our minimal food," says one student.

Another describes, "The problem is there is a rush to

finish, so we throw away good food to make sure we don't get in trouble for taking too long. This leaves us hungry later, which distracts us from our school work."

And it isn't just for finishing food. Recess is some of the only social time we get in a school day. Some people think it should be elongated because we need more of a break.

"We have 30 mins total for a break when we have 8 ½-1 hour classes. I feel like lunch should be at least 45-50 mins," says one student.

Overall, most people agree that lunchtime should be increased no matter the reason.

## Food Quality

Finally, the last topic that is complained about with school lunches is the food quality. School lunches aren't expected to be 5-star, sit-down restaurants, but they certainly need an improvement from what they are now. It depends on the lunch, but students compare certain ones to inedible things.

"The lunches are super dry all the time or burnt. Sometimes I have to skip lunch and just buy a bunch of chips to get at least a little food," one student writes.

"Add actual decent fruits and veggies," another student says.

Different students dislike certain foods for different reasons. Some are described as burnt or uncooked, but some just taste plain fake. Also, some students dislike the choices available. Some good foods are served too little and some foods are served too much.

"Pizza gets gross if you have it every day," one student describes.

Overall, the food quality doesn't need to be perfect, but it could definitely be better.

In conclusion, students aren't happy with school lunches. They would like to see improvements in the portions served, the amount of time we have to socialize and eat, as well as better food quality and how the food tastes.

## IMMS Fall Messenger Staff and Contributors

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# Generation Z/Alpha Slang-to-English

Translated by Alex G. and Aoife W.

IMMS Grade 7

Does the slang used by “kids these days” sound like another language? Are you a kid who constantly wonders what their peers are saying? We are exposing the whole school on this one! This totally sigma guide will turn you and your beta drip to a total chad and alpha! This way, you won’t be so ohio. Using this guide, you will instantly get so much rizz and +1000 aura. Finally, you can understand these kids yapping!

Skibidi	Ohio	Rizz	Sigma
The term “skibidi” originated from the YouTube meme, Skibidi toilet. People typically use this word as a positive, but in itself, it has no real meaning. It can be used to add emphasis to another word.	Ohio is a state that is recognized for having virtually no laws, even though it definitely does. Kids use the term “only in Ohio” or “that’s so Ohio” to describe something weird or strange.	Rizz, coming from the word “charisma”, means ability to gain other’s attraction. If you have rizz, you will rizz someone up by using a pun or action that will make them feel flustered and attracted to you.	Sigma is a superior term, and similar to alpha, people use it to establish dominance or power. It can also be used as just a positive term to empower people, like by telling someone, “you’re so sigma.”
Fanum Tax	Chad	Yap	Aura
The term “fanum tax” comes from the YouTuber Fanum, and is used to describe the theft of food between friends.	Chad, similarly to alpha and sigma, is a word that is used to describe a dominant role. It comes from the meme Gigachad, picturing a buff and confident man.	The word yap means an action where someone is talking constantly, or saying unreasonable things. People might say something like “shut your yapper,” or “he had a yappicino”.	The TikTok meme Aura is used like xp in video games. If you do a very sigma action, someone might say “+1000 aura”, but if you do a very cringe and ohio thing, someone could say “-6000 aura”. The amount of aura gained is different based on the action.
Cap	Alpha & Beta	Cook	Drip
The term “cap” means that something is not true, or is a lie. It is either used in a context where someone is telling you “That’s cap” which means that’s not true, or someone saying “No cap” which means it is true.	The terms “Alpha and beta” were originally Greek letters but are now used to describe roles in a group. Alpha is the dominant, superior leader and beta is the inferior follower. It also originated for wolf packs, the alpha being the strongest.	The term “Cook” or “Let me/him/her cook” means let someone continue what they are doing because the outcome will be better than you expect. In short, it means “Let them/me keep going.”	The term “drip” or “drippy” means stylish and fashionable. If someone has drip they have style and have good fashion sense. Drippy is kind of the adjective version and means stylish.
Op	Bet	Simp	Cringe
The term “op” is short for opponent or opposition and it means arch enemy or nemesis. If someone says “you’re my op” or “This person is my op” it means they don’t respect or like you and you shouldn’t mess with them.	“Bet” is a response to something nice or when someone asks you to do something. For example, if someone says “If you clean my room, I’ll give you seven popsicles.”, you might like that deal, so you’ll say “aight, bet!”.	“A simp” (from the word sympathy) means someone who is overly nice and kind to someone because of desperation for a romantic relationship. You do <i>not</i> want to be a simp because if you have a lot of rizz, you won’t need to simp to get what you want.	“Cringe” and “Cringy” are both adjectives that mean that something is embarrassing, weird, and awkward. If something is so cringe, (like adults trying to use slang) you will usually want to curl up in a ball, scrunch your face up, and sometimes even cry.

# Advice: 5 ways to thrive in middle school

By Kaavi Bezouska  
IMMS Grade 7

Middle school is seen as a stressful time for most students. Whether that's through homework stress, friend drama, or anything else, middle school is much different from elementary school. But to thrive in middle school isn't impossible. In fact, here are five things you can do to help yourself thrive in middle school, so it won't be a miserable experience. The things I will mention today are eating breakfast, sleeping well, asking for help, getting in control of your homework, and finally, making and keeping good friends.

One thing that's important for thriving in middle school is eating breakfast. I know a lot of people don't eat breakfast, because they don't have time or they don't think it's important; however, making a healthy, balanced breakfast part of your routine will help make sure you are ready to live up to your full potential in school. As well, if you eat breakfast, you won't be hungry throughout the day, making the school day more enjoyable.

Next, getting enough sleep is critical to doing well in school. Sleeping 8-10 hours a night will help boost your attention span, concentration and your memory, which in turn will get you better results from your schoolwork. Some things that may prevent sleep are excessive screen use, napping, stress, or just choosing

to stay up later. Trying to break these habits will help make sure you thrive during middle school.

Another step you can take to help yourself is to not try and do it all by yourself. It is very important to ask for help when you need it. If, for example, you are having trouble in one of your classes, talk to the teacher who teaches it and tell them that you're struggling. If you don't ask for help as soon as you need it, your problem could get worse and have effects on mental wellness and your life outside of school.

Also, getting control over your homework will help you have more free time and be less stressed in general. Try and make a consistent schedule for yourself to make sure you keep up. If you can, finish your homework in class when you have time, or use a SET if you have one.

Finally, finding good friends who can support you during school, and at home. If you don't have good friends to support you, you could suffer anxiety, and loneliness. Some ways to find new friends would be joining a club, visiting a place such as the youth center, or starting a new sport.

In conclusion, all of these things can help make middle school a less stressful, miserable place. Trying new things, and keeping an open mind are always helpful. Taking time to check in with yourself and others can help make sure everyone is doing okay. And last but not least, just try to enjoy middle school.



## New staff: Ms. Spilde

**Q:** How many years have you been teaching before you came to IMMS?

**A:** This is my first year teaching. Before that, I worked as an aide and construction.

**Q:** Why did you come to IMMS?

**A:** It's the best school and everyone is amazing and supportive.

**Q:** What is your favorite thing about teaching or being at this school?

**A:** The students are AWESOME, and teachers and kids finding their purpose.

**Q:** Do you like dogs or cats?

**A:** Both.

**Q:** What's your favorite food day in the cafeteria/teacher's lounge?

**A:** Dips or chili.

# Students split over AI use for essays

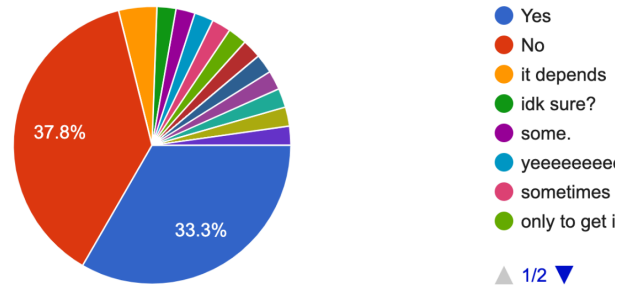
By Ben Carr  
IMMS Grade 7

Should we be able to use AI to write essays?  
45 responses

Should we use AI to write essays? Well, there are some pros and cons to this, but what is important is what students think! Here are the results of our latest survey: Should we be able to use AI to write essays?

First off, most of the responses were from seventh graders, which makes sense because the required know-how and skills to write an essay is a big step up from sixth grade. That means that more seventh graders would maybe like the backing of AI in their writings.

Students were very split on their decision. All in all, about a third of you, say no, we should use our own writing skills instead of letting a bot do the work for us. But then just a little bit less of you do support the idea of AI helping you out with these sometimes arduous projects. And then, the other third of you are either unsure or partially support it. Some of the reasons students support AI are that we need it to help spell, and that it gives us useful examples. Some reasons that you don't support it are that it isn't your work and because writing your own stuff is important and intellectual.



So, overall very split. Considering the arguments made and the popular vote, and looking at the official AI policy, we probably shouldn't use AI in our essays. If you need help with ideas or spelling, just ask a teacher! That is all for now. Bye!

Here is an AI policy used at MHS:

## AI Use Statement

AI can sometimes be used in this course. Assignments will specifically state how you may use AI Tools like Grammarly, Khanmigo, Canva Magic Studio, etc. to support your work. If AI is used, you are responsible for checking that the content is ethical, accurate, and does not contain misinformation. If using this option, you must summarize and cite how you used AI, including the tool you used, when (the date) you used it, and briefly how it was used.

**You are never allowed to use AI to write essays -- this will be considered plagiarism.**

## New staff: Mr. Wilberg

**Q:** How many years have you been teaching before you came to IMMS?

**A:** Zero; first year.

**Q:** Why did you come to IMMS?

**A:** Seemed like a very nice and welcoming school district with nice people.

**Q:** What is your favorite thing about teaching or being at this school?

**A:** I love the interactions and conversations I have with students.

**Q:** Do you like dogs or cats?

**A:** Dogs. Cats are more independent, and dogs are family.

**Q:** What's your favorite food in the cafeteria/ teachers lounge?  
Or just what's just your fav food?

**A:** Any pasta.





# Welcoming ASL Club to Indian Mound

**By Aoife Wallock**  
IMMS Grade 7

A new club has joined the vibrant community at Indian Mound Middle School! We are excited to welcome the ASL Club, which will be hosted in Ms. Zamastil's room. ASL stands for American Sign Language, and this student-run club aims to teach members the basics of this valuable language. The club will meet every Friday, but once a month on Friday, there will be a teacher learning day. The club for students will meet on Thursdays then.

Lorelei Pfohl, a dedicated sixth grader who is leading the club, describes it as "a chill, laid-back, and flexible club," perfect for anyone looking to learn in a relaxed environment. Lorelei says that there will be assignments and lessons designed to teach you some simple ASL things like words or sentences.

Similar to GSA (Gender, Sexuality, Alliance), the club wants to participate in community service, though what they plan to do is still in the planning stages. To find out what they plan to do, you'll have to

join the club. The overarching goal of the ASL Club is to promote awareness and understanding of the diverse types of individuals in our world. They aspire to create a space where members can learn about and appreciate these differences.

Each meeting will feature new learning opportunities, whether it's basic signs, conversational phrases, or other essential skills. The club will also include a recap of what was covered in previous sessions, helping to reinforce learning and ensure that everyone stays on track. The ASL Club is open to all sixth, seventh, and eighth graders, inviting a wide range of participants to come together and explore this important language.

As Lorelei puts it, "In ASL Club, we hope that we can bring more awareness to people with different abilities and how to make them feel welcomed."

This commitment to inclusivity and understanding is at the heart of what the ASL Club stands for. Join us in this exciting new venture, and help us make a difference in our school and community!

## Many clubs starting and what you can expect

**By Finn Weichelt**  
IMMS Grade 7

There are lots of other clubs starting up; it's the beginning of the school year! Some of these clubs include art club, fiddles on fire, and you could also join newspaper club if you want. To find out about clubs starting or meeting, you can look at the daily morning announcements, here is this month's link

 [November 2024 Announcements](#) .

Among the clubs starting:

Art club: It has a 5 dollar fee for the whole year. It's a pretty good deal!

Any string players are welcome to join Fiddles on Fire club!

You could also join Robotics Club. In this club, you will be building, coding, and working with robots,

and you will be on a team that is competing against other schools! The robotics club meets in the tech ed room, or also known as room 156, in the related arts hallway. The club goes from 3:45 to 5:30, and it is on Tuesdays and Thursdays.

Another club that is starting is game club. It is on Mondays from 3:30-5. Game club is located in Mr. Rowley's room, room 151. Are you interested in strategy and tabletop games? Do you want to learn more about them? Great! Game club currently has members who are interested in Dungeons and Dragons and Magic, The Gathering; however, game club isn't limited to just those. Feel free to bring your Pokémon, Yu-Gi-Oh, or any other game collection to play or show off. Any games are welcome! If you don't have anything to bring, you can still come to learn more and maybe make a new friend!