

# NDLOVU'S CLASS NEWSLETTER 2

February 27, 2020

## Favorite brain break

By Bradey S.

Have you ever wondered what Ms. Ndlovu's core ½'s favorite brain break is? Then this is the article for you to read. I have made a survey for our ½ class to take to figure out which is the best brain break.

A brain break is basically when we get a pretty good amount of work done in class then we get to take a break from what we are learning to do a short nonacademic activity as a class.

I gave our core ½ class a choice of these different brain breaks in my survey.

- Silent bomber
- Blue line walk
- Just Dance
- Frogger
- 4 corners
- Heads up Sevens up
- 13
- Statues
- Simon Says
- Yoga

Based off of all of the information I

gathered through my survey, I think that blue line walk is the favorite brain break throughout our class. (All throughout the school on the ground there are blue lines, so basically what we do is we go on a 5 minute walk following those blue lines, but we can only walk on the blue so it's kind of challenging).

My evidence for this is that seven people picked that the blue line walk was the best brain break; five people said that silent bomber was the best brain break; two people think that Just Dance is the best brain break, and one person thought that the game 13 was the best brain break.

As you can see, the most chosen option was the... blue line walk.

Based off of the rest of the brain break choices, the best brain breaks are the ones where we get to go out of our classroom, or we get to throw things.

What would you of chosen as your favorite brain break?

# How brain breaks are beneficial

By Sarai K.

Not only do kids have to sit in seats all day and listen to the teacher talk but they solve problems, write papers and fill out sheets. Our brains need a break. Playing games in class is fun but it actually helps our brains. Did you know it's scientifically proven that taking a break out of class for only 3 minutes can help refocus the mind better than it was before? I think in every class there should be a brain break because it helps you work better, and it can be a physical activity.

The reason brain breaks are popular is because kids want a break. Not only does it benefit them but it's proven to help behavior. According to *Real Mom Nutrition*, brain breaks encourage blood flow to the brain, and movement sends oxygen to the brain. This is needed because some kids' behavior is not "on task." An example of when brain breaks help is in math when a kid struggles with a problem. After the brain break, they get more involved and it's easier for them to comprehend the math problem. Not only does

science prove it but kids prove it ,too! They show how after just 3 minutes of activity, they refocus better and are on task more.

Another reason brain breaks are good are because some of them include physical activity. This is good for health reasons because some kids might not get the exercise they need. Some of the brain breaks that are physical are blue line walks, statues, a walk, yoga or Simon Says. These all include movement and getting up and out of seats. This could be essential for some students who don't do any sports and in the long run could really benefit them and their brain.

Brain breaks are a way to give the brain a break. Everyone needs a break sometimes which is why it's crucial for especially middle school students to get a break. Kids all around the world might not get brain breaks, but everything has to start somewhere. So let's start giving kids a brain break.

Source: [www.realmomnutrition.com/brain-breaks/](http://www.realmomnutrition.com/brain-breaks/)

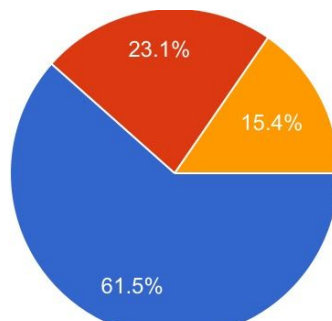
## Do fidgets really help you focus?

By Cayden R.

Fidgets are very popular, but do they live up to the claim to help you focus? I collected information from the whole class about the effectiveness of fidgets.

From my information, 23.1% of the class say, no, fidgets don't help them focus. This because fidgets can be noisy and can be more of a distraction than helpful.

However, 61.5% of the class say that fidgets can be helpful because they can help people be more engaged in learning, not distracted.



Lastly, 15.4% of the class say sometimes fidgets help with learning, most likely because some fidgets can be noisy and distracting and others can be quiet.

In conclusion, people have mixed feelings about fidgets. More than half the class said fidgets are helpful. The other portion of the class said fidgets are sometimes or not at all helpful.

# Top 5 clubs you should consider joining

**By Dylan L.**

We are lucky to have lots of fun clubs here at IMMS. There are so many of them, however some stand out. These are clubs that you should consider joining.

## **5: Homework Club**

If you have homework (everyone does), you should consider the homework club. They meet 7:40 - 8:03 a.m. Monday - Friday. They also meet 3:35 - 4:10 pm. Monday - Thursday. You can get caught up on your homework with ease. The teachers are friendly and will help you if you need.

## **4: Minecraft Club**

Minecraft has been a popular game for a while, and it's a no-brainer to have a club for it!

This club is all about building and working together in Minecraft. They meet from 3:40 to 4:30 p.m. on Tuesdays. If you love Minecraft, this is a club you won't want to miss!

## **3: Media Club**

If you are interested in video recording, editing, podcasts, or talking, then this is the club for you. This club meets 3:45 - 4:30 on Tuesdays. You can do several different jobs, including talking, video editing, graphics, recording, and much much more!

## **2: Game Club**

This club is dedicated to Dungeons and Dragons and Rubik's Cubes! They were once separate clubs, but now they are

merged together! This club meets Wednesdays, 3:40 - 5 p.m. If you don't know how to solve a cube, you can learn here!

## **1: Robotics Club**

Robots are super cool, and this club is too! This club meets Tuesdays and Thursdays, 3:40 to 5:30, with the occasional tournament. In this club, you get to create and program robots! Then the robots compete in a tournament with lots of other robots. If you are interested in mechanical engineering and robotics, you won't want to miss this club. Unfortunately, this club doesn't run the whole school year, but the fun you will have makes up for it.

## **Food at school**

**By Mya G.**

Have you ever had food from our school cafeteria? Was it good? Was it bad? Has there ever been bugs in your fruit? (True story!) Do you have a favorite? Well most people think that it is not so great; they want better, less common foods!

The average rating of school food is 4 from 15 surveyed people! People would rather have raspberries and watermelon or kiwi. We have peaches and apples instead. Also a lot of people would like actual strawberries, not the frozen mush kind! This shows people don't like school food because they don't like the fruit and they give bad ratings for the food overall.

Also people do not like the vegetables here at school. Most would rather have more uncommonly known vegetables such as spaghetti squash, peppers or celery. They like some of the very few veggies we have but most teens want more! One of the vegetables that kids at school like is carrots, but that is pretty much the only one. Because of this, no one uses the salad bar; most people get food but never eat it.

Overall, kids would like more options. A lot of people waste their food because they don't want it. What do you think kids at school should have for food?

# Why drawing in class can improve learning

By Iris M-D

Drawing in class while teachers are teaching should be an open allowed and maybe even encouraged! Here is why drawing can be beneficial.

## - **It sparks creativity**

Creativity is always important when learning, it makes your thoughts unique, and even better than before. In school, we want good creative thoughts, and drawing can help with this. It can help with new ideas, new thoughts, new ways of thinking. It's a way for kids to express themselves, to grow their minds, to show their feelings with no words, to show the pictures in their minds on paper. Therefore, drawing is good for learning because it can bring out the more creative side of kids.

## - **It makes you focus**

Drawing requires focus, but not all of it. Drawing can help with focus. It makes your brain control the movements of the pencil, and the picture you want to create. It sets a goal, but also does not require that much attention, so while your focus is turned on, you can also be focused on what the teacher is explaining. Therefore, drawing can help kids with learning because it can help them with their focus, which a lot of kids require.

## - **It can turn on a tired brain**

When you're brain is tired, drawing will not hurt it, but it will get it up and running. It will fill your brain with ideas, instead of having it lazy and off task. That is always good when learning, because then you will actually be able to do work. Therefore, drawing can help turn a tired brain into a working one, helping with learning because a tired brain does not adapt to learning well.

## - **It can help your mood**

Drawing is a way to represent how you feel. Even if your feeling is negative, being able to represent it can improve it and make you feel better. Having a positive or neutral mood is always good when at school, so if the school would like students to improve their moods, they should encourage drawing. Therefore, drawing can improve your moods and feelings, therefore making you have a better attitude for learning.

## - **It adds awareness to what you do**

As said before, drawing turns on your brain and gets it working. With this, your brain becomes more aware of what it is doing and controlling, making it in a better condition for learning. Therefore, drawing should be encouraged because it makes you less lazy and more alert and ready to learn.

## - **It can improve memory**

Studies show that when people draw out something, they are more likely to remember it. This can help a lot in school when students need to memorize things for an assignment, or new skills they need to have their brains. Therefore drawing can help students memory, and keeping track of tasks in school.

## - **It helps the process of information**

When students are drawing, it makes their brain process the information they are putting out visually, kinesthetically, and semantically. This can grow new paths and ways of processing information in the students brain, making it easier and more advanced in learning. Therefore, drawing should be encouraged because it can improve students' learning skills and process of information.

# Read Alouds

By Caitlyn L.

Have you ever wondered why teachers do read alouds? Have you ever wondered what the point of teachers reading aloud is? Well studies have shown that students listening to teachers reading aloud actually helps you gain knowledge in multiple different categories.

According to [ReadingRockets.com](http://ReadingRockets.com), when students listen to reading aloud, it helps children build skills like vocabulary, expressive rewording, and it helps children recognize what reading for pleasure is all about.

The 7 main important benefits of children listening to read alouds is that it

- **Develops stronger vocabulary**

- **Builds connections between the spoken and written word**
- **Provides enjoyment**
- **Increases attention span**
- **Strengthens cognition(cognition means: “the mental action or process of acquiring knowledge and understanding through thought, experience, and the senses”.)**
- **Provides a safe way of exploring strong emotions**
- **Promotes banding**

Source :

<https://blog.readingeggs.com/>

... Proven by [teach.its.uiowa.edu](http://teach.its.uiowa.edu) being read

aloud to just helps kids' actions strengthen. On [teach.its.uiowa.edu](http://teach.its.uiowa.edu) it says “That reading aloud to students helps to teach them language to make sense of the world, it improves their information processing skills, vocabulary, and comprehension. Research has shown that teachers read alouds motivate students to want to read more due to being interested in the things they hear.

In conclusion if you ever wonder again why teachers read aloud to you it's because it is helping you whether you know it or not. Overall it helps with multiple things like listening, vocabulary, senses, etc. Read alouds are good for your learning in multiple ways.

## Graphic novels should always be in book groups

By Ava S.

There should be graphic novel choices when in book groups because:

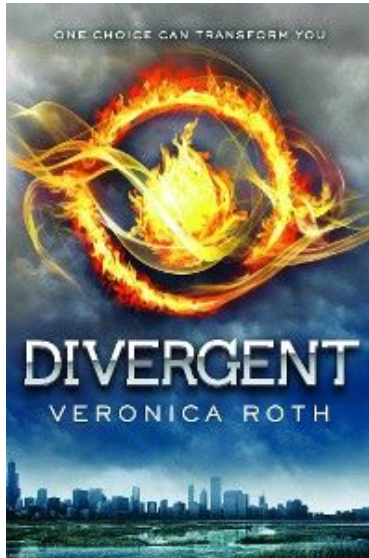
- Some people can't analyze books as well without pictures
- The visuals can help the understanding of the book
- The images encourage kids to read the whole book
- Kids get a better sense of what is happening
- They are a quick read

Therefore there should be an option for graphic novels in the book groups for kids that want and work better with them.

# Book recommendations

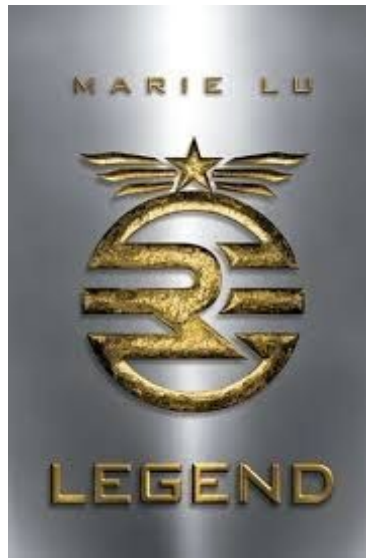
By Brady O.

Did you really like The Hunger Games? If you liked them, then you will love all of these books. With a rating, picture, and introduction to each book, you will know what kind of book you pick, before you pick it.



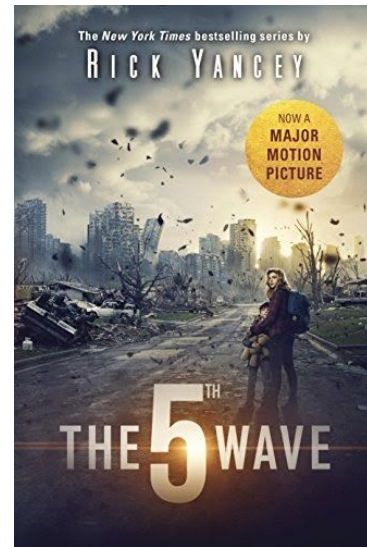
## The Divergent series

Tris Pryor lives in a futuristic world with 5 separate “job” choices. As you get older, you have to choose a job. Tris chooses a very brave job, but learns she is divergent, which is more than one job skill. It is very dangerous, because having more than one job skill, makes you a threat. So she has to hide it, which is very hard to do. It is a thrilling book, with lots of action.



## Legend

In the midst of war, June has been trained in a very big and well known army Corp. She crosses paths with Day, a supposedly huge criminal mastermind. With nothing in common, the two will be forced into a mission with many thrillers. They come in as strangers, and come back as friends.



## The 5th wave

Cassie has survived past the fifth wave, an almost zombie like apocalypse, now running from hundreds of thousands of humanlike zombies, In a world where staying alone means safety, Cassie can't resist trying to find her brother, so they can be together again. A very fast paced book, it will keep you on the edge of your seat the whole time.

# Fashion frenzy

**By Sophie O.**

Many people have their own style. I figured out most of the school's most popular fashion choices based on what people wear the I categorized them into a survey where my peers pick out their favorite clothing style! Out of 11 choices, the top three were: Athletic wear, Casual Vans and The Basic Style.

## **Athletic Wear**

Many people picked Athletic wear because it's very comfortable and not to over the top, according to my results it was in first place with a 77.8%. Many people also think that the style is easily affordable and an effortless style. Most athletic outfits are made up of leggings/sweatpants and sweatshirts but they usually have a popular name brand like "Nike" or "Adidas."

## **Casual Vans**

This style can into second place with 54.5%, this style is a little bit more pricey. All you really need is some casual leggings/jeans with a T-shirt and some Vans shoes! Many kids in school wear this style with pride and enjoy the comfort and quality of this fashion statement. But the usual shoe cost ranges from \$45-\$75+, so if you want this style you might want to save up! This style also gets confused with the goth e-boy/girl style because mostly black fabrics are involved.

## **Basic Style**

The basic style was the 3rd most popular with 44.7%. The basic style is one of the most recognized styles in and outside of school, usually you wear white shoes, leggings and a cute Shirt Or sweatshirt. This is one of the most pricey styles because of the shoes and accessories, but many people own the style and love it! The lazy style and the basic style are almost the same but you can always mix and match them to make a whole new style.

In conclusion these style represent our peers and expressions! Everyone has their own style and wear it every day, the most popular styles were categorized and picked by IMMS's own students. The 3 most popular styles were a Athletic wear, Casual Vans and the Basic style. No matter what you wear it's your style, so own it!

**By Abby A.**

In middle school, there are a lot of different fashion preferences. There is something called aesthetic, which is basically a style of clothing put into a category. There are so many different aesthetics, and I want to share with you the most common styles in middle school.

Two of the styles, athlete and basic, Sophie has outline at left. Here are the other top five:

### **1. Sweatshirt boy/girl**

This style is where a guy or a girl has a ton of plain hoodies that they wear all the time. The sweatshirt is usually paired with leggings, ripped jeans, or sweatpants. When someone is considered a sweatshirt boy or girl, half of their closet is just overflowing with them, and is their whole wardrobe.

### **2. E-boy/girl**

This style is mostly black and "gothy." There are a lot of black pants with chains or medal straps hanging off of them, but if there are black shorts, those are usually associated with fishnets. Next, the most popular top is to have a black and white striped shirt under a black thrasher or vintage shirt. There are also a lot of accessories such as chains, chockers, and beanies.

### **3. One brand only**

This style is based off of one clothing store only. Most common brands are Aeropostale, American Eagle, Hollister, and Nike. This person shops 99% of their time at that store. At school people comment on this and joke around about how much they love that brand.

### **4. School pride**

This person, every Friday wears a shirt with the school's name and colors. The most common choice of clothing for this aesthetic is black leggings with the school's colors banana in their leg. With a school shirt found in the school's store, or the school's merchandise. For accessories, other is the school's colored scrunchie on their wrist, with a school colored ribbon in their hair.

### **5. Boho cheek**

This style is something mixed with the 70s and country. There are a lot of light sun dresses with a lot of cowboy hats, sun hats, or headbands. There is also a lot of stringy brown leather that is incorporated into the outfit. There is also some long and dangly jewelry that goes with the flowy sundresses.

# Survey: Do people enjoy this winter season?

**By Josh G.**

Imagine you wake up for school, get up and get ready. You finish getting ready for school and look out the window. It's a snow day. What would be going through your mind at this point in time? Would you be happy, sad, excited or disappointed?

I did a survey on what my classmates' opinions are on this winter season. I asked them a variety of questions about how they based on the weather and the temperature to see overall what they think of this winter season.

**Question number 1:** Do you enjoy the winter snow? From the responses I got, I can make it clear that most people think that the winter snow this year was very good and enjoyable. The answers were clear but there were still a variety of opinions from my classmates. 56.3% agreed that the snow was enjoyable, 25% said they disliked the snow and the remainder said that they sort of liked it.

**Question number 2:** Do you enjoy the winter temperature? From the responses I got for this

question I can say that most of the people did not enjoy the cold temperatures this winter. Although 56.3% said they did not like the temperatures, 31.3% said that they really liked the cold temperatures this year. The other 12.4% said that they kind of thought the temperatures were enjoyable.

**Question number 3:** Do you think we should have gotten more snow days? My final question of this quiz was just for fun but it says a lot. Almost the entire class (93.8%) said that we should have had a lot more snow days than we did have. Even though most of the people in our class said we should have had more days off, there was still 6.3% that said we didn't really need any more days off.

I can tell based off of this quiz that this winter season had very good opinions of the snow but the temperatures that came with the snow were not very pleasant. I can also tell that the majority of the class thinks there should have been more snow days. Overall I think that this winter season could have been better.

## Favorite core class

**By Tyson F.**

There are many classes that are part of a school day such as ELA, math, social studies and science. There are four main core classes but which one is the best?

Which classes did students prefer? Out of 7 students responses, only two classes were picked; 57.1 percent of students

voted social studies the best, and the other 42.9 percent of students voted science as their favorite class. Then they were asked why it was their favorite class, and the most common response was "because it's easy."

When asked about their least favorite class, the 7 students responded that the most highly

disliked class was ELA by 57.1 percent of students, then came science voted by 28.6 percent of students, and lastly 14.3 percent of students voted math as their least favorite class.

Then I proceeded to ask them why that class was there least favorite, and the most common answer was "because there is too much writing."



# Student Problems

**By Anika N.**

In school kids have many problems. Kids vape, kids are not focused, and kids don't want to learn. To get the information on what these problems are I put out a survey for the kids in my class to tell me what was wrong.

The first problem I saw was that kids vape. Out of the students that I surveyed 28.6% said that vape was the problem that they noticed. They said that vape caused our school to have a bad image and that one way we can fix it is to crack down on vaping more. This will help the problem because then people have to stop.

The second problem that people mentioned was that kids are not focused. Of the kids I asked 14.3% said that this was a problem. They said that kids just don't care about what is being taught. They also said that one way we can fix this is to have teachers teach in different ways to give the students a little more power over their learning. This would help because kids will focus on what

they like so if you can have them start to like school they will focus more.

The final, and largest, problem people mentioned is that kids aren't interested in what the teachers are teaching. Out of all the answers I received 57.1% said that this was a problem. The responses to this problem were that they got bored with what the teachers were teaching, people get side tracked by tick tok, and teachers talk too much. They all had many ways of solving this problem, however the most likely was to change teaching styles. This would help because then it would interest kids in learning. This would also make it so they will pay attention and learn what they need to for life.

These problems affect our school and our futures a lot. When kids vape it gives us a bad reputation. Kids not focusing and kids not being interested in learning set them up for failure later on in life. This effects our future. When kids are interested in something they do it, right. So have them be interested in school.

## The best TV show for the whole family

**By Luke R.**

These are the best shows to watch for the whole family. I am taking in consideration graphics, age rating, comedy, drama and appropriateness for younger children. I will rank them from the worst rated to the best rated. I will give an overall rating and a family rating. I will include reality TV shows, comedy shows, dramas and some older shows for the parents of the family that the children can enjoy as well.

The Office; Rating: 5; Family rating: 4

The Office is a comedy based on this film crew who films the everyday life of average office workers. There are many different characters which all have a different personality. The characters go through different conflicts and work through them together. This tv show has many seasons so you won't have to wait to watch more. There are some jokes that can be offensive and some jokes that are racist so it's better if your children are 12 so they understand it better. Unless you think your kid is mature enough to understand the jokes. Overall I gave this a rating of a 4 because of age restrictions on the show but if your children are older than 12 this is an amazing show for the entire family to enjoy.

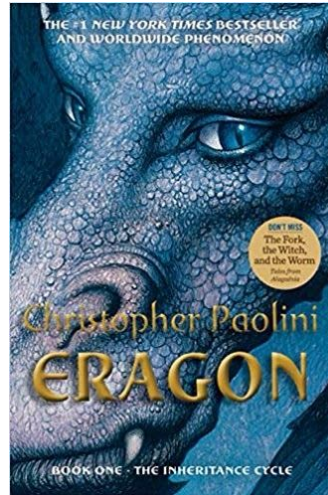
# Shows and Movies You Didn't Know Have Books!

By Lydia K.

Do you watch movies before reading books, or read books before you watch movies, or ever watch a good show and realize it's over and you just have to watch it again? But it's not over, because you can read the book! The book is always better. So here's some movies you didn't know have books!

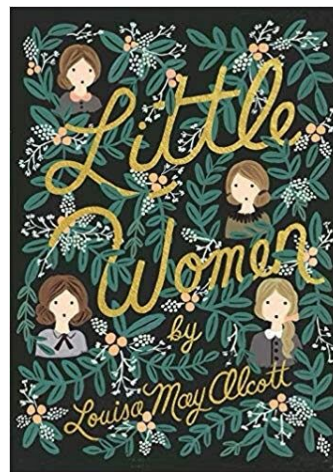
## ***Eragon***

The author, who was only 15 when he started writing *Eragon*, can relate to a lot of his readers. But many people who have heard of *Eragon* haven't heard of the original book. They've only seen the movie! *Eragon* is a good book for people of many ages, and after you read it you'll probably read it again. It's also a series!



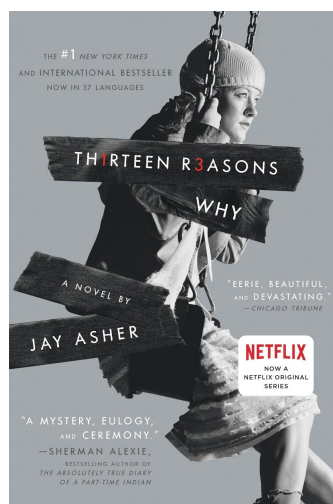
## ***Little Women***

*Little Women* is a book about 4 sisters growing up during the American Civil War. It was originally a book, and recently has been made into a movie, and a show! But, the book is the most detailed version of *Little Women* and is inspiring to many young people, and has won awards. It was written by Louisa May Alcott.



## ***13 Reasons Why***

*13 Reasons Why* is a book written by Jay Asher. It's more of a serious book, and there's also a Netflix show based on the books. I recommend just reading the book and not even watching the show, through, because it is sort of depressing. The book has inspiring characters and good messages though, and is interesting. It's about a boy named Clay who finds a mysterious box of tapes in the mail... and what the tapes are leads Clay to stay up all night listening to them. The whole book is a span of that night.



There are a few movies/shows you didn't know were also books. If you've seen these movies or shows, see the real version of them. The original. Read the books!

# Classroom pet argument revisited

**By Drew T.**

Have you ever wanted to have a class pet? Well everyone in the class wants one. In this article I will talk about what pet people would want and why it would be good in this classroom. For the survey that I did of the class 100% of the class wanted a pet. The choices that I gave them were:

- Bearded Dragon
- Leopard Gecko
- Guppies
- Corn Snake or King Snake
- Mice or rats
- Red Eared Slider turtle
- Russian Tortoise
- PacMan Frog
- Tarantula
- Hermit crab
- Ginny pig
- Hedgehog

The things that the most people wanted were Russian Tortoise or Bearded Dragon. The Russian Tortoise is good in classrooms because they can be handled and picked up. They are also good because they don't need an aquarium to live in and they live a long time. This shows that they are good in a classroom because they would be low maintenance and you could interact with it.

One other option that would be good for the classroom would be a Bearded Dragon. A Bearded Dragon would be good for the classroom because as adults they are mellow and easy to handle. They also have a very diverse diet and will eat crickets and mealworms along with vegetables. From this you saw that a Bearded Dragon would be a good pet for this class

From this you saw that the two best things for the classroom would be a Russian Tortoise or Bearded Dragon. Which animal would you want?