

NDLOVU'S 3/4 CLASS NEWSLETTER 2

February 27, 2020

5 tips for staying healthy

By Riley B.

Students have missed a total of 1,080 days because of sickness throughout our school this year. To one person, that would be 2.95 years! And that totals a lot of missed school, so to hope you make it up is to not miss anymore but to do that you have to stay healthy. Here's 5 easy tips to help prevent the common illness, enjoy!

1. Drink fluids. It's important to stay hydrated with liquids full of electrolytes. "Why It's So Important to Drink Fluids When You're Sick" by Theraflu says, "Drinking things like water, juice, or electrolyte-containing fluids will help you replace the fluids and electrolytes you've lost while also loosening mucus — if you have a cold — and helping to relieve congestion." When you are sick, you lose a lot of fluids a lot faster, so getting them back in your body and staying hydrated is a good idea.
2. Wash your hands! This is very simple to do after you use the restroom, before and after you eat, and if you ever go somewhere gross. This is a very easy step you can do multiple times a day and can help prevent many sicknesses. It can kill up to 99.9% of germs, Washing your hands also reduces the chances of getting sick by 50%! "Good handwashing early in life may help improve child development in some settings," says "Show Me the Science - Why Wash Your Hands?" by cdc.gov.
3. Taking a shower and or bath can be relaxing and can help with cleaning out those pesky nose germs! It's an easy thing to do once or twice a

day and you get clean, too. Taking a hot shower or bath is good for you because it releases steam that goes into your sinuses and helps with your breathing. Overall, taking a shower or bath is very good for you and can help if you are not feeling good!

4. Eating healthy. This one might come as a surprise to some but it's VERY important to help prevent common colds. "How Good Nutrition Stops You From Getting Sick" by Legion says that eating the right foods with good nutrients helps fight our immune system and keep our bodies healthy for skipped meals. Eating healthy is a pretty easy step that can be done throughout the whole day. Starting off with a good nutritious breakfast each day will provide you with enough energy and get you through the day. Sometimes we miss lunch but eating healthy, filling snacks throughout the day can help us fill in those nutrients we missed.
5. Lastly, just stay on top of exercise. This one is easy for many kids but not for everyone. Even just a little activity each day can go a long way. "Exercise 'can prevent a cold'" by BBC News says that staying active can half your chances of getting sick. Imagine that! 50% is a big difference, and staying active is a good thing to do for other reasons, as well.

These are just 5 things to do every day and can help prevent or get rid of that common cold. Now no one likes getting sick so using these little hacks and tips could help you out soon. Stay healthy and make sure to use hand sanitizer.

Strategies to not be a distraction in class

By Rachel K.

Have you ever been sitting in class and realized that you can't get any work done because the people next to you are talking? Have you ever noticed someone moving around or doing something that makes the whole class look up at them? There are many ways that a person can be a distraction to other students, but there are also many strategies to make sure that you are not that person.

One way to make sure you won't be a distraction, is to find a good place to do your work. If you know that sitting by people will make you want to talk, find a place to work, away from others or, away from people you think you will talk to. This way you will not be tempted to talk to the other people around you and you won't be a distraction to the other people around you or to the rest of the class. Also make sure that you are away from any objects that might be a distraction. If you have objects around your workspace that you are tempted to play with make sure that you move them. If other people notice you playing with random objects instead of doing your work, it can distract them from getting your own work done. But if you don't have those objects around you, you won't touch them and won't be a distraction for other people.

Not talking when your not supposed to, is a good way to keep from being a distraction, but it is hard to do this when someone else is trying to distract you. If you are near a person that tries to get you to talk or do off task things and you do them, you can become a distraction for other people. One way to avoid this is to stay away from people you know will try to distract you. You can also find another person that will keep you on task and sit near them. This will keep you from being distracted by other people which will keep you from being a distraction to the rest of the class.

Finally, if you are feeling like you can't stop talking or moving around, ask to take a break. Go for a walk by yourself that is no more than five minutes. Make sure that you don't stop and talk to anyone while you are taking this walk and make sure that it's not too long. When you come back into the classroom, don't talk to anyone and go right back to you work. The walk would hopefully help you get focused back on what your supposed to be working on and keep you on task for the rest of class. Using these strategies can help you to stay focused and get your work done, while helping others get their own work done as well, by not distracting them.

Snacks

By Maliyah D.

Did you know that the number of calories from your snack consumes 113 calories per day? Do you give your child a healthy snack or an unhealthy snack? Parents don't usually worry about what snacks their kids should eat, but should they start? Snacks play a major role for children and their growth development and healthy snack could increase those standards. The types of snacks that you give your child could affect what happens in class and what they do. Most snacks are junk foods more than healthy foods because sometimes kids don't like to eat fruits and vegetables. One tip I've learned is to serve snacks in fun containers and have them try to eat them. If that doesn't work tell them that it's very unhealthy and that sweetened foods and junk food could more likely cause them to be overweight and sometimes have a sick body.

Listening to music

By Hunter B.

Have you every been really bored in your room so you listen to music? Have you ever wanted to listen to music in class but not been allowed to? Well that's what I want to change.

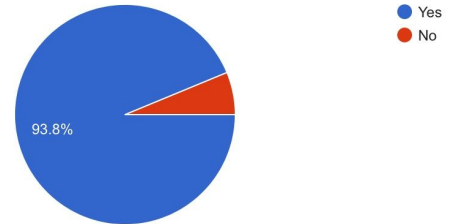
I think that airpods/earbuds and headphones should be allowed in class. It is scientifically proven that music helps you focus. According to Tppr.com, "The right kind of music can help relax your mind and increase concentration." It's is why we should be allowed airpods and earbuds in class, so we can listen to music to help us focus.

This is a survey asking kids in Ms. Ndlovu's class if we should be allowed earbuds in class and only one person said no for each question.

So, according to students and science music should be allowed in class, so therefore airpods/earbuds and headphones should be allowed, too.

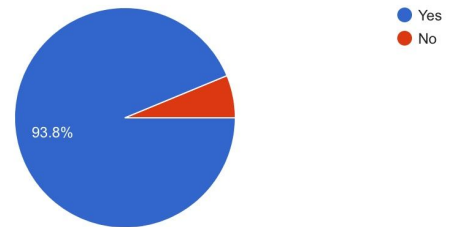
Should we be allowed to use AirPods/earbuds in the hall?

16 responses



Can we use AirPods/earbuds in the class room during work time?

16 responses



Tips for keeping track of your pencils

By Gio M-M.

You probably have lost your pencil; everyone does. But today I will show you how to lose your pencils less, and it will surprise you. The three strategies are: get a different color, have places to put your pencils in, and finally give it a personality/a face.

A reason for getting a colorful pencil is it will help you because it is going to be kind of bright. It will be easier to spot and harder to lose. Remember to get pencils you like and feel comfortable using. Getting a pencil you like is going to keep being on your mind because you like it.

The second way is putting your pencil somewhere safe like a pencil pouch where you can store it. Another idea is if the pencil pouch can be hooked on a binder do that, so you won't lose the pencil pouch, as well.

Finally, you can give your pencil a personality. This might sound a little crazy but it might work. All you do is give a pencil a name or a face, and it will be like it's a person and won't be as hard to find it.

I hope my tips help because they sure helped me. Not only can you do this with pencils but you can do this with other objects, and hopefully it will help in the future

The effects of homework

By Katelyn P.

We all had homework as kids, right? I'm guessing almost all of us hated it too. Well now those kids are now adults with jobs as researchers and decided to finally answer the childhood question of "What is the purpose?"

As kids we all hated homework, absolutely hated the sight of that paper that was due in a week, so we avoided it then and avoid it now, but researchers have recently found out that anxiety, stress, and poor eating habits among students is mainly coming from that paper we avoided. In general, anxiety turns on the fear center of your brain, this can cause a student to see homework as something to fear and when the human brain fears something we tend to avoid it. Then as the end of the night creeps forward, their anxiety starts to snowball because they have less time to complete it.

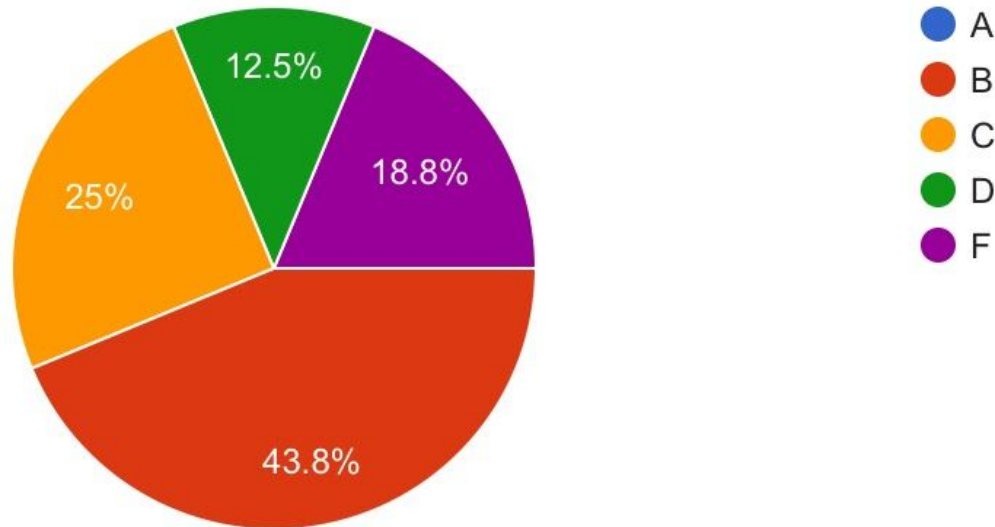
Although, this mainly happens when the student receives too much homework but if they receive a reasonable amount there are many benefits. Homework can boost time management, organization, and help them think beyond what they are taught in class but if given too much then these benefits disappear, leaving students feeling unmotivated and less engaged. The National Education Association and the National PTA support the ten minute rule. The ten minute rule is a way to measure the amount of homework given

to each grade, the way it works is that each grade has ten more minutes of homework than the last. For example, first graders get ten minutes and then when they become second graders they get 20 minutes. This helps students receive the healthiest amount of homework and helps school districts have an easy way to monitor the amount of homework given.

Even though some schools follow the ten minute rule, some still don't. While doing a study on student stress, Stanford University found that fifty-six percent of students considered the primary stressor in their life to be homework. High levels of stress have been scientifically proven to increase the risk of high blood pressure, heart disease, obesity, and diabetes. Too much homework have also been proven to reduce children's self-confidence, their social skills, and their quality of life.

In summary, many of today's school districts give out too much homework and this affects many parts of the child's life, not just their school life. Although there are benefits to including homework in the academic curriculum, you have to follow the 10 minute rule. This is why many youths are stressed and feel overworked. Next time your kid is complaining about the amount of homework they are receiving, see if it follows the ten minute rule and do your own research to see its benefits.

Grades



By Ryan D.

Grades are an essential element of learning in schools. They show the academic success of each student and separate the best from the worst. Although sometimes grades can be misleading. The following survey shows some of the grades that students in ELA. Got and why they got them.

In the graph are the grades that students reported getting in ELA for third quarter. Of these 16 students, 9 of them said they got these grades since they didn't turn in work. While the rest said anything between "I don't know" to "Because our teacher is mean." So remember that the next time your child gets a grade that isn't as good as you would like.

The survey also asked the students if they think that they got these grades were consequences of their actions only. 50% of the students said that it was entirely their fault, while 44% said that it wasn't and 6% said that it was a little bit of both. 44% of students said that they can solve the problem themselves, by turning in their assignments or working harder in class. While the other 56% said that they didn't know how, or that our teacher needs to learn how to grade properly.

Finally the survey asked what grade they told you, the parents, they had. And 2 of them said that they told their parents they had higher grades.

Tips for getting better grades

By Andrew M.

Have you ever had bad grades? Well I can show you things that students use to have good grades. I had people take a

survey about what they do to have good grades and now I will share to you what they said.

Two people said that they like turning stuff in on time.

Two people said that they like

studying. One person said they like to listen in class.

These are ways to get good grades. You can use these to get good grades and be a better student.

Class athletes

By Spencer A.

This is the class athlete section of the newsletter, where I am going to be telling you readers about the athletes in our class. I will be telling you about the sports they play and the success they have playing their sport. We are featuring 3 boys and 2 girls.

Our first athlete Andrew. Andrews plays football and wrestling. He will be running track this spring. It was his first year playing football for the Spartans, and he was the starting linebacker! In a two game span, he had 20 tackles. His season stats are he had 34 tackles and a sack! Very impressive Andrew. It is his first year wrestling also, and he has had 2 pins in three matches. He just started wrestling and is already one of the best wrestlers on the team. Andrew is planning to run track in the spring; in the sixth grade track meet, he was one of the fastest sprinters. Andrews athletic success runs in the family because he said his cousin is one of the best athletes in the state.

The next athlete that we have is Lauren. She plays volleyball and basketball and is going to run track. She started on the McFarland mbba basketball team and the school ball team, and those teams were both very successful because of her impact on the team. She also played on the undefeated McFarland volleyball team that was very dominant. Lauren is planning to run track this year, and in the sixth grade track meet she was one of the fastest girls there, so we are looking forward to see her run track this year.

The next athlete that we have is Ben. Ben plays three sports. He plays basketball, track, and cross

country. Ben is very dominant in basketball, playing for Wisconsin Academy. He plays for McFarland school ball and mbba team. He is very proud of the 21-0 championship team the McFarland mbba team had (I was also on that team). He ran his first year of cross country and was very improving the whole year. He is planning to run track, so we are going to see how good he does in that this year. In basketball this season, Ben averaged 15 points a game and scored a 32 point game once! Ben says his best sport is basketball by far.

The next athlete that we have on the list is Riley. The sports that she plays are basketball, volleyball, soccer and softball. She was a starter on the McFarland school ball team with Lauren and also the girls mbba team. She plays soccer for McFarland and for an indoor soccer league. She also played on the undefeated McFarland volleyball team. And is the only person who plays softball in this class. Riley is a very good athlete, and she plays the most sports on our list.

The last athlete that we have on our list is myself. I play three sports: basketball, cross country, and track. In basketball, I am a starter for Wisconsin Academy, McFarland mbba team and the school ball team. I am a point guard with very good handles and a good jumper. In cross country, I made it to nationals and was one of the fastest runners for this age in the country! I also was the state champ in indoor track. I am going to be in track and want to run through high school.

These people show what it means to be a student athlete and are very special athletes that we have in this class. They are what makes this class very great and successful.

How does the sport you play effect how you are in the classroom?

By Ben F.

In this article I will be talking about how what sport you play effects you in the classroom. In this article I will be showing evidence from a survey that kids in the class answered. I am going to be taking what people said from the survey and showing the evidence by sport.

Basketball: one person said that playing basketball makes them focused in class. Someone else said that since they play basketball they are playing air basketball 24/7. Another person said playing basketball effects how much they are focused. Another student said that it makes them energetic that they are off task. Another person said that playing basketball doesn't effect their learning environment at all.

Soccer: one person said it keeps them focused and secure. Someone else said it makes them have a hard time with homework. Someone said that they aren't really effected by playing soccer.

Clothing debates

Should hoods be allowed in school?

By Isak P.

Hoods. We love them. But when we are at school, we can't even use them. And there is no reason for it unless it "distracts others." Well I really put it to the test this time. I asked every student in my class just how accurate these rumors are.

First question I asked was the classic, "Does it distract other students." And the results came out perfectly. 92% of the students said no, they don't distract me. With the other 8% that said they do.

The next question I asked is what times do you use your hood. 23% of students said it helps me focus. 53% of students said I use it when I'm cold. 23% of students said when I'm struggling it hides me from others. So overall, they obviously help people a lot during school.

And the next question I asked was are hoods helpful. 78% of students said they are. And the other 21% of students said they aren't.

And the last question I asked was should hoods be allowed in school. And 92% of kids said they should, and the other 8% said they shouldn't.

Overall, hoods should be allowed in school.

Hats should be allowed in class

By Keegan T.

Does your teacher ever just walk over in the middle of class and take off your hat when you are cold but you just want to wear it? Because in my opinion, we should be able to wear hats in school; it causes no harm.

I know when I'm cold I want to wear a hat or a hood. So I made a survey. According to the survey, 13/13 of the class agree we should be able to wear hats. One main question I have is what harm does it do to the school. Another question on my quiz is do you wear a hat when you are cold, and 11/13 said yes. Although 2/13 said no, most of the classmates that answered think we should be able to use hats to keep ourselves warm. And the final question I asked was do you get in trouble for wearing hats when you are cold. And most people said yes because lots of kids wear hats when they are cold and get their hat taken off and put on their desks, but they are cold.

In conclusion there are some reasons that kids should be able to wear hats at school because, we get forced to take them off when they do no harm and naturally we all get cold and need to warm up. And the whole hat thing isn't bad; I mean if something isn't bad then why get rid of it?

Why are risks a good thing?

By Ava K.

In the average classroom you have risk takers, but not all students take risks though. Maybe your teacher is a risk taker. Everybody takes risks the littlest or biggest risk. You determine how big or how small the risk is. We are going to write about the positive effects of taking a risk in class.

Children risks

Risks are all over the classroom, whether it's answering a question, asking for feedback, asking for help, or doing anything that is scary for you. Children have a lot to think about, but taking a risk is the best thing. Kids take risks every day, and some kids do in certain ways like they will be trusted like reading out loud or being trusted to do something.

Teacher risk

Teachers take risks every day. Whether that lets

kids correct their own homework or test. It could even be changing the learning style or trying something new in class. The little risks can be the biggest. Teachers don't know how the risks will work out. It could backfire, but it could also go very well. A risk is important for teachers as kids get bored doing the same style of learning every quarter. Mixing it up is a risk, and it could help. Kids like change in school; if you the teacher always reads aloud, try to popcorn read with the class, or have volunteers.

In conclusion, risks are good things for everybody. If a kid reads out loud, it builds up their self esteem, or if a teacher tries something new and the kids do better in class. There is always a risk to take but if you don't take it you don't know.

IMMS School Safety

By Chaston D.

IMMS is a safe school. We have safety procedures and deal with bullying in a good manner. We will be going over these procedures in this article.

At this school, we have five main drills: lockout, lockdown, evacuate, shelter, and hold. These will be heard over the loudspeaker and will tell you if it is a drill or not.

Lockout

We would get inside and lock outside doors but return to business as usual. This will occur if the threat is outside the building.

Lockdown

This will occur if the threat is inside the building. Teachers

will lock their doors, turn off their lights and get children out of the sight of windows. In this drill or situation, people will be forbidden to talk.

Evacuate

If this was real, the person in the loudspeaker would announce the location like the "cafeteria." Teachers will take their students to the evacuation spot already planned by them. If a student is outside, they will be allowed to leave and go home or a safe place.

Shelter

If there is a tornado or earthquake, students will be sent to a shelter area that is sealed. This drill will usually take place in the locker rooms or a place

closer.

Hold

Students are not allowed to leave the classroom but like the lockout it is business as usual.

Fire drill

Students will be escorted to the playground and go into their assigned line. Students cannot talk so the firemen can listen for people in the fire.

Bullying

IMMS uses a website called sprigio. Sprigio is used for people that are bullied to report who, what, where, when, why, and how. These reports are anonymous so the bully will not be mad at the victim for reporting them.

