

NDLOVU'S 8/9 CLASS NEWSLETTER 2

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What benefits come with our book clubs?

By Emmi E.

You either hate them or love them. Book clubs. Being in a book club comes with lots of benefits. Even if you are strongly against them you have to face the facts, they are awesome opportunities for us to grow our ideas, they motivate us to read, help us get new perspectives, improve our communication, and even make us live a longer, healthier life.

The first reason why book clubs are beneficial is because they motivate us to finish the book and get more people to read. Most people struggle to stay focused while reading and need a reason to focus. Book clubs are good at getting you to focus. On the website CNBC.com, it says, "26 percent of people of Americans haven't read a single book in a year." Then from the MinnPost it says, "It's estimated that there are more than 5 million book club members in the United States." It also talks about how about 60 million books are read in book clubs. This shows that book clubs get more people to read more and finish more books overall.

The second reason why book clubs are beneficial is because they help us get new perspectives, new thoughts, and other ideas that we wouldn't normally think of. An article from Idaho State University says, "By being introduced to new genres and styles, you see the perspectives of different people and different cultures." This helps show that book clubs help get new perspectives and the more perspectives you have

on something, the more you grow.

The last reason why book clubs are beneficial is because they help you live a longer life. Researchers did an experiment to test this theory so they found 424 people who were transitioning from working to retirement and had them try to complete 2 books with book groups. They found that "Those who lost both book groups had a 12 percent risk of death in the first six years of retirement" This is from the website writing and wellness. This shows that being involved in a book group will help you live longer.

Overall, book clubs are very beneficial and have lots of good outcomes. They help motivate us to finish the book and get more people to read, they help us get new perspectives, new thoughts, and other ideas that we wouldn't normally think of, and they will help you live a longer, healthier life. So next time you complain about your book clubs or you have a chance to join one, think of this article and do it and enjoy it.

Sources

Idaho State university :

<https://blog.cetrain.isu.edu/blog/the-benefits-of-attending-a-book-club>

MinnPost website :

<https://www.minnpost.com/books/2009/09/evolution-american-book-clubs-timeline/>

CNBC website :

<https://www.cnbc.com/2017/09/13/why-you-should-start-a-book-club-with-your-co-workers.htm>

The Importance of Home Disaster Plans

By Alex V.

“Mommy, what happens to us in a tornado?”

He waits for an answer. Schools have plans in case of a fire, severe weather, and many other things to protect us. “Schools have plans to keep you safe, honey.” “But what if it happens at home? Where would we go? What would we do?” The best answer to these questions is to come up with an Emergency Plan for home. This is one of the most important things you can do, not just to protect yourself, but the family. Here are some evidence and reasons why it is so, and how you can do it.

HOW IT'S IMPORTANT

I have evidence of why it's important from 2 trusted websites of the Federal Emergency Management Agency and Ready.gov, which all work to keep people safe.

According to FEMA, many people hit by Hurricane Sandy in 2012 without emergency plans never knew what to do. They were left without power for days, and even weeks. However, because they didn't know what to do, they had to look up on social media later when power came back. But people who knew what to do were able to overcome the situation, and were safer in the storm. This piece of evidence is how emergency plans CAN work, and the reason why, is emergency plans make your chances of survival increase by long shot, as shown in the evidence above.

Ready.gov, a preparedness website run by FEMA, says the time

before an imminent disaster happens is critical and should not be wasted or ignored. But the problem is, a lot of people don't know where to go. Take a tornado or some sort of severe weather for example. When a warning is issued, it's only a matter of minutes, maybe even seconds, before a tornado or severe storm might strike. People NEED to know where to go, and some don't know what part of their house is strongest, especially if they don't have a basement or an underground structure. It's best to prepare early, as if the warning comes you know what to do. Many people die in disasters because they are unprepared on where to go. This evidence above, shows how important planning is, because based on the data shown, many people who don't have a plan puts themselves at risk of injury, and maybe even death. And the fact that people can't find a safe room in their house in a tornado is huge. Do you want to enjoy the same fate as them? No.

CREATING A PLAN

Creating a plan is perhaps one of the most important things you can do to stay safe. Here are some tips and instructions on doing so.

- Develop the plan early, and practice the plan. Doing this before a disaster helps the most in survival.
- Know what disasters can occur in the area. Some states, such as Coastal states,

experience hurricanes, while in the Southeast and the Midwest, where severe weather is the most common in the world.

- List safe places everyone can go in case of an outdoor event.
- List a location the family can meet after the event in case members are separated from each other.
- Have a first aid kit and a battery powered radio. The most recommended brand is a NOAA Weather Radio, which can sound an alarm and broadcast emergency alerts such as a Flash Flood Warning.
- According to the American Red Cross, assigning roles in disasters for each family member will help you stay organized in any event that happens.
- Stay safe!

The evidence and reasoning above, PROVES how important Disaster Plans are, and not doing so can put you at serious risk of injury and death in some sort of disaster. You saw how emergency plans prevent panic, and uncertainty, and how it can even prevent injury and death in a disaster. Before this article ends, the list above has some instructions and suggestions on making a plan. And in conclusion, emergency planning is extremely important, not just for you, but for everyone.

Best Video Games around IMMS

By Austin K.

What is your favorite video game? I interviewed a lot of people, kids and adults, to find out some of the most popular games among kids and adults. Based on my data, you can see some trends. There are a lot more kids than adults with video game preferences, and some of my data is repeated based on the most popular games. Overall, these are the five most popular games.

#5

The fifth most popular game is Pokémon. This is a game series where you tame monsters, called Pokémon, to battle with and collect. The first Pokémon games were Pokémon Red and Pokémon Blue, which were first released in 1997 for the Nintendo gameboy. They are based on the premise of a young Pokémon trainer named Red in a race to the finish with his rival, Blue. The most recent game is Pokémon Sword and Shield, introduced in 2019 for the Nintendo Switch. This game focuses more on the friendship between you and your rival/friend Hop as you travel all over the place training Pokémon as you go. This is my personal favorite game.

#4

The fourth most popular game is Madden, a game series where you play your friends and Bielefeld your team in football. The first Madden game was called John Madden Football, which was made in 1988 for the Super Nintendo. This game series is really popular around athletic kids, but is pretty easy to play, so anyone can play it. You can also do quick play, where you choose an NFL team and play against your friends, family, or a computer. These games come out once a year, and are fun for anyone who wants to play.

#3

The third most popular game is Roblox, a game that focuses on creativity where you can make your own game modes, or play other peoples creations. This game debuted in 2006, and has been a hit ever since. This game also focuses a lot on character customization, as no Roblox characters look alike.

A lot of the games rely on the in game currency Robux, that get you power ups in game, and allows you to buy new ways to customize your character. Overall, this game helps your creativity run wild!

#2

The second most popular game is Mario Kart, a game that takes popular Nintendo characters and has them race in an epic Grand Prix. The first appearance of this game was in 1992, with a game called Super Mario Kart on the Super Nintendo. This game has many beautiful courses and creative power ups, but the best part of this game is how unpredictable it is. No race turns out the same. You can also choose out of many game modes, which provide new ways to race or even battle. This game definitely deserves the popularity.

#1

Finally, the most popular game among the students at IMMS is Minecraft, which may be the most imaginative game ever. Minecraft came out in 2009 and has been a hit in the gaming community ever since. In Minecraft, there are two main ways to play. You can do the survival mode, which focuses on building anything you want from the ground up, or creative mode, which focuses on creativity, and building whatever you want with whatever resources you want. Survival mode tends to be more stressful, as there are hostile monsters and danger of dying around any corner. Some people prefer this mode because it never ends the same and just like the general challenge. Others prefer the stress free version of creative mode. This is just a way to get some beautiful structures on a world and generally has a lot of skill involved if you want to make something extravagant. All in all, Minecraft is a very creative game with endless possibilities.

In conclusion, all of these games on this list are great, but some of them are slightly more popular than others, with good reason. No matter what your game preference is, just have fun and don't let people say what you should or should not play, as video games are just a way to have fun and unwind. Now, what is your favorite video game?

Should we get more ASR Time?

I think we should have more ASR Time

By Isabelle D.

Do you have any time to do your work in ASR? Do you think we deserve more ASR time? Well ASR stands for All School Resource. But we only have 2 days to do ASR so I think we should have more ASR time. Because most kids don't have enough time to do their homework at home, and some classes give out way too much homework.

One reason that we should have more ASR time is that most kids don't have enough time to do their homework at home. When I surveyed the students in Ms. Ndlovus class the students who said yes said that they don't have enough time to do their homework because they have school sports to do. So that means they need ASR to finish it.

The next reason why is that some teachers give out way too much homework. What I mean is if we have too much homework we could get very overwhelmed and we don't finish it. So that means we could finish it during ASR.

We should have more ASR in arre time because most kids don't have enough time to do their homework at home. The next reason is, we have too much homework in some classes. My final thought is that we should have more ASR time.

I think we should not have more ASR Time

By Evy F.

Is there too much ASR in A.R.R.E time? Do you think ASR is boring? ASR stands for All School Resource which means the whole school does homework at the same time. I think that ASR doesn't help us, because if you need that time then you should've had time to do your homework, at home to help you review school work.

One reason that we should have the same amount of ASR time would be that for the other days we would have to do other educational things besides doing homework. Even though 3 out of 10 people from Ms.Ndlovu's class said that we shouldn't have more time, one person said that the teachers are saying we didn't finish our homework. We should have the same amount of ASR time.

Another reason is that homework is to review school lessons at home, and that you should finish your homework. So that you will know everything from that class the night before the next lesson so then you're not behind.

We should not have more ASR in A.R.R.E time because homework helps you review your classes at home, and because the other 3 days should be for extra curricular. So my final opinion is that we should not get more ASR in A.R.R.E time.

Name:	Yes or No	Name:	Yes or No
Sofia B.	Yes	Greyson P.	No
Carly G.	Yes	Lily B.	Yes
Riley S.	No	Talia R.	Yes
Noria M.	Yes	Mia M.	Yes
Austin K.	Yes	Hailey Y.	No

Is your kid feeling stressed out from homework?

By Mia M.

Have you ever wondered how your kid feels about homework? I started asking questions, creating charts, and analyzed the information collected. I used three different questions to get a better understanding of how students feel/ your kid feels. The questions I asked were, Do you have free time after homework? Do you get stressed out from homework? Do you feel like we get too much homework?

Do students have time after homework for free time?

The first question I asked was concerning if kids had time to relax, or time to go to sports practice. I've concluded that about 70% of kids don't have time for free time after homework. A lot of the kids who are apart of the 70% play sports, and have practice almost everyday of the week. Kids shouldn't have sports taken away from them,(unless their grades aren't good). As an athlete I feel like I have no time to just relax. And be a kid before I'm an adult. Without sports in my life, I would feel trapped, sad, and empty.

Do kids get stressed out from homework?

The second question I asked was about if they felt stressed out about doing homework. My results came out with, Almost 90% of kids feel stressed out by homework. Some of the parents who are reading this right now, probably never knew that your child is suffering from stress. I feel like (as kids), we shouldn't have to deal with stress. Stress is not good for mental health, or our body's. Stress causes hair loss, and body odor. It's not good for kids to have to go through stress..it's not good for our bodies.

Do kids feel like we get too much homework?

The third question I asked was regarding if kids felt like they get too much homework. About 90% of the kids I interviewed shared that they feel we get too much homework. It's hard to manage your homework while keeping up with sports, showering, and eating dinner. It causes less sleep, and less time to have fun, or watch tv. Without sleep, it causes us to not get the energy needed for the school day.

In conclusion, about 85% of students in all feel like they get stressed about homework. Being too stressed, having not enough time for homework, then falling behind in school. Creates hard or tough times for the students. Students should be able to have them to play sports, or spend time with family and friends. They shouldn't have to stay at home and do homework all the time. This article is supposed to bring awareness about stress in your kids everyday life... I feel like now that parents understand what their child is feeling, they can maybe help their child out with homework, or email teachers.

Do kids have free time after homework?		Do kids get stressed about homework?		Do kids feel like we get too much homework?	
Isabelle	yes	Kate	yes	Alex	no
Evy	no	Ty	yes	Emmi	yes
Austin	no	Ms.Ndlovu	yes	Evy	yes
Korinah	no	Austin	yes	Isabelle	yes
Bryce	no	Caiden	no	Ty	yes
Alex	yes	Ayden	yes	Talia	yes
Riley	no	Julia	yes	Lily	yes
Lily	no	Carly	yes	Greyson	yes
Greyson	yes	Noria	yes	Carly	yes
Talia	no	Sofia	yes	Sofia	yes

What helps with achieving a goal?

By Julia A.

Everyone has a dream, getting good grades, going to a dream college or getting a job. But how to achieve your goal is what really matters. I know that I have goals, and they are pretty big. I always ask myself what I am going to do to get to my goal? Some things that I learned from Gordon Tredgold, on inc.com an article website, are to aim high but start low, celebrate your success but keep on going, don't let others set your goal, and that you need to know what reaching your goal will look like!

[Aim high, but start low!](#)

When you want to achieve a goal you need to start somewhere. Aim your goal high and then start low. It may take a while to get to your goal but sooner or later you will get to your goal.

[Celebrate and keep going!](#)

One thing to help you stay with your goal is to celebrate your achievements! Just remember to keep going. If you stop once you start to celebrate you won't get any closer to your goal. Make sure

to keep a positive attitude and then don't stop getting closer to your goal.

[Set your own goals!](#)

Set your own goals! If someone sets goals for you they could be too easy or too hard. You need to know what you want to achieve, and you need to know your standards. You are the only person that knows your true self, that means that you are the best person to set your own goals.

[Know what success looks like!](#)

You need to know what your goal will look like! If you don't know what it looks like to succeed you will never succeed! Make a plan in your head and know what it will look like to get there! In the end you need to have your plan to achieve something planned out!

Everybody has goals that they want to achieve. But not having a plan to get to that goal is worth nothing. You need to see yourself achieving it and know that you can not stop! Set your own goals, aim high but start low, and never stop trying! You can achieve anything you just need to try!

How many bathroom breaks should we have in a day?

By RJ S.

Have you ever been rejected by your teacher to go to the bathroom because you already went, well if you have you may want to know how many times a class that you can go to the bathroom. In this information article we will go over what is the most amounts that schools allow, what is the least amounts they allow and what is the the best amount.

What this the least amount of just bathroom breaks in a class is 0 or 1 because, in our own school most teachers say you can only leave the room once per class to

maximize learning and they say not when they are teaching so you can learn and become smarter. Well I believe that you should be able to go to the bathroom more than once but they have good reasons why they do that.

What is the most amount that they let you go to the bathroom is whenever you want to. Well most teachers say to only if you can't wait but that is mostly in preschool. Well with this way you are a little too nice in my opinion because they can leave whenever they want, but at their age you don't want them to pee themselves. The pro of this is that you never have an

Emergency.

What is the the best amount of bathroom breaks in a class is two because what I found out that people want to get out of class and, so that would provide one time to leave and one time to go to the bathroom without missing that much time. The pros of this is that kids wouldn't bug you about it and if they used the first one they would have one more.

In conclusion, the less amount is once a class, the most amount is as many as you want and the best amount is two times in a class. So how many times does your teacher let you go.



Organization, does it help?

By Carly G.

Does having an organized desk, workspace or classroom help you? I have found that having a clean and organized classroom helps me be more productive and stay focused at school. I decided to ask my classmates if they also felt the same way. Do students think having an organized classroom or work space helps them be more productive and reduce stress?

I surveyed 24 of my seventh-grade classmates, and asked them “Does it help you to be more productive and less stressed when your classroom or work space is clean and organized?” I got mixed results with twelve students answering yes, they felt an organized space helped them learn better. Six students answered that organization sometimes helped them or they weren’t sure how much it helped them. And the final six students felt that it did not make a difference for them.

After doing some research, I have found that there are many benefits to having an organized workspace, such as increased focus and reduced stress. If your workspace and assignments are neat and organized, there will be fewer distractions and increased productivity. With increased productivity, students will find themselves less stressed about meeting deadlines. When students reliably know what, how, when, and where to look for something in their classroom or personal workspace, they are more efficient and have lower stress.

Sources:

<https://www.teachercreated.com/blog/2008/10/tips-for-classroom-organization/>

<https://bescleaning.com/2017/10/06/clean-workspace-promotes-productivity/>

Are you getting enough sleep?

By Kate M.

Do you play sports? How much homework do you have? All of this could affect your sleep. The average amount of sleep that teenagers get is between 7 and 7 ¼ hours. However, they need about 9 to 9 ½ hours of sleep each night. This shows that kids are not getting enough sleep. Not getting enough sleep can affect students grades, emotions and overall health!

Not having enough sleep can affect students' grades. Kids that have less sleep tend to have poor grades. One study from Stanford University states that about 6 in every 10 kids do not get enough sleep. So that would be a lot of kids not getting good grades. Also most teens will not feel rested until they're able to sleep until 8:00, and the average starting time for schools in the U.S. is 8:00. This shows that kids will not be rested when they get to school.

Having a lack of sleep can also affect the emotions of kids. Having too little sleep can make kids be more moody and have poor behavior. Also having a lack of sleep can create problems with kids, attention, memory, decision making, reaction

time and their creativity. So kids will not come to school ready to learn.

Not getting enough sleep does not only affect the mental health of kids, it also can affect the physical health too. Kids that do not get enough sleep are more likely to have a higher risk of diabetes, injuries and poor health problems. Proving that sleep is super important.

A question that is asked by parents is "If my kids play sports do they need more sleep?" The answer to that is Yes. Kids that play sports need more rest. Another Stanford University study said that kids need about 30 more minutes of sleep if they play a sport.

Over all teens need more sleep. Not having enough sleep can affect a kid in a lot of ways. A lack of sleep could cause kids to be getting bad grades and it could affect their behaviour and overall health.

Sources

Nationwidechildrens.org

Cdc.gov (Sleep in Middle and High School Students)

Does music relax our class?

By Caiden B.

I took a partial class survey to see if music relaxes them. The result was almost every person said yes. I think music should be a constant thing we are allowed to listen to. It helps us focus. This can be shown by the answers I got from surveying my classmates.

I surveyed two teachers and 19 students. Eight of them said it depends because the music they listen to might not relax them so they said it depends on the music

they are listening to. I agree with this because some music can relax you, while some other songs could make it hard to relax.

In my survey only one person said no, that music does not relax them. Their reason was because it is hard to relax under the song, and it is hard when it is in your ear. I disagree with this because I think the kind of music they are listening to is not relaxing which is why when listening to music they don't relax.

Finally, 12 people answered yes that music relaxes them. The

explanation that made me agree with this one was that music makes you sing and relaxes their brain from thinking so much. I agree with this because I feel like music relaxes me when I'm stressed or working on things.

In conclusion, people have mixed feelings on if music relaxes them, but in total music relaxes a lot of people. That gives us a clear reason why in school and out of school we should be able to listen to music with some exceptions.

Increasing mental illness awareness

Hailey Y.

There are multiple mental illnesses in the world. Some common ones being depression and anxiety. Have you ever wondered if your child has a mental illness themselves? They may not even be aware of their mental health. School work and outside activities could be a cause of your child's stress. Are there ways to help? There are multiple ways, one big way being to communicate with your child.

Most students are not always getting A's in grade or having the greatest of attitudes. But have you ever stopped yourself from scolding them immediately, and wondering why? It may not always be that they are irresponsible or don't try their hardest, but that there are other bigger things to worry about in their lives. Some students may find life discouraging and sad almost all of the time. Which is a sign of depression.

Some students will begin to panic, their heartbeat may begin to rapidly pick up speed. They may start to have struggles breathing. These are symptoms of anxiety. It's not always easy to tell if someone has a mental illness just by looking at them. Your children have a life outside of school. Their school work may

be important, but so is their life. You are a big part of their life. If you're not involved with your child at all, this could result in a mental illness. Continuing to scold your child will not help the risk at all.

You need to make your child a priority in your life if they aren't already. You were your child's first teacher, that will never change. You need to help your child. Not only with school, but with life. Communicate with them, make sure they're doing ok. Create a relationship with them. Your child will not open up to you right off the bat, you need to earn their trust.

There are ways to help your child from getting a mental illness. Communicating with them being a big one. You can help your child with their school work. You can influence their future and help them climb to success. Are you there enough for your child? Are you connecting with them? You can make a huge positive impact on them, but you have to be there for them first. Awareness of mental illnesses is not a huge topic, but it should be. Your child will not know if they have anxiety or depression. That won't always be a positive thing. There are ways to help and support those things, and you need to be there to help it.

Do you know what OCD is?

By Noria M.

Did you know that 2.2 million people are affected by OCD and equally about 1% of the whole population is affected. I took tests of others in my class to see if they know what OCD is and 7/13 didn't know what it was and what it does and less than 50% did, I thought more would know but no, here's the real explanation.

The meaning of OCD is obsessive compulsive disorder, and no it doesn't mean that EVERYTHING has to be clean or perfect it's kinda the opposite. The obsessive part of the disorder is that you have persistent thoughts, urges or impulses that you try to ignore but won't go away. The compulsive or repetitive, means there are compulsions that are acts that feel needed to be done, if not done a flow of overwhelming emotions like fear and anxiety. And lastly the disorder, disorder means it won't go away. Or in another way to put it "OCD is a disorder of catastrophic overreaction to normal thoughts."

Once you read this article it explains the concepts ocd and the detail of how it affects the the person with ocd, this swaps only a newsletter to help you understand the idea of OCD. The reason why I did this topic is because I have a family member who is diagnosed with this disorder, and it really does affect our family and sometimes people just need to know what they really saying.

Source #1: <https://www.health.com/condition/ocd/15-things-people-with-ocd-want-you-to-know?slide=3f292bfe-a905-40b1-8d33-85aebbe409ea#3f292bfe-a905-40b1-8d33-85aebbe409ea>

Source #2: <https://adaa.org/about-adaa/press-room/facts-statistics>

Do you like brain breaks?

By Bryce S.

Do you do brain breaks at your work or school? Well if you answered yes in this article it will talk about what they really do for your brain. If you answered no this article will talk about what they are and if people like them.

So first do people even like brain breaks? Well I know I do but I thought I would ask people in my school if they liked them, and 96% of people said they liked them. I didn't ask only 7th graders. Brennan in 6th grade said, "I like them because they give my brain time to refocus on the work I'm doing." Also Olivia in 8th grade said, "It helps me take a break from class and then I work

even harder after brain breaks."

So clearly people really like brain breaks. So we know people like brain breaks but are they really good for you? Well they really are. It is scientifically proven that the brain needs oxygen obviously but the more active you are the more oxygen your brain gets. So if you do an active brain break like Just Dance your brain works even harder after and can come up with new ideas you never thought of before.

Clearly, brain breaks are very good for you and if you are thinking about doing them you should. Because even if you aren't in school it could help you generate new ideas or help you and the quality of your work.

Food for every class

I did a survey in class about eating in class since people get hungry throughout the day and your brain doesn't work as well when it's hungry. So I took a survey of 20 people and they all said yes because it helps focus and work.

~By Talia R.

Should we have a longer recess?

By Ayden D.

Do you think that recess at IMMS is way too short? Well I do. Sometimes we students just need a break from all the school work; we also sometimes want to play football or soccer or basketball or even just talk. And lastly, recess can also be a time to get some fresh air outside and have fun. 15 minutes is not enough!

One reason is that we need way more fresh air. We spend 7.5 hours inside and 15 outside. When you only have 15 minutes to be outside, it is just not

enough.

Another reason we need longer recesses is that when we have a lot of energy and need to burn it, so playing sports would help burn energy. Personally, I think recess helps take my mind off of school work such as studies for tests, homework, and grades. I interviewed my class and I got two 2 no's and 15 yeses. This just shows how much students need more time for recess.

My last reason I think that recess at IMMS is way too short is because we need a break from

all the schoolwork and learning. From all the boring school work, we need some time to have some fun; sorry, teachers. Sometimes I need a break from all the tests, too; playing sports such as soccer and basketball helps me. Bryce in my class, and he said, "I have a lot of extra energy because of the time." Also, Ty said, "I like recess because I play basketball with my friends, and we don't have enough time for a full game." This also shows that 15 minutes does not work for students at IMMS.

Family time brings focus

By Korinah F.

I think that parents and their kids should have a family time once a week. I say this because kids can have lack of attention. Kids will not be on their electronics, and last but not least, everyone is “caught up.”

I think that parents and their kids should have family time because kids can have lack of attention. The way the kids can lack attention is not having enough time with their family. The way the lack of attention effects the kids is that they may act up at school for the attention they

seek. They are also willing to do anything from their families to get the attention like show that they are doing good in school or they can act up to show that they are lacking attention.

Another reason why parents and kids should have family time is because the kids and everyone will have fun. The kids will be occupied with the family and take time off their devices. For example you and your family can have a black out for dinner: you guys will sit and talk about your day with no types of electronics. You guys can also play board games and have a complete blast.

Learning: It’s just not the same as for parents

By Riley S.

The teachings and school system have changed based on how the children learn and new advancements. There are many differences between the children learning now vs. the parents. I have surveyed two adults, and one seventh grader to tell the differences between the two generations’ learning styles and the way they were taught.

Now: We now have iPads, that much of our school work is on located on. We also use ways to make the work easier for us and to help us understand the things we are learning, and to help prepare for what comes next. Learning strategies and ways people understand things has changed, so now teachers use videos, music, and fun ways for the students to learn instead of papers. A lot of kids get distracted very easily, so teachers have to keep the lessons fun and interactive to keep kids engaged. Kids are also told to be themselves and don’t be afraid to accept your sexuality, gender, and who you really are.

Parents: They used to learn by sitting in classrooms and doing work. They learned to keep studying or they would fail. They only had paperwork and had to do a lot more work. The teachers cared a lot less, and if you failed, you failed. They had to go straight to the point, and learn fast.

The school system has changed quite a lot but many things are the same, like the basics we learn, and the way we still do work, but many things are different.

Learn about a Moth Dragon

By Greyson P.



OK, so this is a Moth Dragon that I recently drew. They are a male named Oreo They are mostly white and grey, but he also has brown spots. He is from a land called the Frosted Ephinax. This is a place where all types of Dragons are free to roam around and live in harmony. This specific species of Dragon lives in a jungle like area, but it is frosted over. He is one of the last of his species, in fact there is only about

ten Moth Dragons left in the world. Eight of them live on this island, the others that are left are located in a Russian Facility in Siberia, were they get tested on along with other animals.

Xbox 1 pros+cons

By Mason D.

- Batteries last long amounts of game time.
- You can connect older Xbox stations such as older Xbox 1's or Xbox 360 and save data from these Xboxes as well as transferring your data to one another.
- If you turn the Xbox off during the game you can turn the Xbox back on and still stay in the game you were in before you turned it off.
- Voice command you can voice command the Xbox instead of typing or having to get up off the couch to do something.
- Xbox 1's hold about 500 GB or 1 terabyte while an Xbox 1 s holds about. 1 to 2 terabytes.
- Provide Vibration options to make the game a little more fun and makes you feel like you are in the game almost.
- Outstanding graphics to make the game clear and understandable.
- Allows cross play over hundreds of games.
- Allows you to add friends and invite others to parties where you can chat through your headset
- Can shop online through the shop so you don't have to go to the store and buy it.
- Allows features such as Xbox live where you can get discounts on your favorite games.

Strategies for refocusing during class

Gum and more

By Sofia B.

Many people said brain breaks help them focus. Gum is proven to be a popular thing that helps kids focus on their work. According to a study, music is also proven to help kids focus on tasks such as homework, tests, studying, etc.

Gum is such a popular thing because it isn't loud, so it doesn't distract others. Chewing gum improves concentrating on visual memory tasks. Gum helps people relax, because most of the time you can't concentrate it's because you have something on your mind. By relaxing, you don't focus on that but instead on the task you were given.

Taking a break during class allows you to refocus on the task. When you don't take a break, you start to feel overwhelmed or stressed and you lose focus and it's hard to get back on track.

When distractions aren't in the room, kids are able to focus. Some distractions are peers; if someone is tapping their pencil or something like that, it makes it difficult to focus.

Keep this in mind when you can't focus and don't know how to refocus. If you see someone who can't focus, offer one of these strategies for them to use.

Memoves

By Ty P.

I believe that we should have Memoves for brain breaks and to calm us down. So just to give you an understanding, Memoves is a relaxing video you watch, and you move your hands the way the video shows you, until the video is over.

I believe we should do this because sometimes our class gets a little chatty. Or you could put it as, out of sorts. And it will help us to get better and listen a lot more. Also to pay attention more. Some days we get a brain break. And if we ever need an extra brain break, we could just do a little bit of Memoves.

Another reason we should do Memoves, is because everybody I asked (28 people) said yes to having Memoves, and I didn't just not put down the people that said no. Everybody said yes to the poll. Even Ms. Ndlovu and Ms Southern said yes. And those are 2 teachers. Also I believe that if I asked ever more then 28 people that they would say yes, and who can't turn down 28 votes.

All in all, I think it's a great idea to do memoves, because it can help calm us down and not worry about school and working hard for like 3 minutes.

Chinese Water Deer are cool

By Lily B.

The Chinese water deer is a species of deer native to rivers in Korea and Chang Jiang valley in China. It is the only species of deer without antlers. But instead of antlers, this deer has fangs. (Yes this is a real animal). These fangs or tusks may grow to be two inches long. Male Chinese water deer are about 20 inches tall and weigh up to 29 pounds. (That weighs less than my dog...).

To escape predators, the deer rely on hiding, and having rabbits like energy. The deers breeding season is from November to February.

