



WE ARE SPARTANS

ACHIEVEMENT RESPECT RESPONSIBILITY EMPATHY

IMMS Messenger May 2019 Volume XIV Issue XLII Indian Mound Middle School McFarland, WI

Addressing anxiety

By Ava Van Houten and Peyton Kampmeier

IMMS 7th Grade

Teens regularly feel emotions involving fear as well as anxiety, which are typically experienced without interference in their daily life. But, when fear becomes excessive and persistent, causing psychological distress, and disrupts normal development, that person may have an anxiety disorder, says IMMS School Counselor Ms. Runde.

Anxiety has increased because of a lot of things such as FOMO (fear of missing out), more exposure to fear triggers (Breaking News!), and the pressure to do more and do better.

With anxiety increasing, middle schoolers are struggling with how to deal with different worries and the stress of it. Teachers and staff are learning different ways to help, by learning signs of the challenges, knowing ways to calm middle schoolers down, learning what different 'triggers' or struggles could set it off and learning what to and not to do, says Ms. Runde.

Some common school-related and environmental triggers to cause a panic attack, or any anxiety for that matter, include school transitions, coming back to school, peer problems, family dilemmas, tests oral presentations and performances, and even group work. Overall, anxiety stinks, and we need to try and help stop it.

Although some find it isn't enough, there are many different ways to help cope with anxiety. Some teens find it difficult to reach out for help. When those resources are rejected, teens can be encouraged in other ways to get help. Those include: the acknowledgment of our brains playing tricks on us, and using mindfulness and/or meditation. Other things such as breathing techniques and medication may help, as well.

One IMMS student shares experience

What does it feel like?

On very bad days, I am very irritable and will get stressed out easily or I will cry.

On the better days I feel very paranoid.

How bad is it on average?

I try not to let things get to me, like words but sometimes it does. I think about it way too much until I focus my mind on something else.

What do you do about it?

I usually draw or listen to music, but if it's really bad I'll usually talk to my mom about it.

Does stress affect anxiety? If so, how?

Yes, if I get to stressed out I will cry and start to think negative things about myself.

What do you do if your friends have it?

If it was very bad I would try to distract them from something or talk to them.



Learning from popular author

By Ava Van Houten

IMMS 7th Grade

Author Kekla Magoon answered these questions from IMMS Messenger staff during her visit March 5:

When did you first start writing?

I really started writing in middle school, but I really didn't consider myself a writer.

What kept you going with your writing career?

I really like writing; it's a challenging profession that you do alone. So it's really nice to have friends and family that enjoy and support me.

What was your inspiration for your first book? (*The Rock And The River*)

The main inspiration for that specific book, was when I found out that the Black Panther had a free breakfast program for school children. As well as doing other good things for people.

Out of all the books you wrote, which is your favorite?

Right now, *The Season of Styx Malone*, but I'm proud of all of my books. I'm definitely proud of *X* because I got to write with Ilyasah Shabazz, being asked to help someone I saw as famous.

Who is your favorite author?

Mildred D. Taylor
Octavia Bollard

William Alexander

Do you base your book characters on people in real life?

Some of my characters are influenced by people in real life. I borrow little things people say or do.

How would you describe yourself in Middle School?

I was very shy, and I really wanted people to like me but didn't always be myself so I struggled to make friends that really fit me. However, I was a very avid reader.

Why do you visit schools?

Like I said it can kinda be lonely and you don't really know where it goes. So it's really inspiring to see people who enjoyed my books, which kinda makes me feel less alone and see what my books do and where they are going.

How often do you get recognized in public?

Depends on where I am. I don't usually get recognized unless I go to the right place, like a library or teacher conference.

Some Advice To New Writers, From Kekla Magoon:

Just keep writing, it's not that you aren't writing fast enough or anything. You can only do a little bit at a time, you need to continue to write. And remind yourself of the importance and meaning of your writing.



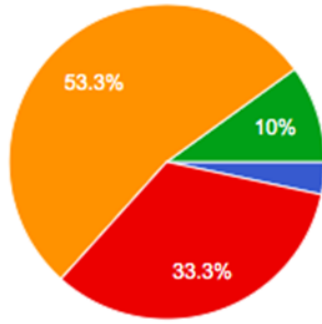
Staff photo

IMMS students Peyton Kampmeier (center) and Ava Van Houten (right) interview author Kekla Magoon during her visit March 5.

Squirrels are hoarders, but IMMS students are not

How often do you clean your room?

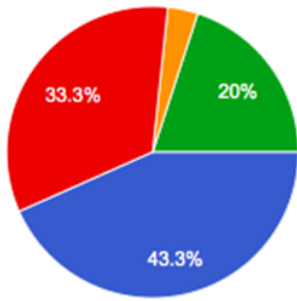
30 responses



- Every day
- Once a week
- 1-2 a month
- Only when you see the dumpster parked in front of your house

How much clutter is too much for your room?

30 responses



- Any at all
- When you can't see your floor
- When it starts spilling out of your room
- What are you talking about? There's never too much

By Ava Van Houten

IMMS 7th Grade

Hoarding. It is a behavior characterized by people or animals accumulate food or other items. Squirrels are classic hoarders.

It's stuff. Lots of stuff. When you have so much, but nothing to use it for. Or when you have a million collections, but no reason for them. But, how much is too much?

Is it when stuff gradually piles up and spills out of your room? Or is it when you don't have enough space for anything more? In a recent IMMS Messenger survey, we asked students about their opinions on stuff in their rooms versus their desire (or their parents' desire) to keep clutter free. Let's see what the people's opinions are.

Three quarters of the respondents said they are not hoarders. Yet, the majority responded that clutter is not a problem unless they can't see their floor, starts spilling out of their room or there's never too much. The majority also said they clean about once or twice a month. About half said their parents had to nag them to clean their rooms.

When describing the worst part of cleaning, several students said "everything." More specific responses included the time it takes, vacuuming, and finding a place for all the stuff. Areas identified as most troublesome included closets, shelves and drawers.

Students could not find many positives about cleaning their rooms. A few said that listening to music helps. One student captured the relief, saying, "Finishing feels like lifting weights off my back."

Additional advice from students:

- Get rid of items you haven't used in a year.
- Pick up after an activity.
- Use steps. For example, "Pick up bigger things first so it looks smaller and less intimidating."
- Clean when you're stressed, so you can get your mind off of things you're stressed about.



Photo by Adison Gregor Lodholz

Dan James with five of his horses performs at the Midwest Horse Fair.

Horse Fair offers rodeo, training, and legends

By Adison Gregor Lodholz

IMMS 7th Grade

The Midwest Horse Fair is a three day event that takes place at the Colosseum in Madison. The event spread over three days, Friday-Sunday, April 12-14.

I had the opportunity to go two of the days and heard lots about the first day. Friday night was the PRCA Rodeo, where attendees got to see bucking broncos, roping, a 10-horse team pulling a wagon, reining, liberty, trick riding and barrel racing. Many say it was an incredible night.

When I attended on Saturday, I took part in quite a few clinics. Those included Bernie Traurig with *Jumper Flatwork Over Fences* and *Hunter Derby Competition*, Vicki Wilson with *Show Jumping Boot Camp*, Dan James with *Working The Liberty Horse From The Ridden Horse* and many more. I got to see some Liberty routines and go to the Exhibition Hall before the doors closed to the Colosseum for the big night. During Legendary Night I had the great opportunity of seeing some truly amazing legends. Dan James, a legend doing liberty with 6 horses, The Mustang Challenge finals, where I got to see totally wild horses become their finished product as trained horses, Foiled Again, the richest harness horse in history with lifetime winnings of \$8 million, a driving team again of 6 Percheron horses, another driving team of 10 Belgian Draft horses, and finally, a spectacular drill team.

On Sunday, I ended up going pretty late in the day, so I got to see the *Dressage Competition* and after went to look down Stallion Avenue. When I went back to the Exhibition hall, I found a few shirts and gloves that I liked, but I ended up saving my money. After shopping, I went back to the Colosseum and got to see the very end of the day and watched a liberty routine with some gorgeous horses. I ended up going home with some new information I had never taken into account before, and learned some things I could apply to my riding.



IMMS students outscore staff

In the annual student vs. staff basketball game on May 10, students employed tough defense (center) but they also outscored staff to win the game and break the staff winning streak.

Photos by Peyton Kampmeier



IMMS Messenger contributors include: Adison Gregor Lodholz, Peyton Kampmeier, Ava Van Houten. To participate, contact Adviser Ms. Ndlovu at NdlovuT@mcfsd.org.

Poetry

Mi Papa

SeÑor Hugo Hijo of Pepe and Lulu
 Uno of Ocho
 Resident of Mexico City
 A Metropolis of Danger
 A Will to Escape
 Protector of Familia
 Crossed the border twenty-eight times
 A Master of Disguise
 All for the LOVE
 Of mi Madre and tres hijos
*Gracias a mi Papá
 por todo loque has hecho por mi*
 ~Oscar Gonzalez, grade 8

Sunset

The red and golden hues are always beautiful to look at
Always beautiful.
 Dipping behind the tree branches, slightly blocked but still beautiful.
Still beautiful.
 I want to look at it forever, but it slowly ascends, taking the colors with it. The image is still fresh in my mind, still beautiful
Still beautiful.
 I wait till the cycle repeats, with the red and golden hues, dipping behind the branched and finally setting, down down, down.
*So beautiful
 So beautiful.*
 ~Jade DeLacy, grade 7

The years

Pass
 Like a bird soaring
 Waking up to death
 Itself
 Singing it's moral songs
 Wanting to be normal
 Thinking they will be normal
 If they dress a certain way
 If they act crazy
 If they don't care
 Just maybe will they get a little attention
 As they make it towards their friends
 They let the sunset happen
 ~Mia Drewes, grade 8

Rings

They are decorative
 However to me
 My beautiful purple ring
 Reminds me of my strong
 Great great Aunts
 Who dressed like a man to vote
 Who opened the first bank who was run by a girl
 Who didn't say yes to the person in power
 Who bowled to the top
 They say rings are just rings
 Never say that
 For rings are memories
 Of those who we loved
 I would never ever trade my rings
 For anything less
 Or more
 Because the ring are diamonds

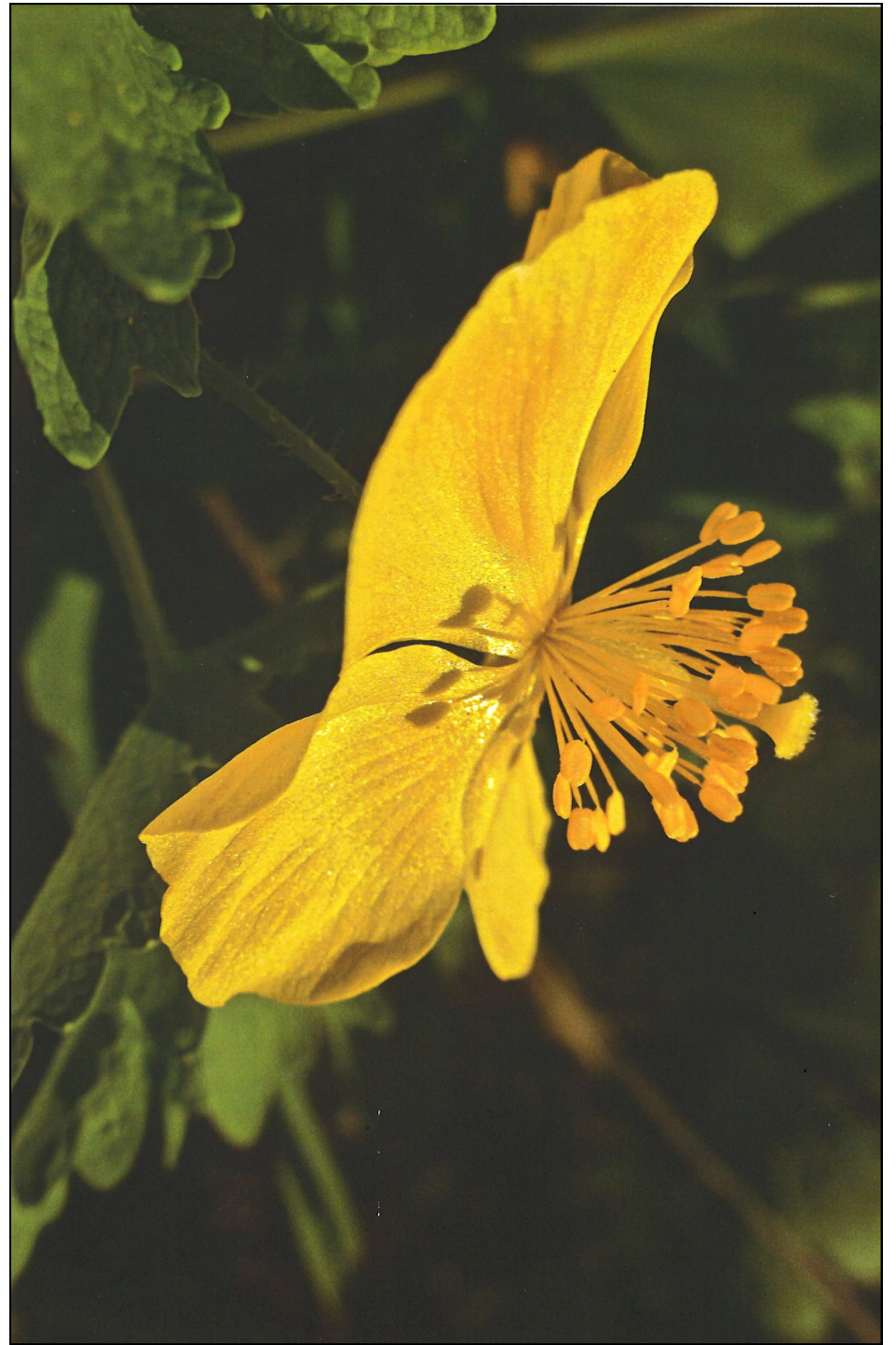
Diamonds are the top
 But why would I want one
 For I got a ring that's already a treasure
 That came from the bottom of the ocean
 People had to dive to get
 Diving is there story
 And as I wear the gift
 I carry their history
 ~Mia Drewes, grade 8

Break Free

Contained by metal bars.
 My thoughts and feelings bottled up in metal jars.
 Captured by the worry,
 My mind has become blurry.
Endless pulling at the cage,
Stuck in a prison, locked away.
Nowhere to go, *nothing* to say.
 Constant voices in my head.
 Reciting these verses instead:
 "Don't go there!"
 "Don't say that!"
 "Don't do that!"
 "No no, not that!"
 "Just stay quiet, in this cage,"
 "Don't leave here, don't go away."
 I try to fight back,
 In attempt to escape
 The cage door snaps shut, *THWACK!*
 The sound makes me quake
Maybe,
 Maybe it's safer here...
Maybe,
 Maybe it would be easier,
 To just be *silent.*
Maybe,
 Maybe I'll stay here in the cage.
 It's not *that* bad,
 Not that bad.
Maybe,
 Maybe there'll be a day.
One day.
 When I can finally
Break free.
 ~Zoey Lewis, grade 7

Clipped Wings

Sometimes it feels
 like the weight of the world
 is on your shoulders
 like there are chains on your feet
 holding you down
 not letting you fly free
 Sometimes it feels
 like you're being held captive
 isolated
 and you can't stretch your wings
 Sometimes it feels
 like someone has clipped your wings
 taking them away
 making you feel bare
 exposed
 But then
 one day
 you realize
 You can break out of that box
 You can break the chains
 Take your wings
 and soar
 ~Ella Puritan, grade 8



Flower power

IMMS sixth-grade student Heather Drake won the Messenger's Spring Flower Power Art Contest with her photo titled Woodland Poppy.

Runners Life

Life is like long distance
 Taking it step by step
 Running mile by mile
 Running with a purpose
 Mine is to smile

 Today
 Today I'm going to win
 I'm going to use the skills I worked on all year
 Today
I will
 I know I can do it
 I know I can prove it

I can

And I know
I will
 I worked to prove that
I am ...
 Good enough
 Strong enough
 Skilled enough
 I can do it

 I know it's no always about winning
 But it feels good to win
**BUT THE FACT I DIDN'T QUIT
 IS ENOUGH**
 ~Riley Malecki, grade 7



Photo by Peyton Kampmeier

Basketball unbeaten

IMMS girls basketball players prepare for a game in Stoughton. The teams finished the season with perfect records.

Team	A Team	B Team
Savanah Oaks	Won: 55 to 36	Won: 64 to 2
Badger Ridge	Won: 43 to 35	Won: 38 to 12
Savanah Oaks	Won: 43 to 35	Won: 40 to 10
Beaver Dam	Lost: 46 to 37	Won: 31 to 4
Badger Ridge	Lost: 30 to 25	Won: 25 to 20
Oregon	Won: 42 to 16	Won: 47 to 12
Monroe	Won: 40 to 18	Won: 29 to 28
Stoughton	Won: 51 to 27	Won: 28 to 25

Two sixth-grade teachers announce retirement

By Peyton Kampmeier and Ava Van Houten

IMMS 7th Grade

Two IMMS teachers with a combined 66 years of teaching in McFarland are retiring this year:

Marc Heuer and Michelle Garvey. When asked how is IMMS has changed over the years, each highlighted the space. Mr. Heuer said, "Our facilities have really improved with the exceptional remodeling and expanding of the

learning spaces here. Thank you McFarland Community!"

He continued, "As for the teachers, we have school improvement goals for the building as well as individual professional goals each year to guide and

inspire us towards consistent improvement of our teaching practices. We are encouraged to participate in a variety of professional development and bring back best practices to share with our colleagues in an atmosphere

of trust and accountability on behalf of our students. We actively blend educational innovation and tradition."

Read on for more answers from these sixth-grade teachers' experiences.

Marc Heuer

What was your most memorable year at IMMS? Why?

I had the honor and delight to be one of my daughters' sixth grade teacher when they came through IMMS. They had to call me Mr. Heuer at school. Just for that year.

In 2003 we started the Mentoring program in McFarland and interested veteran teachers were trained to support and guide new teachers in their first two years of teaching in McFarland. This program has developed and gained traction each year since. I value the opportunity to be one of many mentor/teachers at IMMS. It has transformed my career.

How many years have you been teaching?

37 years in McFarland

What was your favorite part of this year?

A favorite part of every year in 6th grade is Camp Timber-lee, a middle school tradition for our sixth graders, parent volunteers and staff. We go to camp for three days and two nights in mid September. It is an amazing experience each time and every year provides its own unique character.

How has IMMS experience changed you as a teacher?

I have had amazing experiences as a teacher, mentor, team leader, and committee member in this district. I have never been bored a day in my career! I have been regularly inspired as a member of my collaborative and innovative 6th grade teaching team and by the daily "ordinary miracles" of helping kids learn and grow.

What do you plan to do in your retirement?

I will be working with the Dane County New Teacher Project and teaching some classes for Concordia University in Madison. I hope to improve my woodworking skills, use my library card diligently and road trip with my wife, Holly.

Michelle Garvey

What was your most memorable year at IMMS? Why?

There doesn't seem to be a single most memorable year as it has been my pleasure to be able to have been a sixth grade teacher for such a long time. I would add that I think the most memorable teaching moments come from the fact that I have been fortunate to teach with an amazing group of teachers who truly have become family. Not too many teachers can say they taught with the same group of people for 15 years and yet I am thrilled to be able to brag about it!

How many years have you been teaching?

34 years with 29 in McFarland--all sixth grade
4 years in Columbus, WI--sixth, seventh, and eighth grades
1 year in Wautoma, WI--fourth grade

What was your favorite part of this year?

In addition, my other favorite part of this year is being able to do all the cool learning adventures that we do in sixth grade. Starting the year off with Outdoor Education at Camp Timber-lee is one favorite. Then having students complete a science fair project is another and also ending the year with the money unit and the Milk Carton Regatta. This year the regatta will even be at the new pool.

How has IMMS experience changed you as a teacher?

My years at IMMS have molded me as a teacher. IMMS is a great place and I am very fortunate that I have gotten to be a teacher here for so many years. Making connections with kids has been a priority for staff at IMMS and that has since become my main mission.

What do you plan to do in your retirement?

- Looking forward to...
- +Spending time with family, especially granddaughter Avery
- +Coaching Cross Country
- +Scheduling for IMMS
- +Subbing in the district and surrounding districts
- +Spending time up north at our log home in Phelps



Photos by Peyton Kampmeier

IMMS sixth-grade teachers Marc Heuer (above) and Michelle Garvey (below) are retiring after 37 and 29 years in the district, respectively.



Justice points of view

McFarland Police Chief Craig Sherven spoke to IMMS seventh-grade classes during third quarter as part of a unit on justice. The chief shared his perspective on justice, factors that sometimes lead to injustice, and some of his personal experiences from his law enforcement career. He also answered student questions.

Staff photo