

The STMS Metropolitan

A Letter from our Editor

Welcome to the inaugural issue of the Susquehanna Township Middle School's student-driven newspaper! During the first rotation of the school year, I offered a Journalism class as a related arts opportunity. The amount of insightful, engaging, and humorous articles that the students produced in twenty-two days impressed me and I had to share the writings with others.

The Journalism students read a "real" newspaper (yes, they still exist!) and completed three styles of articles commonly found in newspaper: an informational piece, a feature interview, and an op-ed. Within these pages you will see the students feel strongly about several topics: bullying, mental health, MCL, and the dress code. They chose to highlight some of our "unsung heroes" of the building: Mrs. Hall, Nurse Vanak, Mrs. Frye and several teachers.

September had World Suicide Prevention Day and several students chose to write about this important topic. October was National Bullying Prevention Month and they felt compelled to highlight this issue as well.

Their dedication to highlighting what goes on in the middle school, and who is making success happen, was impressive and the students should be acknowledged for their efforts.

I hope you enjoy reading the articles as much as I did and if you see the journalists and reporters about the school, I hope you'll let them know their work hasn't gone unnoticed.

— Mrs. McAloose, Editor in Chief

**"Diversity is Our
Strength"**



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WHAT BULLYING DOES TO A STUDENT

By Olivia Parthemore

Bullying can be a hard topic to discuss, and it often enough does not get the right attention it needs. Do not get me wrong this school makes bullying a major thing but bullying is often ignored by other students. School can be hard enough on students and adding bullying to it can impact students in a negative way.

Bullying affects a lot of people including the actual students being bullied, the bully, and other peers who witness bullying. It can be hard for a student to handle this on their own without help from a teacher, counselor, or a guardian.

“It made me feel like I did not have any control of me.”

When bullying continues for a long period of time and is not addressed by an adult it can affect a student’s mental health majorly. The article “How Bullying Affects Children’s Bains,” states, “At the same time, post-traumatic disorders can also develop due to being constantly on alert and anxious. This feeling can cause the person suffering from the problem to have serious physical and emotional problems.” Kids who are bullied will most likely experience anxiety, depression, loss of self-esteem, and plenty of other emotions will affect this student. According to “How Bullying Affects Children’s Brains” it states “Bullying also affects the prefrontal cortex, which can cause difficulties in successful problem-solving. It also makes it difficult to manage more intense emotions.”

Here is a student perspective of what it felt like to them and if they think it affected them in the long run or not. A student’s response to the question “what did it make you feel like?” They said, “It made me feel like I did not have any control of me”.

Hopefully as a team at STMS we can get bullying under control and improve all student’s mental health. As well as reliving the stress of being bullied or witnessing it.

BULLYING'S EFFECT ON STUDENTS, MAYBE EVEN YOU!

By Anjalika Bajgai

Students are bullied in school right now, and it is more common than you may think.

According to Ms. Jenkins, a counselor at STMS, bullying is a very serious topic which is not talked about as much as it should be. Ms. Jenkins has been a counselor for 1 year but helped people with bad mental health for about 5 years. She says that bullying is something many students go through, but because it is not talked about enough, many students who are bullied feel as if they are alone.



When asked how she thinks staff can help prevent bullying, she says they should be vigilant and catch bullying as soon as possible. She believes that students can help prevent peers from being bullied if they stand up for each other.

Ms. Jenkins says that students who are bullied can develop mental health issues. When asked about if she can see the difference when a student is bullied, she says that they usually have “outbursts and withdrawals”

Bullying has been found to be more common in middle schools. Statistics say that bullying is most common in 6th graders (31%).

Bullying is very common, more common than you may think. In fact, approximately 160,000 teens have skipped school because they were being bullied. 37% of middle school students have been bullied and 27% of high school students have been bullied.

Cyberbullying is just as big as a problem. 1/5 of kids get cyberbullied. Although it is not as common as face-to-face bullying, it is a major issue.

Kids can develop so many issues because of cyberbullies, including eating disorders, depression, social anxiety/anxiety, etc. Cyberbullying occurs the most at Instagram, Snapchat, Facebook, Twitter, YouTube, and WhatsApp.

The most common types of bullying are verbal, physical, social, and cyber.

If you are ever being bullied, it is always okay to talk to counselors, principals, staff members, or any trusted adult.

The Results of Bullying



By Yaman Acharya

When you think of bullying, you might think of people that beat up innocent students, but it's not always like that. Sometimes the bully is having a bad time too.

One day I was sitting in my seat [and] there was a student next to me and a student in front of me bullying another student that was minding his own business. They were throwing bouncy balls at him and making fun of him. I told them not to do it and so did other students and even the teacher. When the teacher tried to take the bouncy balls away, they would hide some and

keep using them. They didn't stop, they would do it when the teacher wasn't looking. One time the teacher finally caught them, and they got in trouble, if they did it again the teacher would send them to the principal's office. But what if the teacher didn't catch it, what if the students kept going? There could be millions of things that could have happened.

Many people react differently when this happens. When someone gets teased, they might ignore it completely and the bully will continue until there are more people teasing them and it can get even worse. Sometimes people don't ignore it and try to stop the bully. They might tell the teacher or an adult; this is the right thing to do. Some try to stop bullies, but they try to fight back and both student and bully end up in trouble.

This is not a small thing, this is something going on in many schools and it happens outside of schools too. But it isn't the bully that gets to have fun. They might bully because of something personal in their life. They might get bullied too, and they might get so angry that they get their anger out in a bad way by bullying other kids so they can feel better. If you ever see someone getting bullied or if you are getting bullied, the right thing to do is tell an adult.

By Favour Osibodu

HOW COULD STUDENTS MONITOR THEIR PHONE USAGE?

SOURCE: NYTIMES.COM

Students should be responsible for their phone time and learning time, meaning you should be able to know when and when not to use your phones in class especially when your it is important to pay attention in class, so students should be able to see how they could use their phones less and concentrate more.

HOW CAN SCREENS AFFECT MENTAL AND PHYSICAL HEALTH ESPECIALLY WHEN YOU ARE YOUNGER? SOURCE: NYTIMES.COM

Screen time can affect your mental and physical health, because kid's minds are still kind of young and undeveloped, so it can affect the way you think and can cause headaches, even depression or anxiety.

CAN STUDENTS BE FOCUSED WHILE USING THEIR PHONES?

It's probably difficult to use your phone and listen in class at the same time, so I interviewed a couple students to see if they can be focused in class, some students say no, because when using their phones they don't really focus on anything else, some said it depends, because maybe they are checking the time or they are trying to use their phones listen in class, or they are checking for an answer for something.

HOW OFTEN ARE PHONES USED IN CLASS? SOURCE: CAMPUS TECHNOLOGY

A survey shows that 94% of students want to use their phones in class! Students reports that, on a scale from 1-10 with 10 being the highest, they would choose an 8 for how much they want to use their phones.

NEED SOMETHING TO DO? EXTRACURRICULARS ARE FOR YOU

By Avery Martin

Extracurricular activities are available at the middle school mostly year-round. It's the start of a new school year with so many new students and new opportunities.

You can join school activities like sports, clubs, and even student government. Some sports you can join are basketball, soccer, field hockey, track, and cross country. If you aren't into sports, you can join mural club, the WAVE crew, band, orchestra, chorus, or student government. There are many reasons why doing at least one of these can help you and could be fun.

Several athletes discussed the importance of joining an extracurricular and gave insight into their respective sports. Madison Challenger, an 8th grader, and cheer captain with three years experience, said cheer helps with some life lessons and can help your future. She also said it gives you something to do in your free time. Another

respected athlete, Bryson Chaney, who has been playing baseball for eight years, said sports can help you meet and keep bonds with other people. He also said, "I can continue to play with the people I grew up with, playing the sport I love." He continued, "Sports help us work as a team and bond so we can build a work ethic and win games." Another athlete who plays volleyball, Gabby Mathurine, said, "I like the extra activity to keep me busy and it helps with exercise." Gabby also said volleyball helps let go and be at peace but is also challenging.

As a result of playing sports or doing extracurriculars you will have activities to do in your free time, it can help your social life, [help with a] healthier body, and it can help with your future. Colleges are more likely to want students in extracurriculars because it shows commitment, work ethic, and how you can stay focused and multi-task. It can also show you can be responsible. Reach out to your advisor if

WHY IS IT IMPORTANT TO GET THE FLU SHOT?



By Nismarie Menchaca

Influenza (also known as the Flu) is an illness caused by a virus. The Flu usually affects the lungs, nose, and throat. The Flu season is usually lasts from October to May.

You can get the Flu by breathing in tiny airborne droplets from coughs or sneezes of someone who is contaminated by the Flu. You can also get the Flu if you touch stuff with germs on it which can lead to the Flu. If you do end up getting the Flu either way, try your best to stay away from others as much as possible. Make sure to stay hydrated and get tons of sleep so you can recover faster. Make sure to do everything you can to stay healthy.

Many people get the Flu shot during Flu season to prevent getting the Flu. Other people wear masks and try to limit going outside. All [of] these things are things that you can do to stay safe and not get the Flu. It is very important to try your best to do all these things so people don't get sick. So make sure to get your Flu shot every year.

Doing all these things will make sure we can stay safe and do all the things we love to do in peace without worrying whether its safe or not.

SHOW YOUR HEART WITH BODY ART!

By Ava London, Kameara Jones, Emma McKenzie, Derrick Brown III

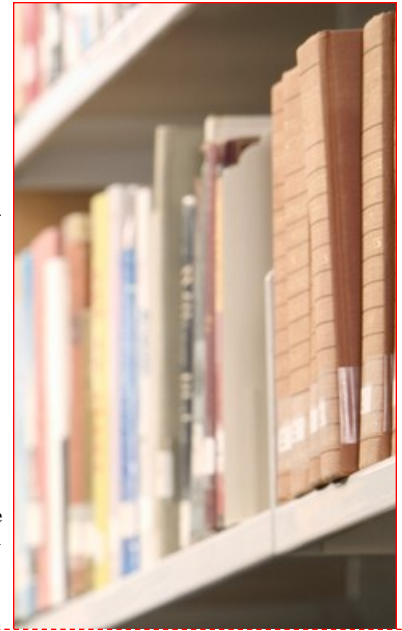
Recent studies shows that body art comes with health risks and benefits that affect teens and young adults in Susquehanna Township Middle school!

Many teens acquire tattoos because they think it “looks cool”, but how did they become so popular? Some of the health risks are infection, breakage of the skin, bleeding, scarring, severe illness, and maybe even death. Tattoos fade overtime and can be vey painful. According to Medicine Plus, “Body decorations go way back to ancient times”. Body Jewelry stated, 83% of Americans have their ears pierced!

From a peer interview we asked, “Do you regret getting any of your piercings?” and she replied “No, all of my piercings are cute.” We asked more questions like, “What age did you get your first piercing?” She responded with, “I got my ears pierced when I was 3 months old.”

We asked the question of “On a scale from 1 – 10 how bad did the piercings hurt?” She answered with, “about a 4 for my nose ring.” We asked the question, “What you would recommend to young people if it’s their first time getting a piercing?” and she responded with, “Clean them every day!”

We interviewed another source and we asked them, “On a scale of 1 to 10 how bad did your tattoos hurt?” She said, “You cant put the pain on a scale because every part of your body has a different pain tolerance.” We also asked, “What would you recommend to people when it’s their first time getting a tattoo?” and to that she replied, “Make sure it’s something you can live the rest of your life with.” In conclusion tattoos and piercings have both pros and cons in teens and young adults and is something to seriously think over before you get them.



“Always lend a listening ear. And always be kind.”

COPS AND KIDS ARE A COMMON SIGHT AT SUSQUEHANNA MIDDLE SCHOOL

By Isaiah Marmol

What happens and what to do at STMS if a school threat occurs?

Mr. Stack, an assistant principal at the middle school with 27 years of experience, said “As far as the school knows there haven’t been any threats sent to the school.” However, the year before (2021) there have been 10+ threats but none have been too severe. If there is a threat, what happens? Stack said, “The procedure for the middle school are: one, lockdown the school, two notify the police, three call central office, and four do the hide, fight, flight method.”

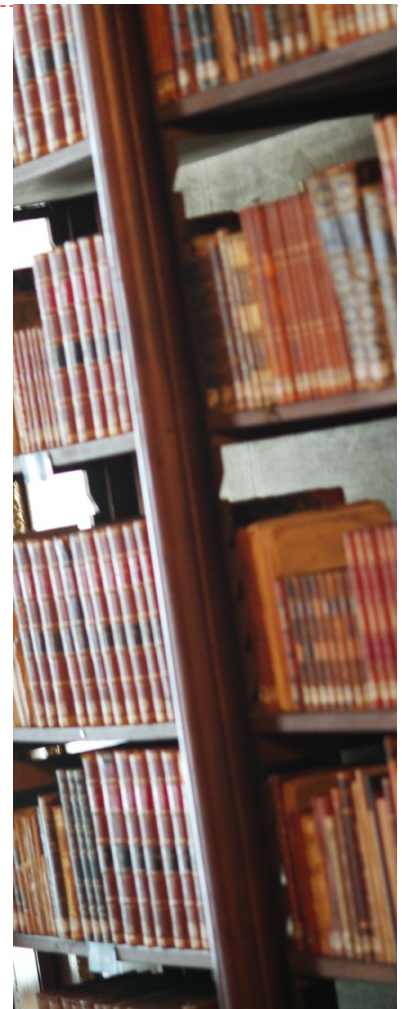
According to Active Shooter Response and Procedures the police procedure for a school shooting is: “One do not run out of the school unless the police advise you to. The second thing they do is to deploy a

unit called Rapid deployment, and what they do is run to the area where shots were last heard to stop the shooting as quickly as possible.”

What is the procedure if a student is severely hurt during a threat? Mr. Stack said they would first send them to the school nurse, second they will call 911 for the student who got injured, and lastly they will search around the school to see if others got injured during an attack.

-If you want to report upcoming or current threats download the app Safe to Say, which puts you on a call with someone from the authorities. But don’t worry, you can be anonymous throughout the whole call if you like.

-Lastly our interviewee, Mr. Stack, has a quote to share with all of us today and it is: “Always lend a listening ear. And always be kind.”



SPOTLIGHTING TEEN SUICIDE: WHY WE NEED TO CARE

By Scout Reynolds, Amiyha Scott, Kayani Mitchell, and Annelise Fidler

In July, in Charleston, South Carolina, Janis, a college student, committed suicide leaving her mom devastated. Janis attended College of Charleston for her freshman year. She decided to stay in an apartment off campus, rather than coming home to Myrtle Beach for the summer. Janis did not seem as conscientious [about others around her] and grew more apathetic. Janis had evidence of self-harm, neglected her personal hygiene, and was suspected of making suicide plans. Janis eventually took her life. Her mom was left devastated and was always crying over the fact of suicide. Many people close to her were always trying to help.

Dr. Bravener, our school psychologist for a year and a half, wants to educate people on how to prevent suicide. Here are some of her suggestions: one is to make sure you go to someone for help. Keeping it to yourself could make you more depressed or anxious. She also shared about personal experiences with this issue. At her old school, the principal was doing great and was always in a great mood. Dr. Bravener would have never guessed that he would have



taken his life. But, one day she found out he committed suicide. She was sad for him because he acted like nothing was wrong.

Nurse Vanek is another person we went to; she wants to inform who to go to when you are feeling depressed or want to take your life. Here are her suggestions: one is to always go to someone, many people think this, but it is important to go to the right person. She also talked about signs that someone wants to commit suicide. She thinks that if kids are zoned out and not doing what they normally do they are probably on to something.

Dr. Bravener and Nurse Vanak were both very helpful and have very true things about teen suicide.

If you or someone you know is considering self harm or has thoughts of suicide, please contact a trusted adult or dial 988.

TEEN SUICIDE: WHAT IT MATTERS

By Tommy Nguyen

Teen suicide has always been a big problem. But over the past few years, it has become an even bigger problem. Teen suicide rates have been rising and parents have been worried. Teen suicide rates have spiked 56% over the past decade and is continuing.

Suicide is the second leading cause of death for teens and young adults. Since 2017, teen suicide rates have been rising rapidly. 2020 was a bad year for teen suicides. Suicide rates in many states increased. This was mainly because of the pandemic. The pandemic caused teens to have to quarantine for most of their days and not be able to meet and talk with their friends. This made many kids become lonely and depressed which soon caused many to harm themselves.

What is the cause for teen suicides?

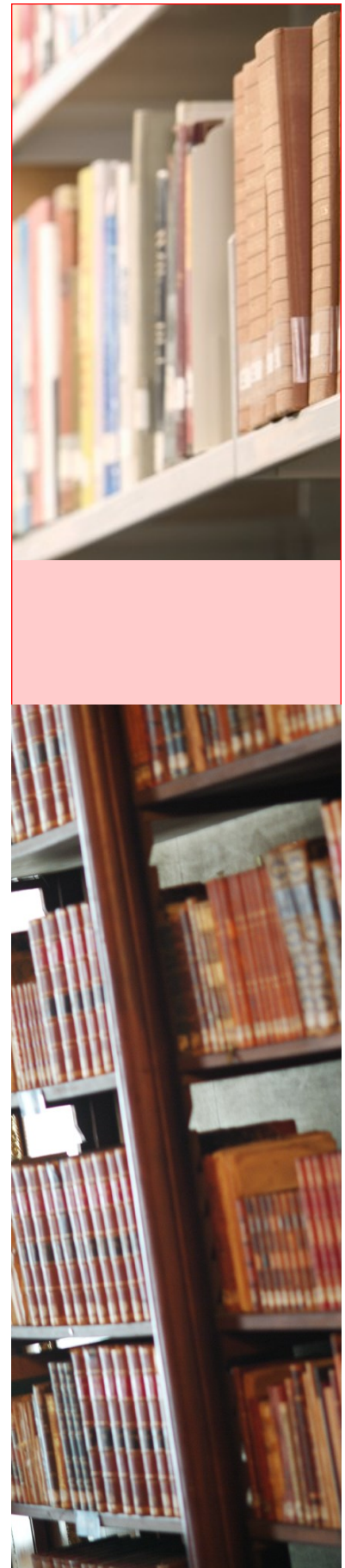
One of the biggest causes for teen suicides is bullying. Bullying is a very huge problem for many people and has been a huge problem for a long time. Many kids who are often bullied do not tell an adult because they are scared, or they feel like it won't fix the problem. They feel like the only way to stop the bullying is by hurting themselves. Another big cause for teen suicide is rejection. Rejection can be very hurtful to many. Teens can get sad and become depressed if their crush or friends reject them in some way. This can hurt teens emotionally and then lead them to suicide.

What are adults' thoughts on teen suicides?

Many parents are often scared of their child committing suicide. A lot of parents have talked to their children and to make sure that they come to them when they are feeling depressed or if there is a problem. No parent ever wants to experience the pain of losing their child, especially if they are still young and have a whole life ahead of them. Many parents who have lost their child never knew what they were going through. Therefore, it is such a big deal to talk to your child and tell them that it is okay to talk to them when they are going through something. Teachers also want their students to talk to them if they are being bullied or if there is a problem.

What to do if you or someone is planning to hurt themselves or needs help.

If you or someone needs help, then you should always talk to someone who you can trust. Always try to talk them out of it and make them feel better. If you are going through something and have no one to talk to, call the suicide hotline (988). They will help you and talk to you if you are planning to do something. It may be hard to talk to someone about things like these, but you will feel much better.

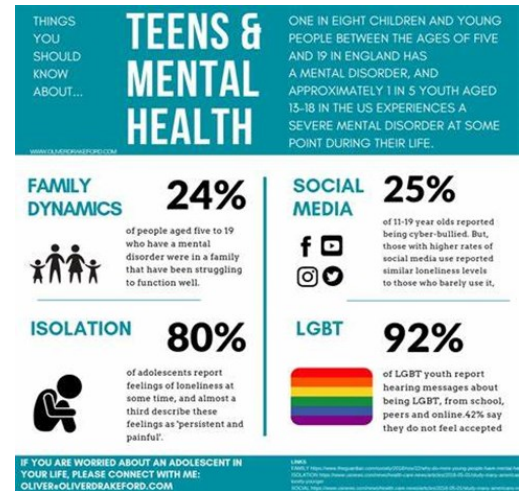


USA Schools Could be a Main Factor in Adolescent Mental Health

By Lilly Borawski

Students all throughout the U.S. have been suffering from the sharp incline of child depression and mental health issues since March of 2020 and schooling could be the problem. School, especially middle school, seems to be a large factor in adolescent mental health. School can place a large amount of stress on students which can cause depression and/or anxiety. In fact, according to “The Other America: People with Mental Illness” 13% of children between the ages of 9 and 17 suffer from severe mental illness. Not only that but mental illness is more common than cancer, asthma, and diabetes. As many as 16 million people suffer from depression at any given time. (Skog, Susan) The U.S is suffering from an epidemic of mental illness. This crisis affects our school more than you think.

People in this middle school have also been suffering from mental illness. According to Nurse Vanak, the school nurse, everyone has been affected by this crisis. She has stated that Covid has very much added to and fueled this problem. The lack of social interaction but still having the stress of schoolwork causes a large probability of some type of mental illness. We were deprived of our normal social interactions and once we got back to normal, we simply lost the ability to socialize normally and understand the new social cues. When asked whether transitioning from elementary school to middle school affects mental health Nurse Vanak also stated, “I do definitely. Middle school is a time when students are starting to go through puberty and in middle school . . . peer relationships become



important. That is when girls start to rely on their girlfriends (non-romantic) and when boys start relying on guy-friends (non-romantic). Girlfriends and boy-friends (Romantically) . . . so now you have relationships involved.”

Relationships are not the only social strain we are under either. Nurse Vanak also said, “There’s [just] a lot of pressure to be accepted in middle school by your peers, so I feel like, unfortunately, a lot of people can be mean in middle school. A lot of bullying has been happening to kids in middle school because people are trying to fit in.” There are solutions to these problems though. If we are nice and accepting, we will be able to improve our mental health and the ones around us. Don’t be mean to people. Try and be their friend. Most of all ask for help. If you are suffering from mental health issues tell your parents or go to the counselor. Remember to treat yourself and if you see someone suffering as well, give them support. We are all suffering from this mental health epidemic, but if we all stick together and ask for help, we will get through this.

ADVICE FOR STRUGGLING STUDENTS!

By Sapinah Muhamad

If you struggle in class during school then keep reading. Here's some advice you can use to make your life easier!

Some students struggle in school but are uncomfortable asking for help. As a student that also struggles in school, some advice is to never be afraid to ask for help. A lot of teachers are very welcoming and will help you if you ask. Even principals!

A principal is Susquehanna Township Middle School named Mr. Stack said when he notices a student needs help, he happily helps. Teachers won't look down on you either! Asking for help means you are trying. Teachers sometimes notice you are struggling and will help you without asking, if they don't, then ask!

THE EFFECTS OF ADDICTION

By Jessica Nguyen & Sarah Thabateh

Students can easily get sidetracked in school and lose motivation and form bad habits, including addictive starts like drinking and smoking.



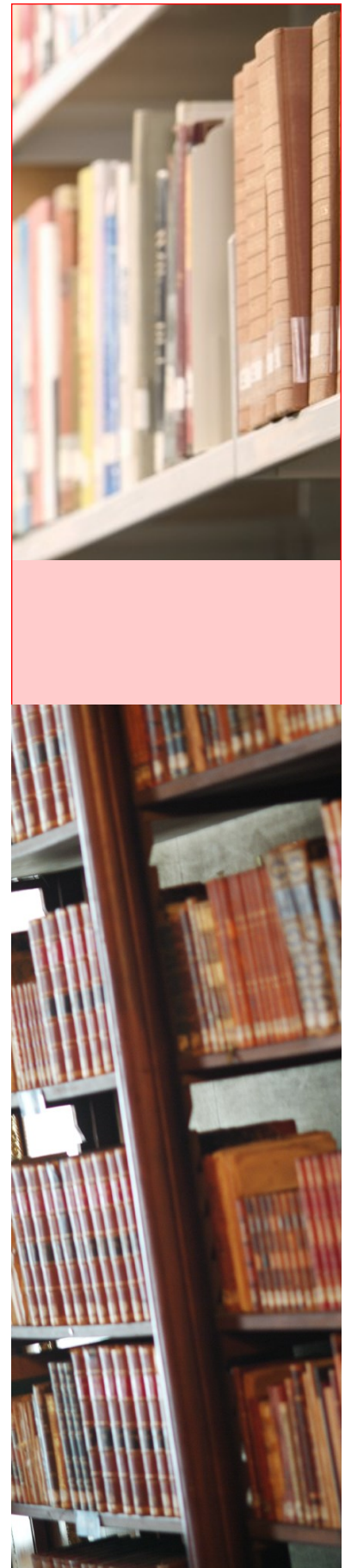
Addictions amongst the youth are often created by peer pressure

and curiosity. An article written by the National Institute of Drug Abuse said, "The initial decision to take drugs is typically voluntary. But with continued use, a person's ability to exert self-control can become seriously impaired." Eventually students might question themselves on their choices. If students allow themselves to move forward with the use of drinking and/or smoking, the ingredients that are contained in it will highly affect them after just one use. Once students continuously infrequently drink and/or smoke, there will be noticeable effects mentally, verbally, and physically.

Guardians and members of their school

could react in a way of surprise and shock when hearing information on underage drinking or smoking. Since they are not legal of age, getting ahold of items that contain nicotine, tobacco, herbs, and much more in their possession would conclude that they have a reliable source of where this is all coming from. As shocked as some might be, finding a way to end this issue would be much more efficient. Stated in a SAMHSA article, "Educators can identify students who may be at risk for alcohol and drug use, and work with these families to prevent these children from going down a harmful path."

Creating addictions at such a young age can lead to plenty of health problems in the future. Some of the many effects of nicotine are mood shifts, anxiety, and depression. Chemicals that are in alcohol will likely cause you to have migraines, blurred vision, loss of attentiveness, and imperfect speech. According to a TIME article, "...it takes approximately 90 days for 'the brain to reset itself and shake off the immediate influence of a drug.'" Despite this information, it is not the same for everyone. How long it takes to lose the battle of an addiction depends on your motivation to do so.





IN DEPTH INTERVIEWS WITH THE MIDDLE SCHOOL STAFF

Students were tasked with writing and conducting in-depth interviews with the staff of the middle school. We had several staff members who proved to be popular, or that the students wanted to know more about their unique roles.

Read on the see snippets of some interviews and, in some cases, the full feature interview.

The STMS Metropolitan thanks all of the staff for taking time out of their busy days, and usually their prep or lunch periods, to be interviewed!

“[I] love being an assistant principal because every day feels different.”

A DAY IN THE LIFE OF MR. STACK, THE ASSISTANT PRINCIPAL

By Isaiah Marmol

At Susquehanna Middle School our interviewee, Mr. Stack, has been an educator for 27 years and is now our assistant principal.

Before becoming the assistant principal, Mr. Stack has worked a total of 11 jobs. Stack’s job before becoming an assistant was a reading specialist. Stack’s first job in his career was a daycare worker in college. He “loves being the assistant principal because every day feels different, and he also loves meeting new kids.” Stack wouldn’t want to be the main principal because “He has a lot to learn from both of the other principals.” Mr. Stack’s morning looks like this: “Takes a shower, go to work, talk to Mr. Evans, go to his office and eat breakfast, check emails, and wait for kids to come to his office for help or a favor.”

Mr. Stack likes the school but “He doesn’t love when Mr. Evans makes him work.” He feels safe at our school because “we have a good bunch of kids and have multiple procedures to keep us safe.” He thinks that teachers at the school have been very welcoming. Stacks feel way more confident from where he started 27 years ago.

If you want to email Mr. Stack to ask him more questions about his life you can do so here: dstack@hannasd.org

SPOTLIGHTING MR. ABDULLAH

Interview One by Jaycee Martin, Cassidy Negrete, and Ja'Zara Lee

Mr. Abdullah is a funny, helpful, kind teacher. Before coming here/being a full-time teacher, he was a substitute in the Harrisburg School District. He has 4 daughters. He has been in the teaching industry for 17 years.

What made you want to be a teacher?

"I wanted to be able to work with teens/ young people because my dad was never around." He was saying how his dad was never around as a kid & he didn't want kids at that age to go through what he did because he knows how hard it is to not have that figure in your life.

What made you want to teach social studies?

"My major in college was for black studies/social studies." When he was in college, he wanted to study black studies, so he could learn about his history. He really enjoyed it and finally got to be able to be a full-time social studies teacher and he chose social studies because that's the closest thing to black studies.

How well do you like teaching on a scale from 1-10?

"Most of the time, a 10." He loves all his students even when they give him a difficult time, yes that makes it more challenging or frustrating, but he loves his job.

Interview Two by Mia Leed, Sasha Cable, Tailynn Pettigrew, and Sophia Mauridi

Mr. Abdullah has had a very exciting life full of ups and downs. Mr. Abdullah's full name is Dhuhan Abdullah, he's a social studies teacher at STMS. He is from Philadelphia, he's 40 years old. Born on November 9th, 1981. He has 4 kids.

Mr. Abdullah had a good childhood filled with family and friends. Some of his earliest memories are of the playground and the Poconos. As he got older he faced more challenges. His life was stressful because of family issues and school. Mr. Abdullah's friends started becoming his family!

When Mr. Abdullah was in high school he started his first job. He was 15 when he started working at Set Co. He worked there for two years doing various tasks such as doing things at city hall and building fences.

When Mr. Abdullah left for college it wasn't that hard for him, it was hard for his family, and his mom was very stressed out about him leaving. Mr. Abdullah had a great college experience. He loved college, he liked to attend parties, and his favorite part was when he was able to travel and study abroad.

After college, Mr. Abdullah became a teacher! He wanted to become a teacher to be able to help people and give them advice. He's been a teacher for 17 years! His favorite part of being a teacher is when students come back later in life to tell him how much he helped them.

Mr. Abdullah has had a very fun life with some regrets. One of his biggest regrets was when he broke his hip. He was 25 years old when he broke his hip, when he broke his hip it was really hard for him to learn how to walk again. He said that learning to walk was one of the hardest challenges he's ever had to overcome. Thank you for listening to, all about Mr. A.!



AN INTERVIEW WITH MR. MILES!

By Xyla Murray

Hello STMS! I am Xyla Murray and today, I'm going to be interviewing Mr. Miles. Mr. Miles is a music teacher who plays various instruments!

Question one: What made you want to become a music teacher?

Answer: I wanted to become a music teacher because I felt like it was a responsibility as a musician.

Question Two: What made you like music so much?

Answer: I like music so much because I like how the emotions caused by music makes you feel.

Question Three: What would you do if you didn't teach at all?

Answer: If I did not teach, I would be a full-time audio engineer!

Question Four: What is it like being a music teacher?

Answer: It is awesome! It helps me improve as well as getting you guys to be better.

Question Five: Have you ever sung/played in front of an audience and if so, how many people?

Answer: Yes, I have! I played in front of over 90,000 People!

Q & A WITH STMS ART TEACHER LINDSEY HEMMANN

By Binesha Mahat, Da'Maya Adams, Favour Osibodu, and Kira Carrington

Ms. Lindsey Hemmann is our art teacher at Susquehanna Township Middle School. She has been teaching art for five years. She started art in High school. She wanted to be an art teacher because she likes making art and it's calming to her. She figured out she was terrible at drawing but was good at sculpting. [READ TO LEARN MORE ABOUT MRS. HEMMANN!](#)

What is the importance of art?

The importance of art is to express yourself.

Have you ever covered for another school?

I have never covered for other schools, but I have taught [in] other schools.

Who is your inspiration?

Esao Andrew because he makes very cool sculptures.

Why do you like to do art?

It is relaxing and fun, you can make anything.

When did you start enjoying and liking art?

I started liking and enjoying art in high school.

What made you want to become an art teacher

Making art made me want to become an art teacher.

How did you start out with art? Were you good from the start or bad?

I was bad at drawing but good at sculpting.

SPOTLIGHTING MRS. MEHOLIC!

Interview One by Avery Martin and Gabriella Mathurine

Mrs. Meholic: The Teacher that Makes Connections

One of our ELA teachers, Marisa Izzarelli-Meholic, has been teaching [for] eight years. She has been married for 16 years and has two sons. Outside of school, Mrs. Meholic likes to spend time with her kids and her family members.

Mrs. Meholic said, “I like to teach because I like to learn about kids, and I like to hang out with students.” She continued to say, “I teach ELA because it has more to do with reading and for me reading helps escape my problems.” Then after that we asked her if she could teach any other subject, she explained that she would teach science.

It’s easy to see why she teaches ELA; it was her favorite subject when she was in school. She said, “I also teach ELA because I had a favorite ELA teacher when I was in school.” When asked why she likes teaching at STMS she said, “I want to learn a new approach to teaching students.”

Mrs. Meholic is newer to the school but is definitely a good fit for the school and the students because she is fun, and she cares about all of her students.

Interview Two by Ava London, Derrick Brown, and Emma McKenzie

Teaching at Hanna

We interviewed one of our ELA teachers; her name is Mrs. Meholic. We chose to interview her because she is our favorite teacher and is a good teacher. She grew up in Allentown, PA. She received her master’s degree from Grand Canyon University and she became a teacher because of her high school English teacher. She likes being a teacher because she can learn from students and other teachers.

What college did you attend?

Penn State Harrisburg is where I earned my undergraduate degree. My Master’s was earned through Grand Canyon University.

Why do you like teaching?

It allows me to learn from students and other teachers. I love to learn, so teaching seemed like the path that would let me do that every day. I also like supporting others as they grow toward their own goals, and there is no better way to do that than to teach, in my opinion.

Do you like MCL?

I do! It is a different way to approach learning, and I am enjoying the process of learning along with students.

What is a Student Counselor? With Mrs. Hall-Jenkins

By Tyisha Shirk

What is a counselor and why is a counselor important? Well, a counselor is always thinking of others and is important because they listen to you no matter what. Mrs. Hall – Jenkins is our new student counselor. She has given me a chance to interview her. So, what is a counselor and why are they important?

It is Mrs. Hall- Jenkins first year a Susquehanna Township Middle School. Her main priority at this middle school is to be a support to all kids and fit their needs. She has experience as a counselor but not a school one. She has had ten plus years in mental health. But she did not always want to be a school counselor or a counselor at all. Read on to learn more about her!

What is the most important function of school to you?

Everyone feels equal and gets a fair education.

Ok great, Next question. What did you go to college for?

I took courses for therapy.

Is that what you wanted to be as a kid?

Yes

How did that change and why did you choose being a counselor?

All [of] the colleges to be a therapist where far away so I took a course in mental health. Also, I love helping others.

Great answer last one. Would you say your job is one of the best and why?

Yes, I get to listen and help kids. I also get to know others and learn about them.

Thank you for your time and this was amazing. You are an amazing counselor.

A counselor is someone who cares and likes to listen to the kids and Mrs. Hall Jenkins is an amazing counselor. She did not think about being a consoler at first but now she is here. So, thank you and welcome to Susquehanna Township Middle School!

Getting to Know Mrs. Hall

By Ethan Segura

I interviewed our school librarian, Mrs. Hall. We talked all about her and her experiences in life. It was a great conversation that we both enjoyed. Read on to learn more about her.

How long have you been in this occupation? I've been working in schools since 2007 but in this school I've been working for 8 years.

What are some things you enjoy? I love reading, nature, walks, animals, and helping students become the best they can be.

Who has been most influential to you in your life? My mom. She used to work at Sara Lindemuth as a librarian and I become a librarian because of her.

Why do you think it's so important to learn? You never know what you're going to be able to do with all of the knowledge you gained so the more you learn the more you can do with your life. If you don't challenge yourself, you will never know.

SPOTLIGHTING MR. JACOBS!

Interview One by Ankita Dhimal and Abigail Abraham

Bringing Social Studies Alive with Mr. Jacobs

Mr. Jacobs, a social studies teacher for Susquehanna middle school, teaches Civics and Government. He has been teaching Susquehanna middle school kids for three years.

Why did you want to become a teacher for this school?

I wanted to become a teacher so that I could help kids through life. It is not easy being a middle school student and I want to be a teacher that encourages my students to help them succeed at school life.

What do you like about your job?

I really enjoy the people that I work with, I also enjoy interacting with my students.

What do you think of the students that go here?

One of my favorite parts of STMS is the diversity we have in our student body. It is very cool to me that we have so many cultures and different kind of students here at our school.

Do you like MCL?

I like the idea of MCL, meeting students where they are at and providing for their educational needs. Its difficult to do the schedules and the rotations.

What do you like about social studies for you to become a social studies teacher?

I really like talking to students about life and I think that social studies gives me the greatest opportunity to do that within the subjects I teach.

Interview Two by Mia Marie Russell and Zoha Fayyaz

The Life of a Social Studies Teacher at STMS

Do you like your job, and if you don't, why?

I do like my job; I really enjoy teaching. I got into it because I wanted to have something I could be passionate about. I enjoy coming to school everyday even if it is stressful somedays.

What are your regrets on being a teacher?

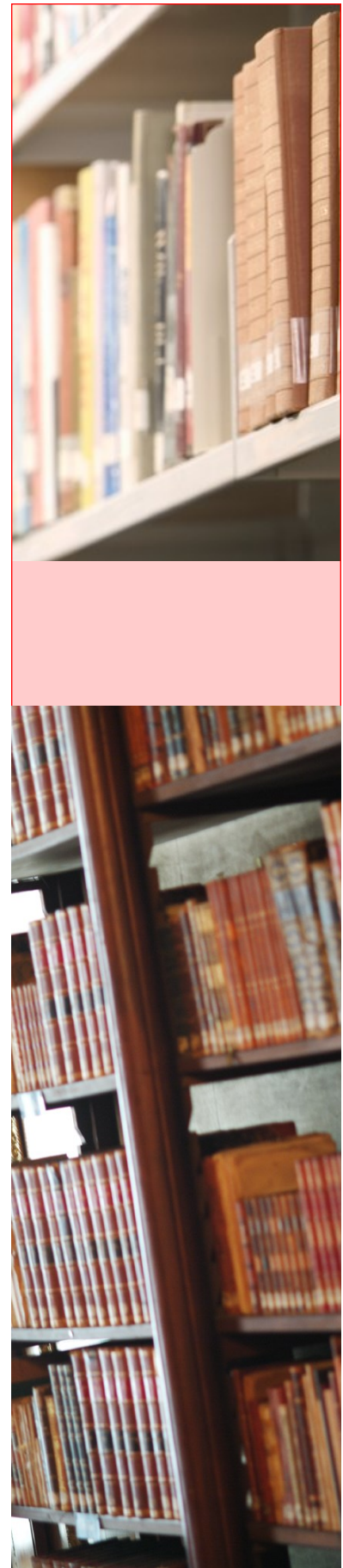
I don't totally understand that question because I don't really have any regrets. I just became a teacher in the last few years. So, I made a decision to leave the field that I was in and get a degree and become a teacher so I don't have any regrets so far and I don't really anticipate the fact that I would just because I enjoy teaching.

Do you have any kids or are you planning on having any?

I do, I have three children. I have a daughter that is a freshman in college, I have a daughter that is a sophomore in high school, and a son that is in 7th grade.

Is there any other subject you would teach, if not for social studies?

I think I like social studies the best because it just gives us the opportunity to talk about real stuff and real life. If I have to teach something else, maybe I would want to teach English, something else that I could help the kids be creative instead. I don't really like the concrete stuff, like the stuff like math and science that there are only one way of presenting it, I like letting kids have an opinion and be able to think through thing and I think social studies helps them do that best.



Empowering Learners with Mrs. Jennifer Renaldi

By Jessica Nguyen and Sarah Thabateh

Mrs. J. Renaldi is one of the many science teachers here at STMS. She has been working here for 15 years! Since the time she graduated college, Mrs. J. Renaldi has created a journey working as a science teacher with no other occupation. Mrs. J. Renaldi has set a superior reputation and presence at STMS, by highlighting her positive, caring, and ready-to-help personality. As a result, learners love to embrace her as more than just a science teacher but also as a safe place.

What encouraged you to join STMS?

“I joined STMS because I love working with children and the staff here was amazing.”

What advice would you give to new staff members of STMS during their first year here? “First year teaching is tough! Try different things and figure out what works for you and your teaching style. You got this!!”

How has this school changed over-time? (education-wise)

“We are teaching kids to learn on their own and work cooperatively with others.”

What do you believe is the biggest impact you have made on learners as a school educator? “My hope is that when kids come to my class, they are interested in what is being taught and want to learn more about it. I want students to love science.”

What are your goals for every student that experiences a school education at STMS? “[My] goals for students at STMS are for students to be prepared for learning, complete assigned tasks on time and demonstrate academic proficiency.”

How has your teaching method changed from when you started, to now? How would you describe your teaching style? “I used to lecture most of the period while students sat and listened. Now I try to promote self-learning and critical thinking skills for students.”

What are some qualities that you include in your teaching style that makes you unique? “I try to do different things, so each day isn’t exactly the same!”

Meet Nurse Vanak!

By Matilda McClenachan and Erica Spencer

We interviewed the School Nurse Ms. Vanak. She has been working at this school as a school nurse for three years and has seen some interesting things to share.

What other jobs did you have before you became a school nurse? “I worked at a surgical wing at a hospital. I also worked at a couple [of] places in Philadelphia.”

What is the most important thing about being a school nurse? “Anywhere you go nursing is hard you will see a lot of interesting things but [they] make you love what you do.”

Why did you become a school nurse? “I became a school nurse because I love working with kids. [At] my old job I worked with older adults and I didn’t like it very much, I always wanted to work with kids and I love learning myself, and I just love the school environment.”

What was the most serious injury that happened? “I’ve seen a couple gross broken bones. Last year I had someone who’s tooth fell out, the grown-up tooth, and everything came out, and someone who split open their head.”

Did an ambulance ever have to come to school? “Yes, a few times last year, I worked with students who had seizures.”

SPOTLIGHTING MRS. FRYE!

Interview One by Eesha Adhikari and Jada Pittman

Patty Frye: The New Instructional Coach

Mrs. Frye's backstory: Mrs. Frye is a married woman who works at Susquehanna Township Middle School. She is an instructional coach who helps other teachers find different methods to teach their students. She loves being an instructional coach.

Why did you choose this school? "I worked at Holtzman for 15 years. I taught 3rd, 4th, and 5th graders. After some time, I came here."

Why did you change positions? "I wanted a bigger impact on the District and wanted to give a good learning experience for the students and teachers."

What do you do to help the teachers? "I offer a professional development and offer them new teaching strategies for the students. Sometimes the teachers call me or either come in my room to ask questions."

Do you like your job? "I love my job. I love that I get the opportunity to help teachers and students and teach them new things."

Do you want to go back to teaching students? "I do, I still have an advisory and I get to teach them."

Do you like this position better? "I do, I went to a school for a very long time and studied to become what I am today."

Interview Two by Olivia Parthemore

Highlighting Mrs. Frye

Mrs. Frye's official title at STMS is an instructional coach. You might be wondering what an instructional coach is. An instructional coach is a teacher who guides co-workers and students to success. Last year Mrs. Frye was one of our related art teachers; she was our Grit teacher for three years. Currently she has moved to being an instructional coach. Without Mrs. Frye it would be hard for students and staff members to accomplish their work here at STMS. Let's learn more about her mission here at STMS.

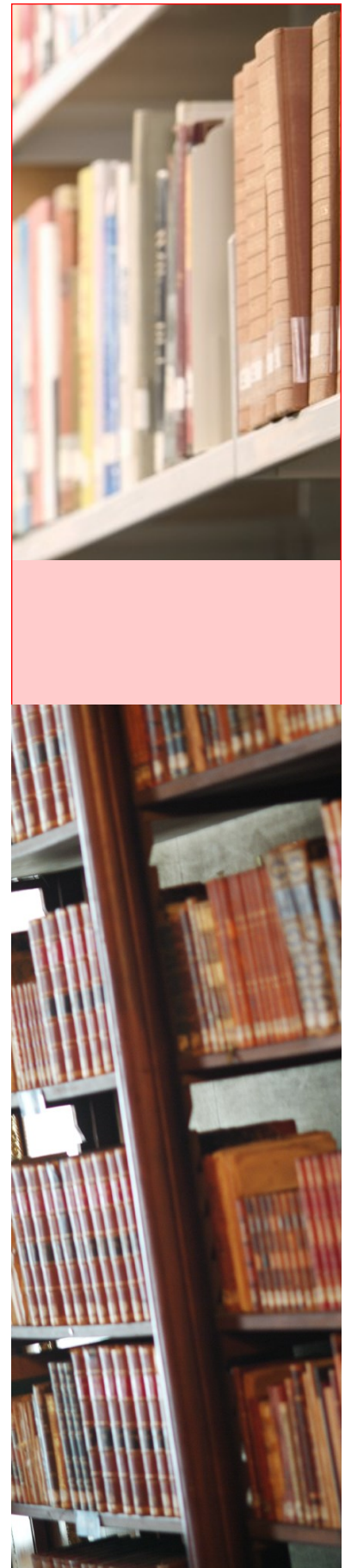
What does a day in your life at STMS look like? "Everyday at STMS is different, I work with teachers to review data and review student engagement with teachers. It's almost like MCL for teachers."

How long were you the Grit teacher here at STMS? "I was the grit teacher for three years and before that I worked at Thomas Holtzman."

What do you think the biggest impact you have on our school is? "I want to make a good learning experience for every student."

Why did you change your position here at STMS? "When I was at Thomas Holtzman I worked with teachers and not just students and when I became the Grit teacher, I realized I enjoy working with teachers too."

Do you think helping others benefits you? "Absolutely, I feel like middle school students have the most potential to make a big impact on the world."





MEET SCOUT REYNOLDS, A STUDENT AMBASSADOR

By Nyree Hayden

Scout Reynolds is an eleven-year-old in 6th grade and a student Ambassador. Scout is from America and Korea. She enjoys drawing, building, and playing games. She also has interests in politics and news.

She found out about Ambassador two days into school, and she saw a poster in the hallway about it. Her love for politics really encouraged her to sign up along with that.

She usually tours 6th graders, but it depends. Her favorite thing about being an Ambassador is the meetings and her favorite place in the school is Mr. Post's class. The coolest place she tours is the classrooms because of the decorations, and all the differences from the other classes.

Out of all the other things she could have signed up for, she chose Ambassadors because she loved the idea of walking around with new students. Being an Ambassador has an impact on her because she has met so many new students and they were kind of like their first friends.

It is important to know about the Ambassadors because they could help you when you are new and when you need it. It also leaves an affect on the students because they now might now know that they are not by themselves, and they are here to

MRS. MCALOOSE SHARES HER THOUGHTS ON TEACHING

By Tommy Nguyen

Mrs. McAloose is currently an ELA and Journalism teacher here at Susquehanna Township Middle school. She has 2 bachelor's degrees – one in secondary education and one in history. She also has a master's degree in educational leadership. If you want to learn about what teaching has been like for Mrs. McAloose, and her thoughts, then you should continue reading this article.

When did you realize that you wanted your career to be teaching? “In 11th grade – my history teacher inspired me.”

What is it like having to teach 2 subjects? “It can be stressful but fun to build a new class and expose students to new ideas.”

What do you think is the best way for kids to learn and what do you do that helps them want to learn? “Each student has their own style but hands-on works for a lot. I try to have a variety of activities for kids and to find stories that they'd enjoy.”

Who do you look up to and why? “I look to my parents as role models for being a mom and as an educator I look up to my brother who also teaches. Family is important to me!”

Why is teaching important to you? “I like to show students they are capable of more than they think and when they have that ‘lightbulb moment’ it's great to see.”

How hard is it being a teacher? “Some days are really challenging but there are more good days – you have to remember your ‘why’.”

Why do you want kids to learn in class? “Learning opens so many doors and you should know about more than your own life and interests.”

As you can see, Mrs. McAloose is a very hard worker and believes that teaching is very important for everyone. She wants everyone to try their best in class and not give up. Remember, school is important for you!

SPOTLIGHTING MR. SCHEUCH!

Interview One by Angel Torres and Romel Williams

Mr. Scheuch is an Instructional Technology Integration Specialists that works in all Susquehanna Township schools. Also, he learned [about] technology in college and when he is helping other people with technology. His first school was Susquehanna Middle School, where he was a science teacher and where he worked on technology. He also does other things than technology: he runs the ski club and coaches the girls' soccer club. His first year of working with technology was in 2020 and he had to help train all the teachers how to use technology to teach during the pandemic!

Interview Two by Nismarie Menchaca

Trevar Scheuch: Instructional Technology Integration Specialist!

Trevar Scheuch (Mr. Scheuch) is an Instructional Technology Integration Specialist and has been working with technology for 3 years now. His job can be as easy as restarting empower passwords or as hard as training staff in the whole school how to use the slices and cameras. So we interviewed him and asked him some questions.

Question 1) What is the easiest and hardest thing you have fixed?

Answer: The easiest thing would probably have to be resetting the Empower passwords and the hardest would be training the staff on how to work the cameras and slices.

In the year 2020/2021 he had to teach the entire school staff how to work cameras and slices because of Covid and trust me working with technology isn't always easy.

Question 2) Is working with technology for the whole district harder than only working for 1 school?

Answer: Yes, working with technology is definitely harder than just working with 1 school.

Mr. Scheuch use to work with only 1 school (STMS) in the 2021/2022 school year but this school year he is now working with 3 schools.

Question 3) How do you handle working for the whole district?

Answer: Well, I spend 3 days in STMS, 1 day in Sara Lindemuth, and 1 day in Thomas Holtzman.

Since he works with three schools, he has certain days for certain schools. He does not go help out the high school since there is already someone like him over there.

Question 4) What are some things you fix as an Instructional Technology Integration Specialist?

Answer: I fix empower problems, projectors that aren't working and computer issues.

As you read there are many different things that you face as an Instructional Technology Integration Specialist and some can be harder than others.

So anytime your computer isn't working or you are having any type of trouble with technology you can always email Mr. Scheuch for help, but remember he is a very busy person and is only here on Mondays, Tuesdays, and Fridays.

Students' Op-Ed Corner

The last major writing assignment the journalism students completed was an opinion piece on a topic related to our school or district. Read on to see their thoughts!

RECYCLING IN SCHOOL AND WHY IT SHOULD BE MANDATORY

By Anjalika Bajgai

I believe that recycling should be mandatory in school. Many people believe that recycling should not be mandatory in school because it's too much work or it's simply not necessary, but I think that is the absolute opposite. Recycling will help keep the environment clean, help us health wise, and reduce and conserve the need for certain tasks. Keeping the environment clean is a necessity, and recycling is just one of the ways you can help.

The first reason why recycling should be mandatory in school is because of the environment. The environment is extremely important and having schools mandatorily recycling can undoubtedly help. Recycling in school will also help students understand how important recycling is and how much it can benefit the environment. Having this habit start in school will hopefully rub off on the students and have them continue to recycle at home. This can even make more students recycle when they get a house for themselves.

Another advantage is because it would help with our health. Things like pollution, climate change, etc. can hurt our health. Recycling is able to help with those difficulties. Recycling will leave less trash in the ground, which will help with those issues. Recycling programs can help with your health because it reduces unnecessary waste in the ground.

Recycling will also reduce the need for certain tasks. It can reduce the need to send waste to landfills, conserve energy, conserve natural resources, and so much more. Recycling is so beneficial in so many ways and having it in schools would help because there is so many students. Having it in a school district would help even more. Air pollution is also greatly affected by recycling.

There are many benefits to recycling. It will help the environment significantly, reduce air pollution and climate change which can help with our health, and reduce the need for particular tasks. It's so beneficial in so many ways, there's no reason not to have it be mandatory in schools.

THE IMPORTANCE OF RECYCLING

By Javon Durant

In prehistoric times man discovered fire. That man made fire was the first sign of pollution. Fast forward into the early twentieth century and pollution has become a massive problem. Air pollution corrupts the air and destroys the ozone layer making it harder to breathe every day. Water pollution makes our water undrinkable and destroys ocean life. Deforestation removes all types of wild life from their homes and causes them to move into more urban areas. This causes animals to adapt to our modern ways which causes them to toss away their wild side and rely on humans for food, water, and shelter.

Us humans are even polluting ourselves with vapes, cigarettes, drugs. Humans also hunt animals (into extinction) which damages the ecosystem even more. Our advances are killing the planet faster than we can help it recover, although instead of helping our planet we search for a new [way] to drain all the resources of and then destroy.

Some organization like the California CCA (California Community Choice Association) are trying to save the environment by using alternate sources of energy like wind, solar, and hydroelectric energy instead of coal or oil. Although you don't need to switch energy sources to help. You could do something as simple as recycle plastic bottles, pick up trash when you see it, or turn leftover food into compost. It may seem like pointless busywork, but you truly are doing something to help yourself, and future generations.

If you're stuck wondering, "But what if we just find a new planet? Science will save us," then you are correct. Scientist could find a new planet for us to thrive on. Though what happens when we run out of a certain resource? Without a certain resource from a planet everything could fall apart. So instead why don't we just fix this planet and save ourselves the trouble?

MCL: THE HEATED DEBATE CONTINUES!

Opinion one by Eesha Adhikari and Jada Pittman

STMS Needs to go Back to Traditional Learning

STMS needs to return to traditional learning to better help the students succeed.

Although others may say we need MCL because you get to work at your own pace, and that is good for students, I disagree. MCL is confusing for a lot of students which leads to people not completing work. Some teachers don't teach you enough and they expect you to know the work on your own. They also expect you to turn your work on time without explaining anything, but that is just some teachers.

MCL is combined with all different grades so students in higher grades already know the lesson, which is not fair for lower grades because they won't understand as much, and higher-grade students can get a head start in turning in work while the younger students will be behind pace because of it. Students should be in a class with people who are all on the same page. We interviewed several students, and all can back up our opinions on why STSMS should go back to traditional learning.

It's important to know how students are feeling on the way of learning. We can fix this by getting the word out to the principals/administrators and hope it can be changed by next year.

Opinion two by Avery Martin and Gabriella Mathurine

How We Feel About MCL

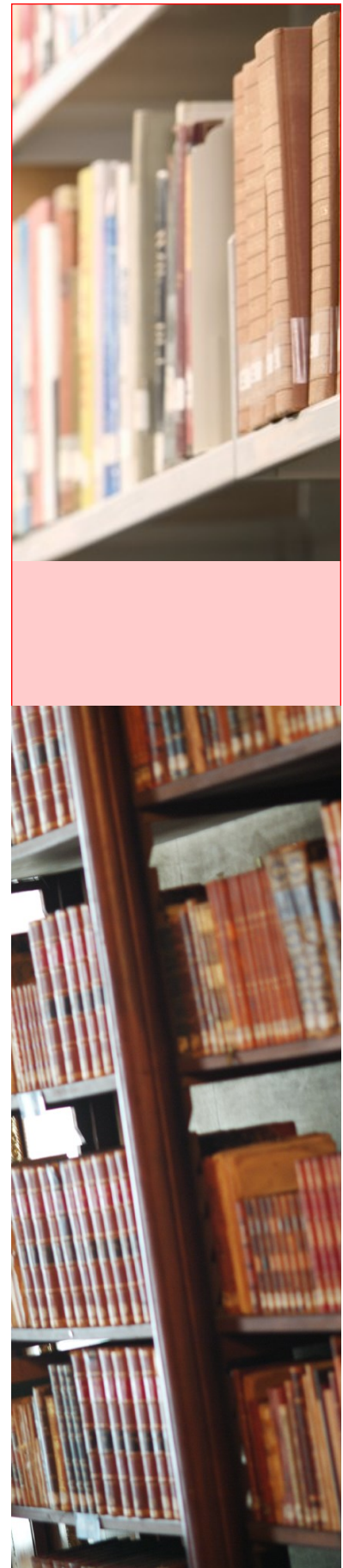
At our middle school we use a learning platform called MCL, Mass Customized Learning, and we believe that MCL helps our learning. We believe this because if we don't like a teacher or the class you can just take someone else. You could also move faster than slower learners so you can be ahead.

Some people don't like MCL because they think this makes it more likely for the younger students to get bullied, but also being with all the different grades can help show students how focused you need to be. The older students can be setting the example for the younger students on how hard they need to work. One of our teachers Ms. Meholic said, "I think it's important to teach MCL because it focuses on growing necessary skills." She continued, "It's also new to students and they don't know how to be independent enough to do what they need to." She concluded, "I think this is how education should be going."

Out of the students that were interviewed a majority of them like MCL. Amari Washington said, "I like MCL because I get to see new teachers. I'd rather switch every 22 days, because it helps me learn better." Another student Jenny Robles Sanchez said, "I like MCL because you can get to know more people and I learn better with MCL." She continued, "I think MCL is better for our school because you can learn and meet new people."

There are people who don't like MCL at our school. Most of the students said they tend to get bullied more since they are in classes with older students. The majority of the students interviewed are Pro MCL. You get to meet new friends and learn at your pace. We think this way of learning is better for our school.

MCL can help us prepare for life after school by teaching us to work at our pace because we can work ahead to be prepared. MCL shows us that the work never stops because there is always more work to be done, just like in the work force.





Why School Should Start at a Later Time

By Jaycee Martin

I think should start at a later time because I feel as though people in general are mentally and physically ready to learn and do better each day. Also, people are less grumpy when they get more sleep. Studies say that middle school students should get about 9-12 hours of sleep each night. About 6 out of 10 students (57.8%) didn't get enough sleep on school nights. On the CDC health website it said, "Good sleep hygiene in combination with later school times will enable adolescents to be healthier and better academic achievers." I also think if school started later, it would give teachers more time to get prepared for the school day as well. I think if they changed the time, we could start at 8:15 because that gives teachers and students about 45 extra minutes to get ready and prepared for school. I think we should end school at 3:00 because that will be 30 minutes to have school. That is why I think school should start at a later time.

SCHOOL START TIMES: HOW DO OUR STUDENTS FEEL ABOUT THEM?

Starting School: Should School Start Later

By Kiera Cochrane

THE PROBLEM

Kids feel drowsy even after they had a good sleep. This school should start later so that kids and teacher wake up and feel ready for the day. Not only do kids get tired it causes them to miss the bus or fall asleep. Kids waking up early makes them grumpy and not wanting to participate. People will be in a bad mood and not want to do work or listen in class. Teachers and students waking up early will cause them to still be tired and fall asleep again.

WHAT I THINK

Even though there are some problems with starting school late, I think that we should. It will allow people who still are tired after them going to bed at a reasonable time. I think that school should start an hour later at 8:45 because this will cause the kids who do go to sleep be more energized and ready for the day. I think that the teachers and counselors can create a schedule to where we take a few minutes out of classes so we don't leave later.

WHAT TEACHERS THINK

Me: How do you feel about waking up early to go teach students?

Mrs. Clapsadle, Science Teacher: "I am excited to start a new day with students but some days I am tired in the morning."

Mr. Post, Social Studies Teacher: "Waking up early is the worst part."

Mrs. Hall, Librarian: "I don't mind waking up early to get to work"

Me: Do you think that we should change our start time for school, Why or why not?

Mrs. Clapsadle, Science Teacher: "No, I do not think that the school start time should be changed. If it was changed learners would just stay up later and still be tired in the morning."

Mr. Post Social, Studies Teacher: "School is fine starting at the same time. If school starts later, then it ends later."

Mrs. Hall, Librarian: "School should probably start around 8:30AM or 9:00AM so that students can get plenty of rest. Ideally that should improve their performance and result in better grades and better mental and physical health as well."

Mrs. McAloose, ELA Teacher: "I can see the benefits of a later start time but I don't think I'd want school to start later than 8:30. I do like that we have more time at the end of the day when we go home."

Mrs. Hemmann, Art teacher: "I think we should, I think it would help students who have trouble falling asleep still get rest as well as have time in the morning to prep themselves for school."

WHY THIS TOPIC IS IMPORTANT

I think this topic is important because we need student to pay attention in class and them to be up. But we have to also think about after school and will there be enough time to let kids be in after school activities and them doing homework in time. If we make up an hour later this can affect the schedule to have classes shorter or a later school time. Even if school is later or shorter, kids will still want to sleep later. So should school change the time it starts?

Schools Should Start Later. Here's Why

By Lilly Borawski

Teens throughout the United States and even out school have been suffering from lack of sleep, starting school later is the solution. School start times has been a continuous discussion. Some people say that early are fine and some encourage them because not all workplaces have later start times. They say early start times prepare students for the workplace. I disagree because early start times are fine for adults, but teens need more sleep and if they don't get enough, it will affect their life and education. On average teens need 9-10 hours of sleep per night. This is over an hour more than adult need. Additionally, not only does lack of sleep affect students' education but also their overall health and well-being as well. A later start time for school like 8:30 would give students enough time to sleep and recharge.

A later start time would not only allow us time to sleep and wake-up, but it would also give our brain more time to grow and give it a boost. According to the CDC lack of sleep can cause teens to perform badly in school. They also said that students who get enough sleep will have less attention and behavior problems. Starting at 8:30

would therefore increase school performance.

However, some students stay up late and even with an extra hour wouldn't get enough sleep. Others just always feel sleepy no matter what they do. This is a problem both parents and schools can address. Something parents could do is set an electronic bedtime for their students' phone and tablets. It is also recommended that you don't go on electronics an hour before bed. This is because electronics can suppress the production of melatonin. Melatonin is a chemical our body naturally produces that helps induce sleep. Trying to go to bed and wake-up at the same time each day can also help. All of this would increase sleep time and decrease sleepiness.

We should push our school district to move the school start times to 8:30 A.M. or later. 8:30 A.M. is the time recommended by the American Academy of Pediatrics. It is proven later start times will benefit us. We have nothing to lose by doing this. Pressure the district to move the start time and finally get enough sleep.

SHOULD WE HAVE CELL PHONES IN SCHOOL OR NOT?

By Joenilys Ramos Roig

The reason why we should not be allowed to have cellphones in school: kids are easily distracted. Whether they're used by children or adults, cellphones are a distraction. From the buzz of constant notifications and messages to unexpected calls, our cellphones are the cause of many of the distractions that we are faced with. That goes for school-going children too. Another reason why we should not be allowed to have cellphones in school is [students] won't be able to do work because of the distractions. A third reason why we should not allow cellphones in school: access to a cellphone in the classroom makes it easier for students to cheat during tests. Thanks to these devices, students are no longer required to write answers on small pieces of paper or on their arm anymore. The final reason why we should not allow cellphones in schools is that cellphones can cause Emotional Distress. False information that's spread on social media sites can have a devastating effect on a child's mind. An increasing number of school children are

reporting that false information about them is being shared online by their peers.

When they realize you are not doing well in school, and you [could] be held back your parents will be mad and disappointed in you and will take away your phone. Teachers already get enough distractions in the classroom so when you are on your phone and not doing your work the teacher will take your phone away and contact your parents.

It is important because excessive exposure to the devices will have a negative effect on school-aged kids – lowering grades, promoting cyberbullying and even increasing the likelihood of teenage anxiety, depression and suicide. Some things that can happen is that if you don't do your work, you could be held back and if you do not pay attention to your teacher your teacher can take your phone and your parents would have to come to the school and you could get in trouble with your parents.

DOES CLASS SIZE MATTER?

By Nismarie Menchaca

Do you think class size matters? Does it affect your learning or your teacher's ability to teach?

I think class sizes should be smaller because if the classes were smaller the teacher would be able to help every student in the class unlike if there were more kids it would be harder to get to everyone and help them with their work. Another reason is there would be less distractions. Less kids would mean kids would probably pay more attention and it would be easier for teachers to teach because there wouldn't be many noises or people yelling. Lastly, I think students would be more comfortable asking questions or answering questions with less kids in the class.

Even though all these are great ideas it might not be possible because of the limited number of classes and teacher in the school. There are so many students in this school that each class mostly has 25-31 students which is the reason I made this article. I think students would have an easier time learning in smaller classes. Kids could get better grades and would learn much more.

This article is very important because the topic could affect people's learning and grades. Talking about class sizes could bring a possibility to changing them.

MAKING A CHANGE

By Olivia Parthemore

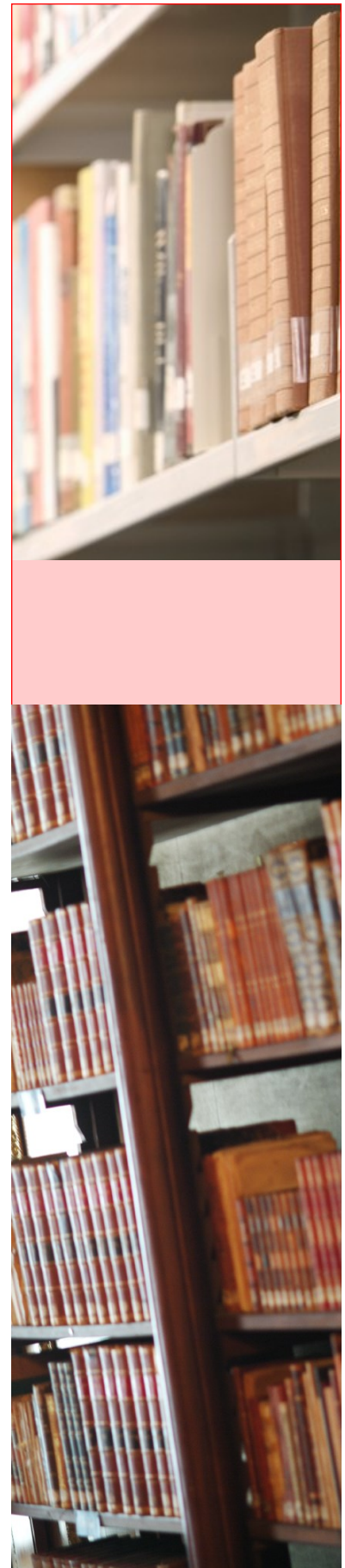
As most of you know we have a dress code here at STMS. We need to make changes to it because students shouldn't need to focus on their outfit more than school. When students walk in the school in the morning, teachers are looking at their attire rather than saying good morning and putting effort in to making [sure] the students have a good learning experience. Next, the teachers will decide if your attire is in violation of our dress code based on their opinion. Which is not a good approach because every teacher has a different opinion. For example, Mr. Evans our principal stated, "I look for safety violations" but others might not. After a teacher decides on if you're in violation you are required to sit in the in-school suspension room until you are able to fix the violation. Finally, after finding clothes to fix your violation you have missed out on your learning time.

It's hard finding something that you feel confident in but then you also have to worry about the school disapproving your outfit. Mr. Evans states that this rule is most violated because, "Wearing a hood because most students don't view it as a safety issue" Mr. Evans also explains, "As long as it's not distraction or safety issue" he will not call a student out on a violation. Considering Mr. Evans states that the hoods are the rule that is violated the most shouldn't we try and talk to the students about why this is a big concern for the staff and teachers here? Mr. Evans states that he has addressed a student being in violation of the dress code besides hoods and earbuds.

We shouldn't have to worry about our attire more than doing our school-work. I understand the counterargument that we have to have some sort of rules, so we don't experience safety issues. Another view of the counterargument is, "We must all learn discipline, respect the feelings of others, and learn benefit us later in life." Our school dress code needs to be changed. There are parts of the dress code that need to remain because, after talking to Mr. Evans I have finally understood some of the rules but, something that sticks out is the distracting aspect. Everyone is in charge of their own learning, by letting yourself get distracted it's not another student's problem. Just because another student can't handle themselves doesn't mean another student should be in violation of our dress code.

What needs to be changed with it? The way our dress code is shown is unfair, not everyone can find those kind of clothes or afford clothes that fit the rules correctly. For example, our dress code states "Shorts, skirts, and rompers should be no shorter than 3 inches above the top of the knee when standing." Not everyone can afford or find these kind of clothes. Everybody is a different size and shape and saying that everyone has to fit in to the same stereotype of 3 inches above the knee is unfair. Another example is the rule that states, "the buttocks must be covered." It's hard to find something for certain body types that fit into this rule. Also take a look at the pictures from our middle school dress code. Notice how not one single picture looks like a middle school student. These pictures are adults, this shows how it's hard to find middle school kid/teen clothes that look and fit in to this stereotype.

I do not agree with the counterargument that the dress code will help us later in life because, waiting in the in-school suspension room while were supposed to be learning will not help us. The only lesson you will learn is that if you want to make something happen you have to start to make the change, and that is why I choose to write this article so, we can make a change together. Thank you for reading this and putting consideration in to reading this. I hope that this opinion article helps make a change to our school for the good and helps us all.



THANK YOU FOR READING THE FIRST ISSUE OF OUR STUDENT-LED NEWSPAPER. WE HOPE YOU'VE ENJOYED THE CONTENT.

IF YOU HAVE COMMENTS OR SUGGESTIONS FEEL FREE TO EMAIL MRS. MCALOOSE:

TMCALOOSE@HANNASD.ORG

INTERESTED IN SUBMITTING AN ARTICLE FOR OUR NOVEMBER/DECEMBER ISSUE? FEEL FREE TO EMAIL MRS. MCALOOSE WITH YOUR IDEAS!

A special shout out goes to our prolific proofreaders Mrs. Kime and Mrs. Sutton! Thank you for having eagle eyes for our reporters' stories.

Important Dates coming up in November and December:

11/: 1st Marking Period ends

11/8: Teacher Inservice/PD (Election Day)

11/11: Veteran's Day—School Closed

11/23: Early Dismissal

11/24-11/28: Autumn Recess

11/29: Parent Teacher Conferences

12/9: Early Dismissal for PD

12/22: Early Dismissal

12/23-1/2: Winter Recess

NO TIME TO RELAX

By Jessica Nguyen and Sarah Thabateh

Students are in school for 7 hours a day, mainly sitting and told to work, getting almost no time for themselves.

From Monday to Friday, tons of students come to school trying to please their teachers' expectations as they work for long periods of time. When teachers critique students to what feels like almost all day, typically students start to build a negative mindset. Students become frustrated and are less motivated to accomplish their work. As a result, students will dread coming to school every weekday morning and suffer academically. Homework adds to the time students spend on schoolwork and takes away from extracurricular activities outside of school.

'Students' anger and stress rises, making them likely to be off task. They'll start to focus on other things besides school, like their social life. School educators get aggravated and might find it harder to pull students in and do their work. In the end, both teachers and students are in loss of time. With no motivation or free time, students are affected and held back with their education.

With more spare time during school, students would have time to work without feeling rushed or overwhelmed. Free time can also benefit students by allowing them to take breaks and reset their mindset. According to www.arthurmorganschool.org, "Free time gives students the opportunity to play and experiment. It gives them a break from their daily pressures and allows them to incorporate what they learned into their everyday activities and social connections." Focusing on themselves will give students a chance to think and relax. www.verywellfamily.com said, "Middle school can be stressful. Just consider all the challenges and obstacles a middle school student might face bullies; increase in homework responsibilities; pressure to excel and to be competitive; friendship issues; dating; puberty; and more."

Leisure does not relate only to school, but the real world. An article by www.frontiersin.org said, "Leisure activities can improve the physical and mental health of individuals and have the significance of regulating the body and mind, alleviating the stress of life, and providing a pleasant experience." There are many positive effects of leisure in life. "Outside of a work performance realm, quality leisure time has also been shown to help with wider psychological and cognitive wellbeing, physical health, and quality of life," said www.yourheights.com. Through leisure, people build social relationships, positive emotions, and obtain additional skills and knowledge.

Though, some believe having too much leisure doesn't always lead to success. "This means that a longer day does not necessarily correlate with higher achievement. Without other factors in place, a longer school day is most likely not increasing student learning," said www.gcu.edu . www.theodysseyonline.com states, "Having freedom allows you to go after what sounds exciting without fully thinking