

Keepin' Up With WMS



WMS Sends Off Special Olympians Four WMS Students Compete To Win Gold

By: Amy & Tim



The Special Olympics is a wonderful experience for everyone. The event took place on October 4th at Granite Valley Middle School in Monson, Massachusetts. The Wilbraham-Hampden Regional School District was represented by many schools including Mile Tree, Stony Hill, Soule Road, Green Meadows, Wilbraham Middle, and Minnechaug. Four competitors (including Thomas, Joshua, Jack, and Angela) came from Wilbraham Middle School, along with 14 peer mentors in which nine helped younger Mile Tree students. While the WMS buses left the school, they were surprised by everyone in the school outside cheering for them to ensure that everyone feels included and the Special Olympics does a great job making sure everyone is valued. All the attendees were welcomed by the students at Monson Middle School by sharing their banners and marching all the way around a track. Although it was a bit chilly, the day couldn't have been more perfect! Everyone was greeted by the Monson students from all grades who clapped and cheered, exciting everyone competing. The athletes entered eight different events including running events, throwing competitions, and sprinting dashes around the track. According to Lucas, an eighth grader who attended as a peer mentor, "The event was very fun and to see all the kids smile and be happy was amazing and made me very thankful." Helping out in the event was a special privilege Lucas and a few of other students had many of the kids who didn't attend the event hoping they could have gone because of how much everyone enjoyed the Special Olympics. Many of the kids also enjoyed fun side activities such as playing on the playground, popping bubble sand getting their faces painted by creative Monson High School students. The High School could not have been any more helpful, running all the activities and setting a good example. Special Olympics was a unique and great experience we can't wait to go back next year!

WMS Hosts Its Own Fall Celebration

By: Mary & Victoria

As the students of Wilbraham Middle School begin a new year, and the temperature is slowly falling, the 4th annual Fall Festival made it's debut Friday night, September 6th. It was a brisk night, perfect for spending time with friends and family outside. Although it started to rain towards the end, it was still a good time. When you pulled in, you saw a giant fire truck with its ladder fully extended. Staff and parents manned the stations while students and their families enjoyed the food and games, competing to win Big E Tickets, candy, and other small things. They had a field goal contest, 3 on 3 basketball, Bungee run, as well as activities for little ones. Face painting and craft corner seemed to be favorites. Some other games, thought by Ms. Shulze, were Balloon-A-Palooza, Lucky Penny, and the classic Ring Toss. We also saw a K-9 police dog demo which was cool!



When you were hungry you could get some burgers, BBQ pork, mac n' cheese, or panini's from delicious vendors such as Maken's Specialty Sliders, Conewich, and Caravan Kitchen. All proceeds from this event are reinvested into our students in the form of funding scholarships, field trips, or purchasing supplies for future events.

**Thank you Everyone for
Supporting Our Fall Festival!**



Gearing Up for Robotics Competition!

By: Matthew & Zack

The Robotics Club combines technology, teamwork, and social skills by problem-solving through the use of "Lego Mindstorm" Robots. This club is the first WMS Robotics Club. The Robotics Club meets every Wednesday from 6:00 to 8:00 pm. This club is unique and to join you must have a good academic status.

Students between 4th and 8th grade are allowed to participate in this event. There are about 20 members who split into 2 teams of 10 members. The robots are made of legos from the "Lego Mindstorms" sets. After all the amazing robots are created from schools across Massachusetts and Connecticut, they will compete at Western New England University on December 1st from 8:00 am to 4:00 pm !

Here are 2 quotes from the principal of WMS, Tom Mazza, who first supported the idea of a robotics team. 1. "The WMS robotic program is designed to support students working together to promote creative thinking and working together to solve real-world problems." 2. "The mission for the WMS robotics program is to introduce our students to the world of robotics safe and fun environment through various learning experiences in science and technology" Research indicates out of the students who did robotics, 87% of members were interested in doing well in school, 88% of those who joined were interested in attending college.



Robotic members working together to solve problems!

Table of Contents

Robotics Club	2
Washington D.C. Fieldtrip	3
Mini Sessions	3
Kids Who Code Club	3
Book Review	4
The Heart & Soul of WMS	5
WMS Sports	6-7
Health	7
Sharing Photos	8-9
Movie Review	10
Jokes	11
Games	11-12
Word Scramble Answers	11
Crossword Puzzle Answers	12

Our Staff

Writers & Journalists:

Mrs. Slawiak's Grade 8 Students

Editors:

Ms. Moore & Mrs. Slawiak

Layout Staff:

Alyssa
Amy
Jenna
Mackenna

Faculty Sponsor:

Mrs. Slawiak

Note: Any WMS student can publish with the approval of their ELA teacher.



The Washington DC Fieldtrip

By: Julianana

The Washington DC and Philadelphia field trip is going to be in June from the 2 to the 5th. The cost of it is \$775 and everyone in 8th grade can attend. No parent chaperones are going so it's just teachers and students. It is going to be a lot of fun but there is a lot of walking. We can have a room with four friends of our choice. While we are there we are going to be seeing memorials, going to Mt. Vernon, seeing the capital building, going to the zoo, going on a ghost tour and more. The kids that don't go are going to have classes like normal.

More to share next issue...stay tuned!

Mini Sessions

By: Kayleigh & Dakota

The Wilbraham Middle School Mini Sessions started on October 9th, and are after school from 2-3 pm. They are 10 dollars per student and include a late bus and snack. There are five options. Cross Country, Tabletop Games, Moving With Mazza, Creative Writing Club, and Art Exploration.

Mrs. Pennington runs the **Cross Country Club** where students go for a 1-2 mile run and learn the correct stretching techniques. Mrs. Pennington asks that you please bring a water bottle and dress for the weather since you will be running outside no matter the weather. Running shoes are required.

Ms. Kirk offers the **Tabletop Games Club** about learning new board games and also playing some of the classics. This is the first year that this club is being offered to WMS students and Ms. Kirk is very excited about it. Both advanced players and beginners are welcome. The games range from board games to tile-based and everything in between. This club is an amazing way to get to know new people and make new friends.

Moving with Mazza will take place in the gym. Every session you will learn a new way to get fit and moving. This year Mr. Murphy will be joining Mr. Mazza in running the club. You will be playing games like dodgeball, basketball, or just workout. No matter your athletic ability you will be able to participate in this club.

Ms. Nicotera offers **The Writing Club** which is an amazing way to express your creativity. In November the club will write novels and in April they will write about poetry. There are 21 kids in this club, which is so amazing since Ms. Nicotera says that her favorite part of the club is that "She gets to hear all of the great stories."

Kids Who Code Club

By: Grace

The Kids Who Code Club is an after school club that allows middle and high school students to develop their coding skills in a team building environment. Under the direction of Mrs. Goonan & Mrs. Slawiak, the club is working on a healthy eating choices app that helps kids make better eating choices. This year they will be working on collecting, editing, and sizing copyright-free photos to use in the app. When finished with the prototype it will be offered onto Apple and Android app stores. The app will probably be finished sometime next school year as a download.

In the making of the app, the members went to the Wilbraham Big Y to learn about healthy and unhealthy foods from the dietitian. They also researched food games that were already apps available on the market.

A highlight of last year's club is that they were able to show off their app at the statehouse event called Education Evolution last June.

Mini Sessions (cont'd)

Ms. Schulze is excited to offer **Art Exploration** this school year. During this mini session, the club will be painting ceiling tiles, while learning new art skills and techniques. This club wants to make every WMS hallway unique by adding splashes of color to its ceilings. WMS' mini sessions are a great opportunity to show creativity, get in shape, and learn new life skills.

If you missed this session you can sign up in January!



The WMS Library!

Book Review: Carry On by Rainbow Rowell!

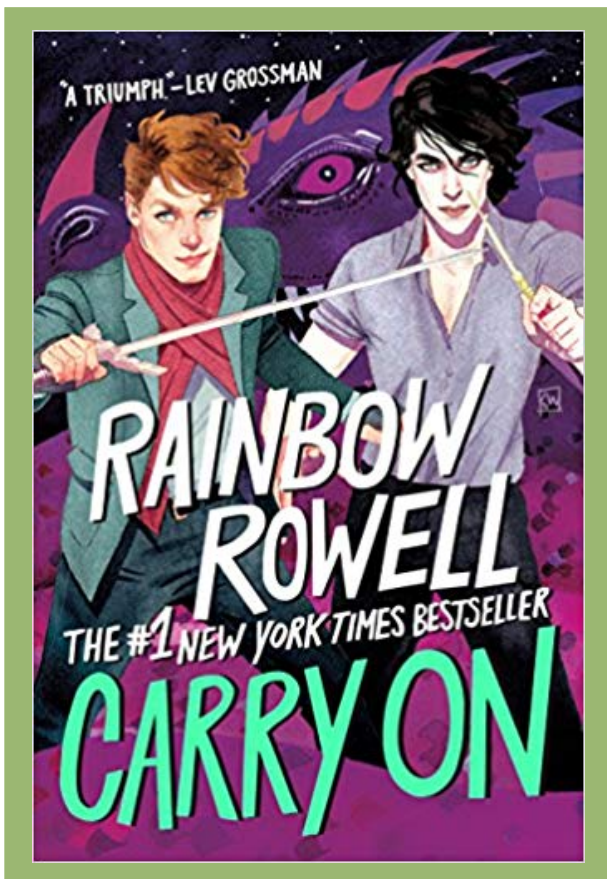
By: Evelyn

Carry On is a fantasy story, set in a world where magic exists. Its protagonist, Simon Snow, is the chosen one who is destined to save the World of Mages. (Mages are magic users.) But he can't ever seem to use his magic right. He is supposed to defeat the Insidious Humdrum, a magic stealing creature who wears Simon's own face. Simon also has to deal with Baz, his rival since the first year of school, who he strongly

believes is a vampire. However, at the beginning of his last year of school, Baz is not there, and it starts to drive Simon crazy. Somehow, Simon ends up agreeing to a truce with his sworn enemy, fighting a dragon, falling in love, and he questions if he is really meant to be the hero of the story.



Evelyn's thoughts on the author:



The Book Jacket of Carry On

Throughout the book, the author, Rainbow Rowell perfectly captures the emotion with her poetic and beautiful writing. The characters develop naturally and are memorable as well as likable. All of them are realistic (as realistic as they can be when they are all mages), and they react organically to life threatening situations. You can connect and empathize with the diverse cast of characters. Action scenes are intense and filled with suspense, and the humor in this book is perfectly timed. Emotional scenes are pivotal moments in the plot, yet they don't seem rushed or cheesy. The way the author writes makes it seem like you really are in the head of the character, seeing what they are seeing and feeling what they are feeling.

Overall, this book is an amazing and emotional story about magic, betrayal, vampires, and accepting and loving yourself. I highly recommend it to anyone, especially if you like fantasy and romance.



Rainbow Rowell author of Carry On



The Heart and Soul of WMS

R-E-A-C-H

By: Allison

Here at WMS we have behavioral expectations also known as **R-E-A-C-H**, which stands for respect, responsibility, learning, caring, and honesty and students practice these qualities in the classroom, the cafeteria, at recess, on the bus, in the hallway, and in the library. These values differ by area because the teachers and staff members have different expectations for each area for example in the library you should not be yelling or talking loudly but at recess you can talk louder than in school.

If you follow the reach values any adult may give you a R-E-A-C-H value slip. This year we have a R-E-A-C-H value store where you can buy different items with R-E-A-C-H slips. The more slips you earn up the more choices of items you have at the store. Some items you can earn from the reach store are ring-pops, jibbitz, popcorn, pizza party, and more. The R-E-A-C-H store is open on Fridays during starttime.

R-E-A-C-H was created so the students at WMS know what behaviors the teachers and staff expect from them also about displaying proper behavior. Most of the time the WMS students follow R-E-A-C-H. We could probably follow the responsibility quality better because from what I witnessed, students in my classes could be better prepared by remembering their notebooks or binders when attending class.

Following R-E-A-C-H makes for a happy, kind, friendly style school.

The Power of Kindness

By: Afia

What is the power of kindness? The power of kindness is treating others with generosity and respect. Every single day you have a choice to be kind or not. Your choice to be kind to someone, even a stranger, can greatly effect their day, even their life! True kindness and generosity comes from the heart, but also doesn't need to be extraordinary. Being kind could be holding the door open for someone at school, or inviting someone to sit at your lunch table, especially if they are sitting alone. It could even just be smiling at someone or saying good morning. Kindness comes in various forms, even an act of kindness not that big to you could make a big difference in the person's day.

At Wilbraham Middle School, our students show many examples of kindness. From clubs like R.A.K, (Random Acts of Kindness) to simply just helping each other out. Also, at WMS, students are recognized for their kind behavior. A student can be awarded a REACH ticket which stands for respect, responsibility, learning, caring, honesty. Collecting REACH tickets leads to prizes or special events. For example, the 7th grade hosted a morning breakfast.

At WMS, our students represent what it means to be a kind person in our school!



Students collect R-E-A-C-H tickets to trade for prizes

Word Scramble

(R-E-A-C-H)

- 1-opcrotiano _____
- 2- hcera _____
- 3- postyliibsire _____
- 4-lnniaegr _____
- 5-tseepcr _____
- 6-gnacri _____
- 7-ytnesoh _____
- 8-zienargdo _____
- 9-dfluinm _____
- 10-htytsurtow _____

WMS Sports



Boys Soccer

Boys A soccer team is doing their best winning their last game 7-0 against New Hampshire! Their overall record is 2-1-2 so far this season.



Falcon Football

WMS's Falcon Football team beats West Side 28-0 with a forfeit at half-time! Our football team is coming together and starting to look like a Super Bowl team. There is a quote that helps push the boys to being 4-1, that quote was meant for defensive backs and "It is better to die a young boy than give up the post." -Eric Panasci This means that the easiest throw is to the post and when playing football, you should never give the opposing team an easy throw to the post!

Boys Basketball!

We are all hyped for the upcoming suburban season, the top 10 players made the team at tryouts. It's unfortunate that only some players made the team, but congratulations to the people who made the team! We wish you the best of luck with you first game on November 27th at Minnechaug Regional High School against the Agawam Brownies!



Listed from left to right: Owen, Jake, Kaden, Ben, Christopher, Andrew, and Brodie



Owen runs the ball on the Minnechaug turf



Elliott hustles up field

Boys Sport: Elliott & Shawn

Girls Sports: Ann Marie & Sophia

Girls Soccer

8th grade soccer is practiced at WMS fields on Wednesday nights from 5:15 to 6:45 pm. Games are usually in the morning or afternoon on Saturday. The home games are held at the WMS fields, and the away games usually played at near by towns. There are 16 girls on the team. The coaches are Scott Mayuski and Keri Lee.

7th grade also practices on the WMS fields, they have practices on Wednesday nights from 5-6:15 pm their coaches are Mr. and Mrs. Amari. They also have home games at WMS fields and there away game are everywhere like 8th and 7th grade.

6th grade soccer practice is held on Tuesday and Thursday nights from 6-7 pm. Games are usually on Saturdays in the afternoon. Home games are held at WMS fields, and the away games are played at near by towns. There are also 12 girls on the team. The coaches are Carlo Tranghese and Becky Adorno.



WMS Soccer Fields!

Sports

(Cont'd)

The Swim Team

Swim practices are on Monday-Thursdays at Minnechaug Regional High School from 5-7 pm. About 100 swimmers from 6th-8th practice together and have swim meets together at the same time. Swim meets last for about 5 hours and after the whole race is done you see what school wins the meet. If you win your meet the whole team gets a medal, ribbon and a trophy.

Girls Field Hockey

There are about 16 girls from 7th grade and 8th grade who practice on Tuesday and Thursdays from 5:30-7 pm at Spec Pond. Their home games are also at Spec Pond and their away games are also in a variety of different places. There are about 15 girls on the team. The 6th grade field hockey team don't play with the 8th and 7th graders but they practice at the same time (Tuesdays and Thursdays from 5:30-7.)

All of the sports are super fun and interactive, a great way to meet new friends. Join anyone of the teams and you will have a great time playing. All of the girls are very nice and inviting to new people. It's a great way to prepare for high school sports!



Your Health is Important

By: Emily

Maintaining a balanced diet, a manageable exercise schedule, and limiting electronic screen time is important for a healthy lifestyle. Believe it or not, having a limit on screen time is necessary for school and for your health. Not counting your usage of computers or tablets at school, you should limit yourself to 2 hours a day for electronic devices. With this extra time, you should be getting outside and be more active. Over two hours of screen time can make your eyes tired and can lead to the need for glasses.

Now that you have extra time because you have been limiting your screen time, it's time to figure out what sports or activities you like. Not everybody likes the same sports and not everybody likes sports in general. Maybe you can try to learn about a sport or exercise other ways like going to the gym or biking or running around your neighborhood. Exercising isn't just a way to entertain yourself when you're not using electronics, it makes your muscles strong and may make your body more flexible! One muscle you might not think about is your heart! Exercise keeps your heart pumping and lets the blood flow through your whole body.

Don't forget to drink water. When you are sweating and breathing heavily, you are losing water. If you don't replace the water you have lost, you could start to feel sick or need to go to the hospital, since your body is made up of about 60% water.

When exercising, you need to make sure you're also eating healthy. The five food groups that you should include in every meal are; vegetables, fruit, protein, grains, and dairy. You probably know what fruits and vegetables are, but are you familiar with the other three? Protein includes meat, eggs, and fish. Dairy includes cheese, milk and yogurt, and grains include rice, cereal, bread, and pasta. If you choose not to eat a vegetable as part of your breakfast, consider it for a snack later in the day. Foods that are healthy contain vitamins. Examples of this are Vitamin C, found in oranges to help you heal when you get hurt and Vitamin D, found in milk and the sun that makes your bones stronger.

Eating healthy and exercise intertwine with each other, and are important to incorporate in your day to day life. Go outside, have fun, and eat a reasonable amount of each food group.

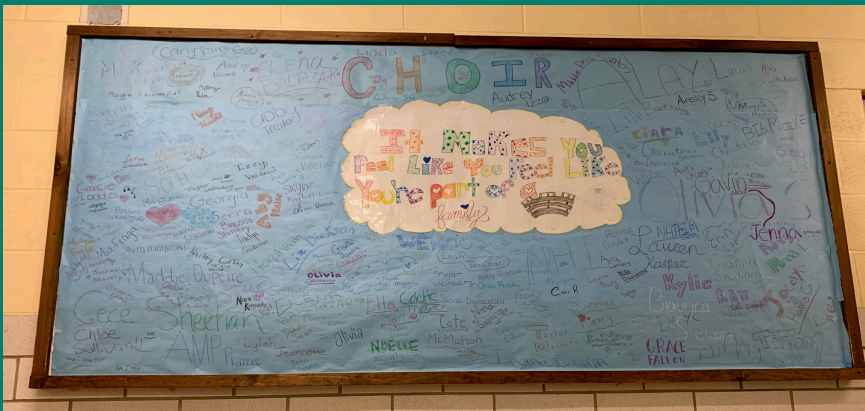
Source: Kidshealth - The Web's Most Visited Site About Children's Health." Kidshealth.org. N. p., 2019. Web. 18 Oct. 2019.



At WMS We...



Celebrate our 6th Graders



Form Friendship Bonds that Feel Like Family



Leave Our Legacy as Ceiling Tile Art



Spread Kindness Messages

At WMS We...



Team Build!



Practice Being Scientists



Love to Read!



Never Eat Alone



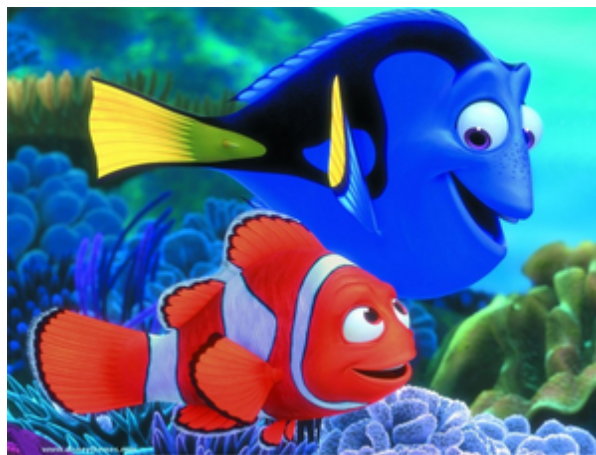
Need to Play!



~Movie Bash~

Finding Nemo

Reviewed by: Austin



Nemo swimming with Dory

Royalty Free Image Courtesy of: clcker.com

The movie, *Finding Nemo* is a story about a clownfish named Nemo who has a deformed fin from birth and his dad, Marlin. Nemo is scared because he is starting fish school soon and doesn't want other fish to make fun of him because of his fin. Everything is going great then all of a sudden Nemo finds a boat at the surface of the Great barrier Reef and is perceived as dangerous. His friends dare him to go and touch it with his fin. His dad begs Nemo not to touch it because it's dangerous. But Nemo doesn't listen and does what his friends want him to do. He goes up to the boat and he touches it, when he wants to swim back, the people on the boat catch Nemo with their net and place him in a cooler while driving away. This leads to an action packed movie of Nemo's dad swimming across the Great Barrier Reef to find his son, Nemo!

In his dad's adventures he meets a blue tang fish named Dory. Marlin and Dory go on many swimming adventures. The first is when they sneak by three sharks who live in a big abandoned boat where Dory and Marlin find a pair of goggles that provides the address of Nemo's location, a dentist in Sydney. This is great new for Marlin! Another adventure is when they meet a bale of sea turtles who give them a ride. They are swimming with the goggles and all of a sudden Dory drops the goggles down a dark ocean ravine. They go swimming down the ravine and meet a group of jellyfish who could sting them to death, but they ended up trapping the jellyfish with rocks and swam back up to the surface. They meet a seagull who knew where Nemo was, trapped in a fish tank with other fish at a dentist in town right next to the ocean. The seagull goes to the dentist to go tell the other fish that Nemo's dad is on his way to rescue his son. The fish in the tank end up trying to clog the tank to make it dirty so the people can clean the tank. They did clog the tank and the people put the fish in bags with water right by the window. Marlin and Dory meet a whale who listens to their story and can shoot them out of his spout. They do it and they land by the seagull who helped them to the dentist. Meanwhile Nemo is trying to go down a drain in the dentist's office. The seagull brings Marlin and Dory by the dentist and they try to look for him but no sign. Marlin thought Nemo was dead so he went swimming back to the fish school but Dory was still looking around and noticed that a pipe said Sidney and she remembered that it said Sidney was on the goggles. Then she waited and Nemo came out of the pipe! Dory and Nemo swam to reunite with Marlin for a happy ending!



Knee Slappers!

By: Lindsay & Victoria

Welcome to the jokes page! However cheesy or corny you might find these jokes- they will bring a grin to your face! Brought to you by the wonderful staff here, Uh- oh it's just me and Lindsay. Well brought to you by the wonderful two people here, are these jokes that we hope will brighten your day!

Q: What is the coolest Vegetable?
A: **A Rad-ish!**

Q: What did the sweet potato say to the pumpkin?
A: **"I yam what I yam."**

Q: Yesterday I saw a guy spill all his Scrabble letters on the road.
A: **I asked him, "What's the word on the street?"**

Q: Did you hear about the mathematician who was afraid of negative numbers?
A: **He'll stop at nothing to avoid them!**

Q: What sits at the bottom of the sea and twitches?
A: **A Nervous Wreck!**

Q: How does a lemon ask for a hug?
A: **Can I have a squeeze?**

Q: I would make a chemistry joke.
A: **But all the good ones Argon.**

Source: "Corny Jokes: Share Our Best Corny Jokes And Puns | Reader's Digest." Reader's Digest. N. p., 2019. Web. 18 Oct. 2019.

Answers to R-E-A-C-H Scramble Words

1.cooperation 2.reach 3.responsibility
4.learning 5.respect 6.caring 7.honesty
8.organized 9.mindful 10.trustworthy

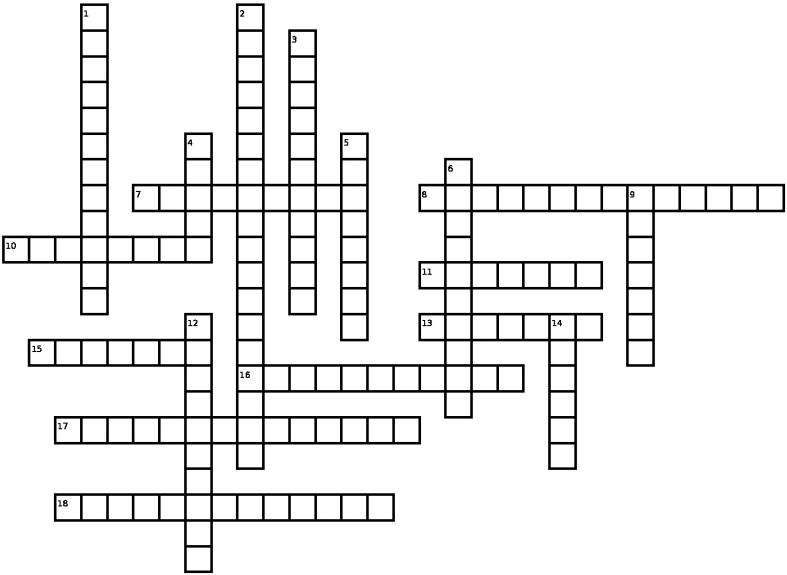
Games!



By: Dan & Evan

Note: The library has copies of either the crossword puzzle or the word search.

Crossword Puzzle for WMS



- Down:
- Across:
1. The assistant principals name

2. Much more than online safety

3. Where you can trade in reach tickets for prizes

4. Our goals

5. WMS's third goal

6. What you need for every class, even specials

9. The principles name

12. The program we use in info tech for typing

14. WMS's fourth goal
7. The schools Tortoise

8. The grade 8 typing level

10. The best specials class

11. School sports team

13. WMS's first goal

15. WMS's final goal

16. Twitter, Instagram, and Facebook

17. WMS's second goal

18. making the school a community



We hope that you enjoyed our first edition of Keepin' Up With WMS!

Please leave any suggestions in our box located in the library.



The School Supplies Word Search

B N C B S Z C W F O L D E R S W D L Z T
Y F I M B U A P Q B L V R R D J Y Q Z V
B S P R I T L N U M U P W W H N S T N W
G U E S N Y C N H Z N W D G V B P X L S
D Z N C D H U C T U C H F V I M C I S F
W P C D E I L D P A H U F S M O D T R T
Z S I E R G A S J C B W A T Z L Y X H B
M K L X S H T Y S Z O O S C H B G M N N
B P S L T L O W P D X I H Q O M J H Y Z
J L C F H I R P V R P T N H J W T C F A
T A O A L G L E K D O Q J X N I A H Q V
Q M L E B H Q N Q Y F T L P F B P N U L
W H M K X T H S W L A I R S Z W E S T A
D Y H Y B E F I L L E R P A P E R I W Z
W I R V J R U D L G Z B E A C I Y N H V
Z R M Z X S L D L Y H W E N C T Q Q C V
D U X B F C N H P Q J Q S U I Q O G R H
E L V S Q S H A R P I E S Y M A O R Q I
P E G B W T T L T K W B V J H P K O M K
R R A U D P D Y C X K N U G B N F J R D

- highlighters
- sharpies
- tape
- filler paper
- pencils
- pens
- protractor
- lunchbox
- binders
- calculator
- folders
- ruler

Crossword Puzzle for WMS

