



Spartan Chronicle

Wheeler Middle School

October 2018

Living Large with Respect

By Jade Kiyan, Cruz Elliott, Isiah Patterson, Jacob McLain, Aleah Montgomery



Respect is the ability to have consideration for others, which is our school motto this year. At Wheeler Middle, students and adults strive to be respectful to each other. Everyone should be able to come to school feeling secure and accepted. It is easier to get work done knowing that we don't have to worry about getting criticized for our differences or faults.

We all need to learn that respect is something that is earned, not demanded. We earn respect by being considerate of others' feelings, wishes, traditions and rights. When we show respect for each others, we get along , make more friends, and make school far more enjoyable. Being fair with people is also a big part of showing respect. Fairness means treating others as equals, knowing that they have the same rights as you do. Treating others fairly is important when you are making friends. It is much easier to make friends when you're being fair to them because your peers don't want to feel like they are not being treated equally. Unfair treatment could make a person feel like you aren't being a loyal friend, which could lead to an argument.

Don't just be respectful at school, be respectful to your family, friends, and most of all be respectful to yourself. If you are respectful to others, then they are more likely be respectful to you. If there was no respect in the world, you wouldn't be able to walk ten steps without getting into an argument. Being respectful to everyone you come in contact with shows that person you truly value them. So let's all remember to give it, get it, live it!

A Fair-ly Fun Day

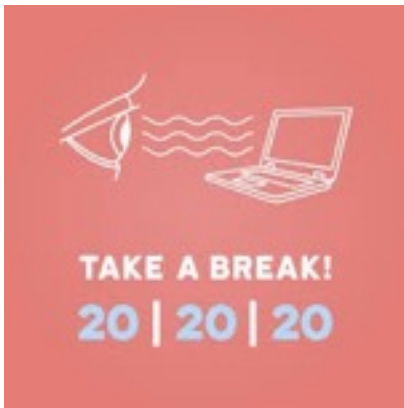
By Nai'Asia Malone & Deja Strowbridge

Be prepared for the extreme amount of fun you are going to have. October 1st starts Spirit Week at Wheeler Middle and we are ending the week with our annual Spartan Fair from 12:40 to 2:10 pm. The Spartan Fair is a place for students to have fun with their friends and peers. There are a lot of activities to do such as face painting, games, decorating your own cookie, and more! Before going to the Spartan Fair make sure to buy scrips. Scrips are 50 cents each and are sold before the fair at recess and after school in B1. During the fair, you can buy a lot of things such as inflatables, ice cream, shaved ice, cotton candy, nachos, spam musubi, pizza, candy, drinks, and much more. Although the fair only lasts for a little while, the time you spend with your friends and fellow classmates will be worth it.



A Tip to Save You a Trip

By London Isbell & Aubrey Nicely



Have you ever had a really bad headache from staring at a screen all day at school? Studies show that digital devices won't damage your eyes, but it can cause eye strain, headaches, watery or burning eyes, double vision, dry eyes, sensitivity to light, trouble concentrating, and difficulty to keep eyes open. Eye strain caused by a screen is called computer vision syndrome. A dirty screen is even worse for causing eye strain because dust adds more glare to the screen which is very harmful. On average, humans blink 15 times a minute. This number decreases when staring at a screen. Eyes aren't built to stare at a screen too close up. Instead, people should be looking at a screen from at least 20 feet away. In school, you can't always move when the screen is too close. Here is a tip to save you the trip to the eye doctor. The 20-20-20 rule, every 20 minutes look 20 feet away for 20 seconds. If you don't practice the 20-20-20 rule, the

severe symptoms of eye strain could cause a trip to the eye doctor. If you want to take the 20-20-20 exercise to the next level, simply stretch in your seat, drink green tea, or drink water. All of these have also been proven to reduce eye strain. It is always good to take a break whenever you can in school and at home. If you are at school, tell your teacher you need to take a break for a minute or two. Try the 20-20-20 rule, it's proven to work.

A Different Kind of Money

By Madelyn Geiman & Collin Hart



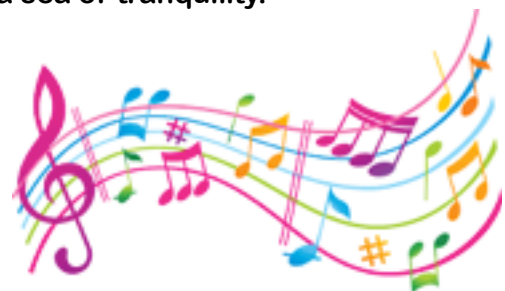
Do you want to be in a drawing to win a \$25 gift card to iTunes, Amazon, the Exchange, or Game Stop while helping our school earn money? All you have to do is look for Box Tops, which are on hundreds of different products. They are each worth 10 cents for our school to help with different activities. If you bring in 10 non-expired Box Tops, you will get your name in a drawing. If you want more entries in the drawing then bring in more Box Tops. Don't forget to glue or tape your Box Tops to the yellow "Box Tops Pick-A-Prize" Ticket and turn it into the office. There will be drawings the last day of November, January, March and May. If you want to be in the drawing to win one of these \$25 gift cards, then start collecting. You could be the lucky winner of a \$25 gift card.

Music That Will Take You Away

By Alexander Anglada & Lola Vargas

Harmonious, melodic, sweet sounding...Wheeler Middle School's band. Our band is putting on a Winter Concert on December 1st at 6:30 p.m. and will be featuring our Beginning and Concert Bands. According to our band director, Mr. Ikehara, this performance is meant to entertain, transport one's mind into a world of happiness and relaxation, and most importantly, a thank you to the parents for all of their support. Students have been practicing everyday on their own to enhance their musical skills for the benefit of the band.

The band will be playing songs like Ancient Voices, Christmas Tale and Jungle Dance. They have been practicing for months and are very excited for their first concert. Come enjoy their melodious music and be lulled into a sea of tranquility.





Soundless Moves

By Audriell Smith & Esther Lim

It's 7:55 a.m. on a school day. No bells have rung but students are walking around campus. What's going on? If you guessed going to the first period of the day, then you are correct! Wheeler Middle School has decided to silence most of our bells during the school day. The bells only ring on major transitions such as the start of the day, at the end of recess and both lunches. According to our Principal, Mrs. Chun, the bells caused chaos and that the students thought that the bells excused them from class, rather than the teachers. Last school year, teachers suggested to remove the bells. The only reason why some bells weren't removed are because those bells are more efficient to tell the students to go back to their class. For an example, if there was no bell after recess, the students would not know when recess ends and it would be difficult to tell every student to go back to class. However, sometimes teachers and students forget what time it is, which could lead to tardiness to the next class. Passing time between classes have gotten a lot less chaotic with no bells. Students are slowly adjusting to managing their time wisely and are waiting for their teachers to excuse them from class instead of running out when the bell rings. Two thumbs up for no bells!



Healthy Munching

By Ryleigh Insley & Lois Ackon

Did you know that too much junk food can cause heart failure and obesity? Pizza, burgers, fries and chips. While these sound yummy, it is not the best for our bodies. Our school lunches provide a much healthier option. Everyday our school lunches contains fruits, vegetables, bread, milk and a nutritious entree. It is filled with vitamins and nutrients to help make our bodies stronger to help fight off diseases. If we want to stay in good health, we need to think about what we put in our bodies and feed it with healthy and nutritious foods.

Put It Away!

By Madeline Sanico

It's that time in the day when the teacher tells you to take out your homework. Oh no! Where did it go? You know you did it, but how can you prove it? You don't have it with you. This happens to lots of students. When you go home that night and get your missing homework, your first thought is probably to put it in your bag. The next day your teacher asks if you have your homework. You are happy to get it for them, but when you get it out of your bag it is crumpled. Why? You simply just tossed the paper in your bag and didn't take the time to put it in a folder or binder. Here are some tips to keep it from being crumpled, or forgetting it.

First, you should come up with some kind checklist. It is a very efficient way to stay organized. This can help you remember important papers or items. That way you won't get in trouble for forgetting. All you need is a paper and a pen or pencil. Write down what you need and put a box next to it. Once that task has been completed, just check it off. It is so easy!

Example:

Folder	<input checked="" type="checkbox"/>
Binder	<input checked="" type="checkbox"/>
Pencil	<input type="checkbox"/>
Book	<input checked="" type="checkbox"/>
Homework	<input type="checkbox"/>

Another way to stay organized is to make sure you don't have unnecessary items in your bag. This can help you take care of your papers. If you have less things in your backpack then it will help you keep track of everything else. Your papers won't be crumpled because you won't have to shove everything in. If your bag is organized everything will fit. Every so often take everything out from your backpack and only put back the important items. You and your parents should plan a date to check your bag. Maybe once a month, once a week, every day? You decide!

Lastly, you should come up with your own way to organize. If these examples don't work for you then find something that will! Make it easy by staying organized. Just think about how much easier it will be to find everything you need. Maybe you have your own method. How do you stay organized?

Halloween Word Scramble

Unscramble the Halloween words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

OYPKSO

--	--	--	--	--	--

LABKC

--	--	--	--	--

OLSETENK

--	--	--	--	--	--	--	--

NTHAEDU EUHOS

--	--	--	--	--	--	--	--	--	--

ATHPNOM

--	--	--	--	--	--

RIMG EPERAR

--	--	--	--	--	--	--	--	--	--

AUONDLCR

--	--	--	--	--	--	--	--



Q. What is a witch's favorite food?

--	--	--	--	--	--

Haunting Sudoku Numbers

By Joaquin Patino

3	8		2		9			1
		1		5				3
						2	7	
			6			3		
					7			
		9					5	8
					1	9		
9	2	5	3		8			4
			9	7				8

Jokes That Make You Howl For More!

By Cloey Fisher & Madeline Sanico

Who turns off the lights on Halloween?

The lights witch!

What does skeleton order on Halloween ?

Spare ribs

Quote of the Quarter

By Malorie Mayes

“Let people respect you for
WHO YOU ARE
not for what you do
-Anonymous

Spooktacular Word Find

By Barbara Robertson & Nizear Bradford

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

candy
costumes
creepy
ghosts

Halloween
haunted
monsters
pumpkin

scary
skeleton
spooky
witch