



The Paw Print

BCWMS

October 2016

How to Have a Safe, Fun Halloween

By NATE EVERS

“Trick or Treat?”
Every year millions of kids go door to door in their neighborhoods asking this question in hopes of candy.

Here are some rules to help you stay safe during this fun annual event. First, make sure to only go to a house that has a light. If there is no light, the owners are most likely gone or do not celebrate.

See **SAFE**, pg. 2



BCWMS Girls Cross Country Team celebrates a victorious season as conference champions with their coach, Ms. Kelli Day.

Cross Country Team runs towards Championship Season

by MCKENNA MORRIS

The Cross Country team is built of champions!

Once again this year, they ran really hard and the girls took 1st in their conference meet against 15 others.

According to their coach, all 41 runners did amazing this season.

“I really have been lucky coaching such a fun group of runners,” Coach Kelli Day said.

Ms. Day is also the R.O.W. teacher at WMS.

The Cross Country team had practice nearly every day after school.

They worked really hard during those practices and it really paid off in achieving championship status. The girls placed 1st in all but one meet, which is outstanding.

See **CC**, pg. 7

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News

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Make sure you have safe costumes. If you are wearing a mask, don't obstruct your vision and make sure it fits well so you will not trip.

If you have a prop, make sure that all props are made out of soft materials. Also have something reflective on the costume so drivers can see you crossing the street. Also, taking a little extra time to adjust costumes to fit to make them safe may help you relax a little.

If you trick-or-treated in your neighborhood last year, figure out which houses had the best candy and base the route on this. Talk with your parents before you leave, so they know your route and how they're getting there.

Only older kids should be allowed to trick-or-treat without an adult. It can be exciting to be wandering the streets on your own, dressed up in scary costumes, and is why you need to be careful.

Remember to walk only on the sidewalk, obey traffic signals, and only walk on well-lit streets. You should also never enter someone's home. When you get home, parents should check all treats to ensure that the package is intact. Homemade treats should only be consumed if they are made by trusted acquaintances. Treats should also be examined for possible choking hazards.

Follow these tips and have a Happy Halloween!

Staying Healthy this School Year

by EMMA GRUNDSTROM

Coughing, sneezing, stuffy noses, and sniffing are all things that you should watch out for as we approach cold and flu season. Many people might not know if they are getting sick, but to make sure you don't, you need to watch out for others who are.

First, always wash your hands. Having clean hands helps to keep germs from getting you sick.

If you touch your face before washing your hands and you have touched a lot of things that others have touched, too, you might get sick from someone else who is.

Plus, with common sense prevention of spreading germs helps. It is school and you are around a lot of people, so it might not be the easiest, but it always helps not to be directly in somebody's face while they are sneezing everywhere.

But on the other hand, you should be careful when you are the one with the sickness. Make sure to not cough on others; instead, sneeze in your arm and also wash your hands often.

Mrs. Christine Gustafson, 7th grade English teacher, makes sure to wash her hands to help keep healthy.

"I always wash my hands, and I use my essential oils to keep me healthy," Mrs. Gustafson said.

In addition to proper hygiene, Mrs. Gustafson encourages making good food choices when trying to avoid illnesses.

7th grade student, Charlie Brouwer agrees that washing hands is important if you want to avoid getting sick.

"Wash your hands especially before and after eating," he said.

If you are sick, you should consider avoiding other people until you feel better so you do not get them sick, too. Drink plenty of water and make sure to follow your parents' and doctor's instructions, so you can go back to feeling like yourself again.

In conclusion, staying away from sick people and not getting sick is actually pretty easy.

Sometimes we all need a reminder, especially this time of year.

Student Life

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Share your opinion
with us! Send it to
our editor and you
might see it in the
next issue!



Photo by Jenna Ackermann

Teacher Feature: History Comes to Life for students with Mrs. Debowski

by JENNA ACKERMANN

History is brought to life with this amazing teacher.

Mrs. Rebecca Debowski is one of the 8th grade History teachers here at West Middle. She has

been teaching for 5 years.

For Mrs. Debowski, there are many good things about teaching 8th grade.

One of her favorite things about teaching is getting to know all of the students.

And although she loves her job, she said, "One of the hardest things about teaching is balancing all the work. My school day doesn't end at 3 o'clock."

Mrs. Debowski said she thought about teaching many different age groups before becoming a middle school teacher.

"I always wanted to be a teacher. At first I wanted to teach elementary students, but I did an internship at an elementary school. Then I decided I wanted to teach students that were more mature."

When Mrs. Debowski isn't at school, you will most likely find her hanging out with her horse, Juno. Juno is Mrs. Debowski's only pet.

Mrs. Debowski teaches her students in a very energetic way that involves debates and role-plays that include the entire class.

Because of all her hard work, Mrs. Debowski has become one of the most fun and respected teachers in the school.

If you have a teacher you would like to see featured, contact our Editor!

Student Life



Homecoming Spirit Week Snapshots



Recommended Reading:

Two Summers Offers Twice the Story

by KATIE FOSTER

When Summer Everett's parents get divorced, her summer gets split into two parallel summers. Her dad and mom divorced when she was younger and she keeps hoping they will get back together.

She lives in the U.S.A with her mom and her dad is an artist who lives in France. She wants to see a painting in a museum in France that she was told was of her and it looks exactly like her, but she has only seen it online. She plans to visit him during the summer when he calls to say he won't be there. But what if she didn't answer that call? What if she went to France, stayed at her dad's house and had a whole new life?

Find out what happens in the book *Two Summers* by Aimee Friedman.

Arts and Entertainment

Video Game Review:

Turn Tires in Fast-Paced Game

by KENDALL
MEAD

If you like very realistic racing with awesome 3D graphics, then *Asphalt 8* is the game for you.

Featuring over 130 cars for you to choose from with numerous paint colors and patterned skins for each ride. This game offers Game Center, Google Play Games, Game Circle, and Facebook compatibilities.

You won't ever be too far away to compete with your friends and the world.

Like other typical racing games, playing with Bots or AI's, you can start local wifi games for a night of racing when your friends come over or a multiplayer game with people around the world.

The object of this game is to unlock each season, which is around 15



racers each, and complete each task to earn stars so you can unlock the next season.

This game is free, but there are in-app purchases.

This game does take up 1 GB of space, so be careful because this may eat up your last bit of space depending of how big the storage your device is.

This game is compatible on Android, IOS 6.1.6 and later including Apple Watches, Windows 8.1 and up including Windows phones, Kindle Fires and Blackberry.

Enjoy your gaming experience as you race into fun!

Song Review:

Can't Stop Listening!

by EMMA PARKER

One of the top hit songs is "Can't Stop The Feeling," by Justin Timberlake.

This song is perfect to dance to with friends at a sleepover, when hanging out with friends, or during a long car ride, too. It is all about this feeling you have when you're HAPPY!

It is also a great song to sing along with, too. I love when the lyrics say, "I got that sunshine in my pocket, Got that good soul in my feet."

It just gives you a happy feeling. I actually bought the song for \$1.29 on iTunes and I know a lot of other people have, too.

In late August it was one of the top 40 hit songs on the radio!

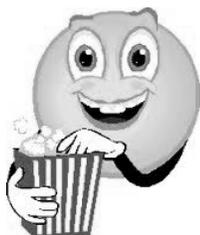
This song is part of the album for the new movie coming out, *Trolls*, rated PG. The movie opens on November 4.

It looks cute because it is about all these little trolls who are just different colors and get into some kind of adventure.

So go home and type in "Can't Stop The Feeling," by Justin Timberlake into your phone.

I know you will love it and want to listen to it. You will have a hard time stopping the happy feeling it brings, too!

Soon in Theaters...



November 4:
Trolls, rated PG

November 18:
Fantastic Beasts and Where to Find Them, rated PG-13

November 25:
Moana, rated PG

December 16:
Rogue One: A Star Wars Story, rated PG-13

Opinion

Social Media Should Stay Away From School

by ZOEY WEDGE

The debate about whether social media should be banned on the computer for school comes up a lot. Many students use Instagram, Musically, Tumblr, Snapchat and others to connect online.

I believe that social media should be banned. If we had access to all of our favorite sites, we would never get our homework or notes done because we would be on social

media.

I love social media, especially Musical.ly videos and taking photos for Instagram; sometimes you need to take a break once in a while from all of that online sharing and focus on school.

Even though you could be missing a live.ly or a giveaway, you need to focus on school so you can learn for your future. I know that is more important than social media.

Chromebooks Help Our Learning

by ADRIANNA GOULD

I personally enjoy having Chromebooks in class. I think that Chromebooks make classes a lot easier. They also help us save paper since so many of our projects and assignments are online.

When we share Google Docs, Presentations, and other projects, we can access these and start working on them a lot faster than we would if the teacher is passing papers out.

Also, instead of teachers having to show us articles on the ELMO, we can just read them on our Chromebooks.

I also think that for math, having a Chromebook is a huge help because a majority of our homework is online.

Also, in history we read a lot of articles on our Chromebook.

If we didn't have Chromebooks, that would be a lot of time and paper wasted.

Student Question:

Should Students Still Trick-or-Treat?



"Yes, because you get free candy,"

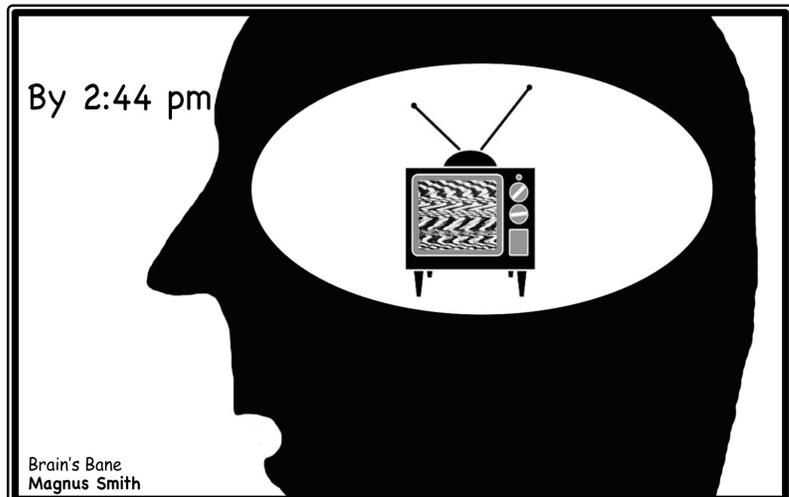
Brendan Marsman, 8th grade



"No, because you might eat too much candy and feel sick on November 1st."

Alma Kalender, 8th grade

The Comic Corner



Sports



Volleyball Players Set Goals and Play Hard This Season

by KILEY HOFF & EMILY GOETSCH

What do you think of when you hear, “Bump, set, spike?” **Volleyball!**

The girls’ 7th grade and 8th grade volleyball teams have done amazing jobs.

Even though they didn’t win every game, every girl tried their hardest along with their coaches.

The 7th grade A team coach enjoys also being a teacher at WMS.

“It is fun to be a

Photo by Fiona Walsh

teacher and coach because you get to see the girls do well at school learning, but then I get to also work with them during non-academic things such as volleyball,” Mrs. Katie Tromp said.

Also, several 7th grade players shared their thoughts on why they play the sport, why they enjoy it, and what made them want to do it.

“I like to compete against others. I’m aggressive, love to bond with my teammates, and get better with them as the season goes by,” 7th grader, Lauren James, said.

Rylen Karel a 7th grader on the A volleyball team said,

“Volleyball is the best sport ever, and I love to play it as well as being with my friends and practicing with the team to get to know more girls.”

7th grader Marlee Biles agreed with Rylen and Lauren, that the sport is very fun and you get to meet a lot of new girls.

Dedication to practicing skills continues after the season ends.

Lauren said, “I have liked it ever since my sister was in middle school in 2011. That is what is motivating me to play the sport, and well the season will be over soon, I will continue to practice and get better for next year.”

Along with her, many others will do the same and join the team next year to do just as good, and even better.

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The boys also did well and set some new records for the school.

This sport relies on both mental and physical toughness. Luckily the WMS team has both.

“Running is a mental sport, and we’re all insane. (There are) no half times, no time-outs, no breaks. From start to finish, we run cross country,” said Avery Zeinstra, 7th grade runner.



Sports

BC Soccer Skills Shine

by NOAH NOLAN

In early fall you will find the BCWMS 7th grade boys soccer team, coached by Mr. Jason Kaiser, practicing hard.

This is a sport of dedication, endurance, stamina, and sharp foot skills.

Soccer practices are almost every day after school, except on game days. You will find the team on the field, running, sweating and working on sharpening their skills.

According to Isaac Mckinney, the 7th grade defender,

“dribbling” is one of the most important skills needed on the soccer field.

Some other key skills are effective ball handling, controlling the ball, speed, and being able to make quick directional changes, with fast starts and stops.

For many kids, middle school is the place where the game of soccer goes from a “fun” activity to something more serious and competitive.

Many boys



Photo by Noah Nolan

choose to play school sports for the sense of pride, representing the school and the Byron Center community.

During the games, players rely on teammates for back up.

According to Donnie Clay, the 7th grade sweeper, the

biggest strength of the team is their speed.

Even though they did not win every game, The BCWMS boys demonstrated excellent foot skills, teamwork and defended the goal until the very end.



Photo by Taylor Hayes

by TAYLOR HAYES

Cheerleading is a huge commitment. It takes dedication and drive. The West Middle School's team coach, Ms. Brittney Elhert, said the toughest thing for her is seeing the girls trying so hard to get better, even if sometimes they

Dedication Drives Cheer Team Commitment

do not get it the first time.

Makayla Vance, a 7th grade girl on the

team, explained

how strict, but important the rules are.

One rule is that everyone must run during the warm up.

Also, at every practice they add one more lap around the track.

Another set of rules is they always have to remember the dress code, which consists of a tucked in shirt.

This rule is to help with stunts and safety. For a flyer (the girl at the top of a stunt), you don't want any injuries.

The rules are very important in all sports even the unwritten rules like, always come prepared, and always listen to the coach.