

Meet our students of the month:

6th Grade
Steven Shoup



7th Grade
A'aleyah C.



8th Grade
Juan C



Bear Facts Issue #5

If you have a problem and you'd like some advice, click the red link below:

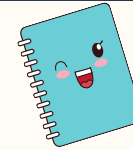
[**I need advice!**](#)

[Vote for 6th Grade Student of the Month FEB](#)

[Vote for 7th Grade Student of the Month FEB](#)

[Vote for 8th Grade Student of the Month FEB](#)

January News



- Letter from the Editor - p. 2
- Student responses to new schedules and rules - p.3-9
- Snowman Puns - p. 10-15
- Love or Hate School Closings? Poll - p.16
- Top 10 things students did on their snow day - p.17
- How much sleep do students get? Poll - p.18
- Should the school day start later? - p.19-20
- 8th Grade Student of the Month - p.21
- 7th Grade Student of the Month - p.22
- 6th Grade Student of the Month - p.23
- New Year's Goals - p.24-34
- Dear Makayla: Advice Column - p.35
- Dear Elijah: Advice Column - p.36
- Are you over caffeinated? - p.37
- Working Hard in Bear Facts - p.38



Letter from the editor:

When students returned to school after the winter break, they found out that their schedules had changed. There were also some new rules. To prevent misuse of bathroom privileges, hallway congestion, and tardiness the middle school team leaders decided to implement scheduled bathroom breaks during 2nd and 5th period. Students are also permitted to use the restroom before 1st period and after our last period of the day. During transitions, students are instructed to go down one set of stairs and up a different set of stairs. They should walk on the right side of the hallway only and avoid stopping and standing in groups in the middle of the hallway. All of the changes were made to ensure that traffic flows better in the halls and appropriate behavior is exhibited in the bathrooms. Many students had very strong opinions about these changes. Here's what they had to say...

Do you know about what is currently happening at Northridge? I am an eighth grade student at Northridge. On December 22nd 2023, students went on winter break. Students were on break for two weeks. When students came back they were welcomed with a middle school meeting. In this meeting they were made aware that we must follow a “flowing” walk-way in the halls. We are not allowed to walk up certain stairs. We are not allowed to walk down certain stairs.

We were also made aware that our schedules were completely changed. Not only were our electives changed, which was normal, but our normal core classes were also switched around. Students no longer had the basic stability and routine that they were used to. For the past 2 years that I have been in the Northridge Middle School, they have never completely changed the schedule. The changing of the schedule was not made aware to students until they were in the building.

Students need routine to be productive. Changing the basic routine to something so foreign is extremely ignorant. Without the basic stability, students are left feeling confused. They are also less likely to feel comfortable in their classes as they normally would. Students are put into classes with people whom they may have never met, or talked to before. They are forced to either make new friends or stay alone and quiet in these classes.

Students had no say in anything that happened. Our school acts as if the students have a say in how some things work so that they are as comfortable as possible. The school has gone back on their own word and has made students feel uncomfortable.

by Kaleigh Hain - 8th Grade

I think this new schedule is extra. I understand that some teachers want students to get better grades and listen more, but just because some kids don't listen doesn't mean they should punish the whole middle school. If they were going to have our schedules like this they should've just had all this figured out in the beginning of the year. Now they have our schedules everywhere and many kids want to switch schools or go virtual. Walking up a certain case of stairs and down the other is honestly one of the dumbest ineffective rules they've ever put out there. I think we should be able to walk to our classes the way we want to; they are treating us like little kids when we are 13 or 14 and know how to act. If they suspected kids smoking and fighting in the bathroom they should've just had them expelled for the rest of the year instead of guiding us to the bathroom because of some kids who don't know how to act right. Some of us come to school because we're forced to be here and learn; we don't come here to be bossed around by a whole bunch of adults who can't get certain kids on track.

-By Abigail Gasca 8th Grade



I like my old schedule better. In my opinion, I think they should not have us go all the way down the stairs by the glass. It's better if we can use both stairs to go up and down. I hate when the teacher has to dismiss us when the bell rings. I think the teachers should just stay by the bathroom and in the hallways and just let the students go when the bell rings so that they can guard the bathrooms and hallways. These are my opinions on the new changes the school made. I don't like how we have new class schedules. One reason I don't like it is because I don't have any classes with my friends. The second reason I like my old classes better is because I am used to them. The third reason is there are a lot of people I dislike in my new classes.

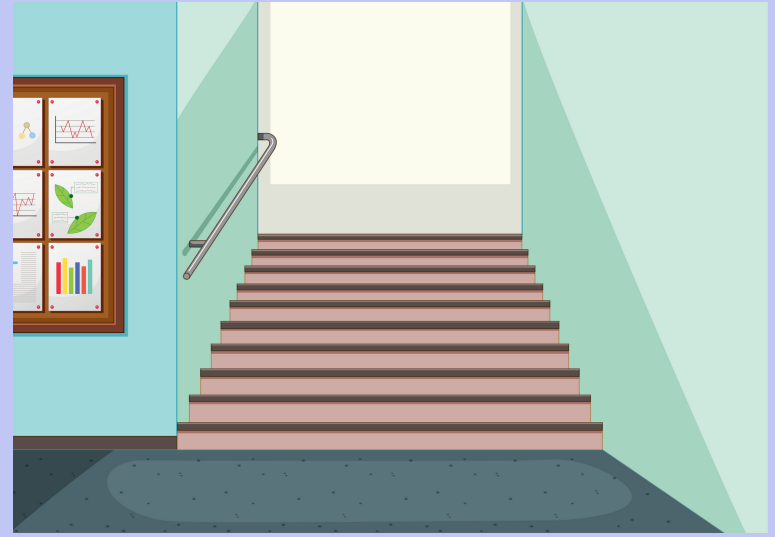
-Jasmine Cruz 7th Grade

I don't like how they gave us our new schedules and made us walk on the right hand side. It's very uncomfortable. And we can't stay downstairs to visit our friends in 6th grade. They won't let us go to the bathroom during classes. We only have bathroom breaks when it's time for everyone to go to the bathroom. Mostly what I don't like is that they barely even let us go to the bathroom at the clinic. I don't like these new school things. I liked when we could talk to our friends and we still got to class on time. If we are late to class, we get detention.

-Paris Houston 7th Grade

I kind of like the new class schedule. I don't like lining up because I don't like it taking up a lot of time. I don't like the bathroom breaks because it also takes up a lot of time.

-Elijah Allison 6th Grade



Personally, I think it's stupid and a little dumb. Well, maybe they have a point because the transition is good but slow. I feel like there should be more bathroom breaks. Also, I don't like some of my classes because they are kind of boring. I wish I could change some of my classes back because I got used to them. I really miss how my classes were before break.

-A'nasia 6th Grade



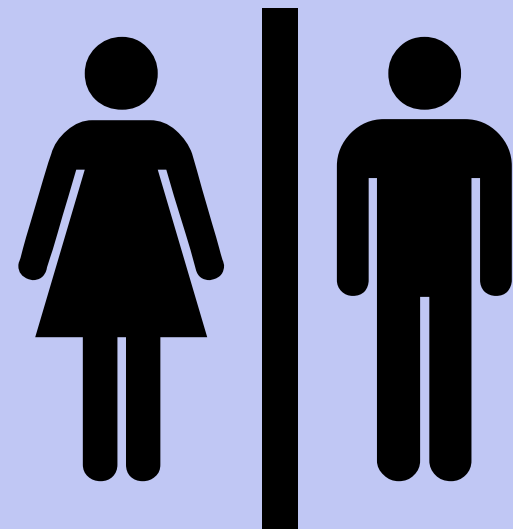


I don't like the new schedule change. One reason I don't like the new schedule is because it causes me more stress than the old schedule ever did. Another reason I don't like the new schedule is because it makes me late to some of my classes.

-Eve Green 8th Grade

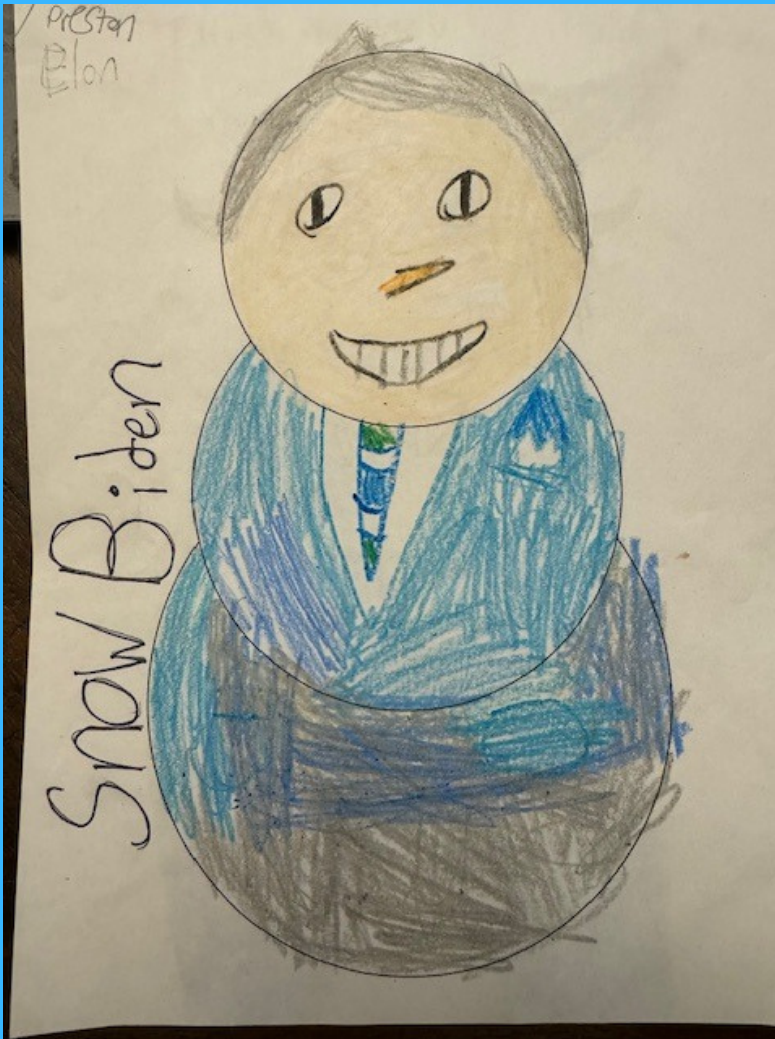
I don't like the new rules and want it to go back to the way it was before. I feel this way because I'm mature and have self control, but not all students have what I have. These new regulations benefit the school in a good way. Not many students will skip or go somewhere they are not supposed to go. It's really sad to get our privileges taken away, but some students can't handle them. They take advantage and it causes teachers to make changes. Now that I have to do these things I'm in more of a rush to go to my classes. It may take me a while to get used to this change, especially the bathroom situation. We use the bathroom at school about three times a day and I'm not used to that. The last time I had a bathroom break as a class was in elementary school. I'm glad to try something new and see how all of us adjust to this!

-Sirinity Williams 8th Grade



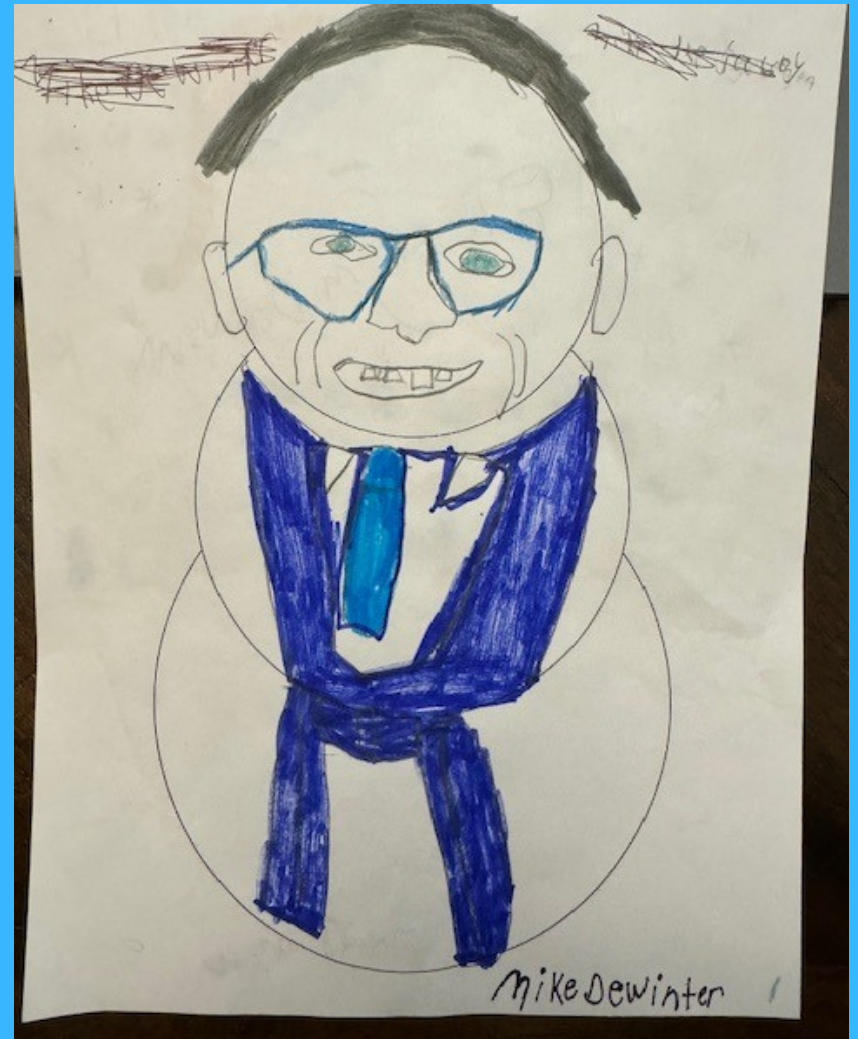
Snowman Puns!

Pun=play on words in which a humorous effect is produced by using a word that suggests two or more meanings or involving words with similar sounds



Snow Biden

by Preston Green



Mike Dewinter

by Elijah Devaughn

Snowman Puns!



Seth McFlurry

by James Hughes

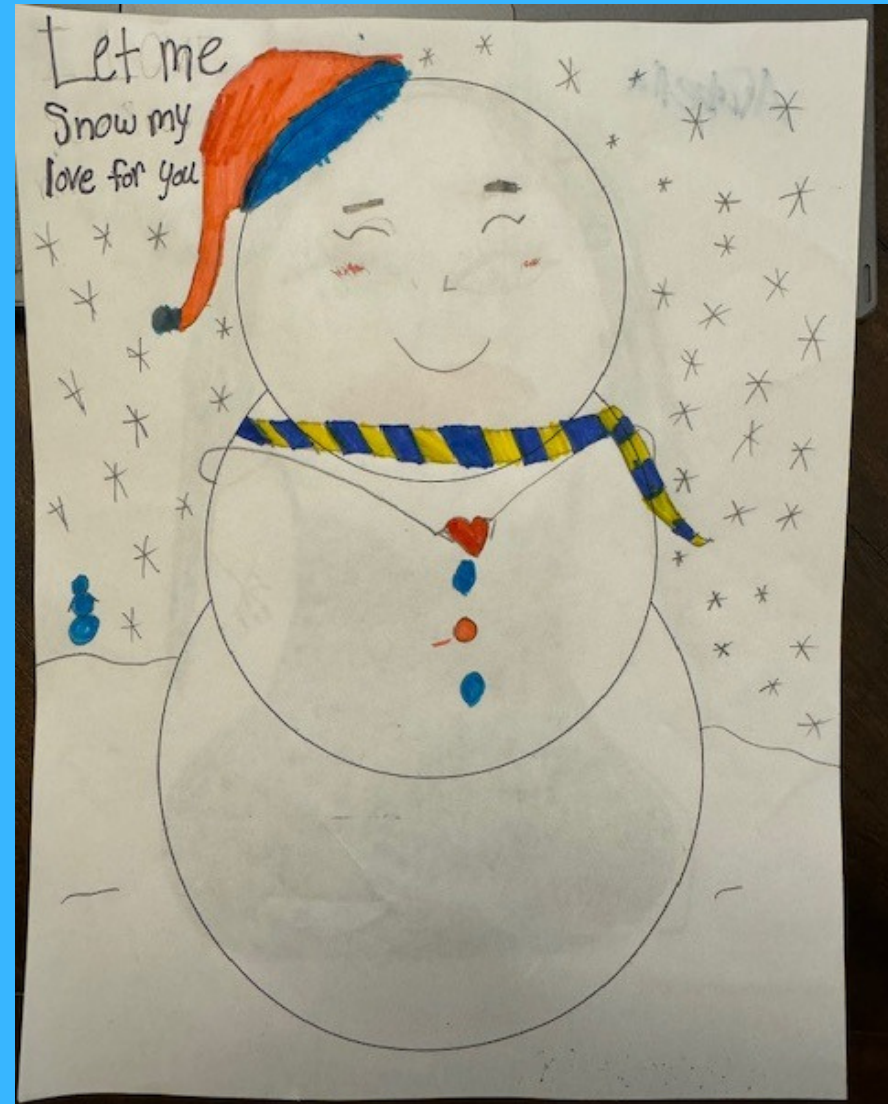


Larry Snowbird

by Kayson Haskins

Snowman Puns!

I love Christmas snow much!



Let me snow my love for you!



Maliyah Carol

by Maliyah Horrel



Whitney Schmitten

by Whitney Schmidt

Snowman Puns!



Kylie Winter

by Alana Shupert



Keanu Freeze

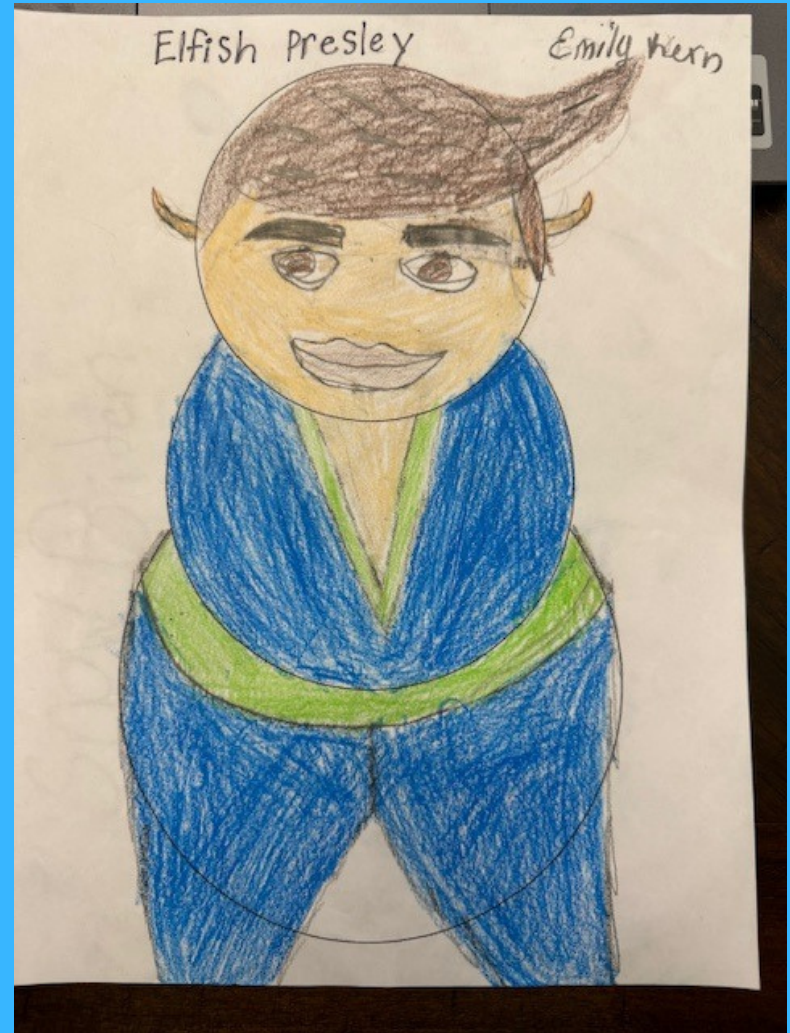
by Jose Cuatllacuatl

Snowman Puns!



Snowday Adams

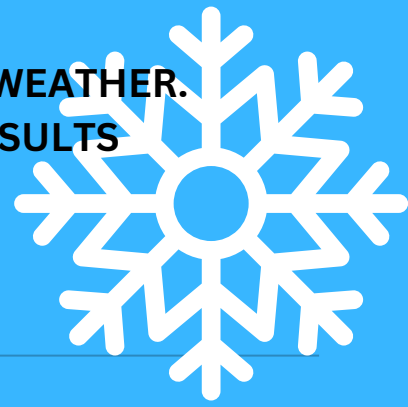
by Holly Cline



Elfish Presley

by Emily Kern

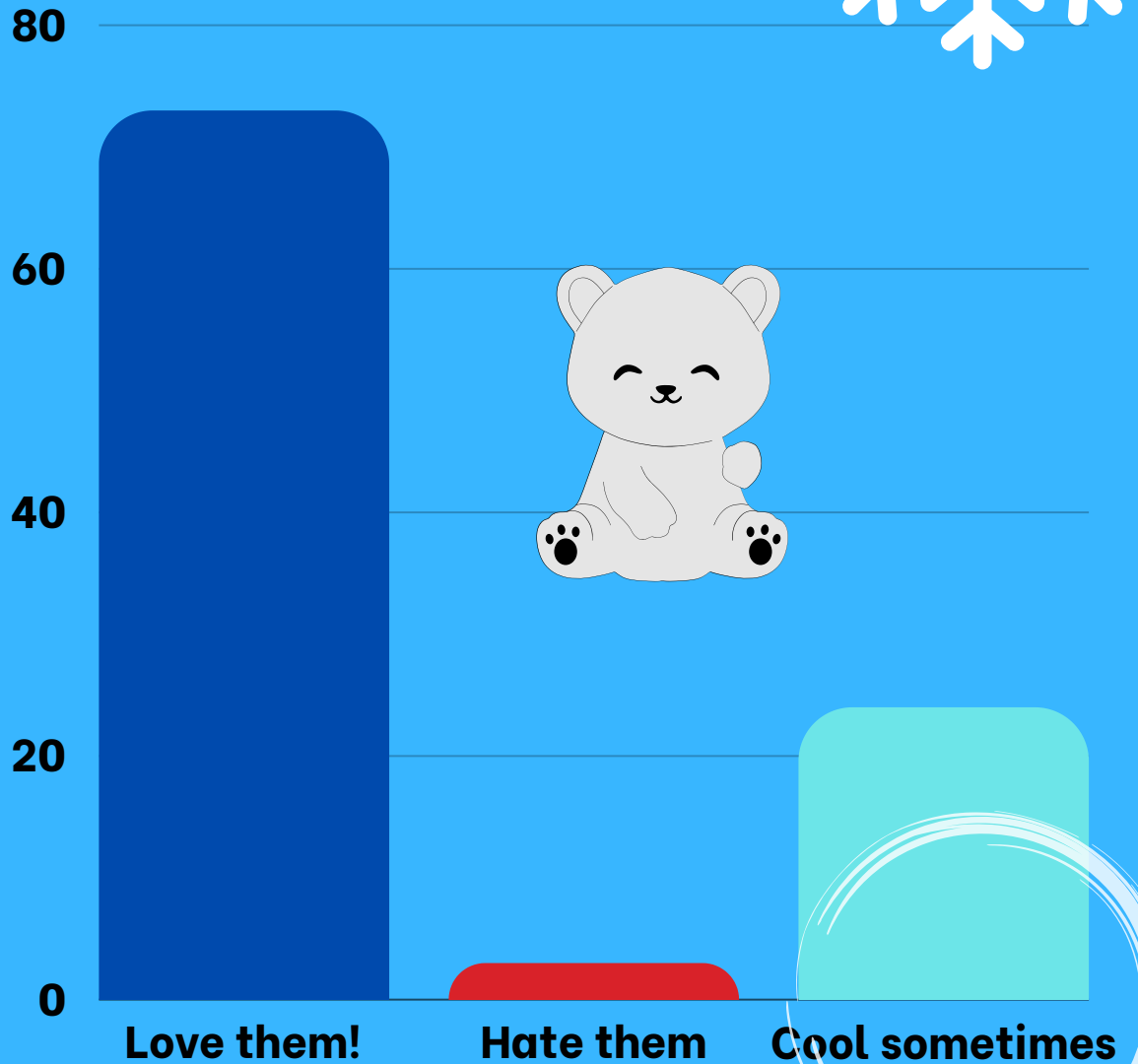
NORTHRIDGE SCHOOLS CLOSED 3 TIMES IN JANUARY DUE TO INCLEMENT WEATHER.
WE POLLED STUDENTS FROM THE BEAR FACTS CLASSES TO GET OUR RESULTS



Do love or hate the school closings?



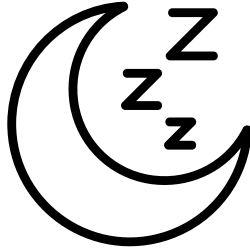
- Love them 73%
- Hate them 3%
- Cool sometimes 24%



TOP 10 THINGS

STUDENTS DID DURING SCHOOL WEATHER CLOSINGS

1 Sleep

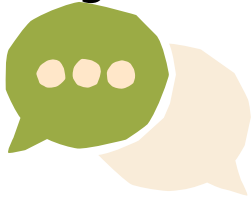


by Sirinity Williams
8th Grade



Gaming 2

3 Talking or visiting friends



Time with family 4

5 Tv/Movie



Food & Snacks 6



7 Outside/ playing in snow



Relax/ Chill 8

9 Sports/activity

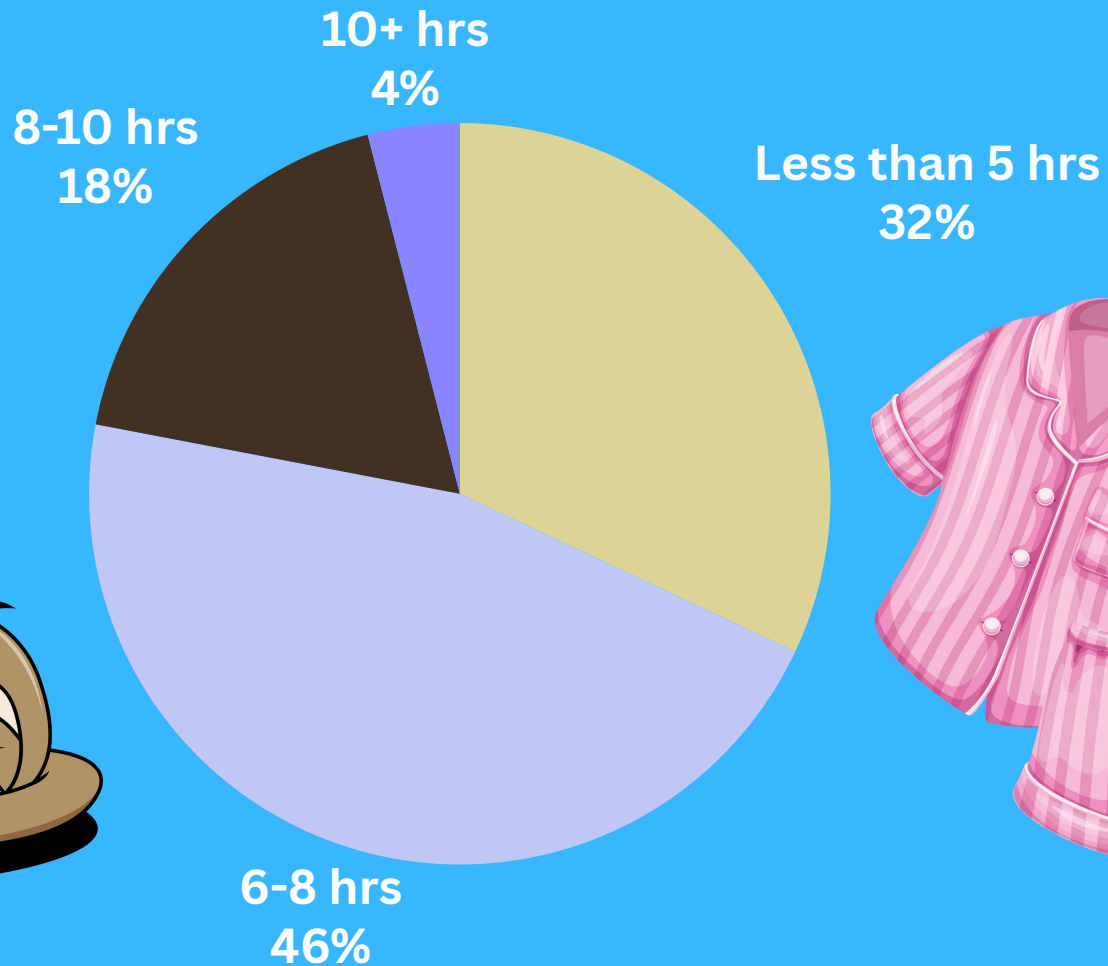


Phone/laptop 10

How much sleep do students get?

The CDC recommends 13-18 yr olds should get 8-10 hrs of sleep a night.
We polled the students in Bear Facts and here are the results:

- Less than 5 hrs
- 6-8 hrs
- 8-10 hrs
- 10+ hrs



SHOULD THE SCHOOL DAY START LATER FOR TEENS?

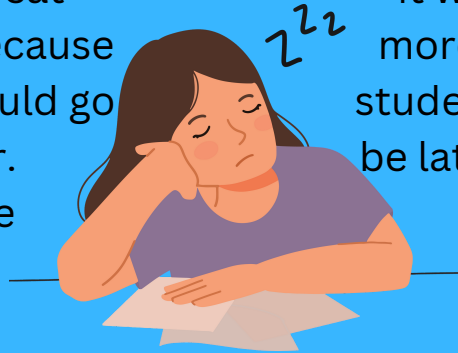
I think we should start school at a later time because kids and teenagers sleep in later than adults because they want to stay up and do things and then go to sleep at a later time. Kids and teens are supposed to get 10 hours of sleep and adults are supposed to get 8 hours. Kids don't usually eat breakfast in the morning because of school. I believe kids should go to school an hour later.

-David Blake 8th Grade

YES!

I feel like school should start later for middle schoolers and high schoolers. You never know what someone has going on at home, so they might not be getting sleep as often as they need it. Then, if school started later, more students would probably come to school on time. Another good reason is they would have more energy and participate more in their morning classes because it would be later in the day and they would get more sleep. Because school starts so early some students will not show up at all, some students will be late, or they won't participate because they are tired.

-MyKayla Bryant 8th Grade



I say yes because we need our sleep so our bodies can grow. The CDC said that adolescents need 8-10 hours of sleep every night. Just by making us get that 1-2 hours more of sleep can help us so much. We might possibly see more people come to school on time, get better grades, no sleeping in class, and less fighting. We currently start at 7:25 and if we start at 8:40 it would be so much better for our overall health. I would love it if school could just start a bit later. It could help us so much.

-Kaylah Buchanan 8th Grade

SHOULD THE SCHOOL DAY START LATER FOR TEENS?

School days should not start later for middle school and high school students.

The first reason that I think school shouldn't start later is that if you enter school later, then you will get out of school later. I would prefer school to start earlier in the morning, so I can get out of school earlier. I understand some students don't really want to go to sleep early, and they just want to stay up later; however, if students would go to their bedroom around six or seven o'clock to wind down, then students would probably be sleeping by eight or nine o'clock. So, if students applied this method of going to bed early, they wouldn't mind school starting early. Although I am one that doesn't want to go to sleep, I would rather go to school earlier than later.

-Juan C. 8th Grade

NO!

I prefer how it is now. Not only because we get out earlier than the kids who do start later than us, but because it helps us develop the habit of waking up early. When most of us go to highschool we are going to get a job. It will most definitely be for after school, but once we graduate we have to start working full time and develop the habit of waking up early to go to work. In my opinion, I think it's better to learn earlier than later.

-Abigail Gasca 8th Grade



Wake
UP

MEET THE 8TH GRADE STUDENT OF THE MONTH

Interviewed by Kaleigh Hain

SUPER



FAVORITE SUBJECTS

I'd say I do well in social studies, math, and ELA. I find them easy when I pay attention.



PERSONAL

Hi everyone! My name is Juan Garcia. I'm 13 years old.

FUTURE GOALS

I want to be successful in life and I want to finish school.

BEST QUALITIES

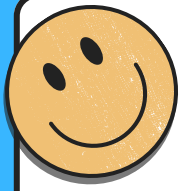
I like to follow the rules and I'm not really ever late to class.

ADVICE

Never give up! Just try and try. Also, try your best to stay out of trouble.

Dream





MEET THE 7TH GRADE STUDENT OF THE MONTH



Her advice to other 7th graders is to pay attention, and don't let the others distract you; don't worry about drama because it's not important.

A'ALEYAH CAMPBELL

Interviewed by Kansas Stine



She excels in math, because she knows a lot about it, but she still struggles slightly. She says that it's okay because everyone works at a different pace.

She didn't know she was gonna be nominated to be student of the month. Her exact words were, "I was surprised; I don't know many people, but I'm grateful." She believes she was chosen because of her hard work and leadership skills.

Her current goals for this school year is to get all A's and B's. Two of her future goals are to make it to college and get through it with a passing grade.

In her free time, she draws, finishes up missing work, listens to music, helps her parents around the house if they need it, and does her chores.



She says all the teachers are amazing, but her favorite is Mrs Weisman because she thinks she works the hardest at trying to make kids understand, she can tolerate the kids well, and she makes things fun.

Her advice is to be a leader, not a follower; it'll cause SO MUCH drama in your life. She focuses by fidgeting with something. Example: putty.





Meet the



6TH GRADE STUDENT OF THE MONTH

STEVEN SHOUP

Q. What advice would you give to other 6th graders?

A. Don't goof off and stay focused.

Q. Did you know you were going to be nominated

A. Yes, I thought I probably would be.

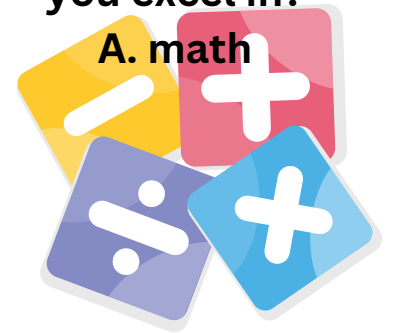
Q. What are your current goals for this school year

A. To get all A's in my classes.



Q. What subjects do you excel in?

A. math



Q. Why do you think you were nominated?

A. Because I don't goof off and I get good grades.

Q. What are two of your future goals?

A. To get student of the month one more time and to get honor roll

Date: January 30

by Brayden Butcher

New Year's Goals



Steven's Goals

For my new year goals I want to get all a's, and I want to get more fit for football.



JOHN'S GOALS

I want to get good grades,
and I want to get better at basketball.

Brayden's goals

I want to get good grades, exercise,
and learn hand to hand combat.



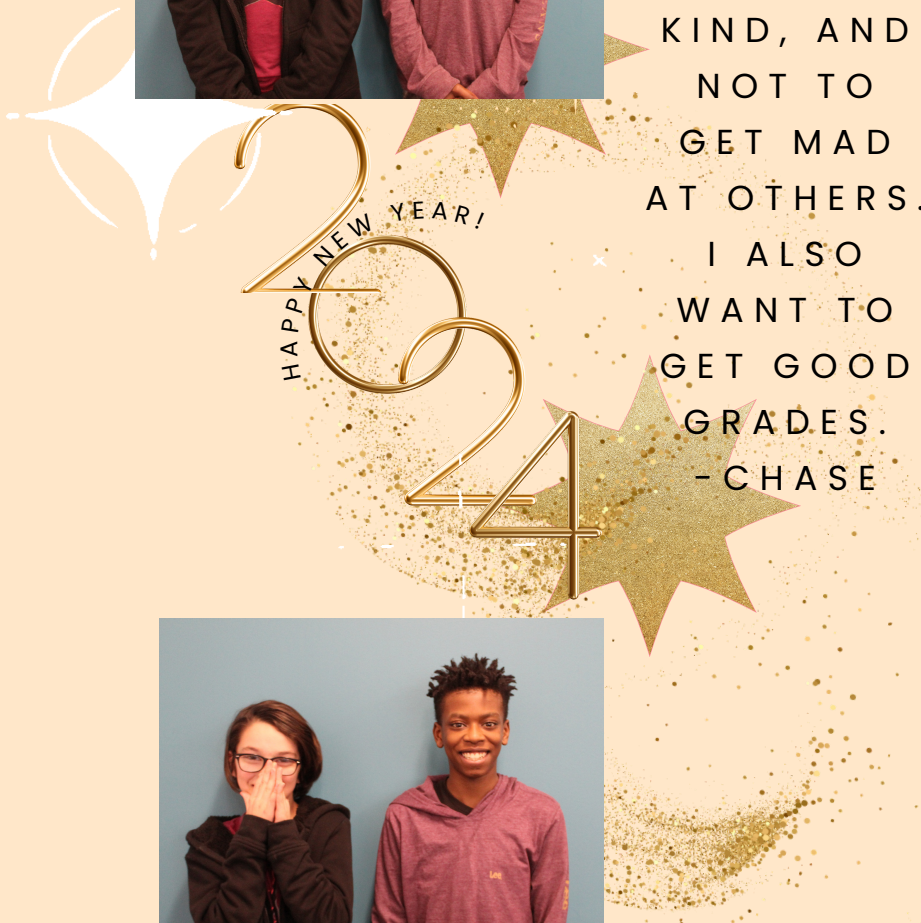
THIS YEAR I WANT TO BE NICE TO
OTHERS
AND DO WELL IN CLASS
- ZA'SHAUN



I want to read 100 books.
I want to stop being mean.
I want to call my mom
more.



MY GOALS
ARE TO BE
NICER,
MORE
KIND, AND
NOT TO
GET MAD
AT OTHERS.
I ALSO
WANT TO
GET GOOD
GRADES.
- CHASE



New Year's GOALS

My school goal is to get good grades.
My personal goal is to help my friends with more work.
My family goal is to spend more time with my family than my friends.

-Ashlyn



My school goal is to show up every day.
My personal goal is to talk to my friends more often.
My family goal is to go out more with my family.

-Shyanne

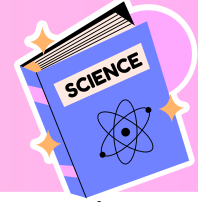


FRIENDS



New Year's Goals

Hailey



- I want to get better in science.
- I want to be a better person.
- I want to be a better niece, sister, granddaughter, daughter and cousin



Jullian

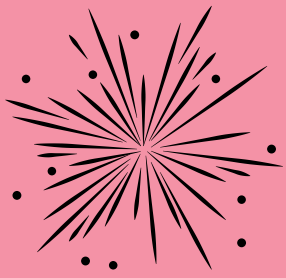
My academic goal is get straight A's the rest of the year, and my personal goal is to be nicer to my brother.



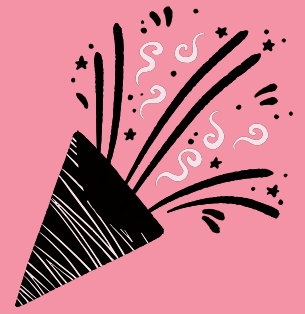
Corbin

My academic goal is to get all A's in the remaining 2 quarters. My personal goal is to get better at basketball and train more.





New Year's GOALS



Isaiah

My other New Year's goal is I want to get better at sports and join the basketball team and start on the football team.

My New Year's goal is to get a job and make more money so I can save up.

My first New Year's goal is I want to get better grades and get a higher GPA.

Jax

For my other New Year's goal I would like to try harder in sports and perform better than I have in the past.



get better grades



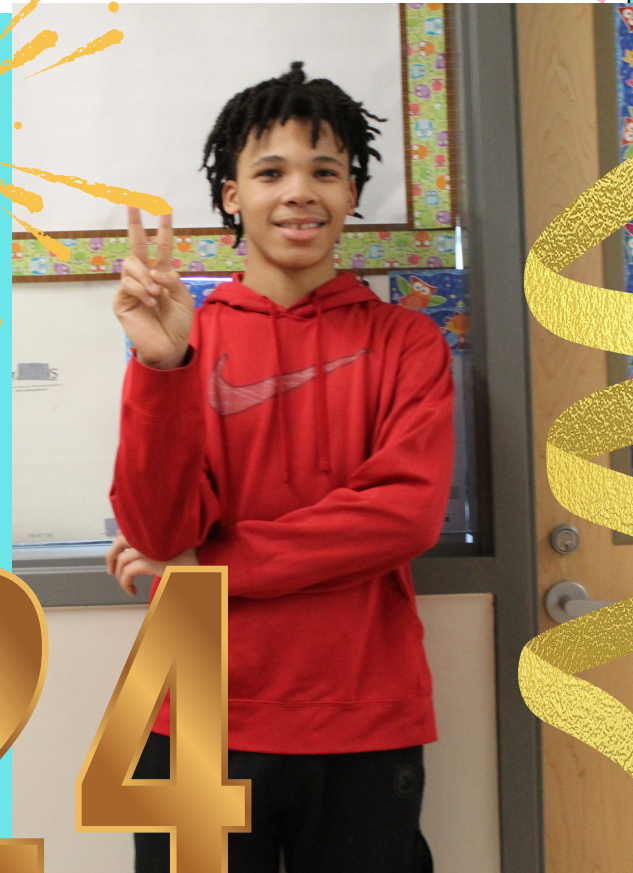
My New Year's Goals



- Stay out of trouble
- Get better grades
- Get along with my siblings

▪ Lexa

- Pass math class this semester
- Stay off of my phone more
 - Keyonne



2024



Get in shape by eating healthier
and working out more

GOING TO SCENE 75 TOGETHER
WITH MY FAMILY BY SAVING MONEY

Get smarter by studying everyday
-Elijah A



New Year's GOALS



Laura H said she wants to get better at volleyball and get good grades.



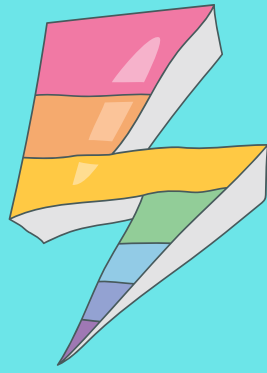
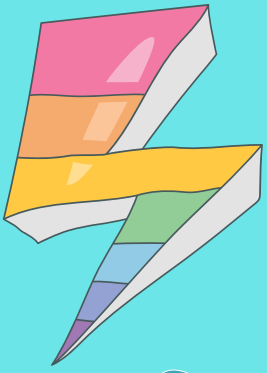
Preston said he wants to read more books and be nice to his sister.



Caiden said his goal was to get better at baseball and improve at running.



2024



GOALS

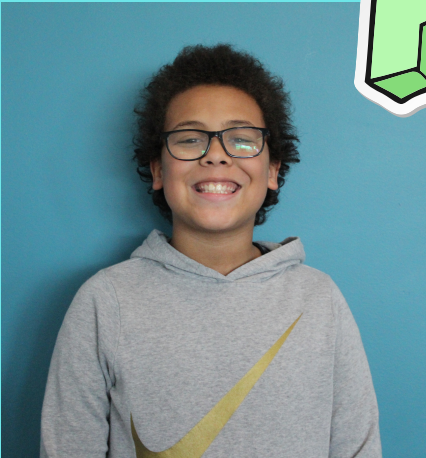


I WANT TO GET ALL A'S AND
HELP MY MOM MORE
AROUND THE HOUSE.
-MADISON TURNER



A+

Happy
NEW
YEAR



I want to get 5 A's
in a row.
-Silas

2024

NEW YEAR'S GOALS

**I LOOK FORWARD
TO DOING
OUTSTANDING IN
SCHOOL.
-A'NASIA**



**In 2024 I will stand
up for myself and
work hard to have
good grades.
-Selam**

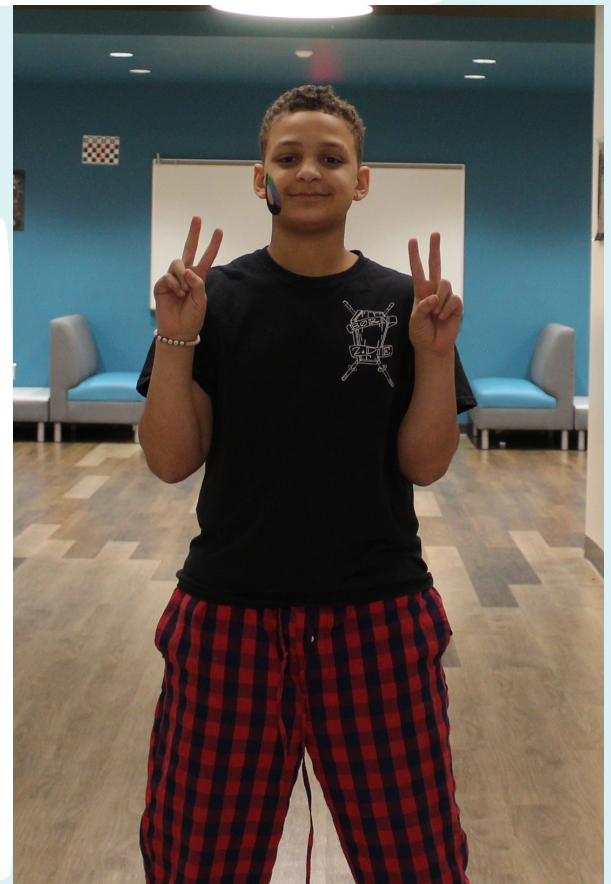


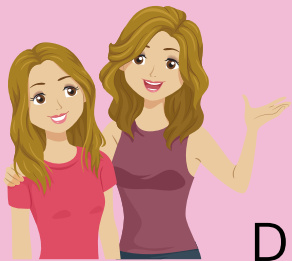
NEW YEAR *Resolutions*



This year I want to learn to skate better and to get better at Graffiti. Also, I want to learn to speak Japanese. Finally, I want to get 500 subscribers on Youtube.
-Landon R.

The 2 things I need to work on are math and my basketball skills. I'm good, but I would get much better if I went outside and practiced more. I want to learn how to skateboard because it looks so cool. I love school a lot. School is the best thing ever!
-Myles H.





Dear Makayla,

Every time I go to my mom's house, my older brother bullies me and my younger siblings. Ever since he got dumped by his ex, he seems to bully us. I have asked him to stop many times. I have also asked his dad to talk to him, and he did nothing. What should I do to stop the bullying?
-BULLIED AT MY DAD'S



Dear BULLIED AT MY DAD'S,
So you are having issues with your brother bullying you and your siblings? Well, I don't have any relevant experiences with that, but I can help you. First of all, have you tried talking to him and seeing what you can do to help him? That might work since he's probably hurting over his break up. If that doesn't work, I'd suggest you stay away from him, and give him some space since he is stressed out. My third suggestion is to talk to your mother about it if you haven't already talked to her; it'd be a good idea to talk to her and try to have her talk to either your step-father or brother about the situation. As a last resort, you can stop going over there until the bullying stops. I hope this helped.

Makayla H. (8th Grade)

Dear Elijah,

There is a girl in my grade and we were talking recently and it kind of got to a point where we were dating but we broke up awhile ago, and she has some obsession with me to the point where she's telling people we are dating again although we are not. It's not really a big deal, but I'm just looking for student advice to see how they would handle it.

-FRUSTRATED WITH MY EX



Dear FRUSTRATED,
I would go to her and figure out why she's doing it. Have a conversation with her, and tell her to stop doing what she's doing and say that you have moved on from her. If that doesn't work then you can tell a trusted adult. You could also just choose to ignore her because you KNOW it's not true, so who cares what she says?

-Elijah D (8th Grade)

Over Caffeination

by Ricky Profitt

Edited by Ms.Eisele



Did You Know?

Cause

Consuming

TOO MUCH

caffeine

Effect #1
nervousness



Effect #2
nausea



Effect #3
sleep impairment



A study by Mayo Clinic showed that 83% of teens ages 13-18 consume caffeine regularly, and 96% drink it semi-regularly, even though excessive caffeine intake can damage teenagers' focus, ability to sleep and mental/physical health. Mar 20, 2023



WORKING HARD IN BEAR FACTS

