

**Special points of interest:**

- How can sleeping affect your performance in school?
- What you should be eating before an exam
- Does attendance affect your Semester Grade?
- Language Arts Corner
- 8th grade house design projects

## How to Stay Refreshed and Focused During Finals Week

By Kolton Busler

### Get some sleep

Every student knows how stressful finals can be, especially the studying and preparing you have to do for the big tests ahead. Sleep is the main answer to staying focused because it affects your ability to concentrate. You can zone out and lose all the important information you have learned in class. Lacking sleep can cause sleep deprivation, drowsiness and low energy. The required amount of sleep is 8 hours for some teens, but most students need another hour or two of sleep. Power naps will not give you the energy you need to succeed with finals.

### Tips to help you sleep

Don't watch TV or play video games.

These distract you and keep you awake. For a good night's sleep, simply make your room as dark as you can. This will help you fall asleep faster. You can use other methods of falling asleep, like drinking warm milk. After consulting their doctor, some people even take mild sleep aids, such as melatonin. The absolute best way to sleep like a baby every night is get on a appropriate sleep schedule. Go to bed early and don't stay up late on the weekend. This will disturb your sleep schedule. The reason for this is once you stay up late one night its most likely going to happen repeatedly.

### Evidence

I gave the senior class a four-question ques-

tionnaire, and most said that they get six to seven or eight to nine hours of sleep. Most students said that they barely get sleep during finals. Some of the students said that because of finals, they get a full night's rest, but most students do not go to bed early. They stay up until 10 or 11 o'clock. Out all the information that I have shared, I recommend a full night's sleep for a successful finals week.

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## A Healthy Diet for Finals Week

By Bethany Lohrey

How can a healthy diet help you during an exam? Healthy eating can positively affect you by improving brain function and helping you focus. Try avoiding foods or drinks with high amounts of sugar and excessive amounts of caffeine. Do not eat a heavy meal before the exam. Stay hydrated, eat light meals and consider taking vitamins.

A healthy diet can help you focus and better yourself for an exam by increasing brain power. It helps your brain function because it will keep your mind from focusing on how hungry you are instead of on your test. A healthy diet will help you stay awake and give you energy to progress through your day. It will help keep you awake and energized throughout the exam.

There are some things to avoid eating during or be-

fore your exam. Unhealthy choices include chocolate, desserts, and candies. Don't eat anything that is high in sugar content because it can cause sugar highs and lows; affecting your ability to focus. Also, try to avoid drinks with caffeine, like coffee. If you are a coffee drinker, it is ok to drink one or two cups, but unsweetened green tea is a better option. Try not to overeat because this will make you drowsy and your body will be putting more energy towards digestion rather than focusing on a test.

If you eat a light meal, you won't feel so drowsy during your exam. This in turn will increase your chances of passing your exam. Examples of a good breakfast include oatmeal topped with blueberries and raspberries with some toast and a glass of orange juice. It is a good idea to bring a water bottle with you during

your exam to stay hydrated. It is also okay to bring a healthy snack like cheese, trail mix, or fruit. Drink a lot of water with your light meal. If you don't want water, unsweetened green tea is also fine. If you don't usually eat breakfast, or just don't have the time, try taking vitamins or drinking a protein shake instead. They will help give you the energy and brain power you need to get through your exams.

Following this advice will help in the long run when you're taking an exam. It will also help you increase your energy and help you focus on the task at hand. Remember, eat healthy and stay hydrated, and you will increase your odds of passing your finals. Good luck on your exams!



## Brain-Healthy Breakfast Ideas

By Bethany Lohrey

("9 Breakfasts That Jump-Start Your Brain." *Prevention*. Web. 6 Jan. 2015.

<<http://www.prevention.com/food/healthy-eating-tips/breakfasts-boost-your-brain?s=8>>.)

### Breakfast Quesadilla

SERVINGS: 1

1 egg

2 egg whites

1 tsp olive oil

1 8-inch whole wheat tortilla

¼ c crumbled reduced-fat feta cheese

2 Tbsp low-fat plain yogurt

¼ c salsa

4 oz black currant juice or orange juice.

1. **SCRAMBLE** egg and egg whites in olive oil.

2. **FILL** tortilla with feta and eggs. Fold in half and microwave (or heat in a skillet) until cheese melts.

3. **TOP** with yogurt and salsa.



### Lox Toast

SERVINGS: 1

2 slices whole wheat toast

¼ c regular or no-salt-added 1% cottage cheese (whipped or regular)

2 slices red onion

2 oz smoked salmon

1 med orange or 6 oz orange juice

1. **TOP** toast with cottage cheese, onion, and salmon.



## Trouble Studying? Follow These Steps...

By Breck von Borstel

### SET UP A SCHEDULE

For classes that are harder, make sure you give yourself more time to study or do homework. Also, make time for recreation and social activities; they are just as important as your grades.

### WHEN STUDYING, ADD TIME

Start reading and studying for 10-15 minutes. Then, build on that by adding 10 minutes until you become comfortable studying for at least an hour at a time. Work hard, but be realistic. If you can no longer concentrate or remember what you have read, stop. Do not waste valuable time.

### TAKE BREAKS

Take breaks when studying.

Do not attempt to cram!

Study small portions of material, take a break, and then study some more. You will retain more information when you break it down into smaller portions that you can manage. You do not want to get burned out.

**REWARD YOURSELF** Reward yourself for studying, learning a difficult topic, or completing a project. Go to a movie, spend time with your

friends, or do the things you put off in order to study. You are more likely to study again and concentrate if you know there is a reward at the end of completing a task.

### FIND A GOOD LOCATION

Where you study can determine how much you can concentrate. Make sure the place is comfortable, but not too comfortable. Sitting at a desk or table is best. Avoid lying across the bed. You want to try to study in the same type of situation that you will be testing. This helps with remembering the things you studied for the test.

### USE THE SAME PLACE FOR STUDYING.

This will help you with your memory when it is time for a test. It will also help you to concentrate better, because you will be in a routine or habit of studying in the same place.

### MAKE SURE IT IS A QUIET PLACE.

Having a quiet place to study is also important. Playing your favorite CD, or radio station, or even the TV will get in the way of you concentrating on your studies.

### ELIMINATE THE OBVIOUS DISTRACTIONS.

Talking on the telephone is a major distraction when you are trying to study.

Other distractions that you should look out for are the radio, TV, video games, and family talking around your study area. Even seeing your books for another class can distract you. So, put them away until you are ready to study for the next class.

Once you get rid of as many distractions as you can, you will improve your study skills.

### EMOTIONAL MOODS

Try studying with a similar emotional mood that you should have during a test. This increases your memory during testing. When you are too relaxed while studying, it does not match the same level of emotions while you are testing.

This also works in reverse. If you are too psyched-up or tensed during your test, you will not be able to remember what you studied. This is why it is important that you learn to calm yourself down during tests.

## Attendance and Finals

By Breck von Borstel

When a student misses at least 10 percent of the school year, just two to three days per month, it is a proven early warning indicator of academic failure, and eventually, high school dropout. It doesn't matter if these absences are ex-

cused or unexcused. When a student has many absences, they risk becoming a dropout, and they can slow down their progress in school. For example, if a student leaves for a week then comes back, that student has to catch back up with the class. Most schools have

policies that if you miss so many days from a class, credit will not be awarded. If a student crams for finals, how does attendance still affect their grade? They may have passed the finals, but too many missing assignments can still cause them to fail a class.

## Language Arts Corner

Continued from the Holiday issue...

I sat in silence until the next daring kids showed up and guess who they were. That's right. Those two little demon children, Helpless and Greedy! They received there delicious cow and started shuffling back home. Thinking none of those kids stumbling away, turned my back on them and went inside to prepare another gooey candy cow leaving the rest unguarded on my walk way. When I returned I noticed I had two less then when i counted. Did those brats take another one of my scrumptious cows? You bet. I kept my guard up after that.

Soon after the disappearance of the two chocolate animals, I heard an ear piercing scream. Of course it was coming from the corn maze so I dashed over as quickly as I could which isn't very fast. Ten minutes later I was in the corn maze trying to figure out where that shriek appeared from. As I was searching for a nonexistent hurt human, helpless and greedy walked into my house which was mistakenly, unlocked. How do I know that? Well, I have secret cameras hidden on my porch and in my house for the safety of my chocolate supplies and tools.

Anyway, they walked right in to find the room where I kept my giant supply of chocolate. Those selfish unruly kids. They searched up and down knocking over precise belongings not caring until the opened up the right door. As they walked in, their eyes filled with greed and hunger for this much chocolate.

Back where I was miserably cold searching around the corn maze for the third time I realized that I had been tricked. I hustled back like I was being chased by a 300 lb, mouth foaming beast and I was its dinner. When I made it back to my house I slammed the door opened believing I would make it in time but they were already feasting their dirty, little hands in my perfect chocolate. How disgusting! I instantly boiled up with rage and shook out my wand.

"Alakazam!" I shrieked in fury as all the chocolate magically spilled over the two self-indulgent pigs. They screamed in total shock, "Aaaaaaaaahhhhhhhh!" as the chocolate hardened in seconds over their whole bodies except for their legs.

I grabbed both of them by their molded arms and dragged them outside. Now it was one in the morning, pitch black and 20 degrees outside., brr!

"You both go straight home and don't come back or I will do something even more terrible. The next time you guys break some else's door down I will come hunt you down and you will never see the end of my anger! Oh! I almost forgot, you are going to pay for all those broken belongings and I want it by next week or else." I ordered them, outraged by their stupid acts.

They just nodded their heads and started scampering away as fast as their frozen legs could go afraid to look back.

I thought to myself, thank goodness that's over. Now they won't ever try to bug me again. Which sadly, wasn't true. When the two chocolate covered kids got home they're told their snob-by parents everything. I mean really, they had to be tattletales.

So the parents made up this huge lie saying I tried to kill them so I could have a nice dinner and the kids barely escaped. Well, after my boss heard this absurd fable I got fired. Don't worry though, I got back at those two little brats for ruining my life by cursing them with bad luck forever. I lived happily ever after after that incident until, next Halloween.

By C.J. Johnson

# Brain

## Happy New Year

BEGINNING  
FRIENDS  
MIDNIGHT  
TIME

CELEBRATIONS  
GAMES  
NEW  
YEAR

EXPECTATIONS  
HAPPY  
PARADES  
JOY

FAMILY  
HOLIDAY  
PARTIES

FOOD  
HOPE  
PLANS

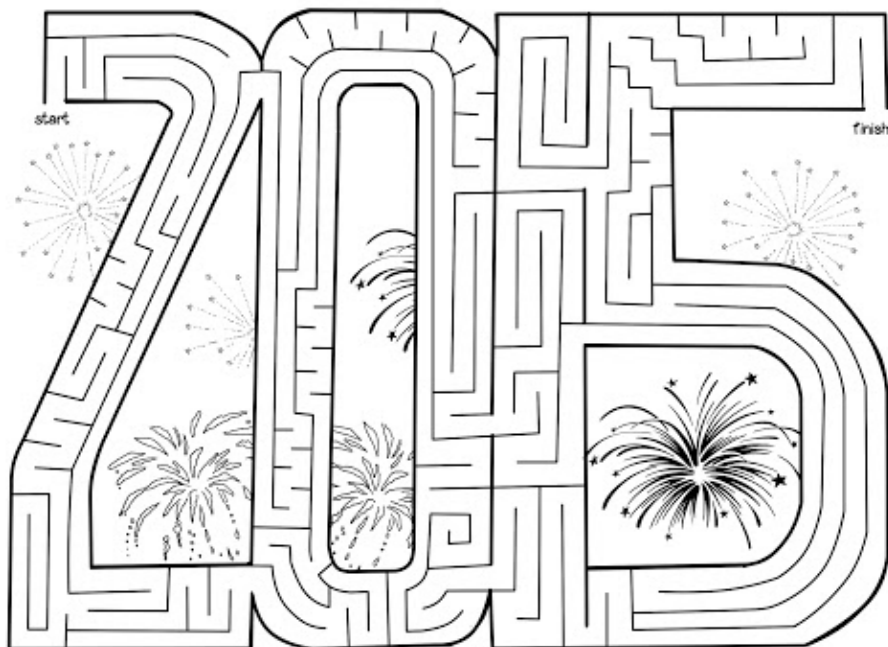
FOOTBALL  
JANUARY  
RESOLUTIONS

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

# Break

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

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



## The Final(s) Interview

By Brett Lane

We are coming to an end of the first semester here at Sherman Jr./Sr. High School, and everyone is getting ready for finals in periods one through seven. We here at *The Husky Times* thought you all might appreciate knowing what some of your teachers think about the finals, so we asked four of our staff members four simple questions:

**Question 1:** How long do you think each student should study for each individual final? Should they study for each final every day?

**Question 2:** If you could choose how long the final was, how long would you like it to be?

**Question 3:** Do you have any tips for the students to help them the day of the final?

**Question 4:** After finals, do you think the student who passed their finals should be rewarded?

Here is what they had to say:

### Question1:

**Mrs. C:** Well, it really depends on who the student is, because some students learn quicker than others. And, it also really depends on the subject too; some students adapt to different subjects better than others.

**Mr. Pfeifer:** They should study for an hour to an hour and a half depending on what subject it is.

**Mrs. Hernandez:** It depends on the individual student and their strength with the subject matter. A student strong in a subject might be able to do a light review, but a student who is struggling might need more in-depth review. I would study every day, but chunk it up. Study little bits and pieces and then

do a more comprehensive review a few days before just to make all the pieces fit together.

**Mr. Shelton:** It depends on the course because of the understanding and the student themselves; some understand certain subjects better than others, so they wouldn't have to study for them as much as others.

### Question2:

**Mrs. Hernandez:** One hour, but it depends on the subject area.

**Mr. Pfeifer:** About an hour and a half. Anything past that is too long of a final.

**Mr. Shelton:** Since it covers the first and second half of school, it should be one and a half to two hours long so that it could cover any variety of tests: like a reading test, writing test, or even a multiple choice test.

**Mrs. C:** Again, it really depends on what subject it is. If its a reading or a writing test, then you should have a bit more time than some of the other tests. It also depends on what type of test it is.

### Question3:

**Mrs. C:** Study the night before, and get a good night's sleep so you don't need any tips the day of the test.

**Mr. Shelton:** Have a good breakfast, sleep well the night before, don't over do it. Take your time on that final, and don't panic.

**Mr. Pfeifer:** Make sure to spend adequate time on test prep before the test, and to come to class prepared. Don't

freak out or get nervous.

**Mrs. Hernandez:** Sleep well the night before. Study the day before the test so you're not stressed. Eat breakfast, and wake up on time so you're not hurrying that morning, and do your best. If you did all the prep work, you should be fine.

### Question 4:

**Mrs. Hernandez:** In my opinion, passing the final is the reward. All of us work hard, and all of us have things we are expected to do. A natural reward in life is that when you work hard and do your job well, success is more likely to come your way. If you work hard in class, you'll reap the benefits and rewards of passing the final!

**Mrs. C:** I believe that it could be a good thing not just for the student, but the staff also, because I have heard of other schools doing it and having great benefits. For instance, the attendance and grades went up when promised a reward for passing their final.

**Mr. Pfeifer:** I think so. Having a reward to say thank you back to the students for working hard and being ready for the test shows them that finals week isn't so bad, and that it can be rewarding as well.

**Mr. Shelton:** I think its always nice to be rewarded after working for so long and as hard as they do, and it adds just a little incentive for them to do better.

# Mini House Masterpieces

By Ken Earl

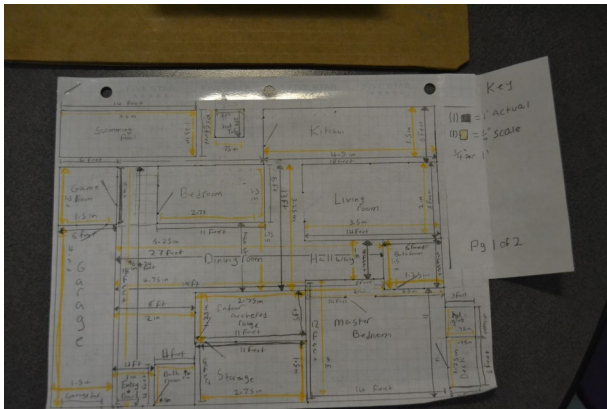
The week before Christmas break was an activity-filled time; one of which were the 8th graders' house project displays. The journalism class went through and interviewed a few students on their houses. I interviewed Tyler Jones. His cardboard house was based on his home, but with only a few minor adjustments like a large pool and a hot tub.

I then asked him how long his build took and what he learned from this. He replied, "5 hours. I learned that building houses takes time and effort."

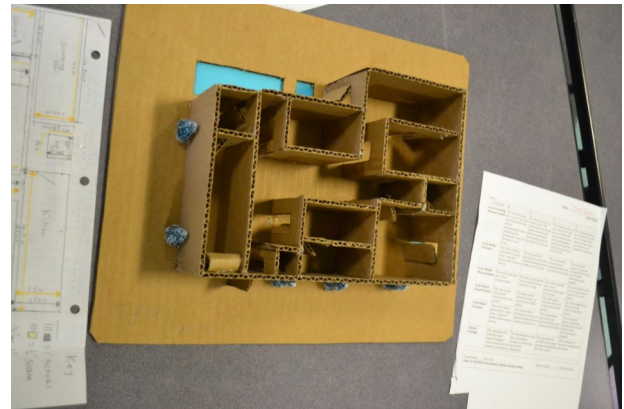
Brett Lane interviewed Desiree Winslow. He asked her what math techniques she used and she simply replied that she used basic math. She spent 3 hours non-stop on her delicious

house.

There were several other houses built by the 8th graders. The materials they built the houses ranged from cardboard, legos, to even graham crackers. Overall, it was great to see that all the 8th graders in Mrs. Remington's class had turned in these impressive builds.



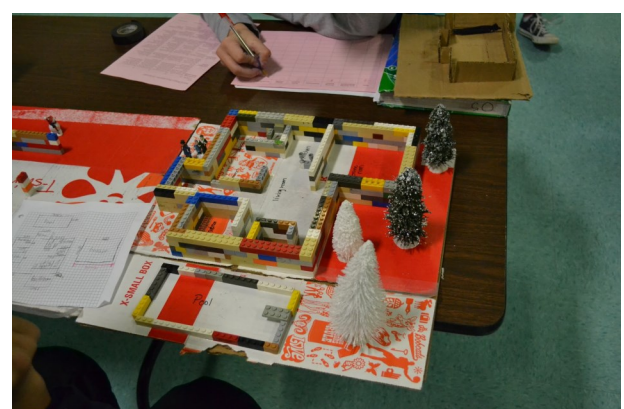
Tyler Jones' house plans



Tyler's plans brought to life



Desiree Winslow's sweet house

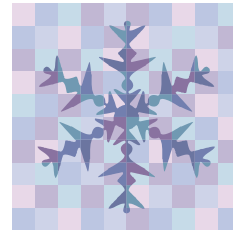
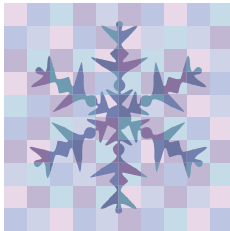


Caleb Fritts got creative with some legos

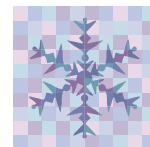
# Winter Formal



Lexi Grenvik and Kiersten Casper



Halee Koshney and Kaiden Paulette



Bethany Lohrey, Garak Casper, and Kaylee Paulette

