

Manestreet News

The School Store

You may have heard of the new paw tickets we have. Paws are an excellent way to reward student behavior with lots of exciting new incentives! These small slips of paper are handed to you when a teacher observes you showing PRIDE – persistence, respect, integrity, diversity, or excellence. But what is the point, anyway?

Well, you can redeem these tickets at the school store for prizes. Some of these include:

- Dye Ms. Audrey's hair- you choose the color!
- Get a free yearbook
- Shave Mr. Hancock's beard
- Fancy cafeteria lunch
- Eat lunch with a teacher

These all seem fun and are definitely worth saving for. But some of the aspects of the paw store are raising questions.

Seventh and eighth graders argue that the school store should accept their paws from last year because they worked hard to save them up. While this does seem fair to the older students, it might also give them an advantage. Having a lot of paws already, while the new students have none, might make the game unjust, letting a few be able to buy bigger prizes sooner.



Another issue is the timing of the school store. Several students have criticized the fact that it is in the morning before school.

They feel that it would be unfair to kids who ride the bus who might arrive late to school. They might not be able to visit the paw store when it is there. However, there are no other better options for the time for the paw store to happen. Last year, it was during lunch. However, sometimes large crowds gathered and mobbed around it, generating chaos. Because of the long lines, students were often late to class and had to be written passes, creating more work for teachers and staff at lunch.

Continued on page 2

"School Store" Continued from page 1

If the school store was at the end of the day, that would be worse because more students have to catch buses in the afternoon than in the morning.

On the other hand, the prizes are great. There are some options that are incredibly fun and are amazing incentives to earn paws. While 750 paws seems unattainable alone, you could possibly team up with some friends to do something that will be fun for everyone. These prizes are surely worth showing PRIDE! Teachers are relieved with the fresh start of the paws. Mrs. Moe noted that she had observed several students selling paws, or stealing them from teachers. Not accepting paws from last year means that these deceptive students will not be able to use illegal paws. However, it leaves some wondering if this trickery will be up and running again after a little while.

Overall, it must be pretty hard to coordinate the school store around the student schedule and preferences, finding an opening for when you can cash in your bucks. Although it might not seem like the best solution, it is one of the best fits for how Sandburg operates right now. The school store is run in the best way it can be for now, and complaining won't do anything for it.

Now, go and get some paws and redeem them for some good times!

Lion Pride PAWs Incentives

5 PAWs

Staff member makes a positive phone call home!

15 PAWs

- Sit in the teacher chair for a class period
- Advance peek of an upcoming assignment

25 PAWs

- Lunchroom Assistant - Dismiss and clean tables, etc.
- Teacher for a class period
- Earn a 5-minute break with staff member of choice
- Individual can get lunch first

35 PAWs

- Earn a 10-minute break with a staff member of choice
- Basketball break with a friend
- Choose music to play during class

Lion Pride PAWs Incentives

60 PAWs

- Entire table can get lunch first
- Picture on "PRIDE Wall"
- Shout-out in advisory

150 PAWs

- Lunch with staff member of choice
- Lunchroom "fancy" dining experience
- Get out of lunch detention for 1 day

250 PAWs

- Barzey will buy false lashes or nail decals
- Teach Ms. Annie how to do a TikTok dance
- Basketball with friends in Gym A (during lunch or study hall)

350 PAWs

- Whole Class Game (Kahoot, Silent Ball, etc)
- Free time outside
- Free Yearbook

Lion Pride PAWs Incentives

750 PAWs

- Shave Mr. Hancock's beard
- Surprise silly string attack Mr. Lamont
- Dye Ms. Audrey's hair (and choose color)
- Duct tape Mr. Jake to the wall



AVID Spirit Week



Book Review

By: Hunter Hollinbeck

One book that I enjoy is Mr. Lemoncello's library. I like it because it is super duper entertaining and I can't put any of the books down. It is a 5 book series and in each of the books just build on the previous books. It also has so many fun puzzles and riddles. I also like the amount of funny frazzling words in all these wacky books on the right. I like it because it has some fun things like a trampoline floor and lots of board games. (Which I love)

Spoiler: If you read this book you will understand why I put all these fun words in here.

TV Show Review

By: Makenna Martin



One show I enjoy is The Babysitters Club. I like this show, because it has books that go to the movie. Something I learned from it is that you might be mad at your friend and yet you still want to be their friend.

My favorite episode is when they got into a fight. They were mad at each other, but then they meet a friend, and her other friend was mad. Finally, they make up and then the new girl joined the news club.

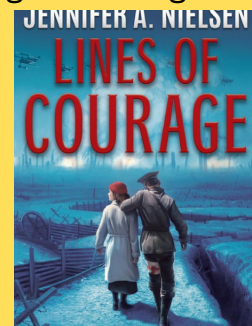


Mrs. Braun Recommends

Lines of Courage by Jennifer A. Nielsen

Description:

A WWI story that follows five young people on both sides of the conflict--each facing their portion of the war with courage, until the end of the war brings them together.



Math Team Season Results

The Sandburg Math Team finished the MN Jr. High Math League season with a flourish in the fifth meet of the season on Monday at Breck Middle School. The Sandburg "Smarties" had a great day and finished second out of the 13 teams from 7 schools. Their strong showing allowed them to move into fourth place, good enough for a trophy, in the total standings for the year. Eamon Larson led all scorers in the meet with 24 of a possible 28 points. Evie Johnson and Finn Johnson also posted top scores for Sandburg. Eamon won a medal for the seventh highest season score out of the 80 participants, and Evie narrowly missed the top ten, finishing eleventh overall. Ian Mariette finished in 14th place.

Congratulations to all Math Team members on an outstanding performance!

The team now begins the MATHCOUNTS season, with a big competition coming up in February!



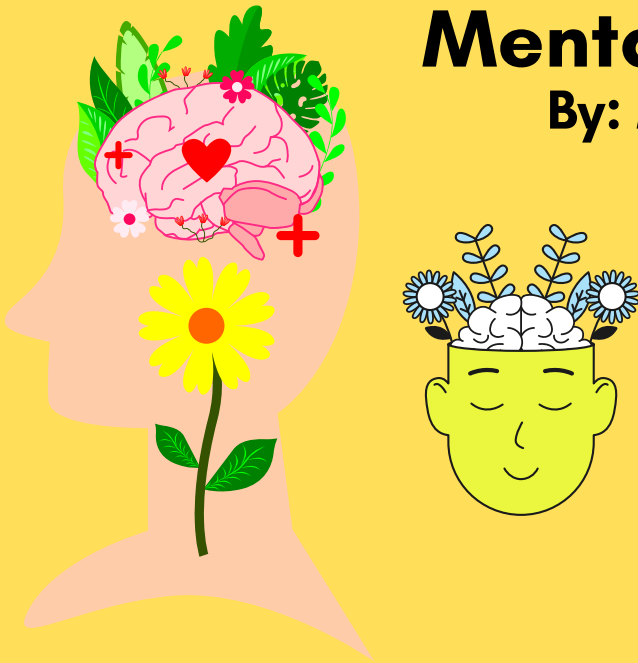
Team	Meet 5	Season Total
Breck Mustangs	152(1)	852(1)
Sandburg Smarties	120(2)	568(4)
Blake Blue	116(3)	624(2)
St Louis Park Kidneys	94(4)	574(3)
Holy Family Black	82(5)	474(6)
Breck Blue	78(6)	510(5)

Team Member	Season Total	Over all ranking
Eamon Larson	110	7
Evie Johnson	102	11
Ian Mariette	94	14
Hunter Hollinbeck	68	25



Mental Health

By: Mr. Jake



Hey there, you are still a middle schooler, which means your life is full of social stressors. Your life is busy and may feel overwhelming at times, but there are steps that you can take on your own, without the help of an adult, to help address the stress you are feeling. These steps might seem small or insignificant but when implemented can make a big difference in your life. Good sleep, exercise, healthy foods, recognizing your emotions, and turning your brain off for a bit will help to improve your mental health and your overall well being.

You spend one-third of your life sleeping or attempting to do so. Your sleep is time for your brain and body to recover from all that happened in your day, and helps to prepare you for all that is going to happen the following day. With good sleep you will be better able to take on the challenges that the day has in store for you. Please turn off all of your screens at least forty five minutes before you are heading to bed. Dim the lights in your room if you can, and work on creating a calming night time routine. This could involve reading a book, stretching, or meditating. There are some good night time meditating tutorials created by Head Space that you can find on YouTube and Netflix. When you first wake up, if possible, try to get direct sunlight onto your face. There is a strong correlation between direct sunlight first thing in the morning and improving your mood.

Moving your body for at least thirty minutes a day is one of the best ways to fight off depressive symptoms or stress. If you do not work out regularly, start off small with a less intensive workout and work your way towards a more strenuous 30 – 60 minute workout. Working out will help boost your energy for the day, and will help you sleep better at night. Working out with a friend or family member also has been proven to improve your mental health. You don't need a gym membership to work out, there are countless workout videos you can find on YouTube.

Bodyweight HIIT workouts, cardio workouts, core workouts, or Yoga are all great search terms to use while looking for a workout that best suits you.

Being a middle schooler you do not always get to choose the foods that you put into your body, but when you can try and choose foods that give you energy for your day. Having a healthy balance of fruit, vegetables, grains, and proteins for your three meals a day will help your body and brain function more efficiently, and in turn you will be able to address stress better. Less sugar and high salt foods will help you prevent energy crashes throughout your day. Drink lots of water!

If you are able to recognize the emotions you are feeling, you will be more likely to be able to address that feeling in a healthy way. All emotions are just fine and normal to have, and you will not always feel a certain way. For example, you will not always feel insecure or helpless. You might feel that way for a moment or for a couple hours, but that feeling will not be around forever. You can even give the emotion you experience the most a funny name to help make that emotion not feel as big. If you feel anxious often you could name your anxiety "Karen." You could say, "Hi Karen, I see your back again. You can stick around for a minute, but then you need to head out, so I can experience other emotions."

Continued on page 7

Mental health matters

This will help you name your emotions and make it seem smaller in your head, and better able to use a coping skill to overcome it. Remember that stress is not always a bad thing. Stress can help you complete tasks.

Finally, let's talk about what you don't want to hear. Use your screens less. Give your brain a break and let it calm down. Many teens state that they use their devices to calm themselves down. Study after study has shown that an increase in screen time leads to an increase in unwanted mental health symptoms. Maybe start small with deleting some of your most used apps, or limiting yourself to a certain amount of screen time per day. Have a replacement activity ready to implement when you are bored. For example, you could workout, read, play music, or create art instead of using your device.

The small changes that you make in your daily routine will add up to big changes in your mental health. If you are already implementing all of these action steps and you are still struggling with negative mental health symptoms please reach out to a trusted adult. If you are not feeling safe, reach out as soon as possible. Reach out to a parent, family member, teacher, school counselor, school psychologist, or school social worker if you need help. Remember that you are amazing and can do difficult things.



Mental Health Tips and Tricks

- Stepping away from whatever is stressing you and taking deep breaths and trying not to get too frustrated/overcome with emotions. This will only make things more stressful!
- Eating healthy and an appropriate diet will help prepare you for the school day ahead!
- Don't skip on sleep and don't use devices before bed because that can ruin your sleep. You can get addicted and stay up very late on your phone!
- Do someone thing that makes you happy and that won't stress you out! For say.... Drawing, doing something creative, getting a treat for yourselves.. etc!
- Reward yourself for doing your homework/ personal goals!

Coping skills

- Fidgets (stress balls, magnets, putty/slime, etc.)
- Taking a break
- Doing really small tasks (take small steps though :))
- Reaching out if needing
- Maintain emotionally supportive relationships.
- Writing/journaling
- Listen to music
- Painting
- Really long and hot showers
- Scribble/doodle on paper
- Watch a favorite TV show
- Find a distraction
- Don't isolate yourself (Get outside)

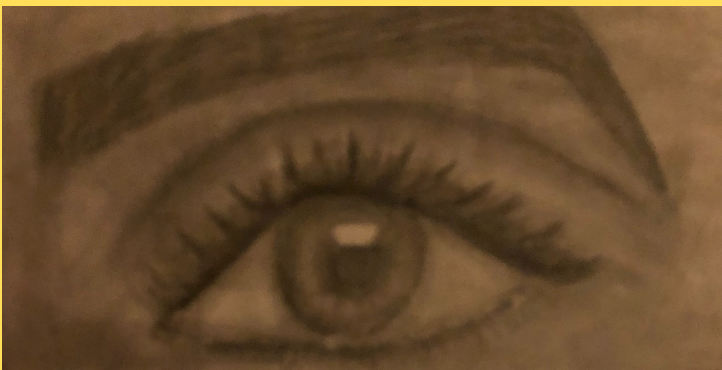
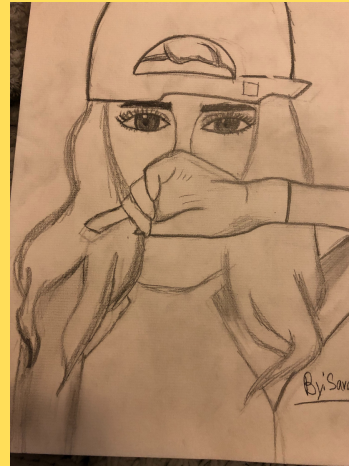
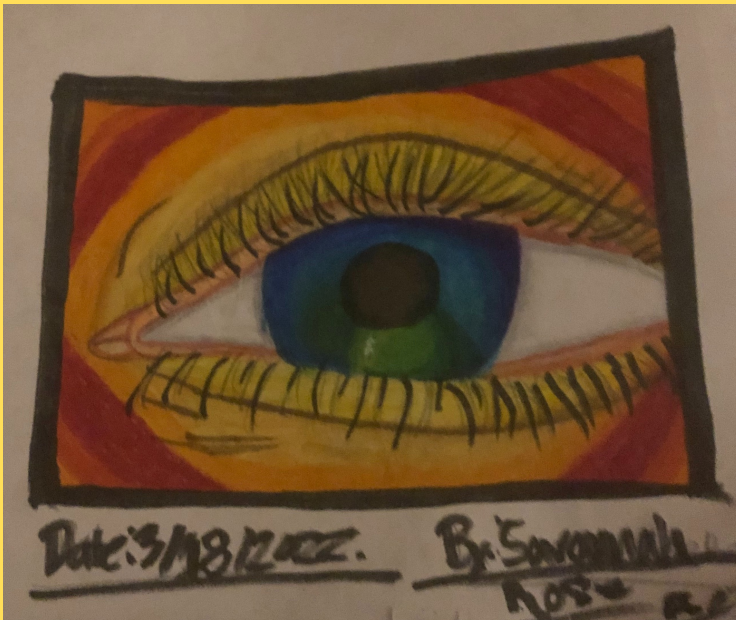
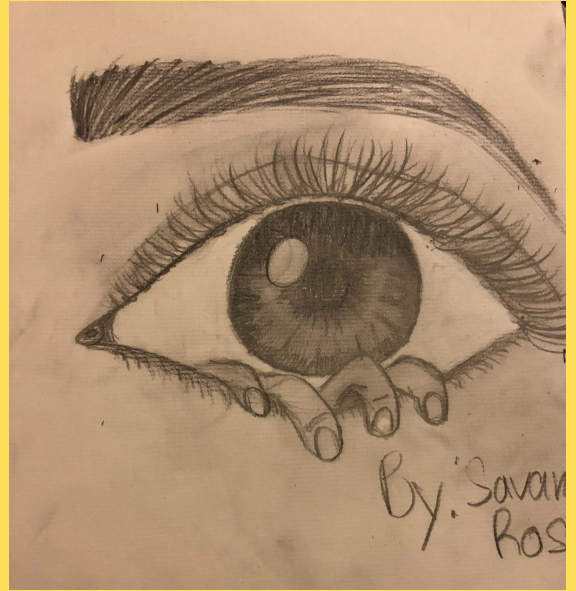
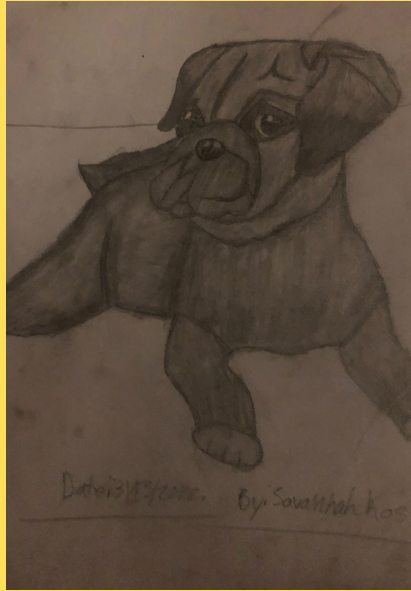
National hotline: 988

Minnesota hotline: 741741



If you just need to talk to someone, there are always people that will help you, and talk with you. You may feel alone and tired of it. But keep going and do great things. Your Life is beautiful and worth it.

Student Artwork

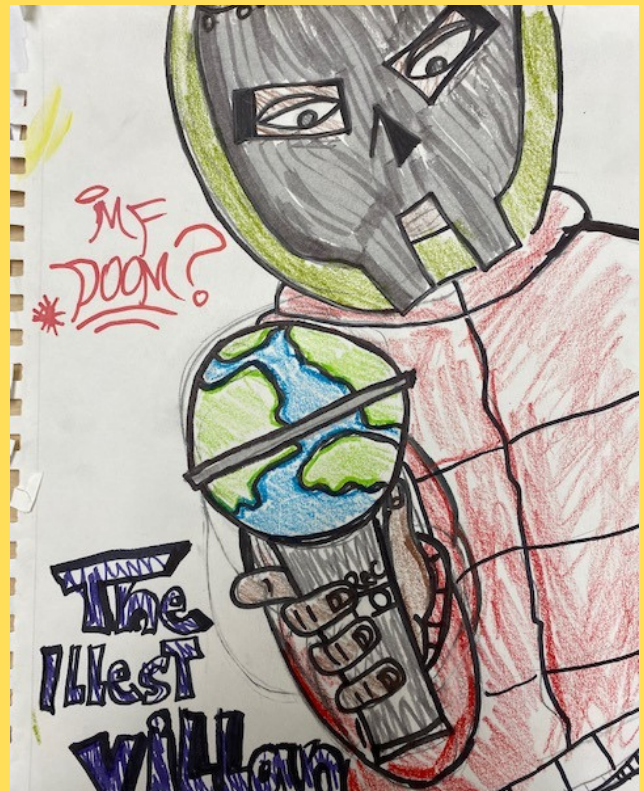


All art above by
Savannah Ross

Student Artwork



Artwork by Natasha Dutton



Artwork by Malachi Anderson-Casillas

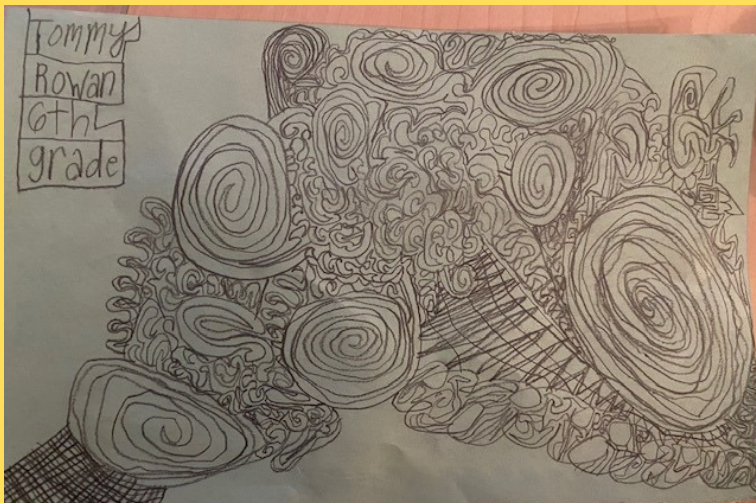
Student Artwork



Art by Talaya Powe



Art by Natalie Rowdon



Art by Tommy Rowan



Art by Indira Hedquist

Student Artwork

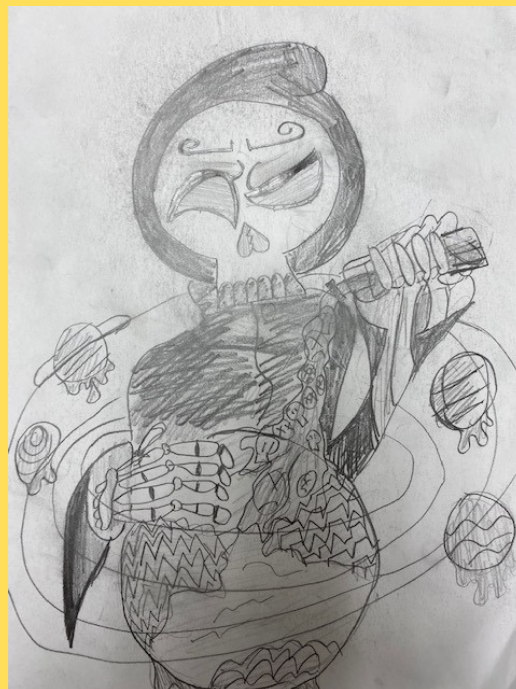
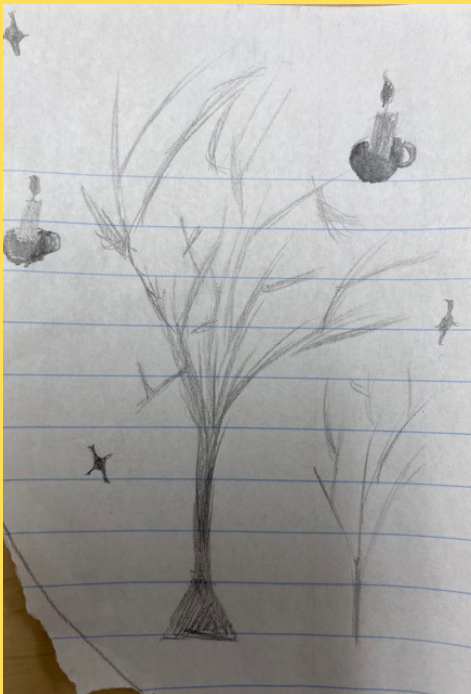


Art by Anja Gardner



Art by Makenna Martin

Art by Lila Berding



Art by Malachi Anderson-Casillas



Art by Makenna Martin

Ask a Question:



The Manestreet News asked some teachers/admin what their dream job was when they were in middle school. Read the following to find out what they said!

Administration	Response
Hancock	When I was in middle school my dream job was to be an Emergency Room doctor or epidemiologist and work for the CDC.
Johnson-Nixon	A football player.
Barzey	I wanted to be an entertainer in middle school. I was involved in a lot of school and neighborhood talent shows. I practiced a lot at home dancing, singing, and rapping. I even began writing Poems and songs. Some of which I still have.

6th Grade

Teacher	Class	Response
Sorenson	Science	The President of the United States of America
DeWeese	English	My dream job in middle school was to be an author.
Whitcomb	Math	In middle school my dream job was to either be a teacher or an interior designer! I have always wanted to be a teacher but a family friend of mine was an interior designer and I thought it was the coolest thing.
Norholm	Social studies	NFL Quarterback
Tenquist	Reading	Teacher

Teacher Ask a Question: Grade 7

Teacher	Class	Response
White	Science	In middle school I wanted to be a Marine Biologist.
Aberle	Social studies	My dream job in Middle school was to be an architect.
Mcmullan	Math	I wanted to be a newspaper writer.
Peterson	Reading	I wanted to be a Marine biologist and study killer whales.
Moe	English	I wanted to be a lawyer or a big mountain skier.



Grade 8

Teacher	Class	Response
Vincent	Reading	I wanted to be a graphic designer.
Sienko	Math	I wanted to become a firefighter.
Enselein	English	In middle school I wanted to be an emergency room nurse.
Curlee	Social studies	I wanted to be a teacher.
Landt	Science	When I was in middle school, my dream job was to open a cupcake shop!
Ross	Social Studies	My dream job in middle school was to be an interior decorator!



Teacher Ask a Question: Allied

Teacher	Grade/class	Response
Impullitti	All grades Choir and Music	In middle school I wanted to be a graphic designer
Whelan	All grades Band	When I was in middle school, my dream job was to be a Veterinarian!
Miller	All grades Spanish	When I was in middle school I was pretty sure I was going to be a big-shot lawyer.
Verdoljak	All grades Orchestra	I think my dream job back then was to be a marine biologist.
Sirek	All grades Gym	I wanted to be a veterinarian.
Rothstein	All grades swimming	I wanted to be an interior decorator.
Dekanick	All grades Tech ed	
Holman	All grades Gym	
Harmon	A.V.I.D.	I wanted to be either a lawyer or a librarian.



Activities page

Color of the
quarter:
Cinnamon
Dreams

Spot the Difference!

Find the 9 differences in the pictures



Riddles

1. What has to be broken before you can use it?
2. I'm tall when I'm young, and I'm short when I'm old. What am I?
3. What is full of holes but still holds water?
4. What can you break, even if you never pick it up or touch it?
5. What is always in front of you but can't be seen?
6. There's a one-story house in which everything is yellow. Yellow walls, yellow doors, yellow furniture. What color are the stairs?
7. What goes up but never comes down?

KenKen

Using the digits 1-3 or 1-4 in this 3x3 or 4x4 puzzle, fill the small squares with digits so as not to repeat a digit in any row or column, and so that the digits within each heavily outlined area will equal that area's corner number when combined using addition.

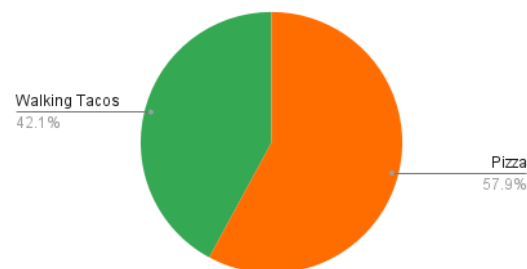
2+		7+	4
1-	3-		2-
		4×	
1-			

1	3+	5+
5+		
	4+	

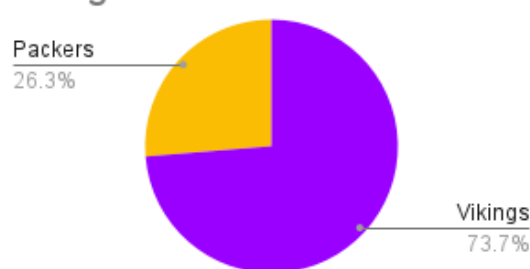
Polls

We had great results for our first poll! Use [this link](#) to vote for more of your favorites!

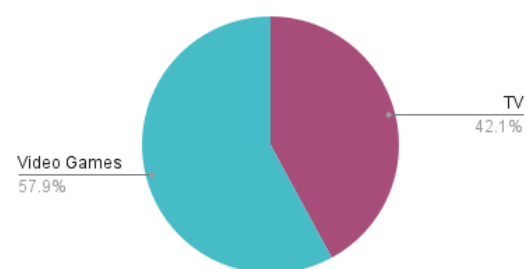
Pizza vs. Walking Tacos



Vikings vs. Packers



TV vs. Video Games



Teacher Spotlight

Ms. Tenquist

By: Jacob Moris

1. Grade level and subject?

6th grade Reading

2. Education: What college did you attend?

Bethel University What is your degree? Language arts and Literacy (Kindergarten–8th grade)

3. What is your favorite thing about being a teacher at Sandburg?

Getting to work with families that I have gotten to know over the years that I have worked both here and at Noble Elementary.

4. How do you unwind after a day of work?

Lay on the couch and watch TV

5. What was your dream job as a kid?

To become a teacher

6. What is your favorite book?

Where the Sidewalk Ends by Shel Silverstein

7. What's your favorite food

Spaghetti

8. Do you have any pets?

2 Cats

9. What is your favorite sports team?

MN Vikings

10. What is your favorite inspirational quote?

As long as you're alive you can recreate yourself. "*Moyocoyotzin*"

11. What is your favorite acronym?

GOAT

12. If you found a genie and you could have three wishes what would they be?

End world hunger, world peace and student loan forgiveness for all



Teacher spotlight

Ms. Whelan

By: Hunter Hollinbeck

1. Grade level and subject?

6th-8th grade Band

2. Education? What college did you attend and what is your degree?

Bachelor's degree in Instrumental Music Education and Vocal Music from the University of Minnesota Duluth. Currently working on my Master's degree in Instrumental Music Education from the University of St. Thomas.

3. What is your favorite thing about being a teacher at Sandburg?

My music team and how helpful we are toward one another and the band students that I get to work with.

4. How do you unwind after a day of work?

Watching some anime or working on one of my many crafts.

5. What was your dream job as a kid?

I wanted to be a veterinarian or at least work with animals.

6. What is your favorite book?

My favorite book right now is It by Stephen King.

7. What's your favorite food?

Pickles. Could eat them all day everyday.

8. Do you have any pets?

I have 2. A 9 year old black lab/basset mix named Jack, and a 1 year old tabby/calico named Lily.

9. What are your favorite sports teams?

The only team I really watch are the Minnesota Vikings.

10. What is your favorite inspirational quote?

"Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything." - Plato

11. What is your favorite acronym?

The one I use the most would probably be LOL

12. If you found a genie and you could have three wishes what would they be?

Wish #1: Free college education for anyone who wants it. Wish #2: ALL current student loans are gone and paid for without government funds to do so. Wish #3: A never ending supply of money that would care for myself, family, and friends, without having to work in order to receive the money.

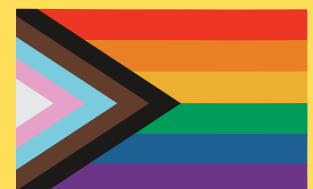


GSA Field Trip



In November, students (combined middle schoolers from the GSA's at PMS, RMS, and SMS) had the opportunity to attend Q-Quest 2022 at the Minneapolis Convention Center.

GSA (Gender and Sexuality Alliance) groups are active in all of the middle schools across the district, and provide a safe space for students and staff who identify as LGBTQ+, their allies, and those who want to learn more or join a supportive community. At Q-Quest, SMS middle school students had the opportunity with hundreds of others to attend workshops, meet representatives from queer organizations around the cities, and even enjoy a couple drag performances!



Student Poem

Snow.

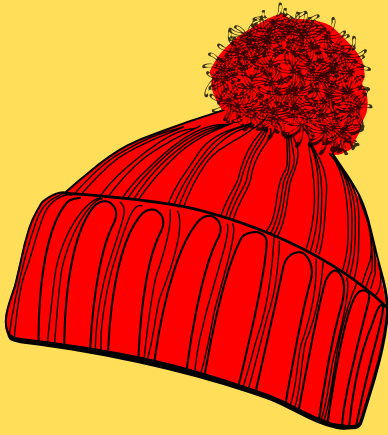
-Markiya

Snow is like a harsh, icy, storm but it's misunderstood. The harsh cold is it's way of showing its love and kindness. The icy blizzards are its way of saying it's sad. The snow helps us give back to our lakes adding fresh new water. It gives life from its snow giving us water to our lands so we don't dry out in the deep summers. People think winter is a season of taking but it's one of our seasons that gives back to our earth. Winter is where the snow thrives it rains down to us trying to show its love showing its warmth with all it's cold heart has to offer. For some the snow is unforgiving but it has good intentions trust me the next time you see snow don't shun it away welcome it with warm arms and just say "hello!"



8th graders, Eamon Larson, Piper Rowles, Evie Johnson and Ian Mariette, played music to welcome families during the 5th grade open house.

Full-Service School Update



Full-Service is here for **YOU!** Do you need winter gear? A coat? mittens? gloves? or a hat? We have them-**FREE!!**

Do you need school supplies? Color pencils? Binders? Paper?? Folders? We are here to help you be successful!!

Stop -IN and see us!!!

Looking forward to in Q3:

Micah- One goal I have is to have fun.


Nery- One goal I have is to get good grades.

Austin- I am looking forward to STEP.

Asiris- One goal I have is to have good grades.


Farah- One thing that I am looking forward to is the new Allied classes.

SMS Student Shout Outs



Shout out to 8th-grade WEB Leader **Heze**! He was a risk-taker and ROCKED being the Lion mascot during our 5th grade open house. He made families feel welcome, brought smiles to the staff and used his positive energy to help 5th graders feel relaxed. Way to go Heze!

-Ms. Enselein




I want to give a shoutout to **all of the students that auditioned for the spring musical**! They did such an amazing job!! I want to thank them for trying out, and for bringing so much excitement to the show!

-Ms. Ross




I'd like to shout out **Addy Vu** for working SO hard at the musical tryouts.

-Ms. Kiecker



Chlo Ellison! For their creativity, helping orchestrate the painting contest, & coming forward with great ideas to unify Sandburg student


-Ms. Genola



Thank you to these 8th grade orchestra members for playing music to welcome families for the Jan 19th SMS 5th grade open house!

Evie Johnson, Eamon Larson, Ian Mariette, Piper Rowles

-Ms. Verdoljak




I would like to shout out **Jamiya Howard** for being a leader during Girls Taking Action Group.

-Ms. April




I'd like to shout out **all of the WEB leaders that helped us last night at 5th grade information night!**

-Mr. Hancock




Class of 2029 (6th Grade) - WOW! What can I say except I enjoy coming to work everyday. From day 1 it was evident you all are compassionate, caring, flexible, goal orientated and willing to go above and beyond. I have enjoyed the first half of the year and commend you all for making it so. Hats off to the class of 2029.

-Mr. Norholm



JaTaviein Hunnecook is rocking his first year of middle school! He's focused on his academics and is kind and respectful to both students and staff.

-Ms. Wilker




Fernanda Zarazua Enriquez has stepped up a few times to be a student ambassador. She helps make our new students feel so welcome!

-Ms. Wilker



Max Tia is an all around great student here at Sandburg! Keep up the awesome work, Max!

-Ms. Wilker



A big thank you **to the students in News Club**. I appreciate your hard work. A special "hooray" for **Hunter Hollinbeck**. Thank you for all of your work on this issue, working outside of our meetings and in your spare time. Thank you!

-Ms. Moe