

# The SMS Post

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## Stay on the Blue!

Featuring Miss Pam



## Food for All-A Heart of Gold

For the next few weeks the National Junior Honor Society is leading the school in a canned food, boxed food and personal hygiene collection drive to support the SMS food pantry that was created by its very own Miss Pam. She may be loud and firm but has a heart of gold. She wanted to make sure that all of her babies, as she calls us, did not go hungry. Every week Miss Pam sends food that can be easily prepared in a microwave, or cooked by kids (like us) home with anyone who might need a little extra. Everyone at some point might need a helping hand and she is always willing to give it.

Miss Pam not only takes care of us here at school, she can be found taking care of the town of Frankford as well. She serves as the town manager of Frankford so she can oversee the town park and watch out over her kids there too. She does not miss much.

Miss Pam makes sure we are always doing what we are supposed to do and at the same time truly cares. She is not afraid of anything and is not afraid to get us exactly what we need. So help out Miss Pam and donate items for the Food Pantry. Stay tuned next month to see what she has in store for Christmas!

# Day In the Life of a Bus Driver

Have you ever wondered what bus drivers go through in a day? I mean, they have to take bus loads of kids to school every day, and that is way easier said than done. You might even ride the bus yourself, not thinking about what the person driving is going through. Well, after interviewing a bus driver in our school (Mr. Evans), we have learned the true side of bus driving. It may come as a shock to you (Or it may not) but Mr. Evans loves his job, as he loves helping people and likes working with kids. He believes that what he does is for the good of heart. However it's not that easy. He has to wake up early at dawn, when the sun is rising to the earth. He usually has a morning coffee and oatmeal (His favorite breakfast). He drives for the bussing company "Layton" and is mainly picking up kids from Dagsboro in the morning. Once he arrives at the bussing station, he takes his lucky number 100 and starts his route. Mr. Evans says all of his kids are well behaved and he likes to reward them for that. Once Mr. Evans gets to school at around 7:15 am, he parks his bus in his spot, lets his kids get off, and heads inside. Mr. Evans also works as a paraprofessional in the school (Teachers assistant). He loves helping kids with their needs in school and enjoys being with some of the teachers. He is mainly situated in the Arrows and All Stars hallway, but does branch out to other places sometimes as well.



After the day is over, Mr Evans will begin his bus route to take the kids home that will end at about 3:40 pm. He has a great time with his kids and tries to make the bus ride fun. After he is done with his bus route home, he drops the bus back off at Layton and heads home, which takes him a total about an hour. When he arrives at his humble abode, he does his nightly routine and heads to bed, just to repeat it again.

I think we all can agree that Mr. Evans is an amazing person and has a very interesting and busy life. We should be more appreciative of bus drivers like him as they can do a lot for us and help us out a ton!

11.?.23



# Football



## **The Highlights**

Another game against Georgetown to attempt to take home a long-deserved win has recently been played. Selbyville and Georgetown fought a hard battle on the field the whole game.

Isaiah Fountain and Cam Ellingson scored touchdowns. The defense was on point and made many great stops during the second half. The offense drove the team downfield but was eventually stopped

by the opposing defense.

In the end, Selbyville came out 14-16. Even though they didn't get the results they hoped for, they still put in all their effort and gave Georgetown a team to be afraid of in the future.





## SMS Volleyball

SAS is one of SMS's biggest and most competitive rivals. Recently, the SMS girls went up against SAS on the 18th of October. The game took place at the Indian River High School, a hotspot for matches such as these. The girls were more than ready to hit the court.

Their spirits were high, and so were the stakes. They were ready to take home the win even before the game started. After they completed their intense warmup, the "A" team hit the court for their first set, where Lily Kreger took the serve. The score remained roughly even throughout the match, but SMS came back and ended 27-25! The second match was very similar as well. SMS kept SAS on their toes and kept the scores mostly even. However, SAS came back at the end, scoring 21-25 (SAS).

For the third set, the volleyball team was down 7 points from SAS, but made a climb up to the top. By the end of the brawling third match, the score ended up being 23-25 SAS. Sadly, SAS did take the win, but it doesn't mean that the girls didn't do amazing in that game. For the B team, SAS won as well, but not without a fight. The score was close, similarly to the A team. SMS fought a hard battle that day and made sure that SAS was ready next time to go against our amazing team!



# Soccer

The soccer season ended out with a blowout against Millsboro which the final score was 8-1. Their season ended with a 9-2 record, a really good record for a really good season. Their best game that they had started out in the first half with Selbyville down 1-0 against Delmar. They came back, scoring 9 goals against them. They ended the game winning 9-2. Goals were scored by Hunter Thomas, Torin Crotty, William Retzos, Bryden



Triscuit, Miles Allen, and Colby Snedaker. Great saves by Torin Crotty, Tristen Fuhrman. The top goal scorer goes to William Retzos with an impressive 13 goals this year. The 2 goalies this year had a total of 39 saves between Torin Crotty and Tristen Furhman

# SMS Cross Country

This is the first year of Cross Country at Selbyville Middle School.

Cross country is long-distance running for a certain distance. Most races that take place in Middle School Cross Country are 2 miles. When they run, they run a trail through the woods. In cross country, the boys start first. They line up at the starting line, and when the whistle or horn blows, they start running. Then, a few minutes later when they are almost done or have finished, the girls line up. When the girls line up, they wait for the whistle or horn to blow, then they go. As people finish, they get a paper to tell them what place they came in. Then, you go to a desk or table with a computer or sheet of paper. You say your name and the place you got. The five first people on the girls and boys that pass the finish line are scored by their place in the race. The team at the meet with the least amount of points will win. This season there have been three meets. The last cross-country meet of the season was on Wednesday, 11-1-23 at Killens Pond state park. (3:00 warmup, 3:45 boys race, 4:15 girls race, 4:45 awards) This meet is a tournament against 21 teams. The meets this season have been 9-27-23 at home against Milford MS, Seaford MS, and Sussex Academy, 10-16-23 at Killens Pond against Beacon MS, and Chipman MS, 10-24-23 at Sandhill Fields against Beacon MS, Mariner MS, and Sussex Academy. Overall the season ended with all runners improving their times.





# Field Hockey



Have you ever been to an SMS field hockey game? Well, if you haven't, you are missing out. In their game against Dover they took the win 6-0—one of their best games. Goals were scored by Caroline Williamson, Rebecca Robinson, Kierra Santarelli, Avery Bare, Lexi Wilkinson, and Madelyn Faucett.

Although there is an A team and a B team, we are one big family. Everybody tries their best and even though we might not be undefeated, we still have a strong team. We have won 5 games, tied 2, and lost 1 game. Our captains Rebecca Robinson, Lexi Wilkinson, and Erin Cosgrove have kept us on our feet and have led us to victory.

Sometimes the field can be tough to play on, between the holes in the field and the dead grass. Although the grass can be very annoying, it gives us an advantage. A lot of the other teams have turf, so when they come to play us, they are not used to playing on our grass.

We asked the coaches what they think of our team and how they thought we were doing. Coach Brasure said, “This has been an exciting year for SMS field hockey. We only had three starters returning and so many ladies have stepped up their game. We are excited to take down undefeated Beacon and finish with a strong win against Millsboro next week.” This is Coach Brasure's first year coaching our SMS field hockey team. She has been doing a great job and helping our team learn new skills and grow as a team.

Coach Reiner is our assistant coach and this is also her first year coaching field hockey. She told us, “Although I played sports for many years, this year has been my first experience with coaching. I didn't know what to expect coming into it, but I have really enjoyed this season. The group has done a great job coming together as a unit and playing as a team. Every day the team goes out and works hard to improve their skills whether this is the first year they have ever played hockey or if they have already played for several years. The team has come so far from where they were at the beginning of the season, and I can't wait to see what else you can do!”

Then, our volunteer coach, Coach Bare. She has been our head coach for a while. She said, “We have a very talented group of players this season. While half our team is comprised of 8th graders, we are extremely strong and are looking forward to a successful end of the season. Our offense has worked hard to improve their short passes into space while our midfield has done a fantastic job communicating with each other and changing fields. Lastly, our defense has been a brick wall only allowing three goals all season!”

We all thought last year that our 2023 season would not go as planned with most of our starters and half of the team leaving for high school, but it has turned out to be a good year. This season has been a tough one but we pulled through and played our very best. Next year we are going to have 14, 8th graders leaving, and there will be only 19 6th and 7th graders left. When you have a chance, come to one of our SMS field hockey games. “The ball may be small, but the game and the team is so big.”

# SMS Extracurricular Activities

## SMS BPA



Have you ever thought about business in everyday life? Business Professionals of America is an organization for students pursuing careers in business, technology, finance, and many other similar career fields. Mrs. Macrides and Mr. Sweetman are our BPA instructors. BPA has open events that include business communication,

fundamentals, and math concepts. As well as Computer literacy. These open events are welcome to everyone in the club and there are unlimited entries. Some other events that do have a limit on the number of people that can attend them are digital literacy, presentations, speeches, and other engaging things.

## Delaware Technical Community College Academic Challenge:

Every Tuesday, students from a variety of different schools and different districts are dropped off by their buses at the Delaware Technical Community University where , they go through courses that include Mathematics, Language Arts, or both. Students decide if they want to do this program in the 7th grade and they get to start in the 8th grade. The program provides a standard high school curriculum and college work at an accelerated pace.

It also allows you to earn college credit when you are just in high school

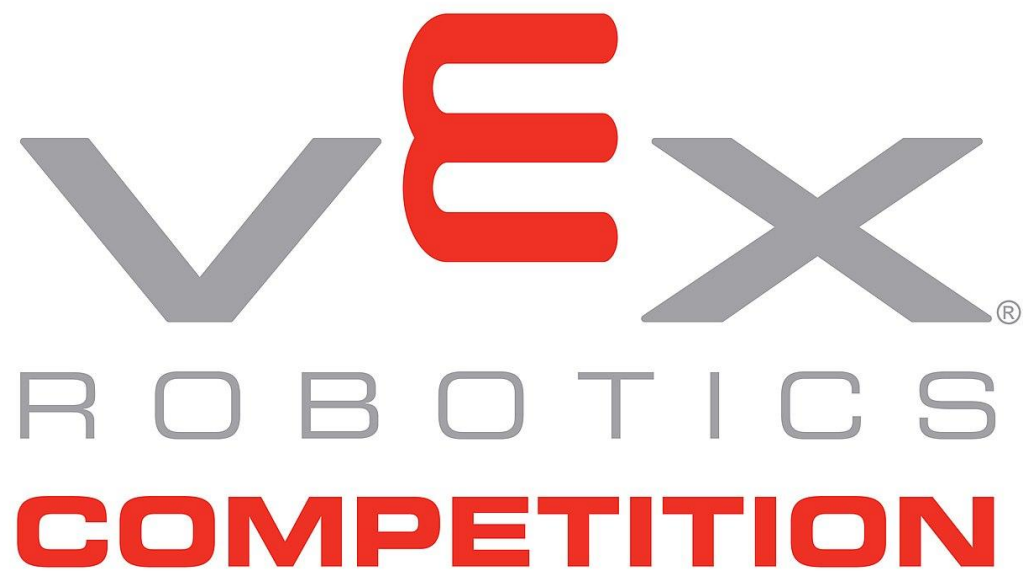




# SMS Robotics

The 2023-2024 year has started fresh for the VEX robotics team. Many teams have designed a new prototype for their robot for Over Under, this year's competition game. Teams must work with metal and screws to construct their optimal design. The objective for this year's game is that the game's pieces, triballs, must be placed in the opponent's goals, and you must try to get as many triballs as you can in a one-minute driver period. Teams can get additional points by winning a 15-second autonomous period where if teams complete certain tasks without controlling their robot, they win an autonomous win point for the round. For the endgame, teams can hang their robot on a pole, and depending on the average, teams can earn a maximum of 20 points or as little as 2 points. If these competitors win the regional

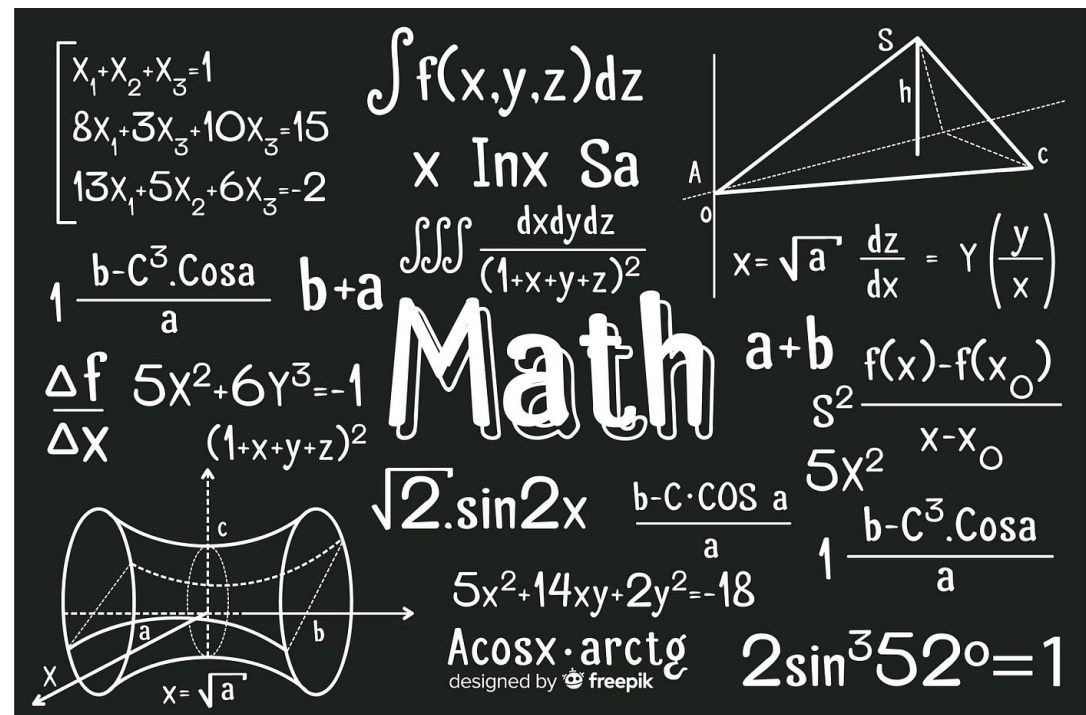
competition, they will get a chance to travel to Dallas, Texas to compete in the Worldwide competition. This can include people from China, Germany, or even Australia! Be on the lookout for our designs in the halls and support us in our fundraisers!



# Math League

The start of a fresh new season has arrived for Math League! This program recognizes mathematicians who work hard on several mind-challenging questions. These questions can range from geometry, algebraic expressions, fractions, decimals, division, square roots, proportions, and a whole lot more. Recently, the very first competition passed by and the scores are to the following, For the 7th grade teams, 1st place goes to Beacon Gold with 22 points! 2nd place is tied with our SMS Green and Greenwood Gold at 18 points! 3rd place goes to Millsboro with 14 points. 4th place was tied between our SMS Gold and Beacon Blue with 8 points. 5th place was a tie between Greenwood Green and Georgetown 5 points. 6th place goes to Mariner with 4 points. For the 8th-grade teams, 1st goes to Beacon Blue with 17 points, 2nd is Beacon Gold with 13 points, 3rd is Millsboro with 10 points, 4th place goes to our SMS Gold with 9 points, 5th place is a tie

between Delmar Prettyman and Georgetown at 8 points, 6th place is a three way tie between Greenwood Mennonite, Mariner, and Delmar Bennett at 6 points. To conclude everyone did very well and especially the fact that this was the first competition. Our next competition will be located in Millsboro Middle on the 15th of November. Hope we have a successful season this year and so on!





# SMS and The Arts

What is art? It is loud, colorful, and lively. Art is music and singing it could be dancing, painting, drawing, sculpting it can be anything you put your mind to doing. Art is you expressing yourself and your emotions. Art helps you to express yourself in various ways; it can help you relieve your mind from stressful situations and allows you to take your mind off of the stress and problems in an individual's life. It allows you to think of things you enjoy and love. It can help you explain things and objects. So what is art? Art is the expression or application of human creative skill and imagination, typically in a visual form such as painting or sculpture. It produces works to be appreciated primarily for their beauty or emotional power. Because art is such a great way of self-expression, most schools have extracurricular activities.

Our school in particular has ART, MUSIC, BAND, CHOIR, SPORTS, and extra clubs of other interests that allow our students to be a part of and to help them find an interest they enjoy. Here at Selbyville Middle School, we want our students to feel like they can be themselves and express themselves within school policy. SMS's art class has many colors and shapes. We learn about the forms of art and how they were seen as art. Mrs. Hall helps us express ourselves creatively. In the band and chorus room you can hear Mr. Riepen and Mr. Tsavadar practicing hard every day for our concerts. We have some of the most talented students in the district and we want everyone to see the potential of all of our students.

Art is about you putting the time in and turning something into your own view or idea of it. Art is more than a stick figure on a math test, it's the beauty in life. Without art we wouldn't have a clue about what has happened in our past. We wouldn't know how to build anything or view it. We would be lost and that's why here at SMS. We want our kids to be aware of what, how and why art is important. Art can communicate information, shape our everyday lives, make a social statement, and be enjoyed for aesthetic beauty. Art helps us understand other values and other people's views and perspectives on things. Without art, we wouldn't have self-expression and there would be a void in the beauty of the world and the world won't understand value and meaning. That's why art is important to teach in schools and why there are so many different types because we create it. As you can tell art is a very important value to life and we want our students at SMS to feel like they can be themselves and understand what art is.



# Student of The Month



## (7th Grade: Arrows)

Each issue we will be featuring a student spotlight, This issue features a student from the 7th grade Arrows team. Will you be next month's student?

Egenia Chili Lopez is the Arrows student of the month for September. She is kind, caring, and overall an amazing person. Egenia is an exceptional student in every class, whether she is in science writing about metabolism or in math solving for percentages. I got to interview Egenia and ask her some questions recently. I am going to share her replies to my examination with you. For the first question, I asked her "What was the most recent book you have read?". She responded with the classic chapter book named, "So This is Love" by Elizabeth Lim. Another question I asked was "What is one place that you want to travel to?" She replied China. Who inspires you in life? I asked, "My parents" she answered. Then I asked her some questions about her favorite class and she replied with science because of Mr. Zook. Her favorite movie was The Conjuring, a horror movie about a haunted doll. Overall Egenia is a fabulous person and a great friend. Exactly why did she get picked as the star student? Her teachers on the team echo that she is compassionate and caring. She has gone above and beyond for her classmates and made the transition for many students who are new to SMS and this country. She is truly selfless, motivated, and successful!



# School Lunch

Ratings: **9.9/10**

The options for this year's school lunch have been absolutely splendid, but the one that stands out the most was the Beefaroni. Off the bat, the beefaroni looked very appetizing.

The Texas toast blends perfectly with the aroma of the spaghetti mixed with the meaty sauce. The mixture in your mouth just leaves you in a state of happiness and delight. The chocolate milk was good too, the chocolate had a white creamy flavor. Parmesan cheese was a great add-on as normal. Blending in cheese and the meaty sauce. Made the flavor come out even more. Don't forget your fruit as it is vital for health!



# School Lunch Menu

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | District Lunch Daily Offerings  |
|---|---|---|---|--|---|
|    |   | 1<br><b>Corn Dog</b><br>Baked Beans<br>Sweet Potato Wedge<br>Assorted Fruit<br>Assorted Milk  | 2<br><b>Fish Sticks</b><br>Seasoned Green Peas<br>Stewed Tomatoes<br>Assorted Fruit<br>Cheesy Baked Macaroni<br>Assorted Milk | 3<br><b>Pizza Dippers</b><br>Marinara Sauce Cup<br>Tossed Salad<br>Assorted Fruit<br>Assorted Milk   | <b>District Lunch Daily Offerings</b><br><br><b>Available Daily</b><br>Cheese Sandwich<br>Fruit & Yogurt Parfait<br>Assorted Munchables<br>PB & J Sandwich<br>Peanutbutter Cup Meal<br>Side Salad<br>Yogurt<br>Assorted Fruit<br><b>Assorted Milk</b><br>1% Plain, Lactaid, Skim Chocolate<br>Skim Plain, Skim Strawberry<br><br><b>Sandwich Cycle</b><br><b>Monday:</b> Ham & Cheese<br><b>Tuesday:</b> Turkey & Cheese<br><b>Wednesday:</b> Tuna, Chicken, or Egg Salad Wrap<br><b>Thursday:</b> Turkey & Ham Sub<br><b>Friday:</b> Assorted Sandwiches<br><br><b>Salad Cycle</b><br><b>Monday:</b> Salad with Egg<br><b>Tuesday:</b> Chef Salad<br><b>Wednesday:</b> Tuna, Chicken, or Egg Salad<br><b>Thursday:</b> Salad with cheese<br><b>Friday:</b> Salad with Grilled or Breaded Chicken |
|   | 6<br><b>Chicken Tenders</b><br>Glazed Carrots<br>Winter Vegetable Blend<br>Assorted Fruit<br>Whole Wheat Dinner Roll<br>Assorted Milk | 7<br><b>Cheese Pizza Quesadilla</b><br><b>Chicken Pizza Quesadilla</b><br>Seasoned Corn<br>Taco Fiesta Black Beans<br>Assorted Fruit<br>Assorted Milk | 8<br><b>Personal Cheese Pizza</b><br>Capri Vegetable Blend<br>Steamed Broccoli<br>Assorted Fruit<br>Assorted Milk             | 9<br>-No School Today-<br><br><b>No School!</b><br>   |   |
|   | 13<br><b>Popcorn Chicken</b><br>Seasoned Carrots<br>Steamed Spinach<br>Assorted Fruit<br>Whole Wheat Dinner Roll<br>Assorted Milk     | 14<br><b>Hot Dog on Whole Wheat Bun</b><br>Baked Beans<br>Sweet Potato Wedge<br>Assorted Fruit<br>Assorted Milk                                       | 15<br><b>Chicken Patty on Whole Wheat Bun</b><br>Lettuce & Tomato Cup<br>Oven Baked Fries<br>Assorted Fruit<br>Assorted Milk  | 16<br><b>Roast Turkey</b><br>Mashed Potatoes<br>Seasoned Green Beans<br>Assorted Fruit<br>Whole Wheat Dinner Roll<br>Assorted Milk<br>Bread Stuffing<br>Cranberry Sauce<br>Holiday Pumpkin Pie<br>Turkey Gravy |   |
| 20<br><b>Pretzel Dog</b><br>Baked Beans<br>Tater Tots<br>Assorted Fruit<br>Assorted Milk  | 21<br><b>Twisty Cheesy Breadsticks</b><br>Marinara Sauce Cup<br>Steamed Broccoli<br>Assorted Fruit<br>Assorted Milk                   | 22<br>-No School Today-<br><br>                                    | 23<br>-No School Today-<br><br>          | 24<br>-No School Today-<br><br>   |   |
| 27<br><b>Chicken Nuggets</b><br>California Vegetable Blend<br>Steamed Spinach<br>Assorted Fruit<br>Whole Wheat Dinner Roll<br>Assorted Milk | 28<br><b>Meatball Sub</b><br>Seasoned Carrots<br>Seasoned Green Beans<br>Assorted Fruit<br>Assorted Milk                              | 29<br><b>Mini Corn Dogs</b><br>Baked Beans<br>Potato Smiles<br>Assorted Fruit<br>Assorted Milk  | 30<br><b>Fish Bites</b><br>Seasoned Green Peas<br>Stewed Tomatoes<br>Assorted Fruit<br>Cheesy Baked Macaroni<br>Assorted Milk |  |   |



*Food with Freya.....Something for the Season*

# **Gingerbread men cookies**

## **Ingredients**

**3 cups flour**  
**2 teaspoons McCormick Ginger, Ground**  
**1 teaspoon McCormick Cinnamon, Ground**  
**1 teaspoon baking soda**  
**¼ teaspoon McCormick Nutmeg, Ground**  
**¼ teaspoon salt**  
**¾ cup butter, softened**  
**¾ cup firmly packed brown sugar**  
**½ cup molasses**  
**1 egg**  
**1 teaspoon McCormick Pure Vanilla Extract**

## **Directions**

**Mix flour, ginger, cinnamon, baking soda, nutmeg, and salt in large bowl.**



**Beat butter and brown sugar in a large bowl with an electric mixer on medium speed until light and fluffy. Add molasses, egg, and vanilla; mix well. Gradually beat in flour mixture on low speed until well mixed.**

**Press dough into a thick, flat disk. Wrap in plastic wrap. Refrigerate for 4 hours or overnight.**

**Preheat the oven to 350 degrees F (175 degrees C).**

**Roll dough on a lightly floured surface to a thickness of 1/4 inch. Cut into gingerbread men's shapes with a 5-inch cookie cutter. Place gingerbread men 1 inch apart on ungreased baking sheets.**

**Bake in the preheated oven until the edges of the cookies are set and just begin to brown for 8 to 10 minutes. Cool on baking sheets for 1 to 2 minutes, then remove to wire racks to cool completely.**

**Decorate cooled cookies as desired. Store cookies in an airtight container for up to 5 days.**

# Teacher Spotlight

## Ms. Grise



We sat down with Melissa Grise, sixth-grade teacher of the Rads, to ask her a few questions about what makes her this quarter's staff spotlight. The most important question was what do you love most about your job? Her answer was simple. She loves that every day is different and she can make an impact. She can make stuff fun for her kids. As her former students, we can say this is absolutely true! Her least favorite units to teach are shapes, area, and volume. While equations and expressions are her absolute favorite and mine too!

When asked why she wanted to teach in the first place, she said, "She wanted to make a difference."

Twenty years ago she started to do just that. She started her career in elementary school teaching 4th and 5th grade but wanted a change. She joined the Rads team alongside Mr.Clausen who she said keeps it fun, Mrs.Evans, who also came from an elementary background, and Mrs.Hitchens (science) . Together, she said, they hope they create a place where students know they care about them.



When she is not at school, you can find Mrs. Grise on the baseball, football, or lacrosse fields watching her sons, Austin and Dylan. She is a sports mom. She also loves her dog, Dixie. We love having Mrs. Grise as a teacher at SMS!

# The Human Anatomy- Did you know?

## Facts About the Human Anatomy

Have you ever wondered about how many bones are in the human body? Well, in a baby, there are more than 300 bones, and in an adult, there are 206-213 bones.

## History

Do you ever wonder who the first physician was? The physician Imhotep (pronounced im-HO-tep), once lived thousands of years ago in Egypt. He earned fame in many fields and was known as a Politician, Astronomer, Architect, and Physician. He designed the first pyramid, an elaborate tomb for one of the Egyptian pharaohs. At the young age of just 19 years old, Imhotep experienced a brutal death from being tortured, mummified, and buried alive.

Do you ever wonder who the father of medicine was? The father of medicine was Hippocrates. In 1933, workers uncovered a statue of his body. The statue shows him as a short man, rather than in his robe, with a bold, courageous look on his face.

## Very intelligent jokes

| <b><u>Joke #1</u></b>  | <b><u>Joke #2-</u></b>   | <b><u>Joke #3</u></b>   | <b><u>Joke #4-</u></b>   | <b><u>Joke #5</u></b>   |
|--|--|---|--|---|
| <b><u>Did you hear about the mathematician who was afraid of negative numbers? He would stop at nothing to avoid them.</u></b> | <b><u>What did the farmer say when he lost his tractor? Answer: "I lost my tractor."</u></b> | <b><u>What is broke Santa called? Answer: St. Nickel-Less</u></b> | <b><u>What did the chicken say when he lost his egg? Answer: "I lost my egg"</u></b> | <b><u>How does the moon cut his hair? Answer: Eclipse it!</u></b> |

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