

# GVMS NEWS



VOLUME 3. ISSUE 1

WEDNESDAY, FEBRUARY 5, 2025



Mrs. Carter/ GVMS News

Eighth graders Emily Farris and Gracy Whiting snowboarding at Sunlight Mountain Resort over winter break.

## NWEA Testing: Measuring Growth

By Briana Lewis

We all know what NWEA Testing is — either you've taken it or administered it — but what exactly is it? NWEA is more than just a test. It's an assessment used to measure your growth, prepare you for more complicated tests such as the SATs, and help teachers personalize learning.

“The purpose of NWEA Testing is to measure a couple of things. We want to measure where kids are performing in academic achievement compared to the nation. The other thing we want to see and be able to follow is how kids are growing each school year. When we test starting in 2nd grade, we're able to keep track of that and make sure they're growing and learning,” GVMS Principal Kim Davis said.

# Upcoming Events

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## STORY IDEAS

Please email your story ideas to  
gvmsnews@garfield16.org



## GVMS News

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## GVMS Important Dates

### *Thursday, February 6th*

- 7th grade girls basketball
  - GVMS vs. CMS at Grand Valley Middle School @ 4:30 p.m.
- 8th grade girls basketball
  - GVMS vs. CMS at Carbondale Middle School @ 4:30 p.m.

### *Saturday, February 8th*

- 8th grade girls basketball
  - PEG League Tournament at Basalt Middle School

### *Sunday, February 9th - Saturday, February 15th*

- Random Acts of Kindness (RAK) Week

### *Friday, February 14th*

- National Junior Honor Society (NJHS) applications due

### *Friday, February 20th*

- 5 Point Film Festival at Grand Valley Middle School @ 3 p.m.

### *Friday, March 7th*

- End of 3rd Quarter
- Dee Hankins Presentation at Grand Valley Middle School

### *Wednesday, March 12th*

- Band/ Choir/ Ukulele Spring Concert

### *Tuesday, March 24th - Friday, March 28th*

- Spring Break



Kindness

# Features

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## Principal Spotlight: Ms. Davis

By Adyson Pittman

Grand Valley Middle School's new principal Kim Davis has been in education for 33 years. She is excited to continue her career at GVMS.

Davis has 27 year old twin sons. She has a sister, and she has lived in Grand Junction for 30 years. She has two rescued dogs and one rescued cat.

"I was in Mesa County Valley School District 51 then I decided that I wanted to be a smaller school district and Grand Valley was a perfect fit. I love the kids and staff here because they are all kind and want to do the right thing," Davis said.

Davis has taught many different subjects before working her way up to becoming a great principal. She has taught English Language Arts, social studies, science, math, P.E. and technology education.

Her hobbies are bike riding. She loves going to different states to ride her bike to take in the beautiful scenery of that state.



Adyson Pittman / GVMS News

**Ms. Davis poses for a picture.**

"I love to ride my bike all over the United States and further. I am even going to Ireland this summer," she said. "If I could go anywhere, I would go to Africa to ride my bike."

Davis was born blind, but she pushed through the pain with the help of surgeons and now she is able to see.

"I was born blind. I was able to have it correct as a child, and I have had 11 eye surgeries in total," Davis said.

Davis would like all the students that go to GVMS to know how to be successful in life.

"You can decide your future but you get there by little steps everyday," Davis said.

### NWEA

from page 1

This year as a school from fall to winter GVMS exceeded the growth goals for reading in every grade and 7th and 8th grade exceeded the growth goal for math. To encourage students to reach these goals the school offers the chance at prizes as a reward for reaching or achieving their goals.

"Every single day we have kids try their best and hold themselves accountable through CRISP habits, TAR, and during testing, we'll do some incentives with prizes where if you took time on your testing and you met your growth goals and if you gave effort then you could be pulled from a bucket for some prizes like gift cards, earbuds, games, etc," Davis said.

# Teacher Spotlight: Mr. Gilman

*By Addalyne Patterson*

Ronald Gilman is the 6th grade science teacher at Grand Valley Middle School, and he is deeply passionate about teaching science.

Gilman has dedicated almost his entire life to science, attending college multiple times.

“I have a dual associate's degree in Computer Science... I went back and got my bachelor's in Criminal Justice and most recently I went back to Colorado Mesa University (CMU) for my ITL (Initial Teacher License).”

With all that education, there must be a reason behind it.

“I enjoy science in general. It has always fascinated me since I was a young child,” he said.

Gilman doesn't just teach for the fun of it. He strongly believes that it's a very important thing in life.

“... middle school is a point of a junction where you can go either way. You can either be academically successful or you can academically struggle and I wanna try to help students be successful,” he said.

Though science is his focus, Gilman has a variety of interests. He's a gamer and enjoys gardening.

“I have been a Warcraft player since Warcraft came out,” he said. “I also enjoy gardening tomatoes, herbs, and flowers.”

When it comes to family time, Gilman enjoys spending time with his loved ones.



Provided

**Mr. Gilman at the Glenwood Caverns Adventure Park in Glenwood Springs, CO.**

“I have a daughter named Richie, [and] she's 18 years old. I also have a wife named Jackie, and we have been married for two years. I also consider my dogs, Fritto, Colby Jack, and Coraline as family too.”

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## PARAPROFESSIONAL SPOTLIGHT: MR. YOUNG

*By Briana Lewis*

Steve Young is a coach and paraprofessional at GVMS. He has been working in Garfield 16 School District for the past 19 years, mostly as a coach.

Aside from school, Young enjoys many activities, especially in the outdoors such as fishing.

“[In my free time], I love the outdoors, so fishing and just being outdoors,” Young said.

Alongside working in the district, Young has had many other experiences such as being a child abuse investigator, a juvenile probation officer, and working at a meat packing plant. Although, his favorite job has been working with students.

**YOUNG, 7**

# Teacher Spotlight: Mrs. Pittman

By Emily Farris

Grand Valley Middle School's new 7th grade Science teacher is Elizabeth Pittman. Before she taught science, she taught Math for one quarter.

Pittman never thought she would become a middle school teacher, but she has grown to love it.

"My favorite thing about teaching middle schoolers is that it is always exciting," she said. "There is never a dull moment."

Pittman has four daughters and a husband she loves to spend time with. Jordyn (22) is the oldest, and she is in Omaha, Nebraska with her husband. Jaycee (19) is in Golden attending and playing basketball at Colorado School of Mines. Taylor (17) is a junior at Grand Valley High School, and she is heavily involved in sports and clubs. Adyson (12) is currently a 7th grader at GVMS.

"I love being able to see [Adyson] everyday at school," she said.

Not only does Pittman like spending time with Adyson at school, but she also cherishes moments with her family outside of it

"The perfect day with my family would be going on a hike then going out to a really yummy dinner," she said.

Pittman grew up in Wyoming.

"I played basketball, volleyball, softball, ran track and would ski or snowboard as much as possible," she said.



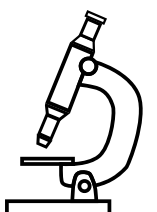
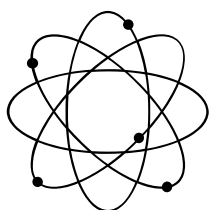
Provided

**Mrs. Pittman and her family in Nebraska.**

She then attended Utah Valley University (UVU) for dental hygiene.

Before working at GVMS, she ran a daycare in her home. On her Mondays off, she still watches kids in the community.

"I love the freedom of going on adventures, enjoying field trips, and having fun with the awesome children in my care," she said. "[I am] forever grateful that I was able to work from home and raise my wonderful four girls."



# Student Council: Empowering students to Make a Difference

By Alli Passey

Photos by MJ Thomas Photography

Micah Amborn, an eighth-grade Social Studies teacher, serves as the advisor for the Grand Valley Middle School’s Student Council. Student Council gives students a platform to voice opinions and create positive changes at our school. The current members of the Student Council represent various grades, including eighth graders Raeley Avila, Aila Griffin, Lucas Miller, Kaydance Reynolds, Icess Sheridan, Prasaus Sykes, Adrianna Vinson, and Gracy Whiting, as well as seventh graders Adielayne McCormick, Dominyk McCormick, Natalie Newcomer, and sixth graders Dillon Clements, Brayley Dutton, Grace Terrazas.

“[I ran for President because] I want to be the leader who listens,” Student Council President Gracy Whiting said.

In Student Council, you get to work with all grade levels to make the school a better place.

“I have learned just because you’re in different friend groups don't mean you can't get along,” Student Council Vice President Adrianna Vinson said.

Student Council meets during Advisory time to plan events such as activity day or dances.

“My favorite thing about StuCo is trying to make a change, and speaking up for everyone and planning activities,” Student Council 8th grade Representative said. “I enjoy mostly everything about it.”

GVMS News recently caught up with Mr. Amborn, the Student Council advisor, to learn more about the role and its impact.

## What is the purpose of Student Council?

Student Council (StuCo) is an attempt to create a student government. The purpose is to have a place for students to voice issues and ideas about our school. We want to solve those issues (or at least try to). We also want to use StuCo as a place to plan fun activities for the students at our school.

## How do you feel about being the Student Council advisor?

I feel great about working with this group to organize activities and help with anything the group needs. My goal for the group is for me not to be needed at all. The hope is that this group of elected students can work together and create something on their own. I am there for conflict resolution and advice, but I just want the group to be as autonomous as possible.



Gracy Whiting  
President



Adrianna Vincent  
Vice President



Aila Griffin  
Treasurer



Dominyk McCormick  
Secretary



Lucas Miller  
8th Grade Representative



Icess Sheridan  
8th Grade Representative



Kaydance Reynolds  
8th Grade Representative



Adielayne McCormick  
7th Grade Representative

**STUDENT COUNCIL**

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**Grace Terrazas**  
6th Grade Representative



**Dillon Clements**  
6th Grade Representative



**Raeley Avila**  
President's Cabinet



**Prasaus Sykes**  
President's Cabinet



**Natalie Newcomer**  
President's Cabinet

**Why did you choose to advise Student Council?**

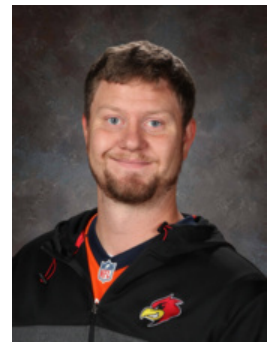
Last year, Mr. James was the advisor. When he left, there was a question of whether or not we would have a Student Council. I did not want to see the opportunity for students to voice their ideas and make a change in the school go away, so I offered to take over the job.

**Would you advise people to join Student Council?**

Yes, I would advise people to join, but they should keep in mind there is some additional work that might be added to their plate, so students should consider joining if they are willing to bring a positive attitude and also be willing to put in the work.



**Brayley Dutton**  
President's Cabinet



**Mr. Amborn**  
Student Council Advisor

**YOUNG**

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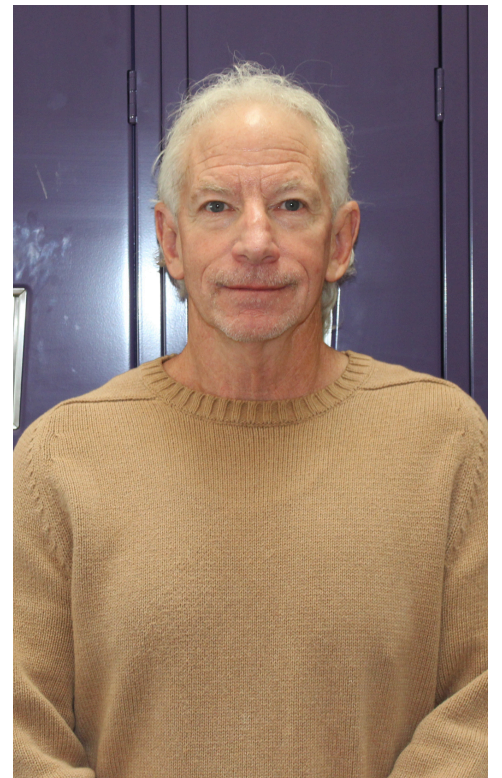
Working in the school district is probably the most fun because I've worked with preschoolers to high schoolers," Young said.

Not only is he a paraprofessional, but he is also a basketball and track coach, with track being his favorite sport to coach. Young has three daughters: one tragically passed away in a car accident in 2005, one is the boys and girls basketball coach at GVMS alongside Young, and one teaches 5th grade at Bea Underwood Elementary (BUE).

"Track is a lot of fun because it's really laid back. It's more individual since each student-athlete gets to do their own thing," he said. "It's [also] sunny and warm outside, so track is my favorite to coach."

Young was originally a paraprofessional at Grand Valley Center for Family Learning (CFL), but he decided to work at the middle school when the position opened to work one-on-one with a student with seizures. He decided it would be best especially to see and work with his student-athletes more.

"I just thought it would be really fun to do, plus coaching up here I figured I'd get to see all the student-athletes I deal with every day," he said.



Adyson Pittman/ GVMS News  
**Mr. Young posing in front of the Purple Hall lockers.**

# GVMS Happenings

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IT'S SHOWTIME!



Mrs. Carter/ GVMS News

Eighth graders Jocabed Espinoza, Gia Keithly, Jett Hanny, Jaxon Wright, and Briana Lewis perform an act from *A Midsummer Night's Dream* in Mrs. Carter's English class.

## The Importance of Reading

By Lucas Miller

Have you ever wondered why reading is so prominent in school?

According to the National Library of Medicine, studies have shown that reading can significantly increase brain connectivity. After reading, there's a noticeable boost in brain activity, particularly in areas like the left angular gyrus and right posterior temporal gyrus.

The supramarginal gyrus is a part of the brain that plays a massive role in the comprehension of language as well as auditory processing, or the processing of sounds. It is also believed to have a huge role in social cognition, or the processing of information from social interactions or of other people.

**READING, 18**



# National Junior Honor Society

By *Dominyk McCormick*

Photos by MJ Thomas Photography

The National Junior Honor Society (NJHS) is a big part of the GVMS community. NJHS values scholarship, service, leadership, character, and citizenship. Each year, NJHS completes one service project for the school and another for the community, and the students also help run concessions at sporting events.

Sixth and seventh grade students who are eligible for NJHS have already received an application. To be eligible for membership, a student must have attended GVMS for at least one semester and have a cumulative grade point average of at least 3.25. NJHS applications are due February 14th, 2025.

This school year, NJHS purchased a new American Flag and Colorado State Flag for the school. The group also bought the pottery wheel for art and provided refreshments for the December activity day/dance. For their school service project, NJHS members helped teachers during one of their professional development Mondays.

Currently, NJHS is working on purchasing another microwave for the lunchroom and installing lights for the flags. This will allow the flags to remain up all night instead of lowering them daily. Additionally, NJHS is hosting a food drive throughout February to support the Garfield 16 School Based Family Resource Center. Please bring items to the box at the end of your hall near your advisory. The winning hall will receive a prize.

Counselor Jennifer Hoyt is the advisor and eighth grade English Language Arts and Journalism teacher Jessica Carter is the co-advisor. The current members include: Jesus Torres Aguilar (7), Vivian Arthur (8), Kimber Baker (8), Alexandra Fowler (7), Aila Griffin (8), Thomas Hartman (8), Lucas Miller (8), Adyson Pittman (7), Joseph Roe (8), and Icess Sheridan (8).



**Food Drive**  
Let's Make a Difference

**GVMS Cardinals, NJHS is hosting a food drive for the month of February to support the Garfield 16 School Based Family Resource Center! Please bring items to the box at the end of your hall, near your advisory.**

The winning hall will receive a prize from NJHS!

**NJHS**

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## NJHS President Lucas Miller

**What is your position for NJHS? What do you do?**

I am the NJHS President. I help plan the meetings, help with service projects, and help oversee meetings and projects.

**What is the best part of NJHS?**

I believe the best part of NJHS is being able to serve the community.

**Would you encourage current 6th and 7th graders to join? Why?**

Yes of course, it is really enjoyable to help the community and help the school. Overall, it is a very enjoyable program.



## NJHS Vice President Vivian Arthur

**What is your position for NJHS? What do you do?**

I am the NJHS Vice President. I fill in for the president when he is gone.

**What is the best part of NJHS?**

What is fun is that we do service projects and help people.

**If you could be an actress in any movie, which movie would it be? Why?**

I actually have been in a movie called "Horizon 2," but I would be in "The Miracle Season."



## NJHS Treasurer Joseph Roe

**What is your position for NJHS? What do you do?**

I am the NJHS Treasurer. This means that I manage the NJHS funds and create budgets so that we can run things like our concession stand, activity days, and service projects. I get to supply the knowledge of our balance and how we use it.

**What is the best part of NJHS?**

The best part of NJHS is that I get to help the school prosper and have fun with things like activity days and buying stuff for classes like the pottery wheel for the ceramics class.

**How do you impact the school with the decisions you make with the funds you earn?**

Our funds help the school with things like the concession stand at sports games and activities for the school.



**NJHS**  
from page 10

## **NJHS Secretary Icess Sheridan**



**What is your position for NJHS? What do you do?**

I am the Secretary of NJHS, so I take notes at our meetings.

**What is the best part of NJHS?**

The best part of NJHS is coming together and collaborating to make the school better.

**If you could travel anywhere in world, where would you go? Why?**

I would go to California because my family is there.

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## **NJHS Historian Thomas Hartman**

**What is your position for NJHS? What do you do?**

My position in NJHS is Historian. I take pictures and log them after we do a service project.

**What is the best part of NJHS?**

The best part of NJHS is getting to serve our community and be helpful to others.

**Who is your favorite superhero? Why?**

My favorite superhero is Batman because he has lots of money.



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## **NJHS Member Aila Griffin**

**What is your position for NJHS? What do you do?**

I'm a member of NJHS, and as a member, we help to organize service projects for our school and community.

**What is the best part of NJHS?**

The best part is being able to help our school and community.

**What do you want to be when you grow up?**

I want to be a veterinarian for exotic species.



**NJHS**

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## NJHS Member Kimber Baker

**What is your position for NJHS? What do you do?**

My position for NJHS is a normal member as the eighth graders we had last year were our Parliamentarians. Now that we don't have them, we have open spots, and I hope to run for that.

**What is the best part of NJHS?**

I would say the best part of NJHS is the large service projects we do. For example, on a Monday, we came into the school during a teacher work day and helped as many teachers that needed help. For me, seeing teachers smile and express thankfulness for something so small is fulfilling.

**What is your favorite class? Why?**

My favorite class is band. I enjoy being able to express myself through music and play in concerts.

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## NJHS Member Alexandra Fowler

**What is your position for NJHS? What do you do?**

In NJHS I am part of the team. I don't have a role, but I help with service projects and help to keep our school better.

**What is the best part of NJHS?**

The best part of NJHS for me is the time we all spend together to better the school.

**What do you like to do in your free time?**

In my free time, I like to spend time with family, sports, draw, or watch movies.



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## NJHS Member Adyson Pittman

**What is your position for NJHS? What do you do?**

I am a member of NJHS.

**What is the best part of NJHS?**

The best part about it is having a voice for the school.

**What is your favorite sport?**

My favorite sport would be softball or basketball.



**NJHS**

from page 12

**NJHS Member Jesus Torres Aguilar****What is your position for NJHS? What do you do?**

My position in NJHS is a member. I don't have a specific role.

**What is the best part of NJHS?**

The best part is being some of the best students in the school and being able to help the community.

**What do you do in your free time?**

In my free time, I do work that I don't finish in class or get ahead in things that are not due yet but are about to be due.

**NJHS Advisor Mrs. Hoyt****What is your role in NJHS?**

I am an Advisor for NJHS. I work with the NJHS officers to plan the agenda for meetings, supervise the concession stand, help the President run the meetings, and work with the other members to plan service projects.

**What is NJHS, and how does it help the school?**

NJHS is an American international student organization with chapters in middle schools. The National Junior Honor Society recognizes students who exemplify leadership and citizenship and provides educational opportunities. Membership is based on "outstanding scholarship, character, leadership, service, and citizenship." Once selected, members are responsible for demonstrating these qualities. As a club, we plan service projects that benefit the school and community and plan activities for the students to participate in and enjoy.

**NJHS CO-Advisor Mrs. Carter****What is your role in NJHS?**

I am the Co-Advisor for NJHS. I assist Mrs. Hoyt at the meetings, and I fill in when she is not available.

**How do you support and guide NJHS members in planning and organizing their service projects and activities?**

Mrs. Hoyt and I provide guidance and support as NJHS members take the lead on their projects. We help them brainstorm ideas, set realistic goals, and organize the logistics of each event.



## WISH WEEK DRESS UP DAYS



Orion Waters

GVMS eighth grader Erin Mattedi, 8th grade Science teacher Mr. Ferro, eighth grader Thomas Hartman, and eighth grader Joe Roe dressed up for Round Up for Jeremy on Thursday, January 30th.



Rafael Ruiz/ GVMS Yearbook

GVMS sixth graders Erik Hartman, Sam Mossbrucker, and Braxton Hart dressed up for Camo day on Tuesday, January 28th.



Rafael Ruiz/ GVMS Yearbook

Ms. Weldritz, Ms. Kayla, and Ms. Davis dressed up for Despicable Me day on Wednesday, January 29th.



# Sports

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## Athlete Spotlight: Kane Hughson

By Jocabed Espinoza

Eighth grader Kane Hughson, standing at 5'11", has played basketball for just one year, but his height and natural athleticism have quickly made him a key player for his team. Typically positioned as the post player (#5), he's been a standout on the court.

Though Hughson wasn't originally interested in basketball, a comment from Coach Steve Young changed his mind.

"I saw that he was the tallest boy and told him he should join," Coach Young said.

The GVMS A team had its share of wins and losses this season, but Hughson always kept his head up and tried his best to keep his teammates positive.

"Carbondale was my best game because that's where I made the most points," Hughson said.

Coach Young enjoyed how easy he was to coach and how he has made a big impact on the team. For Hughson, the experience has been life-changing as well.

"It made me realize that everything includes teamwork," he said.

Hughson enjoys both football and basketball because it requires not only teamwork but leadership.

"He has a big heart and learned the game so quickly!" Coach Young said, reflecting on Hughson's impressive growth over the season.



Kristie Radel

**Eighth grader Kane Hughson tips the ball against Basalt on December 10th, 2024 at GVMS.**

# Athlete Spotlight: Frank Duncan

By Shylie Jacobs

GVMS basketball player Frank Duncan had played basketball for two years. Coaches Steve Young and Shawnee Knob chose Frank as the eighth grade B team's star player because he stands out to them.

"He plays really hard, and he's kind of the 6th player," Coach Young said. "He can play on A or B team, and he is really smart on the court."

Duncan plays as a wing, but his coaches say that he can basically play any position. Although, he prefers to play point guard.

"[I like] point guard because [I] get to dribble the ball, and you are like the leader of the team," Duncan said.

He plays multiple different sports and basketball is not his favorite.

"I play football [and] basketball, [but] football is my favorite. [I also] dirtbike," Duncan said.

Duncan has learned a lot about teamwork while playing basketball.

"You [have to] play as a team and not make one person do everything because that is selfish," Duncan said.

He has many strengths as a basketball player.

"[He is] a good teammate... He is very coachable... [and] he is always at practice," Coach Young said.



GVMS Yearbook

Eighth grader Frank Duncan defending the ball against Glenwood Springs Middle School on December 4th, 2024 at GVMS.

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# Athlete Spotlight: Izaiah Villasano

By Thomas Hartman

GVMS seventh grade A team basketball player Izaiah Villasano ends his seventh year of basketball as an even better athlete.

Villasano gets to do two of his favorite things simultaneously; playing basketball and being with his friends.

"It's my favorite sport, [and] I like getting to hang out with my friends," he said.

Villasano's favorite part is improving at the sport he likes best.

VILLANSO, 17



# Athlete Spotlight: Eduardo Alvarado

By Caleb Vashus

Seventh grade boys basketball players worked and played hard this year to overcome challenges presented by the season. One player who worked hard and was chosen to be spotlighted by P.E. teacher and coach Sydni Brandon is Eduardo Alvarado. Despite it being his first year playing basketball, he rose above the challenges that came up and pushed past them even in the games.

Coach Syd was impressed by Alvarado's hard work and uplifting attitude during both practice and games. She appreciated his determination more than anything. He always went above and beyond for his team and coaches.

"I chose him because he always gave 100 percent," Coach Syd said. "[It] doesn't matter if the score is 30 to 0 or not, he always gives 100 percent."

**ALVARDADO, 18**

## VILLANSANO

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"[I love] getting better at basketball," he said.

Villasano has loved to play the exciting sport of basketball for many years.

"I've been playing basketball for seven years," he said.

He likes to play the game but also loves watching basketball with his family at home.

"I like the Lakers because me and my dad love to watch them," he said.

Villasano doesn't just enjoy basketball; he also participates in several other sports.

"I [also] play football in fall and baseball during the summer," he said.

One of Villasano's coaches, GVMS P.E. teacher Sydni Brandon appreciates how he acts during practice and games.

"He is a team player, and has a good attitude," Coach Syd said.

Villasano plays a very important role that greatly helps his team.

"I play point guard. I take the ball down the court," Villasano said.

His coaches, 6th grade English Language Arts teacher Nicholas Steckel and Brandon, also consider him an outstanding student-athlete.

"He is a great basketball player and an even better student," Coach Steckel said.



GVMS Yearbook

Seventh grader Izaiah Villasana poses for a basketball snapshot.

## ALVARADO

from page 17



GVMS Yearbook

Seventh Grader Eduardo Alvarado shooting a three pointer

Alvarado started playing basketball at the beginning of the boys basketball season, and he faced every challenge right alongside players who have been playing for years. His progress impressed everyone around him including himself.

“When I saw the basketball kids [playing] I got inspired [to play basketball],” Alvarado said. “When I was playing I got impressed because I didn’t know I was that good at basketball.”

The boys basketball season has ended, and despite the team's challenges, there was growth.

“]The team improved] sharing the ball,” Coach Syd said. “At first, they were playing as individuals, and by the end of the season, they learned how to play as a team.”

## READING

from page 8

The right posterior temporal gyrus links words to a meaning, plays a role in language perception and processing it. It is also involved in empathy and sensory data. This means it processes the senses, and the position of bodies. This extends to both you and others processing gestures and postures and knowing the position of your limbs at all times. Cognitive ability is the ability of the mind. This extends to your common school subjects such as Math and Literacy and general problem solving. This might explain why reading is such an important part of school, because it helps increase this cognitive ability. Some also believe that reading can help improve empathy.

GVMS Principal Kim Davis highlights the importance of literature, saying, “It’s a reflection of society. What that does is it helps us broaden our empathy.”

She believes that since reading reflects society it helps improve empathy presumably because of the different emotions we experience through the characters while reading. There might also be some validity to this as the right posterior temporal gyrus, which is activated while reading, also helps deal with empathy. Another claim that can be made is that reading helps to better your sleep.

“If you read at night before you go to bed for thirty minutes to an hour for example, and turn off your phone, then you help with your sleep quality,” she said.

So, not only does reading help increase cognitive and empathic ability, it might also help to improve your sleep quality.

Reading in advisory has become a school expectation.

“What we’re trying to do with our advisory structure is build in time when kids can read just for pleasure, because just like any other skills ... you have to put in the time,” Davis said.

## Work Cited

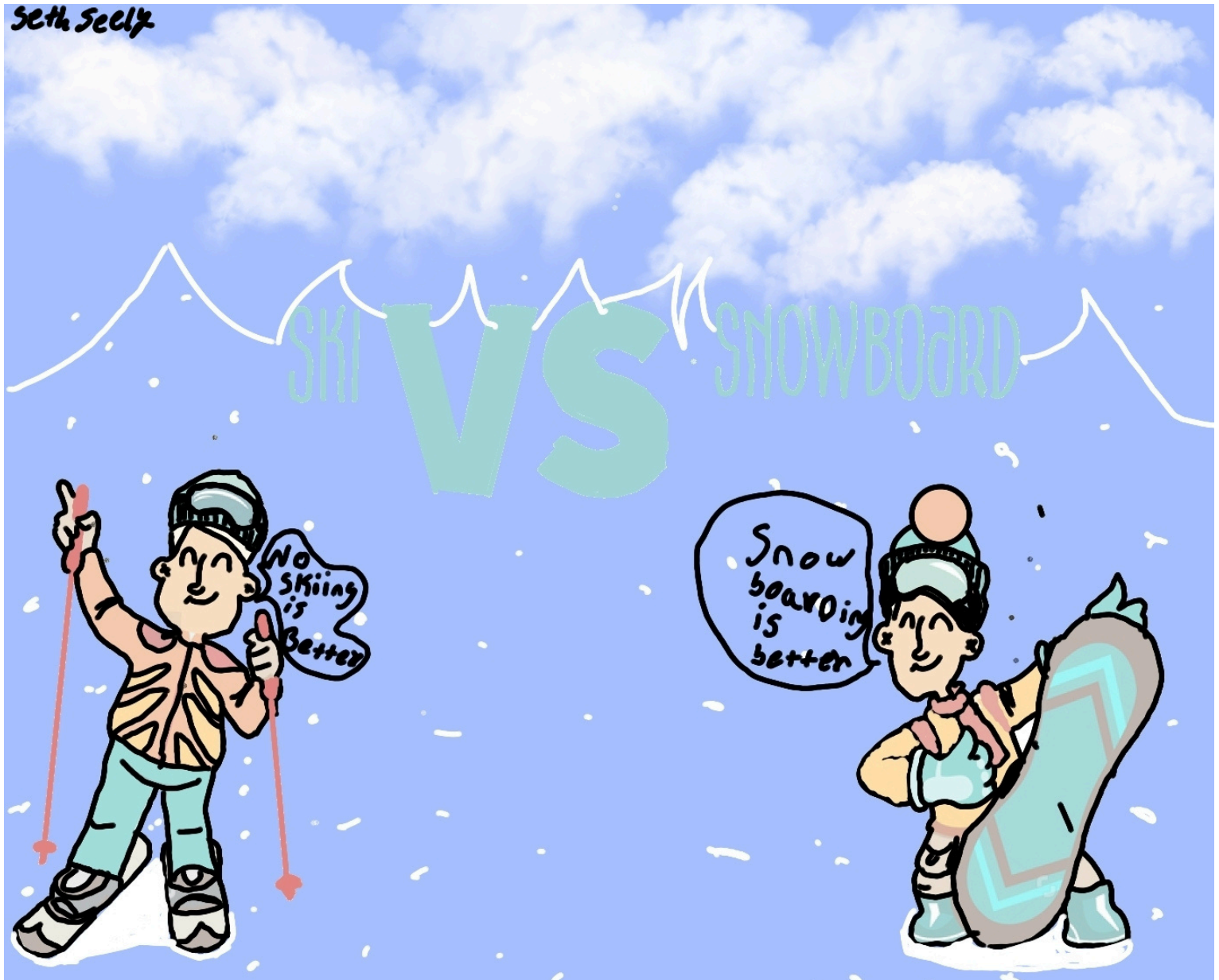
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# Opinion

19 | Wednesday, February 5, 2025 | GVMS News

Seth Seely



## Phones: Yes or No?

By Terran Hughley

With the new school year, comes new rules. One of the new rules is keeping your phone in your locker from 8:05 to 4:05 p.m. We should be allowed to have phones on us. We should be allowed for many different reasons, one of them being safety.

Being at school is like being at a mall without your parents. So many different things can happen at school. What happens if your teacher is out in the hallway when a lockdown happens? You would follow protocol, but you would need to call 911 because you don't know if someone already did.

Another reason is it helps us develop responsibility. If phones are allowed, it will teach us the time and place to be on our phones. It will also teach us how to use it properly, and it will prepare us for the real world.

## PHONES

from page 19



Shylie Jacobs/ GVMS News

**Mr. Amborn is opposed to phones being used during school hours, while eighth grader Terran Hughley believes students should be allowed to keep their phones in their pockets during that time.**

Another reason is to keep in contact with our parents. What are we going to do if there is a lockdown, and we have to evacuate? Our phones have GPS trackers so our parents know where we are at all times. We will also have to tell our parents what is going on.

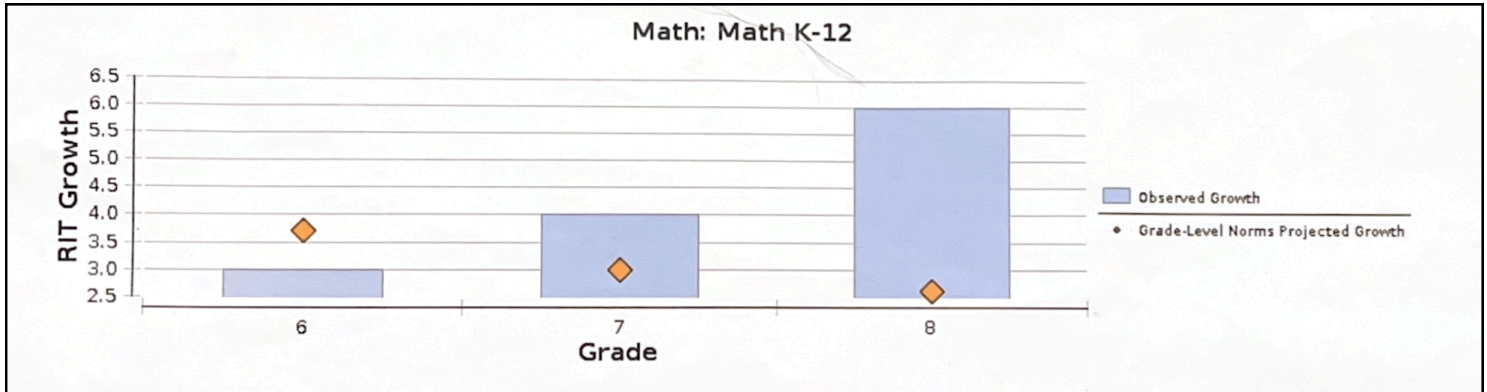
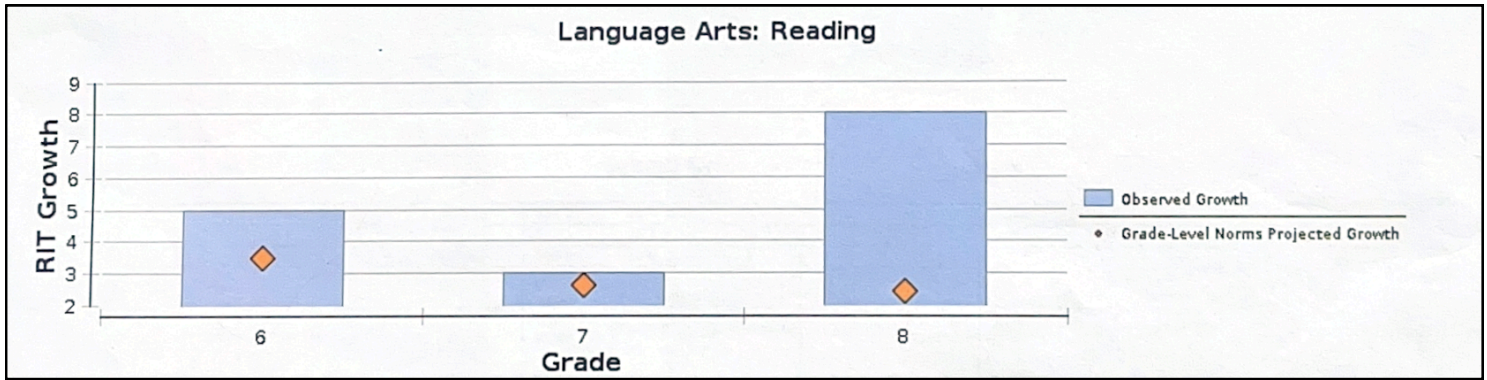
Some people might think that we will get distracted and be tempted to be on it.

That may be true but that's why you can give us three warnings: 1. Tell us to put it in our pockets; 2. Take it and put it on your desk, then tell us that if you catch us with it tomorrow, then it goes to the office; and 3. Send it to the office.

I believe it is a major issue to have our phone in our lockers and not on us at all times.

Maybe GVMS should change their rules to be more like GVHS.

**NWEA**  
from page 3



The charts above are from the NWEA Student Growth Summary Report. The blue bar represents “observed growth,” showing the actual change in a student’s test scores from Fall 2024 to Winter 2024. The yellow diamond represents “grade level norms,” which indicates the average expected growth for students in the same grade based on NWEA’s national data.

Winter to spring is more complicated due to another state testing (CMAS) which occurs right before NWEA so to help support growth this year CMAS has been scheduled a bit earlier to help give students a break in between testing to help motivate them.

“Teachers will use the information they learned from the winter test and that will impact their teaching in the third and fourth quarter so then they’ll be teaching to help kids in places they need help and then that way in the spring in May our test are even better” Davis added.

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