Spartan

Newsflash

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IS CANCEL CULTURE THE BEST OPTION?

by Tillie Piasecki, grade 7

The idea of "cancel culture" started out as a good thing: if someone does something bad, we hold them accountable. Something as simple as that would surely be a good thing, right? Maybe not so much.

When a person gets canceled, the most likely outcome is that they will be shunned or boycotted until their career is basically over. This could be okay to do to someone who has royally messed up, but a lot of people don't deserve the hatred.

13-year-old Rebecca Black posted a video in 2011 of her singing a song and having fun with her friends. You may know it as "Friday." It's not the best song ever, but did she really deserve death threats for it? According to The Guardian, she got a comment saying: "I hope you cut yourself and I hope you get an eating disorder so you'll look pretty, and I hope you go cut and die." Rebecca told ABC "I became unbelievably depressed and trapped in this body of what I thought the

world would see me as forever when I hadn't even finished growing."

The truth is, most celebrities have done something wrong in their lives. Everyone has different opinions on what should be considered "cancel-worthy," and that's okay. Maybe shunning these people entirely is not the best option. Knowing that these people have done bad things, and not idolizing them, may be the best way to hold them accountable.

VOTE FOR ANIMAL OF THE MONTH & TEACHER OF THE MONTH

by Luna Flores, Jae Johnson, Anna Larsen, grade 7



ANIMAL & TEACHER OF THE MONTH

by Luna Flores, Jae Johnson, Anna Larsen, grade 7



In a survey taken of students at Inver Grove Heights Middle School, the following teacher was voted teacher of the month:

MS. MOE



_ Newsflash

HOW DOES CHEWING GUM HELP YOU FOCUS?

by Divya Ohneswere, grade 7

Did you know that chewing gum can potentially help you concentrate in school? Some people have said that chewing gum helps them concentrate, but others have said it does not.

Chewing gum actually increases the flow of oxygen to the part of the brain that is responsible for attention. Having more oxygen can help people stay more alert and improve their reflexes. Chewing gum also increases blood flow to the brain.

So, now you have an excuse to chew gum in school!

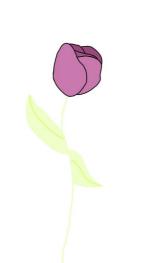
SPRING HAS COME

by Emma Brainard, grade 6











MY LOVE FOR AVATAR

by Annabelle Her, grade 7

Since December 16, 2022, when "Avatar: Way Of The Water" came out, James Cameron's 2009 "Avatar" has seen a resurgence in popularity. With an astonishing 2 hour and 41 minute run time you can tell that "Avatar" has no shortage of information and lore. So what is this

movie about? It follows the story of a man named Jake Sully. He is called to conquer a planet called "Pandora" which is rich minerals and resources, most notably "unobtanium." The planet is inhabited by an alien race called the "Na'vi," who are on average 8 feet tall, blue, and have cat-like features. I won't spoil too much, but the images in these movies are incredible.

As you watch "Avatar" it's crazy to believe the amazing world building Cameron and his team has done on these films. From creating a new language (and sign language) to having 15 different clans of the "Na'vi" people. They have systems and different ways of life than humans. The clan that the first "Avatar" movie focuses on is

the Omatikaya clan. The reason they are called the Omatikaya clan is because of all the Na'vi clans they are most connected to music and their clan name actually translates to "Blue Flute Clan." The Omatikaya live in the thick jungles of Pandora.

In Na'vi clans, they are 2 leaders. One leader is in charge of the clan, and is called "Olo'eyktan." There is also a spiritual leader, or "Tsahik," who translates the will of Eywa. Who is Eywa you might ask? Eywa is the deity, like a god, of the Na'vi people. She is thought to be what keeps Pandora in equilibrium and she is connected to everything in Pandora. Connections are

important to every living thing on Pandora. Every animal on Pandora has what is called a "queue." Queues are used to connect the senses of two species. This connection is called "tsaheylu" or "bond." "Tsaheylu" is what the Na'vi people use to tame other species on

Pandora. Pandora has a system of neural networks that goes through every tree, plant, and root on Pandora. This connects everything on Pandora, like a hive mind.

James Cameron now has 3 of the top 5 grossing movies of all time, including "Titanic,"

and "Avatar: Way of the Water." It was well earned based on the amount of details put into his 'Avatar" series and there's more to come! Cameron is planning on making 3 more movies in the series.

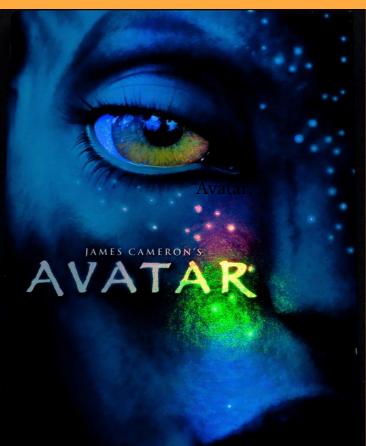
I love Avatar! It is one of my favorite movies. This "favorite" status is definitely not true for everyone. Many people say that it's too long, the premise is overused, or it's weird or strange. I agree it isn't a perfect movie: in

"Avatar: Way of The Water" they mostly speak English instead of Na'vi. Also, in the first "Avatar" you can hear actor Sam Worthington's Australian accent peeking through at times. I still believe that the sheer depth of the world is enough to make me excited to watch it every single time.

In conclusion "Avatar" is one of my favorite movies to date not only because of the SFX, actors, or cinematography of the movie (although they are all great). The biggest reason I love the "Avatar" series is because of the deep lore of the story in "Avatar" that brings me into a new world every time I watch.







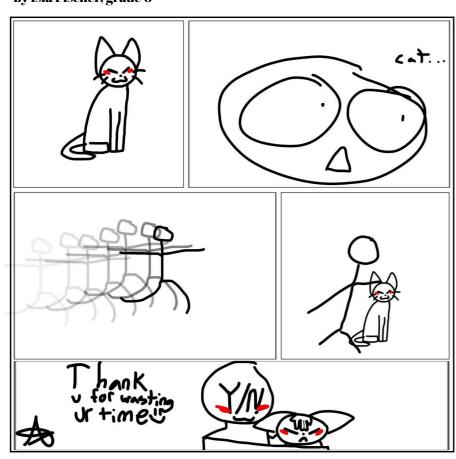
BOB AND JERRY

by Anonymous, grade 6



WASTING TIME

by Isla Fischer, grade 6





DON'T TOUCH THE BUTTON PART 3: THE FINAL

BENEFITS OF **SWIMMING**

by Lauren Oswald, grade 7

Swimming is an activity that many people enjoy. Whether you swim competitively or just hop in the pool to cool off in the summer, it is known to be a fun pastime. Did you know that there are actually many benefits of swimming? Even if it may not seem like it, swimming can improve your health in many different ways.

Boosts Heart Health - swimming is a great way to get your blood pumping and to boost your heart health. When you swim, your body learns how to use oxygen more efficiently and it can even help you live longer!

Improves sleep - swimming or floating in water can help you relieve tension and calm your mind, therefore helping you get a better full night of sleep.

Helps with stress and anxiety -When you swim, endorphins are released into your brain that reduce stress levels, like most other physical activities and sports. Swimming is a great way to get rid of stress!

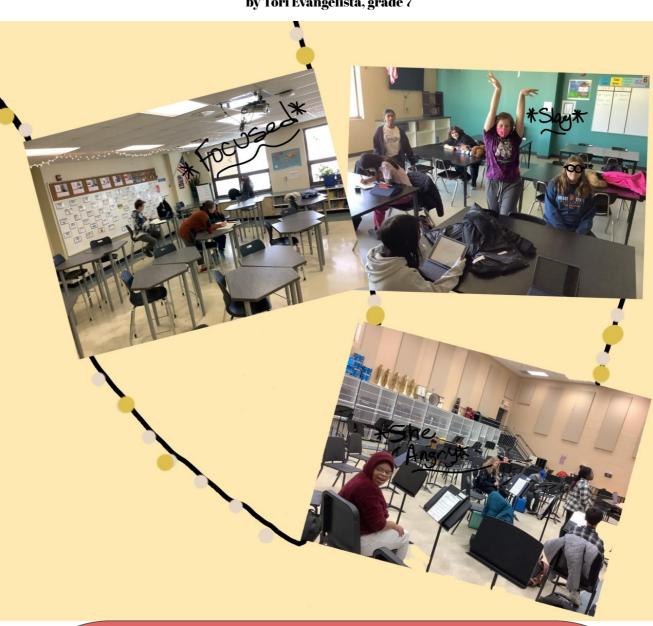
Improves mood - swimming can reduce stress, and it can also raise your general levels of happiness. Endorphins are hormones in your brain that make you feel happy, so when you swim it can typically make you feel better.

Improves physical strength -Swimming is a great sport and form of exercise that incorporates many different muscles. It is a fun way to cool off and can improve your strength and endurance.



A GLIMPSE OF IGHMS: **AFTER-SCHOOL**

by Tori Evangelista, grade 7



HOW TO DRAW A PUPPY

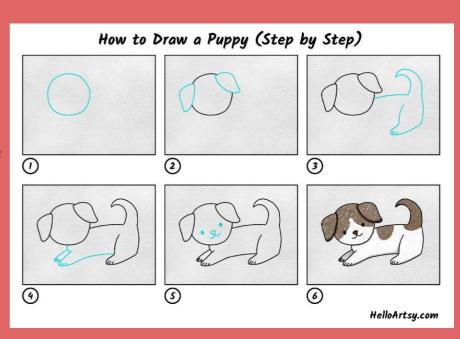
by Eshani Ohneswere, grade 6

Draw a circle.

Start drawing the ears. I think they look like leaves.

Start the body of the dog. You are going to make a wave like shape, then curve in and draw the leg.

Finish the body by drawing the last two legs. You will draw some paws to finish the body.



Draw the face. You will draw two little circles and a triangle for the nose with a two J's mirroring each other.

Finally, color the puppy you drew however you want. Happy drawing and hope you had fun!





PEER PRESSURE

by Anonymous, grade 7

