

# Spartan

## Newsflash

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2023

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### STUDENT REPORTERS

### FEATURED IN THIS ISSUE:

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## THE IMPACT OF THE SUN ON YOUR WINTER MOOD

by Annabelle Her, grade 7

You may find yourself feeling a little more gloomy during winter. It could be the fact that it's too cold to really do anything, or that you constantly have a runny nose. While those things do make you feel blue, one of the main reasons you might feel sad more than usual during winter is the sun (or lack thereof). You see, the sun gives you more than just warmth. Seasonal depression is, according to the Mayo Clinic, "a mood disorder characterized by depression that occurs at the same time every year."

When winter rolls around, you see the sun less and less. The decrease in sunlight can mess up your body's internal clock and cause you to feel more depressed. Serotonin, a chemical in your brain that affects your mood, might play a role in seasonal depression. Less sunlight can cause a drop in serotonin, which may trigger depression. Another

reason might be lower melatonin levels. This is caused by not getting enough vitamin D, which comes from the sun! Melatonin is what helps your body sleep, and I think everyone can agree that a good rest can make you feel energized and ready for the day.

So how can we combat this? Getting exercise can really help with making you feel better, and especially with helping you sleep. Hanging out with family or friends can help if you are feeling glum. Doing things you love, or getting outside and feeling the sun, can make you feel great again too! Next time you feel a little bit more gloomy during winter, you now know why!

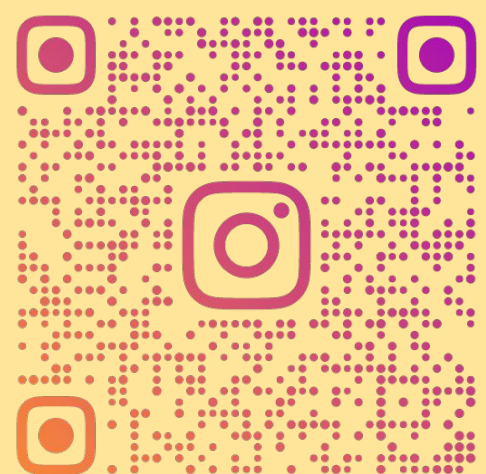
*If you are struggling with your mental health, please reach out to a trusted adult or dial 988 to get immediate support from a crisis specialist.*



## IGH SPARC YOUTH GROUP

Students, did you know that during this school year there is a youth group where extra campaigns, activities, and other events are happening?

If you would like to get these announcements about campaign updates and events, go ahead and follow the official Instagram of SpartanSparc! SPARC stands for Spartan Prevention and Resource Coalition and they run youth groups at the middle school and high school. Check out the current no vaping campaign! New updates will be on the SpartanSPARC page detailing meetings and events in the future!



@SPARTANSPARC

by Crew Roach, grade 8



# NEWSIES HARD AT WORK

by Jac Johnson, grade 7



## WHY YOU SHOULD CARE: THE RUSSO-UKRAINIAN WAR

by Annabelle Her and Cassi Phelps, grade 7

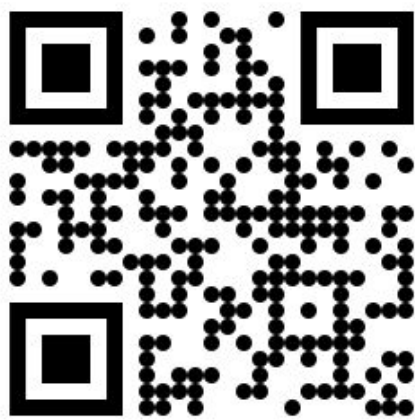
The war in Ukraine is still going on. So far there have been at least 40,000 deaths and 53,616 non-fatal injuries. 14 million people have been displaced. There are at least 140,000 buildings destroyed and \$305 billion in property damage. The war originally started on February 20, 2014, but it escalated in February of 2022 after Russia invaded Ukraine in fear of them joining NATO.

Ukraine is still fighting strongly against Russia, but according to the Pew Research Center, as the war in Ukraine continues, Americans are starting to become less and less concerned on the matter.

You may be wondering: "Why should you care? It doesn't affect me!" You should care more about the

Russo-Ukraine war because it could cause all of the U.S. to go to war as an ally in NATO. Another reason you should care is because the U.S. has stopped trade with Russia causing gas prices to go up. You should also care about the Russo-Ukraine war because there are many people who have lost their homes and people they love because of the war. Innocent

Ukrainians have been pushed out of their country and sent to fight. Most Russian soldiers are fighting against their will and stand with the Ukraine. Lastly, the biggest reason you should care about the war in Ukraine is because they need all of our help. For more information visit United24 website by scanning the QR code.



United24 Website: [u24.gov.ua](http://u24.gov.ua)

## ARGENTINA: WORLD CUP WINNERS

by Isabel Tix, grade 8 and  
Audrey Tix, grade 6

In honor of the 2022 Qatar FIFA World Cup winner, here are some fun facts about Argentina:

1. The official currency is the Argentine peso.
2. The ballpoint pen was invented in Argentina by László József Bíró.
3. Argentina's original name was Viceroyalty of the Río de la Plata.
4. The National bird of Argentina is the Rufous horned.
5. Argentina has won the World Cup 3 times.



# FRIDAY THE THIRTEENTH

by Isla Feldman, grade 7

Why is Friday the 13th considered bad luck? In different cultures, Friday is bad luck and 13 is bad luck. It was not until many centuries later that “Friday” and “the 13th” were combined. In 1907 a novel was written called “Friday, the Thirteenth” by Thomas W. Lawson. The novel was about a broker who took advantage of the superstitions around the date to deliberately crash the stock market. In the 1980s a hockey-masked killer named Jason Voorhees was in a franchise named “Friday the 13th.”

Now after hearing about how far Friday the 13th goes back, you must think it is at least a little spooky. There are cases where Friday and the number 13 are considered good luck. Friday was

considered a lucky day for marriage by Norse and Teutonic people. Today, of course, Friday the 13th still haunts the Western imagination. The tide is beginning to turn many people who believe 13 is their lucky number. Take for instance Taylor Swift she says that her lucky number is 13 and early in her career she wrote the number 13 on her hand before every concert that she performed.

So that still begs the question, why is Friday the 13th still unlucky when countless people and cultures see it as good luck? I personally think it is because of the movies and books that are constantly growing in popularity about how Friday the 13th is bad luck.

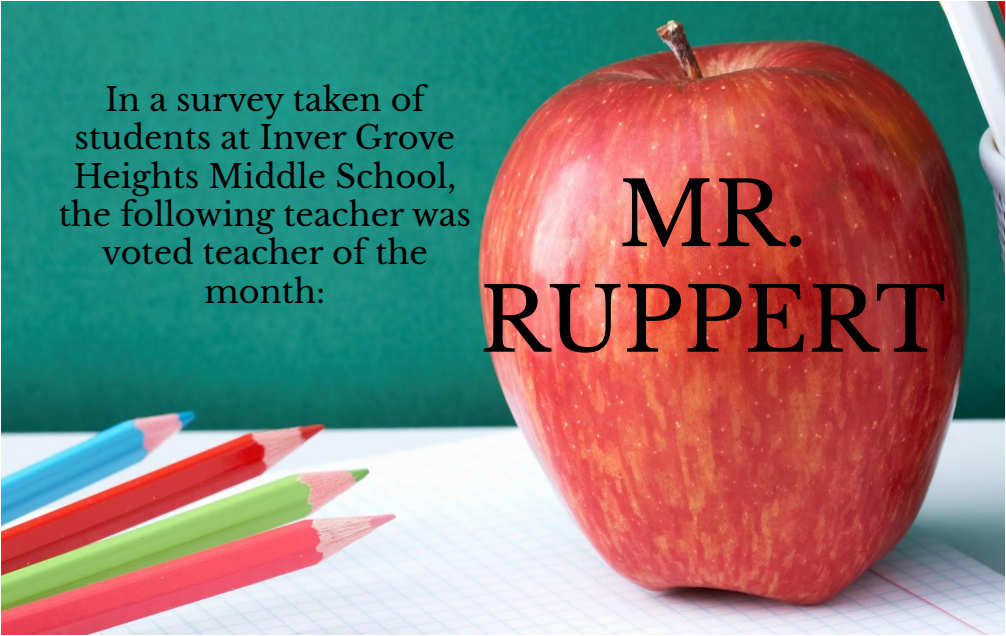
# CANDID TEACHERS

by Anna Larsen, grade 7



# VOTE FOR CAT OF THE MONTH & TEACHER OF THE MONTH

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



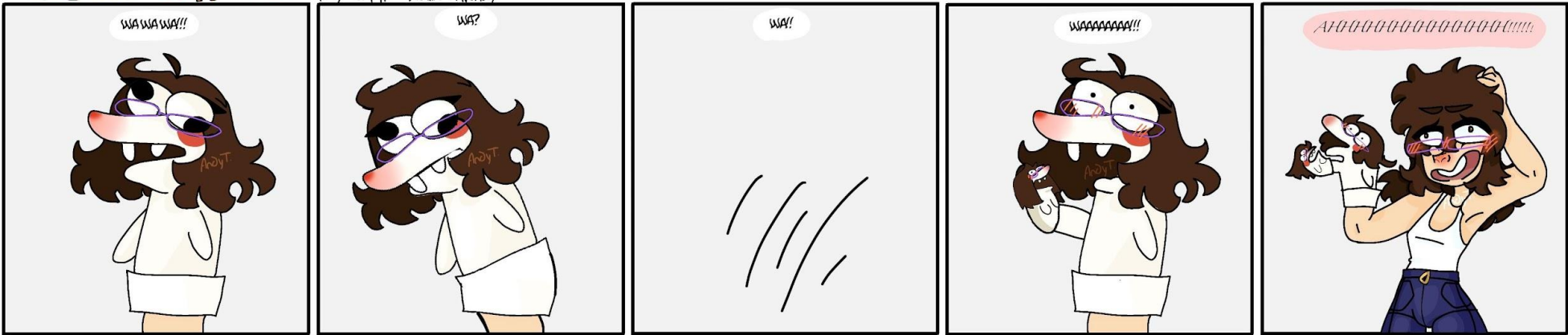
CAT & TEACHER OF THE MONTH

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



# SOCK PUPPETS

by Amanda Trujillo, grade 7



# CHANGES THAT COULD BE MADE TO IXL

by Lauren Oswald, grade 7

IXL is a math program that is used in 24 different states across the U.S. Although IXL can be helpful when used as additional practice in math class, there are also some flaws to it. Here is a list of some changes that I would make to IXL to make it more enjoyable.

1.) Updating the drawing tool

We all know about the drawing tool that appears on the right side of the screen while in a skill. But when trying to solve a problem, it can be extremely difficult to use. I think that

by updating the drawing tool and making it easier to use, it will improve the learning of thousands of visual learners on the app (including me).

2.) A second chance

In IXL, if you submit the wrong answer it pushes your smartscore back. While some may argue that it encourages students to get better in the skill, that's not always the case. For me personally, it can make me discouraged. Instead, I think that they should at least give you the

option of having a second chance before they send you back.

3.) An Official Workspace Area

Even though there is blank space on the side of your screen to work on your problem, it definitely isn't always used. Therefore, people end up doing their work in their head which can lead to making more mistakes. I think that having an official area with plenty of tools would help people understand their math lessons more.

# NEWSIES HARD AT WORK

by Jae Johnson, grade 7





## MY CULTURE

by Eshani Ohneswere, grade 6

I was born in St. Paul. My extended family was born in Guyana. My great-grandma was born in India and grew up in Guyana. My family has influenced me in many ways including appreciating money and food because they didn't have much. At home, we speak English and Guyanese Creole.

My culture is important to me because it is so different and special. Holidays are one of the ways I experience my culture. We celebrate Diwali, which symbolizes the spiritual "victory of light over darkness, and good over evil." We also celebrate Holi, a Hindu festival that celebrates spring, love, and new life.

We wear traditional Indian clothes on special occasions. Jhandi is a Hindu celebration practiced primarily in Caribbean countries such as Guyana, and we wear traditional Indian clothes at that time. The Jhandi is a time of thanksgiving for family and friends. The celebration recognizes multiple gods, with a focus on Hanuman, Shiva, Ganesh, and Lakshmi. The celebration happens several times per year. Traditional Indian weddings are also times we wear traditional clothing. We sing prayers and dance all night.

Food is a key part of my culture. We eat food from India and Guyana. Indian and Guyanese spices can turn food into something new: I would never know I was eating veggies! Food is full of flavor and packed with heat.

My culture is so different from other cultures. I wonder how, out of all families and cultures, I got picked to be part of such a unique one.

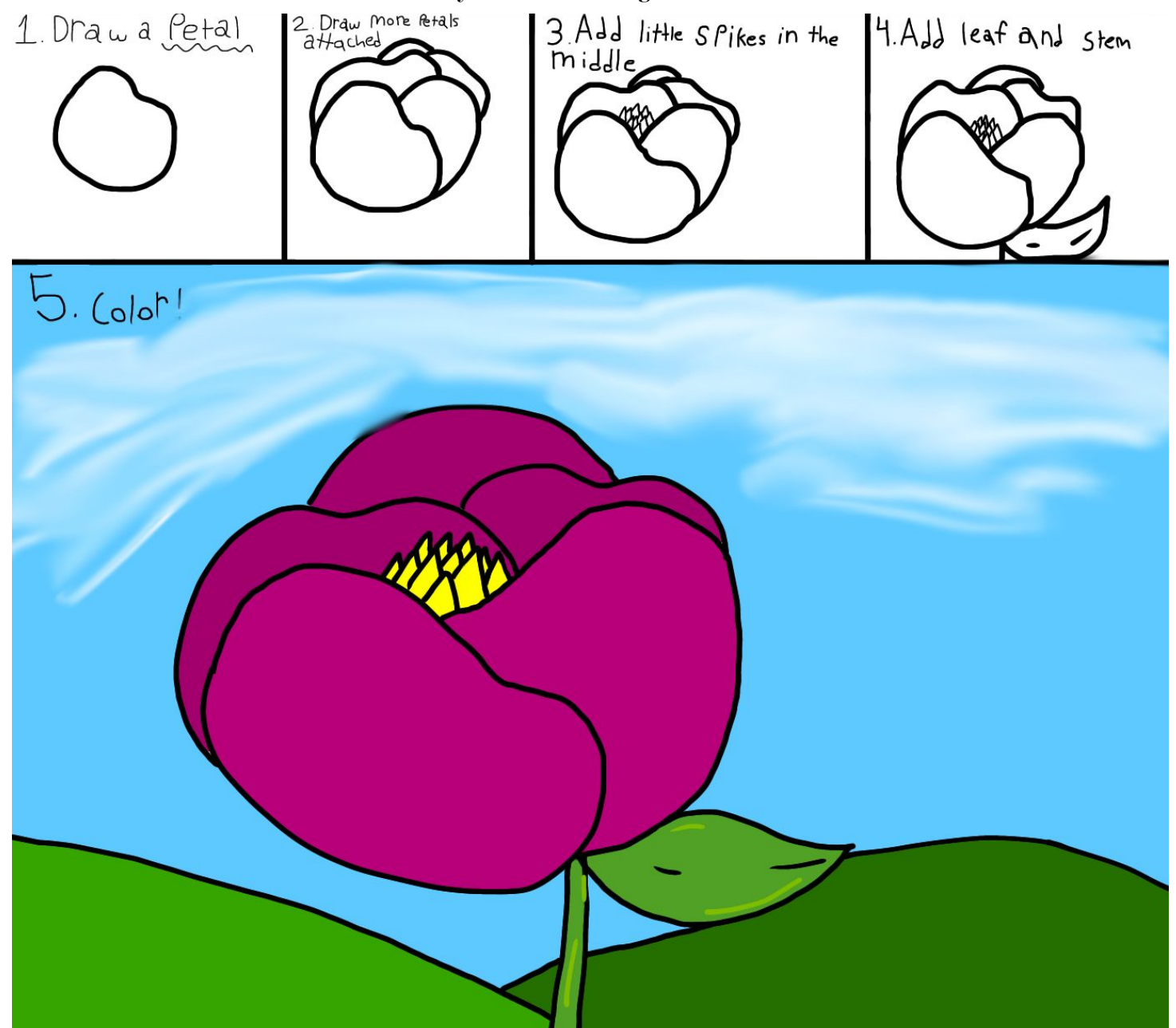


## DON'T TOUCH THE BUTTON

by Jessie Briones Herrera, grade 7

## HOW TO DRAW A FLOWER

by Emma Brainard, grade 6





## DIY BOOKMARKS

by Divya Ohneswere, grade 7

- 1.) Take paper and cut a strip the size of a bookmark.
- 2.) Decorate it however you like.
- 3.) Take some scotch tape and cover both sides of the bookmark to make it stronger.
- 4.) If you want to: make a small hole in the bookmark using a pencil. Then string some ribbon through it.



## WHAT IS THE SPARTAN NEWSFLASH?

by Freddy Ganzer, grade 8

The Spartan Newsflash brings news that everyday students create, and everyone can read each month. It allows people to learn anything from what sports standings are to the latest changes in the school. You get to meet people in different grades that have similar interests as you, such as hockey and lacrosse.

The people who participate in the Spartan Newsflash are kind and will help if you are struggling with the next idea. You can always ask for help from a fellow Spartan Newsflash student. This is important to me because I'm not the best at Language Arts and having support helps a lot.

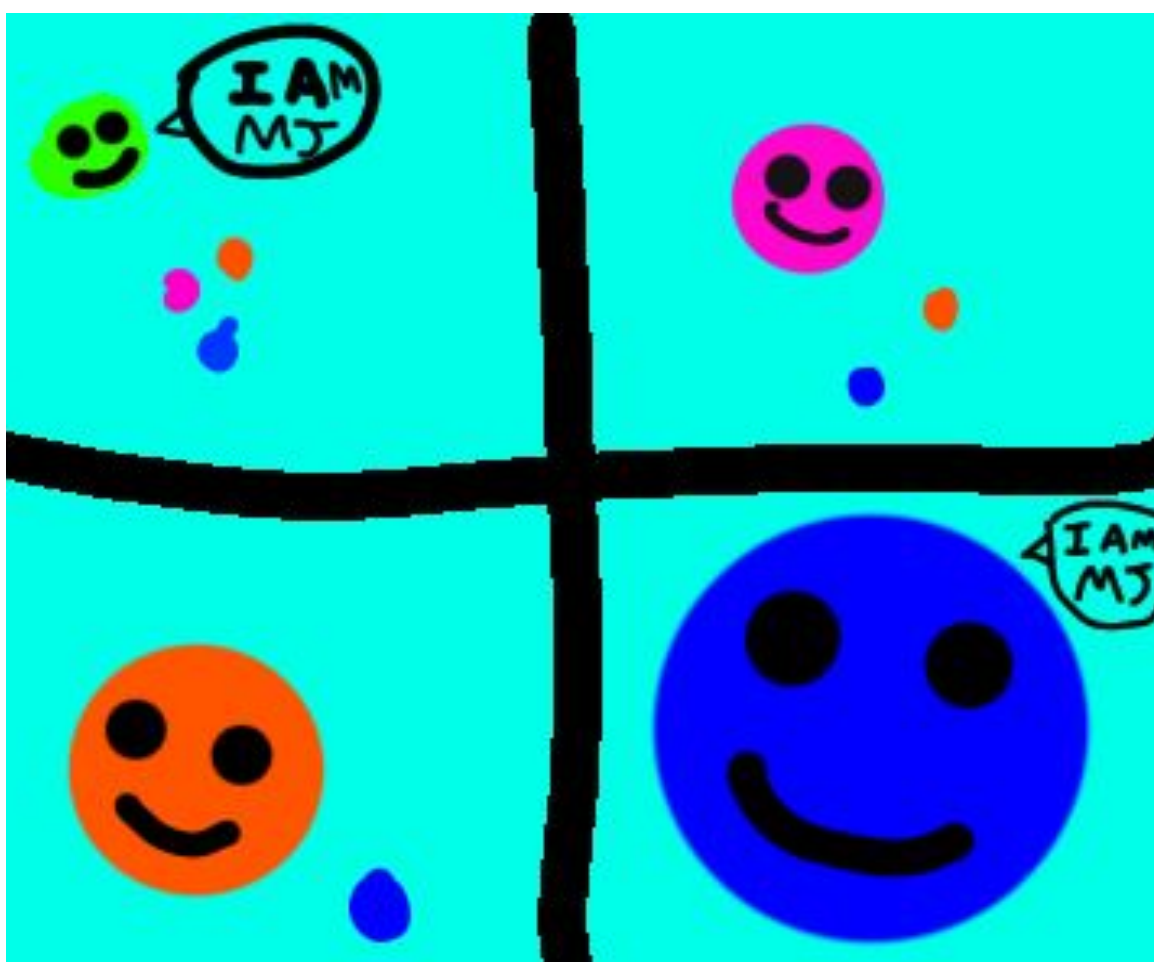
Most people like writing, and being in the Spartan Newsflash can help you practice your skills. This can also lead to becoming a news anchor. I was told about the Spartan Newsflash last year when the first edition came out so I decided to come and help by contributing.

Please consider joining and helping with the Spartan Newsflash!

*If you are interested in joining the Spartan Newsflash team, please reach out to Ms. Maloney at [maloneyj@isd199.org](mailto:maloneyj@isd199.org). We would love to hear your voice!*

**I AM MJ**

by Mariah Martinez, grade 7



## DIY PAINTED PENCILS

by Divya Ohneswere, grade 7



1.) Take an ordinary pencil and paint the pencil with your color of choice

2.) With a thin sharpie, put the days of the week on the side of the pencil. So for school days use: Monday, Tuesday, Wednesday, Thursday, and Friday. You can also short write a quote that you like on the side.