

THE BULLDOG BARK



READY TO BE DRAMATIC? NEW THEATER CLUB BRINGS EXCITEMENT TO BMS STUDENTS

BY AUDREY VENTURA

One brand-new addition to our school from the recent renovations is the stage, located in the North Gym. Along with the new stage, a theater club has formed. I asked the teachers of the theater club, Mr. Phillips and Mx. Ryan, a couple of questions, and these were their answers.

Mr. Phillips and Mx. Ryan had different goals for the club, yet still important ones. For the students in the club, Mr. Phillips wanted them to grow as artists and gain confidence in themselves, but also gain confidence as artists and technicians. Mx. Ryan's goal for the club is to put on an amazing show that everyone can be proud of, while also working together as a team.

When asked why they both became the theater club teacher this year, Mr. Phillips said that "So many kids have done theater at Birch Grove, and so many other schools, and then they come here, and we didn't have that opportunity for them. [...] Kids need theater, especially in this day and age; they need an avenue to express themselves."

Mx. Ryan was thrilled about all the excitement about starting this new club and wanted to "Help bring some real stage magic to life!"

According to both Mx. Ryan and Mr. Phillips, the students in the theater club are going to be making a show of their own, performing it at the end of the year. They are currently writing the production and will be building their own sets, props, and giant puppets, and really, managing the whole production.

There are many things that scholars are learning in the theater club right now, such as lighting a stage, setting up a stage, managing the sound for a stage, and making the transition from scene to scene. They are learning how to build props and sets for their production and working as a team.

Mx. Ryan said that the most important thing that the students are learning is how to be a confident performer, which is a skill you can use outside of the performance. Learning about theater can also help broaden your sense of self and help you find your identity. If you would like to join, the theater club meets on Thursdays in room 126.



Newly-built stage, still undergoing final construction
Photo by Audrey Ventura

Did you know...

MYSTERIES OF SLEEP PARALYSIS

What is sleep paralysis? Sleep paralysis is a temporarily inability to move or speak while waking up or falling asleep. The brain wakes up while your body is still asleep or paralyzed, and your eyes move rapidly. This stage is called REM (Rapid Eye Movement). What causes sleep paralysis is disrupted sleep patterns, stress and anxiety, genetics, working night shifts, or irregular sleep schedule. Sleep paralysis can be very frightening to those who experience it because you can't scream or do anything to stop it. Plus, you also see frightening hallucinations.

But, sleep paralysis can also be something good, like a peaceful floating sensation. It can feel like experiencing the presence of comforting loved ones, or having a sense of awe, wonder, and spiritual insight. 23% percent of people experience a peaceful episode of sleep paralysis.

To prevent sleep paralysis keep a consistent sleep schedule by going to bed and waking up at the same time everyday. Another way is to watch what you eat before you go to bed and don't go into a food coma (which is eating a heavy meal and then falling asleep). A few other things that help prevent sleep paralysis is sleeping on your side, having a dark and quiet sleeping environment, and managing stress and anxiety. A few things you can do if you experience sleep paralysis is try to just stay calm and wait it out, take slow breaths, and try small movements with different limbs.



Photo by Medium

Special thanks to Libin Afi.

BY AISHA AHMED

THE OPINION OF 6TH GRADERS

2025 is coming to an end soon. Here's a few questions that might spark some ideas to improve your conversations.

2025 was a very important year in American politics. We had a president reelected who has been very controversial. Our students were asked how much these current events have impacted their lives. 40% said that they were not very interested in politics and didn't care too much about it. However, 60% said that they are fairly interested in politics and were pretty involved.

The transition to 6th grade was a huge change for everyone this year. While some came from out of school districts and others in boundaries, we asked our selected kids if they felt that they had enough preparation from elementary school to move into a more challenging place. 3 out of 10 volunteers said that they felt that they did have enough preparation overall while on the other hand, 7 of them stated that they needed more time and felt unprepared for middle school here at BMS.

Has anyone noticed the small amount of passing time we get between classes? And for the people who often forget their items and drink a lot of water, I think we have too little passing time. In fact, 4 out of 10 students said that they agreed and had similar experiences. On the contrary, 6 of them said that they felt the opposite and had enough time to go to each class.

The 6th graders do have quite a lot of opinions. But I can already tell that they'll have even more in 7th grade.

BY NORA SIEGEL

THE LOUVRE WAS ROBBED

Did you know that the top art museum in the world was robbed?

The Louvre, an art museum in Paris, France was robbed!

On October 19, 2025, a major robbery occurred at the Louvre Museum, where thieves stole eight pieces of French crown jewels valued at €88 million (about \$102 million USD). The stolen items were tiaras, necklaces, and brooches from the collections of Empresses Eugénie and Marie-Louise. Despite a swift investigation and the arrest of the four suspects, the stolen jewelry has not been recovered yet. The thieves stole eight pieces of 19th-century French crown jewels from the Louvre Museum, including a sapphire parure, an emerald necklace and earrings, and a reliquary brooch.

The Louvre was built in 1793 and has been broken into about 5 times, including this one. The thieves got in with a truck mounted ladder to get into the Apollo Gallery, holding the jewelry.

The Louvre is most famous for the Mona Lisa painted by Leonardo da Vinci between 1503 and 1506 the main reason it's famous is because the Mona Lisa was stolen on August 21, 1911 by Vincenzo Peruggia a former museum worker. Police took two years to find it. But how? In 1913 Peruggia tried to sell it to Alfredo Geri an Italian art dealer Alfredo brought it to the Uffizi for authentication when he realized that it was the Mona Lisa he immediately called the authorities.

Peruggia was incarcerated for 1 year and 15 days.



Tiara of Empress Eugénie
Photo by Steve Hamblin/Alamy

BY SUREYA ABDI

Dear Bulldog Bark,

I'm constantly worried that I smell bad, what can I do to be confident I smell good?

*Sincerely,
Stumped on Stink*

In middle school, many students are self conscious about things like how they smell, which is perfectly normal, since they are most likely in the middle of puberty. Is this something that worries you too? Here are some helpful tips to help you smell your best, even when school air hits hard.

1. Shower. Showering is an important hygiene factor, because the water can help wash off dirt and bacteria from you, especially if you use a body wash. Showers should be kept at about 95-105 degrees fahrenheit. At this lukewarm temperature, you can be comfortable and cleaned without hot water drying out and damaging your skin.
2. Deodorant. Using deodorant on a daily basis, and at least once a day is so important. This will boost your smell a lot! If you know you sweat, an antiperspirant deodorant will be your best friend. Regular deodorant neutralizes and masks body odor, but antiperspirant also reduces your sweat by plugging sweat ducts in your skin temporarily. If you want to smell good for school, you should definitely put on deodorant before you leave the house.
3. Shampoo. Shampooing your scalp is actually so important for your smell. It varies for different hair types, but in general it's a good idea to shampoo at least once a week. Your scalp can be filled with buildup and bacteria, and that can become very smelly if it's not eliminated.
4. Lotions. Especially after showering, it can be so good to hydrate your skin with lotion. It will not only help your skin but also, if it's scented, boost your smell. BMS doesn't allow scented lotions in case of allergies, but in general it can be a good idea to use a good scented lotion when you shower or need some hydration.
5. Brush your teeth. A super important part of having a good smell is your breath. It can be super easy to have bad breath, and it's honestly very noticeable to others when you talk to them. If you want to get rid of this issue, it's recommended to brush your teeth every morning

STAFF SPOTLIGHT MS. AMUSANO

Many people know you as a math teacher at our school. But many people only know you as that. Why don't you give us a little background knowledge about yourself?

"I'm Ms. A. I'm a former student at this school. I graduated from Park Center in 2018. And I completed my undergraduate degree in biology and early childhood studies at the University of Minnesota Duluth."

What inspired you to become a teacher?

"I started teaching because I really want to be a school-based therapist, and I wanted to see what schools are like again, so I started subbing."

How long have you been teaching, and what subjects or grades have you taught?

"This is my 4th year. I've taught 6th grade Special Ed Math, 7th grade Avid, Gateway Tech, and now 8th grade Math."

Why did you choose to teach at our school?

"This is my 4th year. I've taught 6th grade Special Ed Math, 7th grade Avid, Gateway Tech, and now 8th grade Math."

Who was a teacher that inspired you when you were a student?

"Mr Shannon. I had him in 7th and 9th grade. He was a cool guy and a good teacher, and always pushed me to be better."

What skills do you think are most important for a student to learn these days?

"Time Management. Make a list of priorities, get the hard things you don't want to do done first, so it's easy sailing after."

What's your favorite subject to teach?

"It's probably math because there's always a right answer."

What advice would you give to students who want to improve academically?

"To be patient with themselves. It's okay to not understand everything right away, but that doesn't mean you stop trying."

What changes would you like to see in the education system in a few years?

"Real equity; better equipped resources for all students to get where they need to be."

What's your favorite school event?

"The Multicultural Fair!"



If you weren't a teacher, what would you be?

"Some of you already know I'm currently in graduate school to be a Therapist"

How would you describe a perfect day at school?

"A perfect day is when all the students get their work completed with time to spare at the end of class"

Do you have any hidden talents?

"I can play the violin"

before school and every night before bed with a minty scent. If you want to go above and beyond, brush your teeth after every meal.

6. Mints/gum. Similar to brushing your teeth, chewing gum and using mints can help your breath so much during the day. Especially if you, for instance, eat school lunch and then notice you have bad breath, but you can't brush your teeth because you're in school. In this situation, the next best thing you can do is chew gum or eat a mint. It's a good idea to keep a pack of gum in your school bag every day, especially if your self conscience your breath is bad.

7. Wash clothes. Doing laundry regularly will help your clothes smell so much better. If you're wearing a thin material, like cotton, you're supposed to wash it after every 1-3 times you wear it. But, if you like gym and are running around and sweating, wash it every time you wear it. Some clothes, like denim, generally don't need to be washed as often, but should still be washed every 3-5 wears depending on how much you are sweating and being active. Any undergarments should be washed after every wear.

These are some very basic steps that can help you have good hygiene and be more confident that you smell good. If you need more help, a good idea would be to talk to your doctor.

Yours Faithfully,
The Bulldog Bark

BY SUNSHYNE VANG

WHAT MAKES A GOOD TEACHER?

BY MIA ALLEN

A good teacher has lots of qualities. They are nice and kind. You can feel that they are important to us. They are worthy and help us to feel passionately about their subject. A good teacher is someone supportive. Teachers are compassionate most of the time and we should all be grateful for their willingness to help us. We should be kinder to them and tell them that we appreciate them more.



Photo by Southern Nazarene University



Photo by Richard Soto

GREAT PLACES TO VISIT!

There are seven continents in the world, 195 countries and over 10,000 cities. And you could visit them all one day.

Although they're all on one planet, the places in this world have different laws, food and languages. None are easy to learn but some of them are harder.

Asia is the largest continent on earth. It has lots of countries, some you've probably heard of, some maybe not. The food in Asia is very different from the food in the US. In places in Asia they eat foods like Bánh mì, Dim Sum, Kimchi, Pho (which is a Vietnamese soup) Kimbap, Sushi, and Pad Thai.

Popular countries in Asia are China, where you can walk the Great Wall Of China and see lanterns glow as you walk in the street markets. In Japan, in the springtime, you can see the cherry blossoms bloom and sing karaoke. A place that you might not have heard of is Malaysia. If you like hiking, Mount Kinabalu in Malaysia is the perfect place.

Korea in the springtime is absolutely beautiful. There are blooming cherry blossoms and you can have picnics in the Seoul Forest.

December through May is the most comfortable time in the Philippines. You can explore and do beach trips.

If you want a perfect cruise, go to Ha Long Bay in Vietnam! On your way maybe grab some Pho or Banh Mi.

There are so many other amazing places in Asia, like Laos or Thailand. Languages like Mandarin, spoken in China, Malaysia, Taiwan, Singapore and other places. Mandarin is a very hard language to learn, along with Korean, Arabic and Japanese.

In Europe, Paris, France is one of the #1 places that people visit, the Eiffel Tower, breads, pastas, pastries and other things like the Louvre (art museum, containing Mona Lisa) and the Sistine Chapel.

Over by France in Europe is Italy. With popular cities like Milan, Rome, Venice and Florence. I recommend Italy if you like hiking or want to see the Leaning Tower of Pisa or the Colosseum.

In the Caribbean is Jamaica where the water glows at night and you can eat fruits like Guava, Papaya and Jackfruit and eat Jerk Chicken.

In East Africa is Ethiopia, where you can eat Injera and visit a festival or food or coffee ceremony.

Brooklyn Middle STEAM School

Also in East Africa is Somalia where you can folk dance and do poetry. In Nigeria you can eat rice and stews of beans and meat while watching soccer or doing traditional dances. In Africa there's also Egypt, Zambia, Zimbabwe and Tanzania.

In the U.S., you can see the Iditarod dog sled race in March or In February and March, watch the famous Ice Sculpture Championships, where people get a block of blue ice and sculpt it in Alaska! Down in the Pacific Ocean is Hawaii where you can see what pineapple plants look like and eat Poke bowls and visit the beach!

Then there's places in the US you can visit that are tourist attractions like Hollywood and LA in California, The sculpture garden and Mall Of America in Minnesota, New York City in New York, If you like technology, Silicon Valley in California, and the beaches in Florida and Hawaii.

I hope one of these places was helpful and you know where you want to go someday!

BY OLIVIA HAYNES

ALL ABOUT THE 2025-2026 OPC STARS GIRLS HOCKEY TEAM

BY SCARLET KLEIN

Give a big welcome to this year's OPC Stars. This year our team captains are #9 Gabby Edlund, #23 Ellie Grant, and #34 Zoe Berthiaume. The JV and varsity teams together have 30 players and 4 goalies. The home games will be at Osseo Ice Arena 10390 County Road 81 Osseo, MN 55369. Each of the games will be about 1.5 to 2 hours, there are 3 periods each game. Concessions will be available for purchase at the rink.

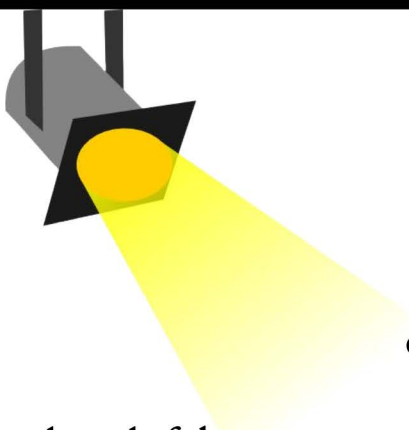
The JV head coach is Brian Ferguson, the varsity head coach is Jeremy Lewis, who is also a 7th grade P.E teacher at Osseo Middle School. The two teams together have a big variety of girls from 9th-12th grade. The Stars are made up of 17 girls from Osseo High School, 9 from Totino Grace, 3 from Legacy Christian Academy, 2 from Providence Academy, and 3 from St. Agnes. This year their first home game was on Saturday, November 8th against Mounds View Irondale (MVI). Charlotte Olejar was the Star of the game by playing intensely with two penalties and scoring our only two goals. Charlotte is in 10th grade and has been on the Varsity team for 3 years, her first year on Varsity she was in 8th grade! Gianna Chiodo was the starting goalie who fiercely played the entire game making lots of saves. Come out to support the

OPC Stars by representing your school spirit in Gray, Black, White, and don't forget ORANGE! If you come in an OMGHA jersey you get in free.

To get tickets and see the schedule for the games you can go through their official website <https://www.oshorioles.org/page/show/4174670-girls-hockey>.

25 NOV CENTENNIAL JV @ 5PM VARSITY @ 7PM	02 DEC ROGERS JV @ 5PM VARSITY @ 7PM	04 DEC NORTHERN TIER JV @ 5PM VARSITY @ 7PM
06 DEC MANKATO EAST JV @ 1PM VARSITY @ 3PM	09 DEC ANDOVER JV @ 5PM VARSITY @ 7PM	13 DEC NORTHERN TIER CHISAGO LAKES JV @ 11AM VARSITY @ 1PM
16 DEC ANOKA JV @ 5PM VARSITY @ 7PM	18 DEC NORTHERN TIER JV @ 12PM	24 DEC ALUMNI 9-10:30AM
HOME AWAY 25-26		





STUDENT SPOTLIGHT

AUDREY VENTURA

This month, we are excited to recognize Audrey Ventura as our Student Spotlight!

Audrey is a student who brings positivity, creativity, and thoughtfulness to our school community. Whether she's in the classroom, on the ice, or spending time with friends, she always gives her best.

Outside of school, Audrey's favorite activity is figure skating, a hobby that takes dedication, balance, and confidence. She also considers herself a morning person, explaining that she likes having the whole day ahead of her to be productive. By nighttime, she says she's usually too tired to get much done!

When it comes to music, Audrey enjoys songs by Taylor Swift and Sabrina Carpenter. While she doesn't have one favorite song, she loves listening to their music.

Audrey's favorite subject this year is Global Studies because it combines facts and opinions, which makes learning more interesting and engaging for her.

As for the future, she doesn't have one exact dream job yet, but she is interested in business. She shared that when she was younger, she loved selling bracelets, and that experience made her passionate about selling and creating.

One of the biggest inspirations in Audrey's life is her mom. Audrey admires her kindness and how much she cares about others. She even shared that her mom once stayed up late to help her cut music for a skating program—showing just how supportive she is.

When making new friends, Audrey looks for something relatable and believes being nice and funny helps start strong connections. If disagreements happen, she handles them maturely by calming herself first and trying to understand the other person's point of view.

Audrey's dream ice cream flavor is bursting with fruity goodness, featuring fruit punch, pineapple, mango, peaches, cherries, and strawberries because she really loves fruit! If she could switch lives with a celebrity for a day, she'd choose Ariana Grande because she stars in *Wicked*, or Millie Bobby Brown because she thinks she's funny and inspiring.

Looking ahead, Audrey imagines a future filled with amazing inventions—like a machine that cooks for her, teleportation, and even a machine that does her hair automatically!

Audrey is a kind, thoughtful, and creative student who truly makes our school a brighter place. We are proud to feature her this month and can't wait to see all the amazing things she will accomplish in the future.

BY BLESSING FOLLY

NOT CUTE ANYMORE – ILLIT DEBUT

ILLIT is a South Korean girl group. They have 5 members. Let me introduce you to Yunah (21 years old), Moka (21 years old), Minju (21 years old), Wonhee (18 years old), and lastly Iroha (17 years old). Their group concept is a dream-core mix with magical girls. ILLIT make their debut on March 25, 2024. Their debut album is their first mini-album called "SUPER REAL ME". I recommend you check it out it is really good. On October 27, 2025 they made a post about their first single album called "NOT CUTE ANYMORE". They have 2 song in this album call "not cute anymore" and "not me". Both of their song is released on November 24th 2025. Not cute anymore music video are released on November 24th, 2025.



Photo by ILLIT

For concept, I have taken a look at their social media. For the "NOT CUTE ANYMORE" music video, their concept is horror, creepy and dream core. Don't forget to listen to their songs and watch their music video!

BY PATCHARAKORN CHANAPAN

Interested in joining
THE BULLDOG BARK?

Speak to Ms. Sakry or Ms. Thibido
OR Email Ms. Moberg at MobergL@District279.org

Want some advice from
THE BULLDOG BARK?
Email your questions to Ms. Moberg at
MobergL@District279.org. Your name will be kept a secret!



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