

Eagle News

One Blackmon, Our Blackmon

OCTOBER 2021

REDUCING STRESS AT BRMS

Written by Avery Norris

In middle school, it is not uncommon for some people to have a hard time keeping track of all of the work and tests that they have throughout the year. A lot of things can impact how you perform at school. Reducing stress by staying organized and being proactive can help you be a successful student.

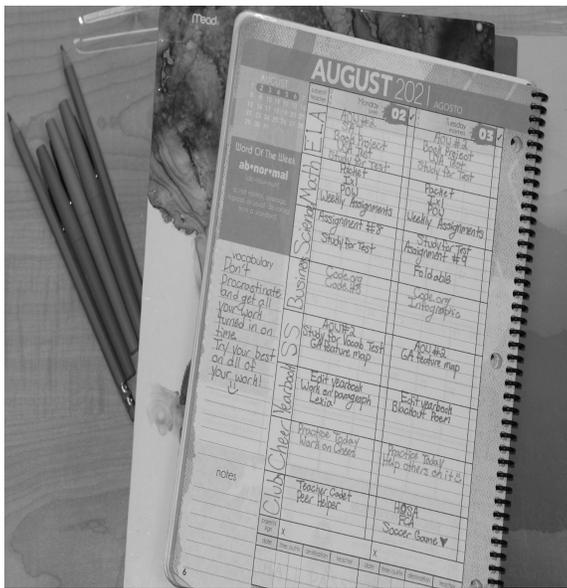
One big factor that can impact someone's academic success is how you manage your time. If you spend hours doing things that are unproductive when you could be doing better things with your time, then maybe it's time to find a better way to manage your time.

You may want to consider working on little bits of work at a time so that you are getting things done on time while keeping your workload seemingly small.

If you are proactive and complete your assignments early, you will not feel the stress from cramming in the end. This will also give you extra time to spend doing things you enjoy such as drawing or playing sports!

You can organize your to-do list in order of importance or due date. Your school agenda can help you organize your assignments so that you can choose which assignments to work on first. You can also try to finish your work in class or at least start on it so that you have a head start and can stay ahead. By being productive and on task in class, you can reduce the amount of work you need to complete at home.

The most important thing for students to focus on is to finish their work in a timely manner and to stay stress-free!



"Our BRMS Agenda can help you stay organized!"

Cell Cakes: The Tasty Side of Learning

Written by Lucile Choudhury and Maria Gayle

During the month of October, Dr. Won's gifted seventh-grade science class carried out the task of making a cell cake with all the properties of cells that they have learned over the past few weeks. For this project, they used their prior knowledge and creativity to make spectacular cakes that modeled the structure of a cell. Julia and Ashrit, two seventh grade students in Dr. Won's class, decided that their favorite part for creating the cell cakes was when they put the whole cake together and were able to see the final product. They also enjoyed getting to decide where to put certain ingredients and getting to use their creativity to make a special cake. When asked what they thought was the most difficult part about the project, they

thought that deciding what ingredients to use to decorate the cakes was the biggest challenge because everyone had various opinions about what the design should be.

Even though most of the students had only positive comments about the activity, some students also mentioned that they did run into challenges. One group was in a dilemma when half of their group was not present on the day of the activity, but they persevered by having each member put in the extra effort. Their hard work paid off when they won the "Neatest Cake" award! We are so happy that our seventh grade Eagles enjoyed this lesson! A big shout out to Dr. Won for such an awesome learning experience!



Students completing cell cake projects during Dr. Won's class.



Happiness in Hawaii

Written by Lucile Choudhury

In September, Mrs. Udy, a seventh-grade science teacher, won one of the weekly BRMS Teacher of the Week competitions for the category "Summer Memories." Mrs. Udy amazed all of her coworkers with her astonishing trip to Hawaii to celebrate her son and daughter in law's wedding! When she went with her family, she and many others made great memories together. As she stated, her favorite part of the wedding was the whole day because of how magical it was! The view was absolutely breathtaking and the most heartfelt moment was when she saw her son cry when he first saw his future wife! It was also super remarkable because the officiant had set up a traditional Hawaiian wedding ceremony.

When she got to Hawaii, she enjoyed the pleasing scenery of the Honolulu Airport with huge trees, the plethora of flowers, and friendly faces that welcomed them to Oahu. While they were at the island, they enjoyed guided tours of the island, macadamia nut farms, and even the Dole Pineapple plantation. They relished the snorkeling tours, kayak rides, and hiking adventures as well! As for the food, she adored the fresh seafood and the abundance of fruits! Mrs. Udy states that the most memorable part of the trip was the unforgettable honu, which means sea turtles. The Hawaiian Green Sea Turtle is the only indigenous reptile found in Hawaii but for Hawaiians, the Honu is a symbol of good luck in the form of a guardian spirit! She got to observe and swim with these creatures while snorkeling and kayaking. Congratulations to Mrs. Udy, her son, and daughter-in-law. We're so happy you got to enjoy this amazing trip!

Other teacher of the week winners in September include Mr. Campbell, Mr. Lipscomb, Mrs. Hudnall, and Mr. Downes!

Stress Less, Accomplish More

Written by Katrina Clanton

As students, we can sometimes get overwhelmed. The most common reasons students get overwhelmed is homework and school. The majority of students can agree with this due to first hand experience. Stress can have some very serious outcomes like anxiety. It could also cause you to perform poorly academically. Some of us tend to stress a lot, so I have listed a few ways that you can reduce your stress.

- Take deep calming breaths
- Listen to music
- Try to think positively, say things like "I'm almost done" or "I got this"
- Slow down and take your time
- Take a break if you need to.

Some people experience higher levels of stress than others. So if you try these things, and you still feel very overwhelmed, don't be afraid to talk to a trusted adult. You could even talk to a teacher and ask if you could get extra help. Always remember that you got this no matter what and we are all here to help! We are BRMS strong!



NEWSPAPER STAFF

A special thank you to the following students who worked hard to create this month's newspaper!

Ailyn Fuentes	Editor
Khushboo Ogden	Editor
Riley Martin	Editor
Avery Norris	Writer
Katrina Clanton	Writer
Lucile Choudhury	Writer
Maria Gayle	Writer
Sophie Persons	Copy Editor
Layla Norrell	Copy Editor
Olivia Oyster	Copy Editor
Yaretzi Garcia	Copy Editor
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