

Here's the Key to Catching zzz's

By Maria Gayle



Are you getting the recommended 7 to 11 hours of sleep?

Are you getting a good night's rest? It is recommended that students ages 12-18 get between 7 and 11 hours of sleep each night; however, a lot of students admit that they do not come close to reaching that recommendation.

You may think that this has no major impact on you, but sleep deprivation can have an impact on your school performance. Lack of attention and poor memory are just two negative effects that can come from a lack of sleep. Over time, these two factors can have a negative impact on your overall grade and performance.

There is good news however! There are numerous ways that you can get a good night's rest so that you can be your best each day. Staying away from electronics at least 30 minutes before bed allows your brain to wind down before bed. Exercising is another option to help you relieve any extra energy so that you are ready for bed at night. Meditating before bed can help you relax and calm down so that you can drift off to sleep quickly!

Trying to get into a good sleeping schedule can be tricky at first, but if you try these tips, hopefully you will be able to catch some good ZZZs.

SOCK COMPETITIONS ARE NO JOKE

By Sophie Persons

In October, Student Council held two SOCKtober events to raise money and collect donations for those in need. On Friday, October 8th and October 15th, students and faculty wore their favorite socks to school to support the student council's event. In order to participate, you had to pay one dollar or donate a pair of new socks. The BRMS faculty held a Teacher of the Week competition on both SOCKtober days to vote on who had the best socks! Mr. Dobbins, a seventh and eighth grade math teacher at BRMS, made quite the impression on the faculty for his sock choices and his spirit on both of the SOCKtober event days. The first week, Mr. Dobbins lost the competition to the surprise of many faculty members because everyone seemed to love his socks that week.

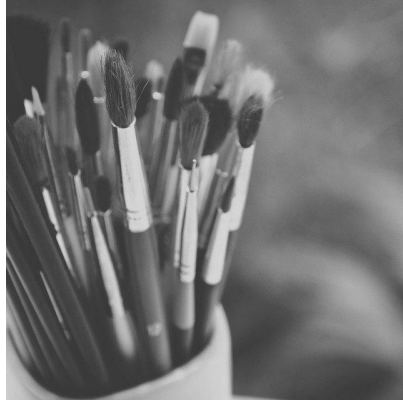
The next week, Mr. Dobbins was determined to win. He brought not one but two pairs of socks for the SOCKtober event. His first socks had Jerry from Tom and Jerry on the socks because he was "not mousing around." His second pair of socks (Joker themed) reminded everyone that "math is no joke." Some of the faculty rallied behind Mr. Dobbins by creating puns about his socks, and with the support of his fellow faculty members, Mr. Dobbins won by a landslide.

We asked Mr. Dobbins which socks he liked besides his socks, and he said Coach Burns' Captain America socks and Mrs. Udy's lab safety socks were both awesome. He also said he liked the chicken leg socks that beat him as well!

We are so happy to have teachers like Mr. Dobbins who have great school spirit!



Mr. Dobbins' "Joker Socks" from the second SOCKtober. They have the Joker on them to remind everyone that "Math is no joke"



Bringing Anatomy and Art Together

By Lucile Choudhury

During the month of November, Mrs. Daughety's art classes created a project for the Houston Medicine Foundation. Their class wanted to inspire young minds to pursue paths in the medical field. Mrs. Daughety said that when she planned this project, she hoped to see a variety of art, anatomy, and skeletal forms. To gain variety, she implemented guidelines that said that the art pieces could not be related, which made the students use their own creativity to create a unique project! Mrs. Daughety said that one challenge that the classes faced was having to complete the projects in the time of only a few class periods, but she was proud of her students' efforts and perseverance!

Character Word of the Month: Citizenship

By Ailyn Fuentes

Citizenship is a way of acting as a responsible member of the community. This means respecting others, having compassion, taking responsibility for your actions, and more. There are many ways we can show citizenship individually or as a class at BRMS.

Providing service to others is an example of citizenship. Some examples of providing service to others are donating, tutoring others, and volunteering. Your donations could be to foundations, charity, or other organizations. Tutoring could be one-on-one or as a group. Maybe you're tutoring someone at a school or library.

BRMS has many clubs and organizations that focus on citizenship by organizing fundraisers to donate to good causes. Some of these organizations also volunteer to complete other service activities as well.

Book Suggestions from the Librarian

Can't find a book to read? Check out these book reviews to see if you may be interested in one of these three books suggested by Mrs. Hudnall.

The Lion of Mars by Jennifer Holm is a fictional story about a normal teenager who lives on an American settlement on Mars. The settlement doesn't have contact with the other settlements for some secret reason, but when a disaster occurs, Bell and the other teens from the settlement have to break that barrier to save the other members of their team. While seeking help, they make a huge discovery.

Although the introduction section of the book is long, this book is very interesting with unique characters and comical moments. The light-hearted tone is one that anyone can enjoy. With a 530 Lexile, I would recommend this book to a middle school student looking for a fun book to read for enjoyment or for a book project.

-Maria Gayle, 8th Grade



Normal, a memoir written by Nathaniel and Magdalena Newman, is about Nathaniel's life with Treacher Collins, the same craniofacial disease as the boy from Wonder. Nathaniel was born with many medical problems including problems breathing, eating, and speaking, but his family preserved through all of this because they wanted what was best for Nathaniel. This book shows the hardships that Nathaniel's family faced and how they grew over time.

I would recommend this book to anyone who enjoyed Wonder, which is a very well-known and popular book. This book has a 880 Lexile, but it can be enjoyed by people of many ages. This inspirational book is wonderful for anyone looking to read a nonfiction book!

-Avery Norris, 8th Grade

NEWSPAPER STAFF

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

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