



THE WV VOICE

Welsh Valley Middle School

April 2017

PSSAs: One Down, One to Go By Abby Parks

It's come that time of year again that kids start stressing about the PSSA's. If you don't already know PSSA is an acronym for Pennsylvania System of School Assessment. See even the name is somewhat scary sounding. Hopefully this article will help you and your friends prepare for your PSSA's.

The team and I have come up with a lot of very useful hacks to help with your anxiety if you have any. Number one, it is CRUCIAL for you to know that the

people who assign and grade the test only want to find out if the teachers are teaching you the curriculum in a way that is efficient and effective. The curriculum is what every single grade in all public schools need to know by the end of the year. For example, the third grade must know their times tables; so, they take PSSAs in order for the administrators to make sure that the teachers are doing their job well enough. NOT to figure out if you are smart or dumb. NOT so colleges have a record of how well you could tell the difference between parts of a plot in a story. Also, if you

ask your teachers all of your questions, they will be happy to answer them. It will also help with your anxiety. The more you're prepared for the PSSAs the better off you'll be and you will be able to relax at least a little bit. If the past two hacks don't do the job here is one more. Think of it in this respect, if you stress out so much, you won't be able to fall asleep as well. And you should know that being well rested is way better than biting your fingernails down to their nail beds.

Good luck Welsh Valley!

Attention!!

Welsh Valley's 7A and 7C teams are hosting a JDRF Fun Run on Saturday, May 6th. Come out, have a good time, and contribute to a great cause!

When: from 10 AM to 1 PM

Where: WVMS track and fields

What: a family fun run/walk

Why: to raise money and awareness to help find a cure for juvenile diabetes.



Fun activities for all ages: bounce houses, yoga, Zumba for kids, raffles, light refreshments, DJ
Turning Type 1 into Type None!



Photo credit: M. Dubashi

The Slime Market By Lily Greenberg

Homemade slime is a big thing going around right now. People have been playing with it, buying it, and selling it, which is why it is now banned in our school. It seems that we always overdo it with fun things and get them banned. While it is banned, some people in our school still sell slime.

The recipe for the basic slime is relatively simple, it is equal parts water and glue, then laundry detergent is added until the creator likes the texture of the slime. While the recipe for slime is relatively simple, making the slime is a whole other story. It is extremely difficult, and if done incorrectly, can turn out as an epic fail. This makes the slime sellers more popular, because they can make the slime correctly.

The fact that it has been banned has made slime even more wanted by the students of Welsh Valley. While they will remain unnamed, there are still some blackmarket slime sellers here on campus. They sell at the risk of their product being taken away by teachers. A loophole found by the sellers is selling slime before and after school, not during school hours.

I interviewed a slime seller, who will remain unnamed, and here's what I found out:

Me: What is the hardest thing about selling slime?

Seller: Finding a buyer.

Me: What is your most popular slime?

Seller: My most popular is, I would say butter slime.

Me: Do you have a favorite slime? If so, which one?

Seller: Fluffy slime!

Me: When do you sell slime?

Seller: Before school.

Me: Do you take anything other than money for slime?

Seller: I will trade things like slime.

Me: Do you have any clients outside of Welsh Valley?

Seller: Yeah, my friends from my old school and around my mom's house.

Me: Okay, final question, How much money do you make per day from selling slime?

Seller: I make about, like, 4-5 dollars.

Just like internet trends, slime may disappear off of the face of the earth after just a few weeks. This one may stick around for a while.



Fidget Toys: Annoying or Helpful? By Julia Shipman and Maya Pasternack

Fidget toys have become big in the market. From spinners to fidget cubes, these toys are all over the place. The big question is "are they really helpful?" They are helpful for people who suffer from ADHD. People with ADHD tend to fidget more so having something to fidget with. On the other hand, they aren't really helpful for people who don't have ADHD. They tend to focus more on the toy than what they're actually working on.

Because of that, teachers are banning them from their classrooms so even people who have ADHD can't use them.

Below are some examples of fidget toys.



Photo credit: all3dp.com



Photo credit: Thefidgetcube.co

Congratulations Winners!

Congratulations to Mason Flanagan and Justin Rosini for figuring out the answer to the newspaper's first riddle. Continue reading to test your wit with riddle number two!

Coffee for Teens? **By Julia Shipman**

Coffee is proved not to stunt growth but coffee contains caffeine, which stimulates the central nervous system. Along with wine, beer and cocktails, coffee has long been considered a beverage for adults. Teenagers, however, are consuming the caffeinated beverage. Although coffee can offer health benefits overall due to the antioxidants it contains, it can also have a detrimental effect meaning it might not be the

healthiest beverage for a teen to consume. For some, the whole purpose of drinking coffee is to help stay awake, but for teens who consume three to four cups a day; however, coffee could interfere with the deep sleep necessary to promote brain development. Teenagers should limit their coffee intake so they do not consume more than 100 mg of caffeine per day, or one cup of brewed coffee. No matter where you stand with your opinion on the taste of coffee, spare your health another day, and don't drink a lot of coffee as a teen!

Bad Jokes (Literally) **The theme is: FOOD!!** **By Sabrina Fay**

Q: What kind of bagels can fly?
A: PLANE bagels!!

Q: Why don't you see seagulls at bays?
A: Because then they would be BAGELS!!

Q: Did you hear the joke about the peanut butter?
A: I'm not telling you, you might spread it!!

Q: Why do fishermen put peanut butter in the sea?
A: To go with JELLYfish!!

Q: What do you call a peanut in a spacesuit?
A: An astroNUT!!

Q: Did you hear the joke about the corn?
A: Never mind, it's too CORNy!!

Q: Why did the orange go out with the prune?
A: Because he couldn't find a DATE!!

Q: What do couch potatoes love that's also a computer?
A: A big MAC!!

Q: Why do the French eat snails?
A: Because they don't like fast food!!

Q: What did the baby corn say to its mom?
A: Where's POP CORN?

Q: Waiter will my pizza be long?

TSA State Conference **By Waverly Hassman**

TSA States conference is coming in fourteen days with thirty-fourty participants. The four day (Wednesday April 19, Thursday, Friday, and Saturday April 22) overnight trip to the Seven Springs Resort in Champion, Pennsylvania. All of these participants are working on their events from robotics to parliamentary procedure. Everyone participating is very excited for this huge event. I am in six events, but the amount can range from six to three. These events take time, and lots of care. You need to be ready to work, and contribute to your team event or individual event.

This four-hour drive will definitely be a time to remember. Everyone that qualified for the state's conference deserves to be in TSA, and has most likely has spent many early mornings, and late nights working on their events. I especially can't wait for my first, and last states conference, I have heard the first is always the best one. My teammates have helped me through this process, since the six graders and I are new to this experience. With one sibling participating in TSA, but now is a senior in high school, I had a sense of what to do, but once I started there was no way I was quitting.

I started this TSA experience with lots of questions, and I still have questions, but I feel ready to jump into a new challenge, the state's conference. The experience of state's is going to be a great memory. Regionals (the conference before) had been a blast. It was only one day, but was a very busy day, full of events, and bad food! Going through the one day Regionals feels like child's play, when I think about staying in a hotel with three other six grade girls without my parents.

The challenge of this new adventure makes me excited to start new things. I am hoping, like everyone else participating in TSA, to make it to the National conference. However, I don't want to get my hopes up, so I need to focus on the task at hand, the State conference. I am positive this new challenge will be a success, and be a time to remember.

A: No sir, it will be round!

Social Media **By Abby Parks**

Social Media. Snapchat, Instagram, Facebook, Twitter, Pinterest, and countless more! Almost every modern-day teenager uses social media every single day of their lives. If you qualify as one of these people, do you even know anything about how it started? Or who created it? Probably not, so first here is some history on Social Media.

Now the year 1997 may sound like a totally random year but this was the birth of Social Media. Six Degrees was the first official social media site. Six Degrees allowed users to create a profile and invite other users as friends. This introduced blogging and instant messaging. And you probably thought Facebook was out dated!

Now to move onto more modern social medias; here we go.

Snapchat is a term familiar to about all of you. Snapchat was originally created by Evan Spiegel, Murphy and Reggie Brown. Snapchat is where you take a picture can add a filter and or caption then can upload it to your story, where your snapchat friends can view your picture for 24 hours before it disappears of your story. Snapchat is seeming to grow and might disappear before the next generation. It's just it seems to being kind of drowned out by other social medias like Instagram and even musically. Social media platforms like these are becoming more popular for middle school kids to use. Although Snapchat is a great app, no one is quite sure where it stands with the rest, and where it will be in maybe the next 10 years. Yet, in middle school

Moving smoothly along the next social media site is Instagram. Instagram has become ever more popular for middle school students. Instagram is another photography based platform. Instagram has evolved a lot since it first came out. Now Instagram into Finsta accounts and has kind of turned into a popularity contest. It all comes down to who has more followers and likes or whatever. There is conflict whether this has been changed for the better or worse. But there is one thing for sure, it is simply erupting at Welsh Valley.

Musically has had it's days for the majority of middle school. It rocked the population near the end of the school year a year ago. But it still lost it's effect over the summer of 2016. This app allows users to make their own "music videos" which they

can share to the public. Less and less teenagers use this social media, and there is little doubt in the mind of the public that this social media will disappear pretty soon.

Everyone adores social media, right? Or some may think. Some people are done with social media and are waiting for the next genius idea to hit this world. We shall just wait and see.



Photo credit: G. Rendler

RIDDLE ME THIS! **BY ABBY PARKS**

HERE WE GO AGAIN! BELOW IS A RIDDLE, AND IT'S YOUR JOB TO SOLVE IT! IF YOU THINK YOU KNOW IT, EMAIL THE ANSWER TO MS. DUBASHI AT dubashm@lmsd.org, OR GO SEE HER IN A207. THE FIRST ONE TO SEND IN THE CORRECT ANSWER GETS A SHOUT OUT ON THE MORNING ANNOUNCEMENTS AND IN THE NEXT ISSUE. GOOD LUCK!

AS HIS PUNISHMENT, A CRIMINAL HAS TO CHOOSE FROM THREE DIFFERENT ROOMS. THE FIRST ROOM IS LIT WITH CRACKLING FLAME, THE SECOND ROOM IS FILLED WITH NINJAS ORDERED TO KILL HIM, AND IN THE THIRD ROOM A PACK OF LIONS THAT HAVEN'T EATEN IN YEARS AWAIT. WHICH ROOM IS THE SAFEST FOR HIM TO ENTER?

Which Mythical Creature are You?

By Alice Deutsch

What is your favorite color?

- A. Rainbow
- B. Red
- C. Orange
- D. Blue
- E. Purple or pink

What would I find you doing on a Saturday?

- A. Hanging out with friends.
- B. Playing a sport.
- C. Going on an adventure.
- D. Singing
- E. Curled up with a book.

What is your favorite sport?

- A. Lacrosse
- B. Basketball
- C. Gymnastics
- D. Swimming
- E. Figure skating

What is your favorite school special?

- A. Art
- B. Gym
- C. Tech ed
- D. Chorus
- E. FACS

What do you do over the summer?

- A. Take cute instagram photos with friends
- B. Go to sports camp.
- C. Go to a different country.
- D. Go to the beach.
- E. Stay at home, but still have fun by yourself.

Look at the next page to find out what mythical creature you are!

Advice

No matter who you may be, where you are from, or what your background is, we all have some problems that we deal with every day. Don't lie to yourself; you know it's true. We want to help you. Here are some common problems middle school kids tend to deal with.

Why won't my crush like me back?

First of all, you can't force someone's feelings. If they don't like you that way, you can't change that. The only thing you can do is ask him or her out and

see what happens. If you're scared of denial, don't be afraid. If they don't like you, they're not worth your time. But always remember to never let them interfere with your education, your education is always more important. YOU GO GIRL/BOY!

I am not cool, and get bullied a lot. What should I do?

All of us deal with the popularity contest of middle school. First of all, the number one thing that I can tell you is do not try to be someone you're not, that is the worst kind of self punishment. If people make you feel like you aren't good enough, then they are not worth you. Surround yourself with people that build you up instead of break you down. Your real friends appreciate you for who you are, you: a wonderful one and only creation in this world. So be you, everyone else is already taken.

I didn't understand today's lesson in my class and I'm scared to ask my teacher for help. What should I do?

You should never be scared to ask your teacher for help. That's what they're here to do. I understand why you are scared. You might be afraid because people might make fun of you. The truth is that you're gonna have better grades than them BECAUSE you asked for help. They're going to have worse grades because they had the same thought as you but chose not being made fun of over good grades.

My friends keep telling and daring me to do things I don't want to do, and they make me uncomfortable. What should I do?

If you don't feel comfortable with what your friends want you to do, don't do it. No matter how much they pressure, don't give in. Don't let your life be decided by other people's choices. Besides, if they make one bad choice and you follow their instructions, it can have a big impact, and not just on them. Plus, you'll be hurting your real friends that will actually try to help you. Half the time the people that are trying to talk you out of doing something are helping you, deep down inside. It might seem awesome to have new, cool friends, and all you would want to do is impress them. But you should never do anything that does not make you feel comfortable.

My friends are in an argument and they are pushing me to be on their side. Should I pick sides or stay neutral?

Whatever you do, DO NOT PICK SIDES! You will really hurt the other's feelings. Stay neutral please! If you can, try to talk to each of them to get their sides of the story and then figure out a plan to talk them into forgiving each other. You can do it!

My friends are pushing me to tell them a secret of another friend, but I don't want to break trust, what do I do?

In any circumstances DO NOT tell them. The other friend trusts you enough to tell you a secret. Do you want them to think of you as untrustworthy? I wouldn't, that's for sure. And also, would you like it if you told your friend a secret and she told people? I don't think you would. Keep that in mind before the cat gets out of the bag.

People keep spreading false rumors about me, how do I make them stop?

Try to find out who is starting them and confront them. Hopefully they'll stop there but if they don't or you can't find out who's starting them, just ignore them. Don't let them get to you. You and your closest friends should know that they're false and that's all that matter.

My friends are sharing secrets with each other, but not with me. What should I do?

Try asking them once AND ONLY ONCE. They might have been wanting to tell you next. If they don't want to tell you next, just back off. It was probably just something that is between them. DO NOT ask them more than once. It would annoy them and then they would want to tell you even less. They might tell you in a couple weeks or months, if you're patient. If not, I bet you'll forget about it. One thing is, they shouldn't be telling secrets in front of you if they didn't want you to know. That's just plain rude. If they have secrets, they can tell each other when nobody is around, not in front of another friend. If that bothers you, you should tell them.

I feel like one of my friends isn't paying attention to me and doesn't like me anymore. What should I do?

First of all, it's likely that this friend still likes you. Take into consideration that a lot of people are busy with school, sports, clubs, and more. If your friend always says no when you ask them to hang out, think about what they might have. But if something is really bothering you, be brave- try asking your friend face-to-face if anything is up. A lot of time, miscommunications can come when you text or use social media to contact people. Remember that the person likely doesn't even realize they're ignoring you.

Quiz: Which Mythical Creature are You? Answers

Mostly A's: You are a unicorn! You love hanging out with friends any day of the week. You can easily befriend anyone and everyone you meet. You are kind and compassionate, and your Instagram is always on fleek.

Mostly B's: You are a dragon! You love sports and being active. You tend to be a little aggressive, but you still have really good friends.

Mostly C's: You are a phoenix! You love going on adventures and exploring new places. If anyone is in danger, you try your best to help them, and you usually do.

Mostly D's: You are a mermaid! You love singing, swimming and being in the sun. You are usually very calm, but when you get mad, you REALLY get mad. You love the beach and are very curious.

Mostly E's: You are a fairy! You are very graceful and enjoy cooking and sewing. You are pretty quiet and introverted. You have one or two best friends, but you mostly enjoy keeping to yourself.

Tell Your Story

Have you ever wanted to share your story with anyone? Well now's your chance! Email us a unique experience that happened in your life. Don't be afraid of sharing certain things with us, we won't judge. The story has to be at least 8 sentences. Email s017302@students.lmsd.org for any questions and for any entries. The best entry will be published in the next newspaper. Good luck!