

MINERAL POINT MIDDLE SCHOOL Scoop

December 2014 🐾 Education... That's the Point.

Researching the American Revolution

The eighth graders are embarking on a major research paper! Students in Mr. McGraw's history class and Mrs. Flannery's English class are completing a research paper on the American Revolution. Topics include people, battles, events, and numerous other contributions that affected the outcome of the American Revolution. In Mr. McGraw's class, students are gaining the background knowledge of the American Revolution as well as researching their topics in the library using sources such as books, articles, and reliable internet sources. In Mrs. Flannery's class, students are learning the foundations of a research paper. Discussions include the format of research papers, what constitutes plagiarism, how to complete a works cited page, and how to paraphrase an author's words into their own words. Learn more about the American Revolution and the numerous resources by visiting the middle school library webpage under projects! 🐾



American Revolution: Washington crosses the Delaware. Photograph. Encyclopedia Britannica. Web. 22 14 Dec. 2014 2011. <http://school.eb.com/comptons/art-55431>.

Have a wonderful Winter Break!

UPCOMING EVENTS

Wednesday, Dec. 24 -Friday, January 2
Winter Break

Monday, January 5
Classes Resume following Winter Break

Thursday, January 8
SWAL Honors Band rehearsal – all day

Friday, January 9
Early Release, 1:00 p.m.

Thursday, January 15
M.S. wrestling @ Dodgeville, 4:00 p.m.

Friday, January 16
End of semester – No classes

Saturday, January 17
SWAL Honors Band @ Southwestern

Tuesday, January 20
M.S. wrestling, home, 4:00 p.m.

Tuesday, January 20
M.S. GBB @ Iowa-Grant, 4:00 p.m.

Thursday, January 22
M.S. wrestling @ Iowa-Grant, 4:00 p.m.

Thursday, January 22
M.S. GBB @ Platteville, 4:00 p.m.

Thursday, January 22
SWAL Honors Choir rehearsal – all day

Saturday, January 24
N.B.A. Honors Band @ Wis. Rapids

Saturday, January 24
SWAL Honors Choir @ Iowa-Grant

Tuesday, January 27
M.S. wrestling @ Belleville, 4:00 p.m.

Tuesday, January 27
M.S. GBB vs. Cuba City, home, 4:00 p.m.

Thursday, January 29
M.S. wrestling @ Darlington, 4:00 p.m.

Thursday, January 29
M.S. GBB vs. Dodgeville, home, 4:00 p.m.

Hour of Code

Photos and article by Joelle Doye

“Everybody in this country should learn how to program a computer...because it teaches you how to think.”
Steve Jobs

Mineral Point Middle and High School math and science students, and computer programming students, participated in the Hour of Code this past week, which is designed to bring computer programming into all schools.

Our local students joined this global movement reaching tens of millions of students in over 180 countries.

The creator of Dropbox, Drew Houston, said computer programming is not unlike learning to play an instrument, or a sport, as both can start out being intimidating, but you get the hang of it.

Will.I.Am of the Black Eyed Peas pointed out in a video students watched that in this day and age, we all depend on technology, yet very few people know how to read and write code.

Facebook founder, Mark Zuckerberg, added there is a shortage of talented, qualified people to fill jobs that involve writing code.

Houston said regarding the ability to write computer programs, “I think it’s the closest thing we have to a superpower.”

The video from code.org adds that one million of the best jobs in America may go unfilled because only one in ten schools teach students how to code.



During last year’s Hour of Code, more girls tried computer science than in the last 70 years.

Other resources used by students included those from the Khan Academy and MIT.

Some programs students worked on included: using code to join Anna and Elsa of Disney’s Frozen as they explored ice; and making their own Flappy Bird game they could even share with friends.

Classrooms were buzzing with coding activities and teachers reported high levels of student engagement. 🐾



From the Desk of Ms. Dahl, Middle School Principal

The last day of school before winter break is Tuesday, December 23. Our students have been working hard and I hope they can take some time to relax and enjoy the break. Students will return to school on Monday, January 5, 2015. It is hard to believe we are approaching the end of the first semester for the 2014-15 school year. The semester ends on Friday, January 16. There will also be no school for students on January 16.

Middle School Wrestling and Middle School Girls Basketball will get underway in January. Middle School wrestling practice will be held after school. Middle School Girls Basketball will have a meeting on Tuesday, January 6 and will start practice on Wednesday, January 7. It is important for all students participating in athletics to complete the necessary paperwork before practices start. This includes having a current physical.

Wrestling coaches are Mike Potterton, Kyle Carey and Nate Chambers. Amy Flannery will return for a 5th season as our 7th grade girls basketball coach and Rich Galewski will be coaching the 8th grade.

Just for fun:

Q: What has two hands, a round face, always runs, but stays in place?

A: A Clock!

Favorite Christmas Carols

Shared by Middle School Staff Members

Rockin' Around The Christmas Tree – Ms. Dahl

A Mad Russian Christmas – Trans Siberian Orchestra
– Mr. Rhode

Every Song from the Charlie Brown Christmas – Ms. Pompos

White Christmas – Bing Crosby – Mrs. Macaulay

Winter Wonderland – Ms. Needham

Rusty Chevrolet – Mr. Palzkill

We Wish You a Merry Christmas – Mrs. Flannery

Dominick, The Italian Christmas Donkey – Mrs. Soper

Mary, Did You Know – Mrs. Klaas

Holly Jolly Christmas – Mrs. Riechers

Christmas Canon – Trans Siberian Orchestra – Mrs. McCoy 🐾

Worth quoting:

"What good is the warmth of summer, without the cold of winter to give it sweetness." – John Steinbeck



Parents Make A Difference!

Teens and Energy Drinks

December 2014

For lots of middle and high school students, the school year includes late night paper-writing, studying for tests, and hanging out with friends. To keep up the pace and the long hours, many teens are using energy drinks to help them stay awake. From the advertising, teens might think that energy drinks do it all: more energy, improved endurance, better concentration. But is that really true?

Nationally, energy drinks are growing in popularity among young people with about half of the energy drink market consisting of teens and young adults. Popular energy drinks include Red Bull, Rockstar, and Monster and their main ingredient is caffeine.

Energy drinks first made their appearance in the U.S. in 1997 and since then, sales have boomed. In 2011 alone, about half of all college students consumed energy drinks at least once a month, contributing to \$9 billion in the drinks' sales.

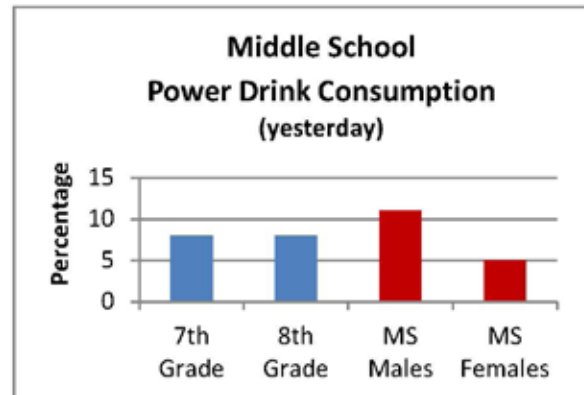
According to a recent study from the Centers for Disease Control and Prevention (CDC), these popular beverages might be setting the stage for possible negative health effects. When used in excess, these drinks can cause health issues like elevated blood pressure and dehydration. Other health concerns include:

- Too much caffeine – one energy drink can contain as much as 500 mg of caffeine – that's the same as 14 cans of cola!
- Too much sugar – extra calories can lead to weight gain and dental problems.
- Withdrawal symptoms – a person who consumes caffeine regularly may have headaches, feel tired, have trouble concentrating, and feel grumpy when he or she cuts back or stops consuming it.
- Sleep issues – caffeine makes it harder to sleep and may make a person feel they need less sleep which may lead to sleep deprivation and cause other health issues.

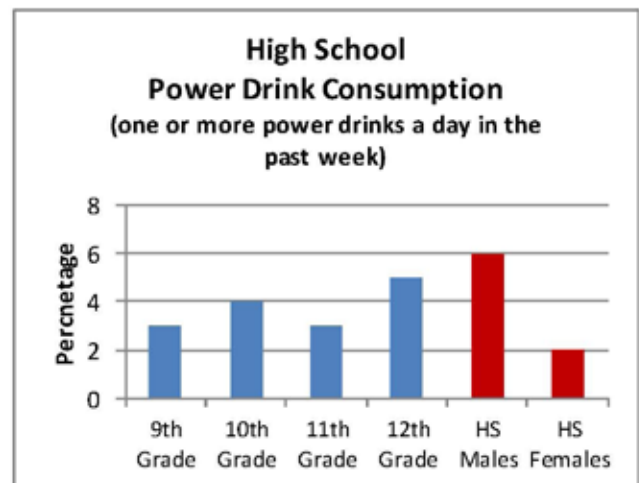


ENERGY DRINK USE IN SOUTHWEST WISCONSIN

The Department of Public Instruction Youth Risk Behavior Survey was conducted in southwest Wisconsin in 2013. The surveys collected information on teen behaviors and attitudes from 5,354 7th-12th graders from 25 school districts in five counties. Southwest Wisconsin middle school students were asked "Yesterday, how many times did you drink a power drink, such as Red Bull, Monster or Volt?" The chart below indicates that 8% of middle school students consumed at least one power drink the day before the survey.



Southwest Wisconsin high school students were asked "During the past 7 days, how many times did you drink a power drink, such as Red Bull, Monster or Volt?" Four percent (4%) of high school students reported that they had at least one power drink each day for the week before the survey as indicated in the chart below.



ENERGY DRINK STUDY RESULTS

To learn more about what teens think about energy drinks, CDC researchers used data from a 2011 survey that looked at the health beliefs and behaviors of almost 800 12-17 year olds. The study, "Perceptions about Energy Drinks Are Associated with Energy Drink Intake among US Youth," measured energy drink consumption and the participants' perceptions about energy drinks. Some of the study's findings include:

- 8% of young people in the study drank energy drinks weekly
- 20% wrongly perceived that energy drinks are safe for teens
- 13% wrongly perceived that energy drinks are a type of sports drink
- factors that went along with energy drink use among young people included alcohol use, increased physical activity, less fruit and vegetable consumption, and increased fast food consumption
- participants who believed that energy drinks were safe for teens were more likely to be male, drink alcohol, use marijuana and drink non-diet soda

WHAT ABOUT SPORTS DRINKS?

Sports drinks are used to replace water and electrolytes lost through sweating after physical activity. Electrolytes are minerals like potassium, calcium, sodium and magnesium that keep a body's fluids balanced. Sports drinks can also restore carbohydrate that the body uses during physical activity. The carbohydrates are often in the form of sugar. Examples of sports drinks include Gatorade and Powerade.

Sports drinks could be helpful if your teen sweats a lot during activities that are intense or last a long time. Water is usually the best choice and perfectly adequate before, during, and after most physical activities. Since sports drinks may contain sugars that have very little nutritional value, teens may be adding unwanted calories to their diets. Unless teens are exercising or competing long or hard, sports drinks could lead to weight gain. The sugars could also cause dental problems.



PARENTS MAKE A DIFFERENCE!

The CDC study suggests that youth who believe energy drinks are safe are more likely to participate in unhealthy behaviors—possibly due to a lack of awareness or education or peer influence.

Because of their potential harmful effects, it's important for parents to know how young people perceive the health risks of energy drinks. The CDC study's findings suggest that young people may need more information to make healthier choices:

- The American Academy of Pediatrics recommends that children and teens NOT use energy drinks.
- The best way for teens to improve energy is through a balanced diet.
- Encourage teens to get enough sleep to help with energy levels.
- Water is the best choice before, during and after physical activity.
- Don't allow teens to use sports drinks to replace water or milk during snacks or meals.
- Don't allow teens to use energy drinks in place of sports drinks.
- Talk to your family doctor or a registered dietician about the best use of sports drinks.



"Parents Make a Difference" is a product of the Southwest Wisconsin Youth Risk Behavior Survey (YRBS), a program of the Department of Public Instruction, University of Wisconsin-Extension and local school districts. Written by Ruth N. Schriefer, UW-Extension Iowa County. Sources include Beth Olson, Nutritional Sciences Specialist for the University of Wisconsin-Extension <http://ajhpcontents.org/doi/abs/10.4278/ajhp.130820-QUAN-435> & Wake Forest Baptist Medical Center – Energy & Sports Drinks, June 2012 <http://wakehealth.edu/Health-Encyclopedia/Health-Topics/> Reviewed by Sarah Hopkins & Bev Doll, UW-Extension Grant County; Amy Mitchell, UW-Extension Crawford County, Lori Berget, UW-Extension Lafayette County; Jennifer LaTour, UW-Extension Richland County; and Debra Ivey, UW-Extension Iowa County. Thanks are extended to the 5,354 7th to 12th graders from Southwest Wisconsin who participated in the 2013 YRBS survey. Contact UW-Extension for further information: Grant County (608) 723-2125; Lafayette County (608) 776-4820; Crawford County (608) 326-0223; Iowa County (608) 930-9850; or Richland County (608) 647-6148. Or visit our new website at: <http://www.cesa3.org/yrbs.html>