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Teacher In-Service Day

By: Lexus Koeser and Josh Schwarz

As you know, two days a year we get off of school and the teachers have a "teacher in-service".

When the teachers go to the in-service they are going to learn like students. They meet up with other schools and share things back and forth, this allows the teachers to learn a lot of new things. This time they are going to learn about some modern technology and the new Promethean boards, which a few teachers have in their rooms.

The teachers can talk to other teachers from other schools and/or talk to the experts on the topic of the in-service day, it all depends on the day. Sometimes it is technology and the next is standard based grading.

Technology has been the topic of this specific day for the past 3 years. There is 1 in-service day for technology a year, about 2 in total. They will bring in a representative for the topic if it is new for the schools.

The "T.E.A.C.H" grant allows the teachers, schools, and guest speakers to come in for the in-service day. Last year Rick Wormeli visited to teach KMS teachers about the "standards based grading".



Archery Unit hits the Target

By: Sarah Dawe

If you like archery this this might be the opportunity you've been waiting for. The State Archery shoot allows you to compete with other people while also showing your skills with a bow and arrow.

NASP (National Archery in the Schools Program) was brought to Kiel Middle School in 2004. There were 10 total pilot schools in the state of Wisconsin offering this program and we are one of them. KMS has been competing in the State Archery Shoot since 2009 and if you're interested you could be part of the team to!

The tournament is on March 29th at the Woodside Convention Center (formerly known as the Chula Dome), in Wisconsin Dells. The bus leaves from the middle school at 6:30am and when you get there you shoot from 9:30am-10:45am. Afterwards, the team will stop for lunch and get back to the school at around 4pm.

To get ready for this big event the school will hold practices in the KMS gym. Practice dates and times have yet to be determined. To be on the team you will be expected to participate in practices. If you're interested in this great opportunity to expand your skills and have some fun, see Mr. Christopherson to sign up or answer any of your questions.



8th Grade girls KABA team goes to State

By: Nate S and Tate H

Kiel 8th grade girls basketball team will be playing at their state tournament. The state tournament will be held in Stevens Point. Recently the girls got 3rd place at the annual KABA tournament. And 1st place at the local Divine Savior tournament. Last year they got 13th place at State.

This year the girls have been having a good season, they feel that they could've beaten a lot of the teams they have lost to. With only seven players this year, the team is hoping to do much better this year. Halle Meyer says, "If we go in with confidence we should do good." When asked about the end of the season Kirsten Riesterer said, "It will be sad, next year we are going to be in high school."



Sports

PE Climbing Unit reaches new Heights

By: Brooklyn Manz and Coryn Fromm

Recently, the middle school has started their climbing unit in gym class. Their unit features four sets of equipment: The cargo net, the firecracker, the centipede, and the prussic climb.

This year, Mrs. Heathman and Mr. Christopherson have decided to switch our belaying system. In the past years, we have done what is called an Australian Belay. Now, the students perform what is called a team belay. Instead of there being a group of five or six students connected to a rope, there now is only one student connected to the same rope as the climber. That person is called the anchor. They use different techniques to anchor the climber, take out slack while the climber is climbing, and let the climbers back down to the ground.

Part of the climbing unit that is also different this year is that some of the class isn't climbing or belaying. Half of the class goes into a different group to play a team-skills game, and the other half is using the climbing equipment. Still, half of the group by the equipment doesn't get to climb - they back up the person anchoring the climber.

The new belaying system has its advantages: It allows for students to be doing other things while another student is climbing. It also has its disadvantages: There is more pressure on one student, and the one student has to give their full attention to the climber. All in all, the new climbing system seems to be giving the students more freedom. The students now have more obstacles to climb, and they have "off-days" when they don't have to climb.



4th Grade Visits KMS 7th and 8th Grade Band

By: Lexus Koeser, Josh Schwarz, and Xander Blanke

As you know on Monday, February 11th the schedule was messed up for the 7th and 8th graders due to the 4th-grade guests. The last few weeks of school they will be back to tour the entire middle school. We asked Mrs. Marcus, the KMS band teacher, some questions. The first questions were "Why do the 4th graders come to see the band? Mrs. Marcus informed us, "They come to hear how the instruments sound together. They hear the instruments separately as demonstrated by Mrs. Clements during their music classes. Plus, for 4th-grade students, it is really neat for them to see older kids they look up to playing the instruments."

The second question we asked Mrs. Marcus was "Do you think them coming will have an effect on their decision about joining the band?" Mrs. Marcus responded "Absolutely! Some kids aren't sure they want to try an instrument until the concert! For some, it helps them decide which ones they might like to try."

The final question we asked her was "Do you enjoy them coming?" Mrs. Marcus replied "I love having them come over! I don't get the opportunity to see elementary students very often anymore and they can be a lot of fun!"



News

WI SingersBY: Katelyn Uselding and Sage August

On Saturday, February 23rd the Wisconsin Singers, a show choir group from the University of Wisconsin- Madison, performed their "Nothing's Gonna Stop us Now" show at Kiel Middle School. The performance included music from the past fifty years of pop culture, including songs that have won Oscars and Tony's. Some of the songs they sang came from famous movies like The Greatest Showman, Hamilton, and Pitch Perfect 3. The show started with "The Show Must Go On" by Decan, May, Mercury, and Taylor. The show ended with "You Will be Found" by Ben Pasek and Justin Paul. The Wisconsin Singers thought of it all by even putting a "fifth quarter" into the program where Badger fans could sing and dance along to "Varsity", "Tequila", and "Jump Around".

The show choir instructor, Mrs. Verhulst, was asked a handful of questions about the Wisconsin Singers opportunity. "Each year, they reach out to schools around Wisconsin to meet, work with show choir students, and do a show where the hometown groups opens for the Wisconsin Singers show. This year, Mr. Delray was in contact with Georgi Edgington, the director of the Wisconsin Singers, and set up for her to bring the Singers to Kiel and work with our High School and Middle School students"

Mrs. Verhulst believes that every opportunity to have the show choirs learn something is important. Some things that the Wisconsin Singers did with the show choir students during their 45 minute clinic were: teach them some choreography from the "Mamma Mia" set, helped energized the kids, and teach them important and valuable information about auditioning for art groups in college.

Is there any Kiel Alumni's in the Wisconsin singers group? In fact, there is. Sam Ruh ('16) serves as the Production Manager and is a Tenor in the group. Cassidy Mooren ('18) is the Stage Manager for the Wisconsin Singers.

The Wisconsin Singers opportunity was to get kids out of their comfort zone and try something new. The middle school show choirs learned a lot from this opportunity and they hope they can do it again next year.

Staff member of the monthMrs. Gamb

1. **Where is your hometown?**
Plymouth WI
2. **When did you start working here?**
1998, 21 years
3. **What is your favorite restaurant?**
Red Lobster
4. **If you could teach another subject, what would it be?**
Communication arts
5. **What is your favorite part of teaching?**
The kids
6. **If you could visit any place in the world where would it be?**
Europe, Italy
7. **What's your favorite movie?**
The Lord of Rings Trilogy
8. **If you were a crayon, what color would you be?**
Burnt Umber

Features

Solo and Ensemble

By: Sarah Dawe

It's starting to be the time of the year that schools all get together to put their skills in music to the test at solo ensemble. If you don't already know what this is, it's an opportunity for kids to come and play music in front of a judge. This program is through WSMA (Wisconsin School of Music Association) and it has drawn in over 100,000 students each year, throughout the state of Wisconsin. Every year a different school hosts it, and this year Kiel will be hosting.

The festival will take place on Saturday, March 9th. It starts at 8am and will end around 2pm. There are areas that need assistance, such as people to monitor doors, people who assist the judge, people to help set up and clean up, and many others. High school students and family members would be greatly appreciated to help, and if you have any questions or if you need a sign up sheet just contact Mrs. Verhulst or Mrs. Marcus for more information.

You can either perform as a solo or in a group and students interested in participating will be practicing their music during school in band/choir. At Solo Ensemble it's a great opportunity for students to go further with their musical skills, to learn the responsibility of rehearsal time, to play in front of an audience, and to receive serious feedback from a judge that in the long run could improve how well you play.



Movie Review: The Incredibles 2

By: Sarah Dawe

We all have that one childhood movie that we know and love. Incredibles 2 brings back the memories of when you were a little kid and you watched The Incredibles for the first time. This sequel to the first Incredibles movie will definitely meet your expectations of the first.

Just like the first Incredibles movie, this one is full of humor, action, and heroic acts of bravery. The movie revolves around a family that has superpowers. Elastigirl, Mr. Incredible, Violet, Dash, and Jack-Jack are all superheroes. Each one has a special ability such as unlimited flexibility, mega strength, invisibility, the ability to create force-fields, and super-speed.

In this movie Mr. Incredible decides to take a break from his life of crime fighting for a while and take care of the kids while Elastigirl goes to fight crime. Everything's fine up until she has to face the worst...a villain who hypnotizes everyone. Will she be able to defeat him all by herself? Or will she need the help of Mr. Incredible and the rest of the family?

This movie is great for people of all ages, and it's a great one to watch with the whole family. I recommend watching the first movie and then watching this one if you haven't already. Incredibles 2 has a lot of action, humor, and plot twists that are sure to please everybody.

A & E

Thoughts on the All School Dance

By: Jayden Spencer, Addison Karls, and Aidan
Murphy

The dance on Friday, February 22nd was for all four grades. There have been many mixed emotions and thoughts on this topic.

Some think it's a good idea to include all grades because it will bring our whole school to come together as a community and have fun together. Others think this will not be a good idea because some people have siblings and don't want to go with them. Our responses that we got from our survey say that 52.7 % say they don't like the idea of an all-school dance, then 47.3 % of the people said they like the idea of the all-school dance. Madison Menting states that "Because it's going to be too much commotion. If we're all of a sudden going to let the younger kids go to the dance, have a 5th & 6th-grade dance and a 7th & 8th-grade dance separate."

But, Elisheba Sippel says "Because as 5th and 6th graders we never got to go one of the school dances."

Ryan Pagel writes that he wants an all school dance. "So 7th and 8th graders that want to see a movie can see a movie and 5th and 6th graders that want to dance can dance."

In conclusion, more people do not want to have an all-school dance because they don't want to go with their siblings, there will be too much commotion, and the current 7th and 8th grader didn't get to go as 5th and 6th graders.

The Promethean Boards

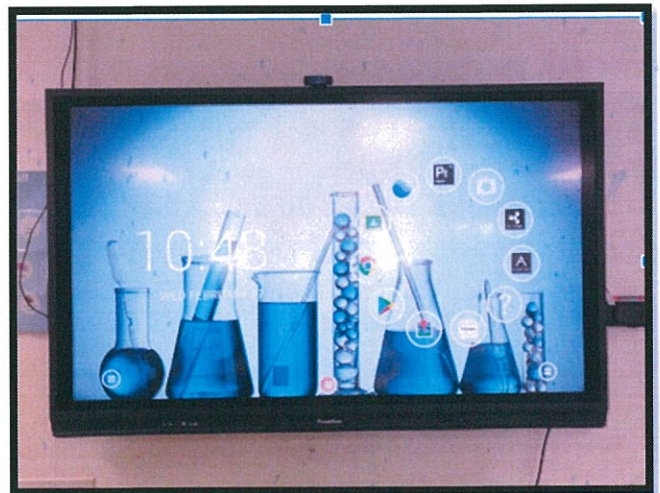
By: Jayden Spencer and Addison Karls

Recently the Kiel Area School District received new smart, computer style white boards. They are called Promethean Boards. Even though they are more advanced than the normal whiteboards, there has been a lot of mixed thoughts about the boards.

We think that these boards are a big improvement that the school has made. We like that the boards can have educational games to play and work almost just like a computer. Also, these new boards can take pictures, unlike the smart boards.

Though the boards are very polished, one thing that we don't like about them is that sometimes it takes a few tries to click something and the pen is really noisy.

Overall we think that the Promethean boards are a good addition to the classrooms. We enjoy the Promethean boards overall and hope that we get more in the future.



Opinion

The Battle With Anxiety

By Mallory Jenkins

Many people have heard of anxiety, but did you know how many people have this disorder? The answer is 40 million people just in the U.S have this disorder. Not to worry anxiety is usually a very treatable disorder. Anxiety is not an easy disorder to conquer it doesn't take just a few days. I know this because I have been suffering from anxiety for a year and a half now. I do have ways to calm yourself down when you do experience anxiety.

Often when you deal with anxiety you have trouble breathing and have a feeling like your going to die. Which in most cases if not all that's not true. But your mind likes to tell you that there is something wrong with your body. Now you know a little about what you might experience here are my strategies. Here are my three words Fight,Flight,and Freeze. What do I mean by this phrase?

The first word fight a word that is pretty well known. What does it have to do with anxiety? Well, anxiety makes you anxious when you fight you try and be strong. You have to tell yourself that you are stronger than your anxiety. The second word flight also is associated with anxiety. When you feel like that your anxiety will harm or hurt you. Distracting yourself is a good way to take flight of your anxiety. Sometimes if you feel threatened you feel more safe if you avoid any danger that comes. When anxiety strikes you can switch your mind to something else. Like doing chores which your parents won't mind giving you chores. It will distract you from what is making you anxious.

The third and final word is freeze. No this is not a game of freeze tag. And no it's not sitting in the snow. This kind of freeze when dealing with anxiety means stop and think. It works when you stop and think about what's bothering you. Then tell yourself that it's not real or your going to be ok. It might help you calm down even though your not in any real danger.

Everyone with anxiety knows that are mind makes us assume the worst is to come. But we can use the phrase fight,flight,freeze to conquer anxiety. I'm not saying that you are going to conquer your anxiety just like that. But if you have the right mindset who says you can't conquer anxiety. It's really up to you now. So are you going to battle anxiety or let it beat you?

"Fight, Flight or Freeze Response to Anxiety: What to Do." *Joyable Blog*, 17 Nov. 2016, joyable.com/blog/fight-flight-freeze/.

"Tips." *Anxiety and Depression Association of America, ADAA*, adaa.org/tips.

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