



# JANUARY BMS BLOG



BAKER MIDDLE SCHOOL \* 2320 WASHINGTON AVENUE \* BAKER CITY, OREGON



Issue 12  
JANUARY 2011  
www.baker.k12.or.us

### The dawg blog staff

Hilary Arenas  
Orrin Black  
Rab Bowers  
Hope Collard  
Journey Colton  
Imma Couch  
Della Diamond  
Tiffani Fisher  
Naomi Forsyth  
Koby Hansen  
Madison Hatfield  
Bailey Hill  
Taylor Johnston  
Makayla Lafferty  
Melissa Lefever  
Hannah Lien  
Stephanie Mazzagotte  
Katelynne Raily  
Jacob Rilee  
Carly Thayer

Dawg Blog  
Quotes  
Alexandria Wachtel

Front Page  
Heading  
Madison Hatfield

Teacher  
Assistant  
Hanna Miller

The advisor  
Mrs. Sam Sullivan

Administration  
Mr. Gary Shermer  
Dean of Students

Ms. Minda Vaughan  
Principal



Printed by  
The BSD5J Printshop



## State Testing

By Rab Bowers



State testing is just around the corner. Language Arts testing for Mrs. Lee was January 10 - 14. Mrs. Irby's testing was January 18 - 20 and January 31 - February 4. Mrs. Lair's testing is January 24 - 28. Math state testing is coming up soon too. Mr. Ramos's state tests start March 7 - 11. Mr. Van Winkle's are March 14 - 17 and Mrs. Shankle's is 28 - 31. Pass them and you get a DQ Dilly Bar.

## Math Practice

By Naomi Forsyth

One of the categories the state will test students on is math. You might be wondering why you should care. Students must pass all state tests in order to graduate from high school. This is preparing students for future tests that do matter like the SAT, ACT, and PSAT (college entrance exams). I would like to help students practice for this upcoming event. Here are some topics covered on the state test and their correlating page numbers in the General Math book.

- Multiply and Divide Decimals (pg.641)
- Number Theory (pg.642)
- Understanding Fractions (pg.643)
- Intro to Fraction Operation (pg.644)
- Multiply and Divide Fractions (pg.645)
- Add and Subtract Fractions (pg.646)

Students who struggle in math may choose to review some of the math on these pages. I hope this list will help students to prepare for the state test this year!! Parents, reviewing these types of problems with your child may help them to have more confidence on the math test. Having a special math Advisory class or spending extra time reviewing math during after-school programs may also help.

## TIPS 4 PARENTS

By Orrin Black

- Tip 1:** Try to make note of test dates to make sure your child is ready for the test.
- Tip 2:** Make a designated bedtime and stick to it!
- Tip 3:** Try to have enough time for your child to wake up and get ready for school.
- Tip 4:** Try to provide a high-protein, healthy, low-sugar breakfast for your child.
- Tip 5:** If your child is struggling help them by arranging a time to study with them.
- Tip 6:** If possible check your child's grades over the PASS system.
- Tip 7:** If your child is struggling with homework, have them join the homework club or the after-school program.
- Tip 8:** Another solution is to drop your child off early, or have them stay after school to finish homework/projects.



# Test Tips

By Della Diamond

Here are some tips for taking tests:

✓ **First, be sure you've studied properly.** It sounds like a no-brainer, but if you're sure of the information, you'll have less reason to be worried.

✓ **Get enough sleep the night before the test.** Your memory recall will be much better if you've had enough rest. In a scientific study, people who got enough sleep before taking a math test did better than those who stayed up all night studying.

✓ **Listen closely to any instructions.** As the teacher hands out the test, be sure you know what's expected of you.

✓ **Read the test through first.** Once you have the test paper in front of you, read over the entire test, checking out how long it is and all the parts that you are expected to complete. This will allow you to estimate how much time you have for each section and ask the teacher any questions. If something seems unclear before you start, don't panic: ask.

✓ **Focus on addressing each question individually.** As you take the test, if you don't know an answer, don't obsess over it. Instead, answer the best way you can or skip over the question and

come back to it after you've answered other questions.

✓ **Relax.** If you're so nervous that you blank out, you might need a mini-break. Of course you can't get up and move around in the middle of a test, but you can wiggle your fingers and toes, take four or five deep breaths, or picture yourself on a beach or some other calm place. As we all know, it can be easy to forget things we know well — like a

locker combination. The difference is we know we'll remember our locker combination because we've used it hundreds of times, so we don't panic and the combination number eventually comes back. During a test, if you blank out on something and start to get tense, it suddenly becomes much more difficult to remember.

✓ **Finished already?** Although most teachers will let you hand a test in early, it's usually a good idea to spend any extra time checking over your work. You also can add details that you may not have thought you'd have time for. On the other hand, if you have 5 minutes until the bell rings and you're still writing, wind up whatever you're working on without panicking.

[http://kidshealth.org/teen/school\\_jobs/studysmart/test\\_terror.html](http://kidshealth.org/teen/school_jobs/studysmart/test_terror.html)

 **Reading With Your Eyes Closed?**  
Your bed may seem like an OK study space, but it's probably a little too comfy - and that can make you want to take a nap instead of studying. This is especially true if you're like most students and you're not getting as much sleep as you need.

## THE IMPORTANCE OF TESTING

By Tiffani Fisher

### Individual testing:

The importance of testing for the individual is critical. It's vital in order for you to graduate and get to the next level of schooling. You have to pass your state tests. It's also harder for you to get into college without good test scores. While you're in grade school or middle school it is essential to pay attention to what the teachers are teaching you. The things they teach you help you be ready for these big tests. Studying, paying attention, staying after school to get help, and asking questions during the teach-to on the subject will help you get ready for the state tests. **Good luck and PAY ATTENTION!**



Doubt whom you will, but never doubt yourself.

-Christian Nestell Bovee

## BEING CONFIDENT

By Hope Collard

Being confident in yourself is very important, especially when it comes to taking tests. If you go into a test saying, *"Oh man, I can not do this, I am going to fail!"* then most likely you will. If you go in saying, **"Yes, I am going to try my hardest and concentrate!"** you may have a better chance of passing. Some ways you can stay positive are to take a deep breath and say **I can do this**, always try to find the bright side of bad things. Try talking to a close friend or teacher about how they deal with test stress. A quote that you can say to yourself is *"If you don't get it the first time, then try, try again"*.

Also, if you don't pass a test the first time you may have the opportunity to try again. **Good Luck!**



# Sleep



By Hannah Lien

*Did you know that you need about eight and a half to nine hours of sleep each night?* Well, it is true! Scientist's studies have shown that if you stay up real late then you will wake up in the morning dragging your feet and struggling to stay focused at school. Some ways to feel refreshed and be ready to do well on your tests and school work are:

- ✓ Don't stay up all night watching TV!
- ✓ Try not to eat sugar right before bed!
- ✓ Don't drink anything with caffeine in it before bed!



Scientists think that during the teen years our bodies circadian rhythm (sort of like an internal biological clock) is temporarily reset, telling a person to fall asleep later and wake up later. But they have also found that if you go to bed at, let's say, between 8:30 p.m. and 9:00 p.m. you will wake up earlier and feel more awake and ready to go, rather than if you were to stay up late. If falling to sleep is a problem then remove distractions and plan to read until you feel sleepy.

It is very important to go to bed on time before a big test because you want to do your very best on that test. Yes, you can retake it if you completely bomb it, but it's so important to be awake during the test and do your best the first time.

I couldn't wait for success, so I went ahead without it.

~Jonathon Winters

# Breaks During A Test

By Hilary Arenas

Breaks during a test are very important; they help you stay focused and help your mind stay fresh.

1. Go to the restroom, if you've got to go, you've got to go.
2. Get a drink of water, stay hydrated.
3. Stretching is important, because you might be there for a while. Stand up, stretch, breath!
4. Take your time, you will have one week to finish, break the test up in to smaller sections. This will help you stay fresh.
5. Don't be distracted, if you are, then tell a teacher and they will help you.

This is a Test  
This is ONLY a-Test



"I can't", never accomplished anything. "I will try" has worked wonders. ~J. Hawes

# If You Fail A Test

By Carly Thayer

If you fail a test it is possible for you to retake it. When you retake the test try to challenge yourself to do better, and don't panic. Try your best to study about the subject. And **DON'T** panic!! If you would like extra help, think about possibly getting a tutor. You could also attend study club to spend extra time working on what's hard for you. You can always ask your teachers for help. No excuses, just give it your best shot, you never know, you might just exceed that test!

Never be afraid to do something. Remember amateurs built the ark; professionals built the Titanic.

~Unknown

# Testing For DQ Dilly Bars!?!

By Hanna Miller

**Yes! You read the title right!** If you meet or exceed on your reading and math test, you will receive a delicious Dairy Queen Dilly Bar, **RIGHT IN THE MIDDLE OF CLASS!** And that's not the best part - if you meet or exceed on both tests, you get **TWO Dilly Bars!** That's right, **TWO!** Isn't that just awesome? Ms. Vaughan and the Leadership Class provide them; they enjoy rewarding students for doing their best, encouraging students to try their hardest and making sure everyone is thinking positive before the test. **Good luck!**



## Study Tips

By Jacob Rilee

Ever have trouble studying? Well, here are some tips on **how to** study and **how not** to study.

1. Keep study area neat and well organized.
2. Have a scheduled study time and stick to it.
3. Study in intervals - example, study for 25 minutes then take a 5 minute break.
4. Reward yourself if you have met your goal for studying that day.
5. Review what you have studied just before you go to bed - it's easier to remember what you studied in the morning.
6. Don't study tons of things at once, review often and for short periods of time.
7. Don't study on the computer, it can be tempting to surf the web or check your email.
8. Turn off your cell phone - you can wait to check your messages until after studying.
9. Don't study after eating a big meal; research says that if you study after eating a big meal it makes it hard to remember what you studied.
10. Don't space out, concentrate on what you're studying.

These are just some of the things that you can do to help you study smarter and help you get better grades.

## Eating For success

By Imma Couch

A healthy mind and healthy body can lead to a lifetime of rich rewards. Eating from all five food groups can help with the way your brain functions and the way you use your brain on tests, quizzes, and really important school projects. With childhood obesity a nationwide epidemic, it is more important than ever that students are receiving good nutrition. Some foods have more fat, sugar or salt while others have more vitamins and fiber. A healthful diet not only provides energy for physical activity, it also fuels the brain for gaining and retaining knowledge. The food pyramid is a practical tool to help you make the right food choices. On testing days it is a good idea to eat healthful and nutritious foods.

## Homeworkopoly

By Makayla Lafferty

Homeworkopoly is a fun and exciting homework club that Mrs. Warner runs right after school. This club is from 3:15 p.m. to 4:00 p.m. and set up to assist students with school work or just to improve general skills. When your homework isn't done the homeworkopoly club helps you get it done. You are even allowed to go to the after-school homeworkopoly if you have nothing else to do. Go, have fun, play games and get that homework done.

Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow."

-Mary Anne Radmacher

## After School Program

By: Taylor Johnston

The after school program helps kids finish their homework. They can complete missing assignments or do other enriching activities in all subjects. Students can go to other classrooms and get personal help from any teacher. Mr. Van Winkle teaches the students other study skills to help them be successful in school. Right now they are working on team work. If you go to the After School Program you get a free snack. Nobody can think on an empty stomach. Mr. Van Winkle's favorite part of the After School Program is helping kids finish their home work.

Kids in this program are involved in Fit Club on Tuesdays and Thursdays from 3:30 p.m. to 4:00 p.m. with Mrs. Sullivan. Exercise gets the blood flowing and helps the students settle down and really get some work done. Home work time is from 4:00 p.m. to 4:30 p.m. and the rest of the time is fun time or time on the laptops and they do games and projects. Come to the After School Program and - who knows, you might learn something.

You're not a failure if you don't make it. You're a success because you tried. -Susan Jeffers

## Energy Drinks and Soda Pop

By Hanna Miller

Ms. Vaughan has noticed several students drinking energy drinks and soda pop in the mornings and again at lunch. Sure, pop is really good, but there is no need to have two or three cans a day. There is a lot of sugar in most soda and drinking more than one serving a day can lead to obesity, tooth decay and problems focusing. Limit yourself to one can a day, then try minimizing your intake of soda each day. There are many healthy alternatives to soda such as: water, juice, smoothies or milk!

Energy drinks are even worse. They cause your platelets (*very important substances in your blood that make sure your blood flows throughout your body*) to stick together and clog your veins (*decreasing blood flow*) which can cause strokes and heart attacks. You may think, "Oh, I'm only fourteen, I could never have a heart attack or stroke." That's not true; if you already are obese and have poor general health and nutrition you may be setting yourself up for a heart attack or stroke sooner than you think. Remember these drinks have no nutritional value and are high in sugar and caffeine. They cause health problems and in general problems focusing for students.

Please be cautious about your intake of these drinks. If Ms. Vaughan continues to see people drinking energy drinks or soda pop, she might ban them from school. We don't want that to happen! So be smart, limit soft drinks and energy drinks and drink for success! You will be healthier and happier!

## Snacks During Testing

By Journey Colton



While state testing, kids usually get hungry because they haven't had a good protein breakfast to keep them awake.

During our tests, Ms. Vaughan, our wonderful principal will be handing out snacks to help students relax and focus. Students may bring their own snack, preferably nutritious and not wet or sticky things. A type of snack students could bring would be dried fruits, vegetables, crackers, popcorn, graham crackers, or vegetable sticks. Kids who pass the state test will earn a DQ Dilly Bar delivered at any time of the day to celebrate how good they did. So remember, what you eat can make a difference on your state test scores. Save the treats for the celebration when you pass.

## Teachers' Tips

By Stephanie Mazzagotte

### Sullivan's Tips

- ✓ Stay positive!
- ✓ Do the test in sections so you can keep your mind fresh.

### Van Winkle's Tips

- ✓ Read through all the answers and then decide on one.
- ✓ Read through each question twice.

- ✓ Watch out for "Trap Answers".
- ✓ Don't rush through the test.
- ✓ Double check your work when you are done.

### Vaughan's Tips

- ✓ TRY! TRY! TRY!
- ✓ Don't stress over the test.

Teachers open the door. You enter by yourself. -Chinese Proverb

## Bal-A-Vis-X

By Koby Hansen

Bal-A-Vis-X is a learning technique that incorporates brain and body movement in unison. The name is an acronym (*a word short for a group of words*) for Balance, Auditory, and Vision Exercises. The program was designed by Bill Hubert whose main focus group was children ages five through eighteen. The exercises differ in complexity and always involve rhythm. Equipment includes: rubber balls, bags filled with sand, and a balance board. The rubber ball brings rhythm, while the balance board brings balance. The simple maneuvers require work not only from the right or left side of the brain, but all parts must work as one. One exercise you can do is bouncing a small ball in front of you, then bounce the ball with your left hand behind you, then repeat.

"Bal-A-Vis-X doesn't try to fix dominance; it just makes all the parts communicate," says Nancy Ames, a special education teacher at Brooklyn Primary. "By being on the board, your body is constantly correcting." Why is this important to BMS? It is important for kids at Brooklyn to do Bal-A-Vis-X because the students will one day be at BMS and if those students can be successful there then we hope they can also be successful here. If you are interested in Bal-A-Vis-X program contact Sue Danielson and BMS. In conclusion the Bal-A-Vis-X Program is a great brain and body workout.

# The Brain Dominance Test

By Mr. Mitchell

Want to figure out if you are left or right brain dominate? Check each side, and tally to see which out of the columns you use more.

Example:

Verbal   X  

Visual     

## Left Brain

Verbal (words and numbers)

Sequential (step by step)

Logical

Reasoning (cause and effect thinking)

Analytical

Realistic

Facts

Details

Organized; on time

Serious; work ethic

Math, Science

+ \_\_\_\_\_  
11

## Right Brain

Visual (pictures, graphs, charts, diagrams, maps, etc.)

Whole-istic (seeing patterns and relationships)

Intuitive (knowing all at once)

Emotional (feelings)

Creative

Imaginative

Stories

The Big Picture

Spontaneous; timeless

Humorous; play ethic

Art, Music, Drama, Metaphor, Color

+ \_\_\_\_\_  
11

Now which has more checks? This is the side you are most dominate with.

A mind is like a parachute - it only works when it's open.

## Title and Introduction of January's BMS Blog

By Madison Hatfield



This Dawg testing tool is something that teachers, parents, and students can use. We hope that this newspaper helps in some way to prepare Baker Middle School students for a successful state testing experience. We believe that each student should give their best effort and be proud of their scores. Give it all you've got, DAWGS!!!

# Learning Styles

By Bailey Hill

Of course we can all learn, but do we all learn the same way? All of us use both sides of our brain, but are we left or right brain dominate? If you are interested in finding out what side of the brain you operate better with, and how some simple things could help you study for a test like chewing gum, then continue reading. If not, then skip to another article.

Just because we all learn differently does not mean that we can't do well with the abilities that we have. Some of us are **visual learners**. Pretty self explanatory, these learners need to see a picture, or remember the facial expression of their teacher in order to remember more thoroughly. If this is you then you should most likely sit in front of the room. Also, taking detailed notes may improve your memory.

The next types of learners are **Auditory Learners**. These learners benefit from remembering the pitch of the teacher's voice, and remember written text better if read aloud, or spoken over a tape.

And last but not least, there are **Tactile/ Kinesthetic Learners**. These are people who benefit from the physical environment around them, but they also have a hard time sitting still for long periods of time, and become easily distracted. They have a constant urge to be active. These people may need a neat study area, possibly a snack or a drink, and they may benefit from soft music without words, like classical.

Here are some tips to help your study experience, and help you remember things better. Chew gum! Chewing gum stimulates certain parts of the brain, which helps reduce tension. Doodle! If you doodle, you actually focus MORE than if you did not. Doodling helps focus a wandering mind on the thoughts that are being said.

The last thing that can help you is listening to music. Listening to your favorite tunes will help the information sink in when you are studying. Now you know how to help yourself study, and I encourage you to use my information if it's helpful.