



ST. MARY SCHOOL

JANUARY 2024

NEWSPAPER

MAKE A CULINARY RESOLUTION: HAVE A HEALTHY NEW YEAR!

By:
Colton Belschner
Everett Hoffman
Abby Pogorelic
Olive Preuss
Sam Stevenson
Grade 7

Maintaining your healthy eating goals can be challenging, as many people give up within a week of setting their goals. To assist you in sticking to your goals, consider these tips: use a water bottle that tracks your daily water intake if staying hydrated is a challenge,

and if you're not fond of fruits and vegetables, set a goal to add one in each meal.

Achieving your goals might be tough, but these tips can make it easier to stay consistent! Here are some delicious and healthy food options!

Baked apples contain only 36 grams of sugar, no-bake chocolate oatmeal cookies have 11 grams of sugar, and pumpkin bread has 16 grams of sugar. Air-fried chicken with broccoli not only delivers a crispy and delicious taste but also contributes to building muscle and maintaining overall health. This nutritious dish offers protection against diseases like cancer, diabetes, and heart disease. For a fun and healthy twist, try creating a charcuterie board featuring acai, blueberries, and dragonfruit.



Join us for a balanced meal on January 27th for the Spaghetti Supper!

Beating the

Winter Blues

WITH WELLNESS

By: Kaleb Vehring
Noah Mayne
Bodee McReath
Layla Drew
Sydney Horras
McKenah Weber
Grade 6

Throughout winter, many people experience the "winter blues". Psychiatrists believe that the lack of sunlight decreases your body's production of serotonin (the feel-good hormone), causing many to feel depressed or unhappy during the overcast, winter seasons.

On the positive side, the winter cold improves brain functioning. Scientists say that the perfect temperature for a learning environment is sixty-two degrees Fahrenheit. At this temperature, the brain has optimal focus! However, anything colder than that can actually inhibit brain functioning, slowing processing speed and hurting people's ability to focus.

Indulging into a great winter snack brings so much happiness. A healthy option is roasted chickpeas. All you need are different spices that you enjoy. They contain all the protein you need to participate in fun, winter activities.

Staying active also improves "winter blues" and personal wellness.

Although it may feel like you are limited by the weather, the winter offers a variety of activities for everyone. Snowboarding and skiing are activities that produce better balance, focus and allow you to get fresh air. People who enjoy summer skateboarding may really enjoy these activities. Additionally, winter hiking can feel amazing for your body and look like you're walking through a magical, winter wonderland.

Still not convinced to get out in the winter? Improve your wellness quicker by getting out into the cold air! Your body's reaction to the cold will actually make you burn fat quicker!

Embrace the season, enjoy the unique activities snow brings, and snack healthily for a winter filled with well-being and happiness!





STUDENT SPOTLIGHT

By: Nola Youra, Grade 6

This month we are spotlighting **Ella Jamison**. Ella is in fourth grade. She enjoys playing with her dogs, Syris and Betty. Her favorite color is baby pink. Ella’s favorite things to study in school is Social Studies! One fun fact about Ella is that she is a Showman at the county fair and has won many awards! It also was recently Ella’s birthday! Happy Birthday Ella!

BOOK RECOMMENDATIONS

2024 is bringing in a whole lot more than just a New Year, it’s bringing you new and exciting books! Take a look at these highly recommended new releases for 2024!

1st-2nd Grade: *Don’t Trust Cats* by: Dev Pety

This children’s book came out on January 1st! It is about a dog who will teach you some funny life lessons. Children will enjoy this book because it also teaches proper manners. Read on for other funny tips!

3rd-4th Grade: *The School for Invisible Boys* by: David Hutchinson

Imagine a world where nobody pays attention to you where you become invisible. 3rd-4th graders would like this book because it shows the importance of inclusion. This book will release in February!

5th-6th Grade: *Across So Many Seas* by: Ruth Behar

This novel tells a story about four girls from different generations of a Jewish family that are forced to leave their country and start over. 5th-6th would like this book because it gives a real life experiences. They can grab a copy in February!

7th-8th Grade: *Misfits* by: James Howe

Four unpopular 7th graders decide to band together to run for student council, each student struggles to fit in in diverse ways. Middle Schoolers would really enjoy this graphic novel because it teaches that being different offers endless possibilities.



By: Jayden Wolfe
Georgia Johnson
Hudson Maas
Aaron Fait
Brayden Fisher
Grade 7



The Science of Sticking to New Year’s Resolutions

By: Aiden Raines
Ayden Leis
Anna Hewitt
Leah Haroldson
Emma Hewitt
Hudson Breal
Grade 6

New Year's resolutions are important to keep in mind, yet studies reveal that only 9% of the 41% of people who make resolutions actually succeed and complete their goals. Psychology researchers emphasize the significance of setting realistic resolutions to increase the likelihood of achievement. Overcoming setbacks and failure is crucial in reaching your goals, as the pressure to achieve them can sometimes lead to stress rather than a sense of accomplishment. Approximately 90% of people end up giving up on their New Year's resolutions, but breaking down goals into smaller, more manageable tasks can make them easier to attain.

Sticking to your resolutions may pose a challenge, with motivation often waning as the year progresses. While many attempt to form new habits in the New Year, a significant number revert to old habits. Despite the difficulties, it's essential not to give up. Instead, consider employing strategies such as piggybacking, avoiding overly ambitious goals, but rather taking baby steps toward your bigger goals and staying consistent. Piggybacking involves combining easy, everyday tasks with more challenging ones, like brushing your teeth and flossing.

DIGITAL DETOX

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In 2024, the age of abundant technology, it is important to take steps to balance your life and your use of technology. Excessive screen time, whether on your phone, computer or television, can lead to problems in social-emotional development, obesity, sleep disturbances, depression, and anxiety. If you feel that technology is taking up most of your time, make 2024 the year you do a digital detox!

Ways for a successful digital detox:

- *Turn off notifications
- *Limit yourself to one device at a time
- *Delete distracting apps
- *Set up screen time controls.



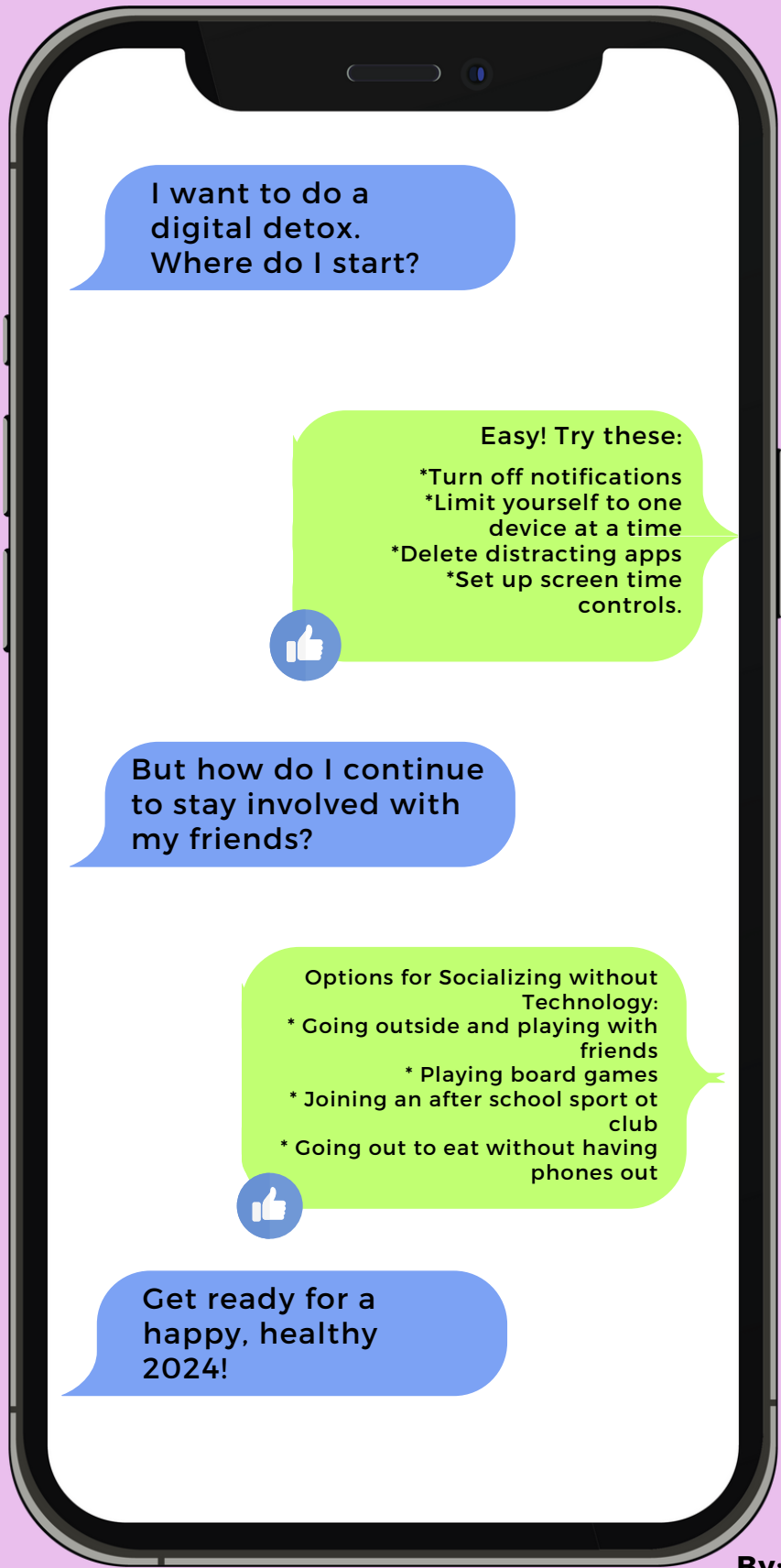
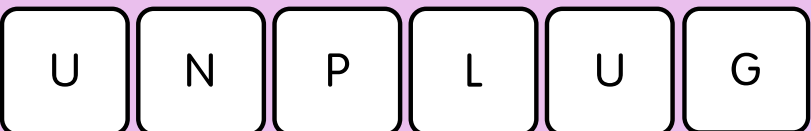
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Options for Socializing without Technology:

- * Going outside and playing with friends
- * Playing board games
- * Joining an after school sport or club
- * Going out to eat without having phones out

Unplug your New Year and balance your 2024!



By:
Adalie Bellemore
Maya Petzke
Simon Kinsman
Avery Olson
Gwenn Staveness
GRADE 8

By:
Bristol Cawley
Wesely Fahey
Austin Fisher
Griffin Gonzalaz
Bode Schmidt
GRADE 7



A. Story...

One night, I drifted off to sleep, not wanting to go to school the next day, but in need of a little winter break... My Mom crept into the room the next morning and announced that it was a snow day! I look out the window and there were eight inches of snow on the ground. I raced downstairs and smelled my Mom's homemade Cinnamon rolls with a cup of hot chocolate. Ah, what a perfect snow day breakfast! My friends and I rush to the ski hill to take advantage of the fresh slopes..When i arrive back home, I warm up with a hot bath and cozy blankets. To wrap my exciting day up, I snuggled up to watch a Christmas movie...

Fun Ways to Spend your Snow Day:

- Sledding
- Ski at Cascade Mountain!
- Make Hot Chocolate
- Build a Snowman
- Snuggle up for a Movie!
- Learn to cook a new recipe!
- Family board game day!
- Make a snow maze in the yard!



This New Year, make a resolution to live sustainably and have yourself a greener New Year! According to the World Health Organization, household air pollution is one of the world's single biggest environmental health risks and a significant source of climate-warming pollution. People can make a change this year and try to lower the pollution they produce at their homes. Kids just like you can take action to help preserve our environment for future generations by composting, recycling, reusing, supporting eco-friendly practices, and advocating for stronger environmental policies. Composting is not only important for the environment but is also a benefit to those who do it. People can use the soil to plant new things. Then, they won't have to go to the store and buy some.

Industries need to implement energy-efficient practices and technologies because they can reduce their energy consumption and lower their greenhouse gas emissions. Harmful emissions include chemicals, dust, noise, and radiation. Also, according to CNN, automakers are switching to an all-electric future. Restaurant industries are taking action to prevent pollution by using biodegradable straws and lids that do not require straws. Please take action to make this New Year green!

By:
Jesse Arnold
Ellee Hellenbrand
Josie Krueger
Parker Mael
GRADE 8

New Year's Rewind

Rewinding Memories from 2023

By: Brekken Nachreiner
Brooklyn Bindl
Abbie Kreger
Brant Petzke
Nola Youra
Grade 6

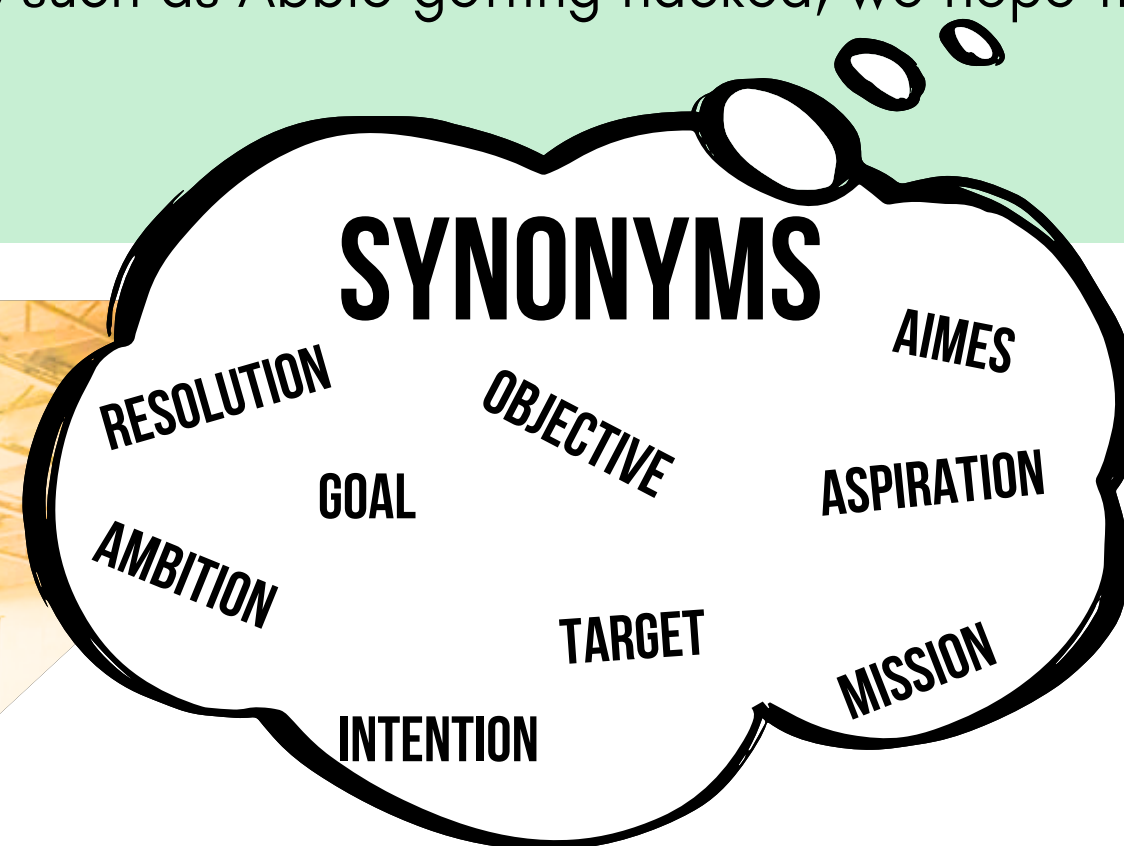
2023 was a year packed with big events, from international conflicts to personal triumphs – join us as we reflect on the highs and lows that shaped this unforgettable year. Israel and Palestine's ongoing conflict, Taylor Swift's global tour, and even a notable trade in the sports world – it's all part of the tapestry that made 2023 one for the books!

Israel and Palestine have been in conflict since 1948 due to Israel's independence. On October 7, 2023, Palestine launched an attack, leading to the ongoing captivity of nine Americans. Lives have been lost on both sides, with the recent death toll reaching 22,000 people. We continue to pray for peace.

On a high note, Taylor Swift has finally launched her "Eras" tour, the most expansive tour, spanning five continents. The tour has generated over a billion in ticket sales, paying tribute to each era and album in her music career. Many of our friends have been lucky enough to get decked out in sparkly outfits and catch a show!

In the sports world, Aaron Rodgers was traded to the Jets in 2023. The Packers traded Rodgers and their first-round pick for the Jets' first-round pick and a second-round pick. Unfortunately, he sustained an injury in the first game, and has not seen recent gametime.

The middle school experienced an eventful 2023 as well. We welcomed Father Randy as our new priest, adding a positive presence to our school and parish. In the second semester, Ms. Kath will be our new science teacher, succeeding Mrs. Karpelinia, whom we will miss. Congratulations to Mrs. Reali's daughter, Ellie, on her marriage! Despite some setbacks, such as Abbie getting hacked, we hope that 2024 will be a great year.



REMEMBER OUR MISSION



KNIGHTS STRIVE TO BE
SPIRITUAL
SCHOLASTIC
SOCIAL





Interviewed By: Sofia Brunt
Sydney Fait
Josilyn Gehling
Finn Gonzalaz
William Vehring
Grade 8



What is your New Year's Resolution?

"Do better in science class!" Abby, Grade 7

"I want to try to stop eating so much candy." Maddie, Grade 3

"Work out more." Brant, Grade 6

"Take more walks." Bristol, Grade 7

"I should probably stop hiding candy stashes." Emily, Grade 3

"Reach unreal rank!" Bode, Grade 7

"More Sleep, exercise and healthy food!" Ms. Reali

"I want to ride a pony this year!" Emma, Grade 2

"In 2024, I want to help more people." Rikki, Grade 1

"Write more!" Mrs. Mayne

"I want to visit my nana." Landon, Grade 2

"Read a new book, every month!" Charlotte, Grade 8

"I want to try to stay positive and hopeful and patient, and of course, kind." Mrs. Austin

"Ride my horse more!" Mrs. Raines

"I want to read more books in 2024." Brannon, Grade 1

"Definitely drink more water and eat more vegetables!" Mrs. Duffy

"Do more art projects!" Emmalee, 4K

"I want to try harder to learn more gymnastics tricks." Aubrey, Kindergarten

"Become more of a minimalist." Mrs. Vohs

"I am excited to learn more about soccer!" Luna, Kindergarten

"I want to get better at the sports that I play." Adalie, Grade 8

"Hangout with my friends and play more." Sade, Grade 5

"Learn more science!" Hunter, Grade 4

"Become 'unreal' in Fortnite." Jesse, Grade 8

"I think I should be nicer to my siblings this year." Bryar, Grade 5

"I will eat less junk food this year!" Emily, Grade 4

"Start better study habits." Avery, Grade 8

"I will focus on 'less being more', and try not to sweat the small stuff." Mrs. Nelson





Praising God for a Great Year!

As we step into 2024, imagine it's like getting a big box of crayons with a whole bunch of blank pages to color.

Just like God's promises are like the lines that guide our coloring, this new year is a chance for us to color our days with love, kindness, and joy.

One cool way to do that is by making resolutions – kind of like setting goals for the year. Maybe we can resolve to be extra kind to our friends, help out at home, or learn something new.

And guess what? When we open our Bible, it's like finding new colors to add to our crayon box – wisdom, courage, and lots of love.

So, let's jump into 2024 with big smiles, colorful resolutions, and the promise that God has awesome plans for each one of us.

Happy New Year Knights!

Dear God,

As we step into the adventure of 2024, we thank you for the gift of each new day, and this new year. Help us color our days with the hues of kindness, love, and joy. Guide us as we make resolutions to grow closer to you and shine your light in all that we do.

Amen.

