On, Tuesday, January 20th, the Wahoo Middle School honored its 2nd quarter Honor Roll and High Honor Roll recipients. Congratulations to all of the recipients on their outstanding efforts!!!

High Honor Roll: Darcy Barry, Darian Coffey, Payten Foster, Patrick Hancock, Alicia Iversen, Jacob Moline, Preston Raymond, Lindsey Sabatka, Jason Semrad, Brook Stuart, Morgan Talbert, Alex Talbott, Kelsi Anderson, Laura Barry, Alyssa Beal, Ronnie Brust, Emily Harrell, Katie Harrell, Haley Jones, Michael LaCasse, Seth Lindgren, Chris Meyers, Michaela Miller, Rachel Muhlolland, Nathan Redding, Ben Scheef, Gabby Siebenaler, Zandy Sotelio, Colton Spangler, Matthew Spicka, Tymber States, Shauna Tweedy, Janae Urban, Andrew Vech, Evann Vrana, Alex Abbott, Jenna Becker, Derek Bell, Chase Freidel, Lindsey Harshorn, Trevor Hedges, Lukas Mclhaney, Rachel Meyer, Rochelle Olson, Janae Pearson, Cole Peterson, Bailee Schubauer.


WAHOO MIDDLE SCHOOL ANNOUNCES 2nd QUARTER HONOR ROLLS

School Pride: “Playing a contributing role in maintaining and improving all aspects of a school’s environment, programs and activities.” We have been holding many discussions with our middle school students over the past couple of months regarding school pride. Through these discussions, we are attempting to educate our students on what school pride is and what it looks like. School pride can extend itself from having great spirit, voice and support at a sporting event, to picking up a gum wrapper in the school hallway. Obviously, school pride encompasses many, many things. However, one thing we do know at Wahoo Middle School is that it is a priority. We have been challenging our students, and will continue to challenge them regarding school pride. We have high expectations for our students and the care and pride they have within our school building. We expect that our students keep their locker areas, classroom areas, and lunch room areas clean and neat. In addition, it is our expectation that our students show school pride and respect by following our guidelines regarding school dress. These are just two examples of topics being discussed within our school building. As a parent, please encourage your child to take great care and pride in their school. Together, we can insure that the Wahoo Middle School is truly a GREAT place to learn!!!
Start the Day Right - Don't Skip Breakfast

Studies show that children who eat breakfast do better in school. It doesn't take much further thought to realize adults will feel better and perform better at work as well. Whether you work at home, on the farm, at the office, at school, or on the road, it is not a good idea to skip breakfast. Eating a good breakfast sets the tone for the rest of the day. When you skip breakfast, you are likely to become tired when your brain and body run low on fuel. By mid-morning, you might grab a cup of coffee or wolf down a sugary candy bar to wake up again. This might work for a few minutes, but by lunch time you are hungry, crabby, and perhaps your mood might make you a little more prone to make unhealthy choices at lunch.

Skipping breakfast is a common strategy for losing weight, but not a smart one. Many people believe that they will lose weight if they skip meals, but that just isn't true; the body expects to be refueled a few times each day -- starting with breakfast. Actually, eating breakfast is good for weight loss. In fact, people who eat breakfast are more likely to maintain a healthy weight.

Making a Healthy Breakfast: A healthy breakfast should contain some protein and some fiber. Protein can come from low fat meats, eggs, beans or dairy. Fiber can be found in whole grains, vegetables and fruits. A good example of a healthy breakfast might be something simple like a hard boiled egg, an orange, and a bowl of whole grain cereal with low fat milk. Stay away from the sugary cereals, syrups, pastries, and white breads because they are digested quickly and will leave you hungry and tired in a couple of hours. Protein and fiber satisfy your hunger and will keep you feeling full until lunch time. If you really don't like to eat breakfast, you can split it up into two smaller meals. Eat a hard boiled egg at home, and an hour or two later, take a break from work and snack on an apple and a handful of healthy nuts like pecans or walnuts.

Breakfast Every Morning: Remember that eating a healthy breakfast is the best way to start off your day, and be good to yourself by eating a healthy breakfast. Notice how much better you feel through the morning and the rest of the day when you don't skip breakfast.


Warren JM, Henry CJ, Simonite V. "Low Glycemic Index Breakfasts and Reduced Food Intake in Preadolescent Children." Pediatrics, November 2003.
**Wahoo Middle School 2008 Boys & Girls Track Schedule**

**APRIL 16**
BISHOP NEUMANN TRIANGULAR  
4:00 P.M.

**APRIL 25**
FORT CALHOUN  
10:00 A.M.

**APRIL 28**
SCHUYLER  
11:00 A.M.

**MAY 1**
FREMONT  
2:00 P.M.

**MAY 5**
RAYMOND CENTRAL  
4:00 P.M.

**MAY 7**
ARLINGTON INVITE  
4:00 P.M.

**MAY 15**
WAHOO INVITE  
4:00 P.M.

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**7th Grade Team News – Mrs. Walker, Mrs. Simonds, Ms. Russ, Mr. Bomar**

7th Grade

By: Taylor Otte, Rachel Stratman, Shauna Tweedy, Haley Jones, Jessica Krecklow

This has been a great third quarter in the seventh grade. We have done many fun things. We enjoyed sharing our work with parents for conferences. We shared experiments on bouncing balls, writing portfolios, World Geography power points on a place where our parents would like to visit, math probability games and much more.

Some activities we have done since conferences include a Personal Safety unit where some students created videos or posters to show what we learned. Some students have participated in some contests including the Spelling Bee, the Science Fair, and the Americanism essay contest. As you can see, we have been working hard!

After every quarter, we have an incentive trip to fun places. For third quarter, we are going to the movies on Thursday, March 19th. Students earn the trip by turning their work in on time and showing good behavior. We have so much fun just getting to hang out with our teachers and friends. For fourth quarter, we will be heading to a UNL baseball game.

We are all ready for warm weather to come and track season to begin. Fourth quarter is going to rock!
7th Graders Demonstrate Personal Safety through Contest  March 2009- Ann Egr- Counselor

After several weeks of discussion, skits, videos, and note taking 7th graders are geared up to demonstrate all that they've learned about personal safety. Guidance Counselor, Ann Egr, and 7th Grade Teacher Linda Walker, teach an annual unit on Personal Safety. The two have been co-teaching this unit for approximately 5 years. The unit breaks down personal safety into several areas: home, school, community, and internet/technology.

The ESUs of Nebraska in partnership with the Nebraska Attorney General's Office are sponsoring an Internet Safety and Digital Citizenship Poster and Public Service Announcement (PSA) Contest for students in K-12 Schools in Nebraska. This is a great opportunity for the students to showcase all that they've learned over the past two weeks. With the assistance of technical coordinator, Vicki Jones, the three worked with seventh graders as they created various projects to demonstrate their learnings. Students storyboarded their ideas, wrote the script, set up the materials needed for filming, filmed the event, and then brought it back into the computer to edit the project to its final form. Having the students work with the concepts in so many different ways increases the retention and creativity of the students on the topic.

Using the contest rubrics as a guideline, students created either a public service announcement or a poster. Last year, students Derek Hamar and Walker Rathke won the PSA contest. It was very exciting! By the looks of things this year, we are confident that students are creating quality work once again.