Maury River Middle School Eagles are Kind, Involved, Safe, & Successful! Volume 1, Issue 1 January 20

Volume 1, Issue 1 January 2024



EAGLE NEWS

Eagles are



What Are Middle Schoolers Reading?

Written By: Lilly Wunder and Amelia Olewine

"There is more treasure in books than in all the pirate's loot on Treasure Island." — Walt Disney. Reading is an excellent thing to do in your freetime, but many people don't have the time or patience to finish a book. So, here are some tips to get into reading!

First, find a genre you enjoy because no one wants to read a boring book. Then, find a book you like in that genre. You can find this in the MRMS library or a bookstore. Lastly, enjoy your new book, and find time to read in between classes (at the appropriate time). Successfuli

Novel suggestions from our library

Nonfiction: *In The Time of the Butterflies* by Julia Alvarez **Fantasy:** Amari and the Great Game by B. B. Alston **Mystery**: Coop Knows The Scoop by Taryn Souders, Ali Cross by James Patterson

Realistic Fiction: Stargirl by Jerry Spinelli YA Romance: Peppermint Cocoa Crushes by Laney Nielsen **Horror**: The Girl Locked in the Room by Mary Downing Hahn Tragedy Genre: The Fault in Our Stars by John Green

Thriller: One of Us Is Lying by Karen M. Mcacs **Historical Fiction**: The Book Thief by Markus Zusak

Why Should Students Write?

Written By: Lily Johnson and Zoe Nuckols

Maya Angelou once said, "There is no greater agony than bearing an untold story inside of you." Writing is an amazing way to relieve the way you feel and transform it into a story. It is a break from the world to let your imagination run free. If you are feeling stressed, it can be a great outlet for your emotions. Not only is it an escape, but writing also improves your reading and comprehension skills. You can communicate more clearly because you have a better understanding of class material. Writing can also improve your constructive criticism and clarification skills. There is always the fear of pursuing your writing skills, but once you learn to write more, it will get easier from there. It gives you a better understanding of your ideas and feelings, and the reality of the world, or the fantasy world. In writing, you don't always have to work alone. You can discuss with your peers about how you could improve your writing skills and build friendships while doing so. If you want any writing prompts to get started, try thinking of what is bothering you. It may not work, but transforming emotions to words can always inspire others and help you pursue your writing skills. Don't be afraid to give it a try! All ideas in writing can start small, that is normal. The more you write, the easier it will be to grow! Writing is a skill that you will use throughout your life. No matter the job you have when you are older, being able to write will always be necessary.

LET'S GET OUR WRITING ON!!

Self Help: Do You Get Enough Sleep?

Written By: Joe Thompson & Austin Greer

Benjamin Franklin said, "Early to bed and early to rise makes a man healthy, wealthy, and wise." ALL individuals need an adequate amount of sleep. Middle schoolers need more sleep in order to function on a daily basis. Having a bedtime is very helpful for people of any age. It helps with not being tired all day. If you're still having trouble sleeping you can try taking a warm bath or shower. The heat helps you relax and gets the blood flowing. Bazinga! Wowzers! Studies show that your phone can make it more likely for you to stay up late. Phones should be put up before going to bed. Keep all electronics out of arm's length from your bed by putting it in a drawer or in another room to help avoid the temptation. Do yourself a favor, and put your phone away and get some sleep!



LIGHTS! CAMERA! ACTION!

Written By: Lily Johnson and Popy Dixon

Come join us at Blue Forest Theater Academy to find your spotlight! We are a community theater in Lexington that teaches life skills through stage skills. We welcome all and are excited to begin this year's teen musical Crazy for You which includes a variety of skills being taught such as tap (no experience needed!), singing, and of course, stage acting. This year's 1st-6th grade musical will be, Junie B. Jones. Participants will learn how to sing, dance, and stage act. Come join us for an unforgettable fun experience. Auditions for Crazy for You and Junie B. Jones are on Tuesday, January 30. which is grades 7th and above! For more information scan the QR code below.







Our website

Do MRMS Students Like Math or Science? Written By: Jaylynn Sensabaugh

Have you ever thought about what students like more, math or science? Students debate about what subject is better. Students love math for its complex equations and love seeing how things may work later in life. In science, students like doing research and experiments, and some students enjoy science to learn about possible cures for deadly diseases and viruses. Some students believe one is just easier than the other, or that one subject is just more interesting than the other. Here is a poll of MRMS Eagles:

THE DEBATE: Do MRMS students like math or science?

*Due to snow days, The Newspaper Club was unable to survey students before publishing. Results will be included in the next newspaper.

Only in ROCO!

Written By: Cameron Bowen

"This place is haunted! Zoinks!" are well known character lines from Scooby Doo. One wouldn't think there are creepy places in Rockbridge County, but did you know Poor House Road Tunnel is supposedly haunted?

Poor House Road Tunnel located on Route 39 past the Virginia Horse Center. It was built in the early 1900's for a railway that went from Lexington to Staunton. It became a site of many lynchings and murders. It has been said by curious visitors to have seen fog in photos when nothing was there before the photo was taken and handprints on car windows. There have been reports of sightings of shadows on the walls and talking from within the tunnel. "Zoinks!" If the history of Poor House Road Tunnel interests you, do your own research!



Poor House Road Tunnel

Important Dates to Remember

Feb. 1: Feel Good Thursday - Start the month off full of love, gratitude, and kindness. Wear pink, red, and white!

Feb 5-6: RCHS Counselors will visit MRMS (8th grade only)

Feb 6: Parent/Teacher Conference night at MRMS 4:00-8:00

Feb. 7-9 Candy-Grams will be for sale during lunches. \$2 for a card and candy to be be delivered by NJHS to homeroom on the 14th

Feb 8: Interims AND School Wide Assembly-more info coming soon

Feb. 9 Football Friday - Wear your favorite team jersey or colors

Feb 12: No School-Teacher Workday

Feb. 20 National Comfy Day - Wear your comfy clothes and enjoy the day

Feb. 27 National Retro Day - Whatever your "retro" is, wear it

March 1: tentative MRMS Social

