

**Halloween 2009**

# "THE PAW PRINT"

**This Issue:  
Happy  
Halloween!**

**Healthy Child  
Clinic Nov. 9**

**Keeping Students  
Safe Is A Priority  
For Us All.**



## **The Flu Bus Makes A Stop at WRMS**

Most students and parents recognize the important role schools play in teaching kids the basics of reading, writing and arithmetic. But educators also recognize the first goal of a successful school must be to create a safe environment where students and staff are free from fear. Only in a safe, nurturing environment can academic goals be achieved.

With that goal in mind, our PTA is making plans for our Healthy Child Clinic on Monday, Nov. 9 at 7:00. We are planning a variety of opportunities for parents to learn about the risks facing the typical American youth of today. Representatives from the police department will be present to discuss internet safety and how parents can protect their children

from predators on-line. The Rowan County Health department will provide information on prescription drug dangers and how parents can ensure the safety of their children with regard to the family's medicine cabinet.

In an effort to combat one of the biggest medical concerns, the flu, we have scheduled the FLU BUS to be on campus the afternoon of Nov. 9 (before the meeting) to administer seasonal flu shots. We are waiting to hear if H1N1 vaccine will be available at that time. In order for the Flu Bus to come to our campus, however, we must have 70 registrations for the immunization. Please watch for your child to bring home the form with more information. We will

also have an on line link posted on our website soon.

Finally, our PTA meeting will offer an opportunity for parents to meet with their child's teacher and pick up report cards early. For parents unable to attend the meeting the evening of Nov. 9, the report card will be sent home with the student the following day. It is our hope that by having frequent contact between home and school we can ensure the success of our students. Our desire is for healthy, happy, safe and successful students. Together, we can make that possible.

See you Monday, November 9!  
Until then, all the best at West!

Nancy Barkemeyer, principal

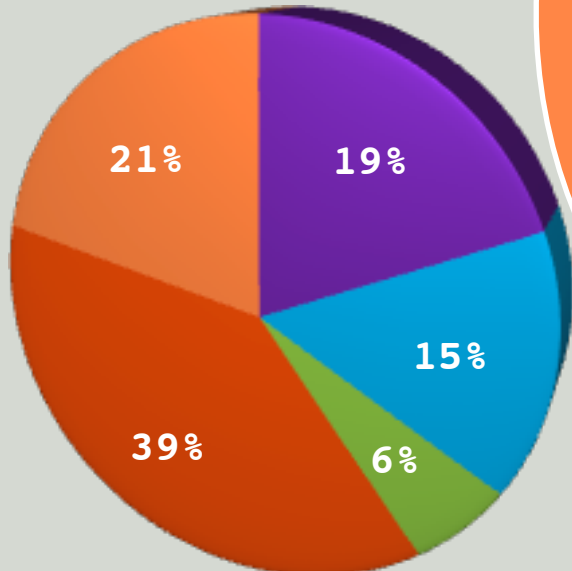


# HALLOWEEN TIPS!

By Tyler Myers

Do you like to trick-or-treat? Do you like to dress up for Halloween? October 31 is Halloween Day and many people will be trick-or-treating and dressing up. Some things to be careful about are not over-eating, cars, wild vicious animals, and evil trolls that live in bushes! Okay, so maybe not the trolls but everything else is important! Don't eat too much or you'll get

sick! Also, don't eat anything that's not in a sealed wrapper! Watch out for cars, too! They might not be watching for people trick-or-treating. If you run across the road and a car doesn't see you, it would not be pretty! Another thing to look out for is wild [vicious] animals!! They might not know who, or what you are and might attack you! Be careful and HAVE FUN!! :]



● Snickers ● Butterfinger ● M&M's ● Reese's ● Candy Corn

Candy Survey- Jason O'Dell

I was doing a survey on kids at West Rowan Middle School and their favorite halloween candy. They had to chose from candy corn, Snickers, Butterfingers, Reese's and M&Ms. I surveyed 80 people. Candy corn received 17 votes, Snickers received 2 less than candy corn, Butterfingers received 12 votes, M&M's had 5 votes, and Reese's had the highest with 31 votes.

# October Band Notes

By: Ms. Vicki Williams

The Bulldog Band programs are off to a successful start to the new school year. In September, 6th graders began learning about their chosen instrument. We have learned 5 notes and will soon be preparing for a concert in December. Pep Band has performed at the home games in September and October.

The fruit ordered during this year's fruit sale will be delivered on Friday, December 11. Pick-up times are from 4:00 p.m. till 7:00 p.m. at Johnny Moore's Dairy Farm in Mt. Ulla. I will need parent and student volunteers to help on the delivery day. If questions, please call me at 704-633-4775, ext. 135 or you may email me at [williavl@rss.k12.nc.us](mailto:williavl@rss.k12.nc.us)

## How Old Is Too Old

By: Hannah Allison

How old do you think you should be to trick or treat? I think you should be eight or older, because it isn't safe and anything could happen. How old do you think is too old? I think 19 is too old because you are an adult! What's your favorite part about Halloween? Mine is that you get lots of candy! Remember to always stay with an adult while you Trick-or-Treat!

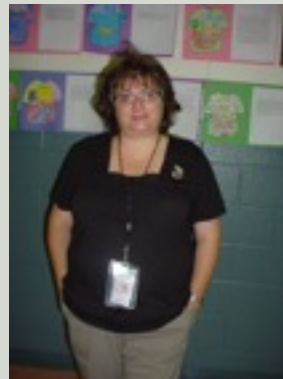
## Halloween Interviews

By: Greg Joseph

For the newspaper this month I asked some people some questions about Halloween.



In 7th grade I interviewed Marris. She was asked, "Do you like candy corn or pumpkin pie more?" She said neither. I for one like candy corn.

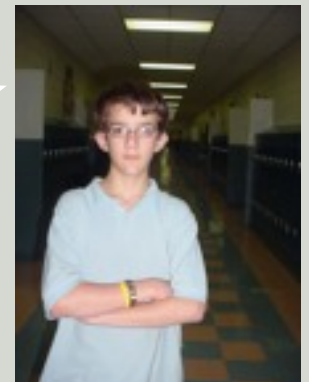


The last person I spoke to was Ms. Kennington. Halloween is her 2nd favorite holiday. She told me was that she would be a witch for Halloween.

Sixth grader, Miller said that Halloween is his favorite holiday because of the candy.



Another person I interviewed was Josh. He is a boy who would dress up like Freddy Krueger. He does not have parties at home on Halloween. The last thing he said is that he likes candy corn.



# Spooky Stuff Word Search By: Jason O'Dell

*Directions: Find and circle each of the words listed below the puzzle.*

W R B Y A L J N T V P U I K F F R T N L N U V P A M F E I T  
Z G G X I H J Z U Z H P A J K X O K I F S F H G C R J A X Z  
X E L V V J D A P B F S D Y P V F W U Y G Q R D G F J B W K  
U T B G J Z Q X M Y K E F F F A C E L B Z W N D D P E A G D  
B K J K Q G J G C L H Z L U N X B E L Y O M X R A I Z Z  
O U Q Y O G A Z J L W O L B S U M T F N E G Z J  
S C M D H O S V K X S R J N P I Z I K H E Y P C  
D A N Z I D L S P U M P K I N X L Q B J  
A T L E P T K W J G Q A H L O G A K  
Q B C N D T D H F S C A R Y Q Q P B A Z Q F  
D Z J A U K P P B D W Q S H P H M I Z B O C V C Y R Z L S B  
A N E C N Z T H P R H X Y M F S G N H Y G S N I B S L T  
K W U U J D J O A A M T J X C B X Y D U P O O Y F V M H  
U G G E C X Y Z W C H F L Q R A D I F S V O Z X Y F  
J B Y G S A H J Z U D Q O A U Y E A P J A Q L U M L  
E R X D P D R P V L R W S Y D F X Z M O U Y V D  
C I U Z O B Q V M A L P K D S G T W P T S W E B  
S C R C O J O R I H S E F C O S T U M E S U G P I V E J Q W  
V K C H K K J J N X D G H O S T O A N R B E R F M G C C  
Q R E A Y P G W G D N G S A Y A E X N R N I  
Q N L L N J L Q Z Q F V C G  
E Y R W E D W B B Z G C U K G M  
M R U D C T Y U O R H G S Q N Y X X F M  
H R F P X Y O C M S W G P G T T U H W A  
P A R T I E S N O D S P B R I D J T M G X S  
P H E I I E L T J R E G C K I G D W Z Y L Q W K  
Q P O D H P I X U T N V V H T O J K L T N G E H J L L G D S  
Q C Z B O C S U X S H D S T A W F R E N U H R L X P I D I Z  
K M V C T V H S C G M S R G V B N F K Z B X S T C N I E T V  
E K G G C O B E M O B I V F H Q H S F P G P U Q H L J N Q I

**Word**

**Bank:**

- |         |            |          |         |
|---------|------------|----------|---------|
| pumpkin | scary      | costumes | masks   |
| candy   | parties    | spooky   | spiders |
| webs    | candy corn | skeleton | ghost   |
| vampire | Dracula    | carving  |         |

7th Grade Football finished up the season with a record of 5 - 1. Their toughest games were a 16 - 14 win against Erwin and the 44 - 42 loss to China Grove in the last game of the season.

In the game against Erwin, the Bulldogs were led by Marquez McCain with two touchdowns. The Bulldogs scored the winning touchdown with 1:05 left in the game.

In softball, West Middle defeated Knox Middle 17 to 0 on October 7 behind the no hit pitching of Kristine South. Leading hitters for West, were Kristine South and Mackenzie Dixon with three hits. Michaela White and Catherine Whitley each had 2 hits including a home run by Whitley.

Softball played back to back games against China Grove, losing 4 - 5 in the last game of the regular season, but defeated China Grove the next day in the first round of the tournament 13 - 2.

On October 8, the 8th grade football team played a game against North. We lost 8 to 0. North scored with only 1 minute and 25 seconds left in the game. West drove to the North 25 yard line, right as the time ran out. West Rowan was lead on defense by Zeke Blackwood, Tyler Kennedy, and Derrick Fortson.

The 8th grade is 5 - 1 going into a last game against Erwin. They defeated China Grove 44 - 0 on October 21. They were led by 2 touchdowns each from Keyows Weeks and Derrick Fortson. Michael Pinkston and Broderick Avery added touchdowns.

The offensive line lead by Jake Kennedy, Jesse Moore, Teoz Mauney, Trey Brawley and Parrish Poteat was solid the entire game.

The defensive line lead by Nick Collins, Derrick Fortson, Malik Crudup, Jacob Steele Keyows Weeks and Jesse Moore held China Grove to two 1st downs for the game.

Girls Tennis was competitive throughout the season and were lead by Adrien Rusher and Tori Adams. Highlights of the season included a sweep of Southeast winning 5 - 4 and 7 - 2.



## FALL SPORTS



# SENSIBLE EATING

## Help your child make smart food choices

“I'm stuffed!” Does your child say this after meals? Try these suggestions to help him/her cut down on overeating.

**Dish Out Portions-** Keep serving dishes off the table. Family-style meals make it easier to put too much on your plate and then reach for seconds. Instead, put portions onto each plate, and leave any extra on the kitchen counter. If your child has to get up for more, she may be less tempted to make the effort.

**Slow down-** Explain to your teen that it takes about 20 minutes for his/her stomach to tell her brain that she's full. Encourage them to

eat slowly by putting down her fork between bites and chewing thoroughly. They'll eat less and digest their food more easily.

**Eat Regularly-** Skipping meals-- whether to diet or save time-- often leads to overeating. When your teen lets them self get too hungry, he/she may make up for it by eating more than she needs. Remind her to eat throughout the day, including healthy snacks (fruit, whole-grain cereal) to tide their over between meals.

**Make Meals Count-** Encourage your child to fill up on foods rich in fiber and protein (brown rice, black



**Eat  
Smart, Be  
Healthy!**

beans), and he/she won't be as likely to crave candy bars and chips. Foods that have lots of nutrients will keep them full longer than those with empty calories.

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## What You Can Do To Stay Healthy By: Andie Myers

The Swine Flu is very contagious and it spreads from person to person very easily! So follow these steps to help keep from getting it. You should always cover your mouth when you sneeze. Wash your hands very often with soap for at least 20 seconds. Also, try

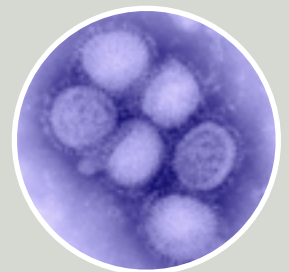
to avoid touching your mouth, nose, and eyes with your hands because germs spread very easily that way.

Always stay home if you are sick, and limit your contact with other people. If you follow this advice, then we can all reduce the spread of H1N1!

<http://www.cdc.gov/H1N1FLU/>

Image of H1N1 influenza virus.

Center for Disease Control



### Mission Statement:

Our goal is to keep parents, teachers and students informed of all the important and exciting things going on at West Rowan Middle School.

In compliance with federal law, the Rowan-Salisbury School System administers all educational programs, employment activities and admissions

without discrimination because of race, religion, national or ethnic origin, color, age, military service, disability, or gender, except where exemption is appropriate and allowed by law.

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