

# School Lunches

BY EMMA DEWEESE  
SOUTH SPENCER MIDDLE SCHOOL

Have you ever gone to lunch and thought, "Ugh, this again?" Well, kids everywhere face this problem every day when they go to lunch and see what is on their trays. Throughout the United States, school lunchtime has been a growing problem because students are pressed for time, the food is not healthy, nor does it taste good.

To begin with, kids should not be pressed for time at lunch. At lunch, kids should be allowed enough time to fully eat and socialize with friends. If kids are not allowed enough time to eat, they often do not finish their meals and get hungry at the end of the day. According to Livescience, "recent studies have shown that kids with less than 20 minutes to eat consumed 13 percent less of their entrees, 10 percent less of their milk, and 12 percent less of their whole grains compared to students that had more than 25 minutes to eat."

Secondly, kids should not be served unhealthy foods at lunch. According to The Di-

rector for the Healthy Schools Campaign, "healthy student are better learners." As a result, if schools would serve healthier foods, students would be more likely to be focused on what they are learning and comprehend it better. In fact, according to the Disease Control and Prevention, "an estimated 17% of kids ages 2-19 are obese." If schools would start serving healthier foods, it would more than likely decrease the percentage of obesity in kids.

Finally, kids should be served tasteful foods in school. At school kids are being served untasteful meals that they end up throwing away instead of eating, causing kids to go hungry and causing a lot of waste. According to the New York Times, "school districts nationwide are saying that their trash cans are overflowing with food that kids don't eat."

In conclusion, whether kids are being pressed for time, served unhealthy foods, or served untasteful foods, hundreds of untouched meals are being thrown away each day. This is a growing problem throughout the United States, and something needs to be done about it.

# Should Schools Be More Modernized?

BY ROSE LLOVERAS  
ST. BERNARD CATHOLIC SCHOOL

GRADE 6

I think schools should be more modernized because the world is being more modernized. Some people may think that we should be more old fashioned, not relying on the internet, and go back to the old ways. But if other things, such as work, shopping, and homes are being modernized and schools aren't, we are teaching our students old fashioned things, but as soon as they go into the real world,

everything will be modernized and they won't know a thing because we aren't teaching it. We can't stop the future, but we can prepare ourselves and our young for it.

Of course, there are reasons why modernization is bad such as the fact that anything can get hacked or go haywire. But with the future of inventions coming, we can protect our technology from hackers, viruses, and anything threatening it. It may take a while, but we have come this far and we shouldn't give up when things get hard. Technology is everywhere, but there is almost none in schools. Students need to learn how to use technology correctly and responsibly. Only around 3.9% of

schools have one computer per student and only 12% of schools lend laptops to students. This shows that students can't use technology as much as they should.

We need to modernize our schools, or else we'll be teaching old things and not the importance of technology. Online tests and quizzes use less paper and are more likely to be used in the future. The more online tests and quizzes we have, the less paper is used and the ecosystem isn't as harmed.

Although there are reasons that we shouldn't use too much technology, it still is better that we do. The good things outnumber the bad. And this is why I think schools should be more modernized.

# No School Uniforms!

BY CARLEE WINKLER  
SOUTH SPENCER MIDDLE SCHOOL

Did you know that in over one-half of schools in the United States students wear school uniforms? I think that is wrong. Requiring school uniforms is not a good idea because uniforms limit self-expression, are costly, and delay transition into adulthood.

Wearing uniforms limits self-expression because kids will not be able to express themselves through clothing. In the First Amendment of The Constitution, it states that all individuals have the right of self-expression. Clothing is a popular way of expressing yourself and you are limiting that with uniforms.

Uniforms are also costly. Most parents do not have the

money to buy uniforms for their kids. On average uniforms cost \$249, according to ggwash.org. I personally think that is a lot. In addition, they are wasting money on things that will be small to fit them next year if the kids grow up to the next size.

Wearing uniforms also delays transition into adulthood. Children and teens express themselves through clothing as they grow up. Not letting them do so will make them be unprepared for adulthood. According to Erik Erikson, a psychologist, "Seeking an identity is one of the critical stages of adolescence."

In conclusion, I think requiring school uniforms is not a good idea. Kids should be able to convey their personality by choosing clothes to wear that will match their unique style. Uniforms are also costly and delay transition into adulthood by not being able to find their own identity.

# More VEX IQ

BY TREY NORD  
LINCOLN TRAIL ELEMENTARY

GRADE 5

Do you know what VEX IQ is? VEX helps you grow in many different categories such as Science, Technology, Engineering, and Mathematics. Vex also helps you practice teamwork skills and working with other people. I believe there should be more VEX

IQ opportunities in schools because VEX is something fun that teaches you without you even knowing.

There many types of VEX IQ challenges including this years Ring Masters. In the Ring Masters competition there are many different things you can do. There is a teamwork challenge and in this you drive with another team to try to get the highest score possible. Some other things you can do is the robot skills challenge. This is

where two people drive the robot and are trying to get a high score in one minute. The Last two are autonomous and S.T.E.M. Autonomous is where the robot runs a program you choose and tries to get the highest score possible. You have to make the program yourself, and you don't have to choose to do this part. S.T.E.M is where you find a solution to a problem that vex makes. This years VEX IQ problem is helping the elderly and disabled. My

team, the Blazing Ringmasters came up with having a drone delivering food. Once again S.T.E.M is optional.

Once again VEX IQ is a program that helps you grow in many categories including Science, Technology, Engineering, and Mathematics. Vex also helps you practice teamwork skills and working with other people. I think there should be more VEX opportunities because of what VEX is, and because it teaches you without you knowing.

# Basketball

BY DESTINI EMBRY  
ST. BERNARD CATHOLIC SCHOOL

GRADE 6

This is my first year playing basketball, I am really excited about it. I have never played before, and I was walking down the hall, when I heard that basketball was starting soon, so I was walking with my best friend, when I saw the paper in mt mail box I said to my friend,

"should I play basketball?" she said yes you would be great at it, so I went home gave the paper to my parents to look at, and they said I could do it.

I am so excited about basketball starting. My first year, the day came when practice started. Me and my friends went down to the locker room to change, when we got done, we went back upstairs to get to get a couple of shots in before our coach got their. When are coach got there he said do Kentucky

lay-ups I said what are those, he said to watch the other girls, so I said okay, and I did, I figured it out they where kind of like lay-ups. So then we had to do free throws, I didn't know how to do it until then, but they were fun.

Then I meet the players, they where awesome! So then, we got a drink, and then we did two line fundamentals. They were fun, then we did two-ball- dribble, then we did partner shooting. That was fun, but other people said it wasn't, then we

did this play called (DUKE) and (IU), I said what is that? He said go stand in the corner, I said okay, the play was simple. So then when it got forward the end of the year, I knew pretty much ever thing, but I was still off of are out of bounds plays, then I learned them better. The we won the tournament!!! It was awesome every one was happy we took pictures, and we got shirts. I HAD SO MUCH FUN WITH MYTEAM I T WAS THE BEST YEAR EVER.

NAME: JETT Goldsberry  
GRADE: 4th SCHOOL: David Tutthorn

You need power  
you got indiana  
michigan power

NAME: Becca Heeke  
GRADE: 4 SCHOOL: Lincoln Trail

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