



Teams A,B,C, and D of our Robotics magnet win 3 awards at January 21st competition; landing them a spot at State this March

RoboRoyals on the Rise!!!

By: E.R. Williams

If you don't know, now you do. Redland's own Robotics teams are going to State Competitions for the second time in a row. Through the awesome instruction of magnet teacher, Mrs. Krigger, our Robotics students/ teams A, B, and C will be attending state competition this March with the hope of gaining an invitation to World.

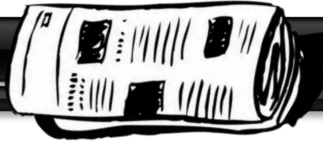


Left to Right: Nimmond Lockheart, Bryan Bernado, and DeMari Williams of RoboRoyals team B; win the highest middle school robotics award at the Jan.21st competition.

Flag Football at RMS

By: Larry Carroll

B2



Football is one of the most popular sports in the United States today and kids who watch and follow the star players want to as well. But with all the risk and dangers involved in tackle football, an alternative sport can be played. Flag football has become the best choice for parents and youth wanting to take in the world of football, but safely. Flag football offers many benefits beyond fun and exercise. It provides a lot of physical activity which helps children stay strong, limber, and at a healthy weight. "Other benefits are children can learn about teamwork, sacrifice, failure, and success", says Mr. X. Holloway, ELA teacher here at Redland. Mental and emotional benefits also exist. You can learn a lot of important skills and life lessons when you sign up for flag football at any age. "You must know skills and take everything seriously" said 7th grader, Kaleem Muhammad. The rules of the game are based on American football but with some differences. In flag football tackling (downs) is not allowed, instead flags are attached to the ball carrier's belt, one on each side of the waist.



Photo courtesy of www.nflflag.com

When a player manages to pull the flag from an opponent, the game stops and another play begins, just like when there is a tackle or a down in American football. Coaches are also there to help you. Trust between the coach and players are built on the coach's active listening skills and the player's ability to follow directions. Also, when listening to your coach, you learn many values such as getting stronger and having more knowledge of the game. "You get more athletic playtime during the game.," says Mr. Holloway. "Listen to your coach and be an example for the rest of the team to follow. It does take teamwork to be great. But together.," said Ms. Corona, ELA teacher and girls' Flag Football coach. "We have the season mapped out and Coach Bess and myself are looking forward to working with the students. This is the first time that flag football will be played in school here and I'm very excited about that.," said Ms. Corona.

If are interested in learning more or joining the girls' or boys' flag football teams see Ms. Corona in M207, Mr. Bess in M109 or O102, or Coach Alicea in H104/gym for more information.

Movie Reviews

By: Alex Mendoza

C3



After 4 long years since the first black panther movie came out, fans loved it so much that they wanted a second part to the story. In November of 2022 Marvel released "Wakanda Forever" the after story of what happened to Wakandans after king T'Challa's death. According to Jayden Munoz an 8th grader at Redland Middle he states that "the movie could have been a little better, to be more specific, the CGI (Computer-Generated Imagery) looks catchy and needed more work. "In this movie Chadwick Boseman presence will not be here because of his tragic death in 2020 caused by colon cancer just 2 years before releasing Wakanda forever, I think that "Wakanda Forever" is not the same without Chadwick Boseman he brought happiness and good energy to the movie, states 7th grader Khloe Martinez. Although this movie had many complains some people did actually enjoy a lot, this movie brought a lot of happiness to viewers by providing a second part of the story. Christopher Macias explains "This movie is 10 times better than work. "In the original "Black Panther" from the actors to the hardworking crew, it was just amazing. The crew that made this movie worked extremely hard, that Wakanda Forever box office grossed over \$827.2 million dollars. According to 7th grader, Dianaelsy G., "All that money that the directors had to spend was definitely worth it, because the effects made it a realistic experience for viewers." Hopefully, there will be at least one more Black Panther related movie like "Wakanda Forever". The homage the cast and crew paid the fallen star, Chad Boseman, was a breathtaking tribute.



Photo courtesy of
<http://www.movies.disney.com>

By: Patricia Conesamastrapa and E. R. Williams



Photo courtesy of
<http://www.dc.com/BlackAdam>

Black Adam? Not sure who that is? It's the new DC World feature film about a superhero or super villain starring Dwayne Johnson and directed by Jaume Collet-Serra. Black Adam is about a slave from Kahndaq who was given the powers of the gods to become the people's champion. When he uses his powers for vengeance, he is banished and entombed for years. When he is freed 5,000 years later, Black Adam learns that the form of justice he dished out years ago is not accepted in modern times and he must fight the Justice Society who comes to Kahndaq to stop him.

Extra Extra Read All About It!

D4



Music and Women

By: Anari Louisseize



Famous artists like Beyonce, H.E.R, and Lizzo have all made important positive changes to the music industry. However, many female artists are still not getting the respect they deserve. The music industry is a "business of performing and recording musical artists." So, does the music industry mistreat women? How and why? Musicwave.com stated that only 1/3 of the music industry is composed of women. Nrp.org states that female producers and writers, it is shocking 2.1% which means that out of all the music industry, only 2.1% is composed of female writers and producers. Another example of how the music industry may be mistreating women is that over the years a study shows that of 800 songs, only 21.7% of them are song by female artists.

This means that over the course of years, only a small number of songs is composed of women. Could this small representation be the main reason that the music industry mistreats women? From my point of view, it is. The music industry mistreats female artists because society seems to be more comfortable with male artists, research has shown. I find that hard to believe. Some might say that the industry treats women just fine. But multiple studies show that a small number of songs are produced, written, and performed by women.

As for collaboration, many male artists do not give the credit to their female counterparts. Another piece of information that shows how women in the industry are mistreated is that female artist get paid less than their male counterparts. Many female artists such as Lizzo have stated that the music industry doesn't look favorably towards women of color, different body types that are socially accepted, or women who society has deemed "overly vocal". However, recently, the industry has begun to change its treatment of women. So, for now, it's safe to say that the industry is making changes for the better.

Upcoming events at Redland Middle

By: Rashiya Ishmael and Arantxa Zapata

E5



“School events help students build culture and have fun throughout the school year.”- Ms. Tran. This helps students socialize and have more motivation to keep working harder.

“For the 8th graders we will have 8th grade prom and at the end of the year and an 8th grade trip. These events are meant to allow 8th graders a once in a lifetime chance to end their final year of middle school doing fun and memorable activities with their classmates.

Pi Day is an event put on by the Math department in March. Depending on their current test grade, students are invited to a midday outdoor field day where they can throw a pie at their favorite administrator or teacher.

Grade level Incentives- These activities are scheduled bi-monthly for those students that have behaved well for the 9-week quarter. Incentives range from movie day to field day.

“The reason we do these events is to see more smiles around campus. These events allow students to interact with their peers outside of the classroom as well to enjoy coming to school.



Magnet School applications for 8th graders

By: Mayrin Olvera

If you are in 8th grade and are preparing to go to high school next year, I hope you already submitted your applications to the magnet school(s) of your dreams. The deadline for submitting application was January 15, 2023. By March 2023 you should hear back from the schools as to whether or not you were accepted.

After speaking with school counselor, Ms. Tran, I learned that the school district started accepting applications in October 2022 and could be submitted either online or through the mail.

One of the major benefits of attending a magnet school or being enrolled in a magnet program while you are in high school is preparation for college. I know, college already when you're just worried about getting into the best high school. The choices you make now about your education affect you for a lifetime.

I wish all of you luck in getting into the school of your choice.



School News

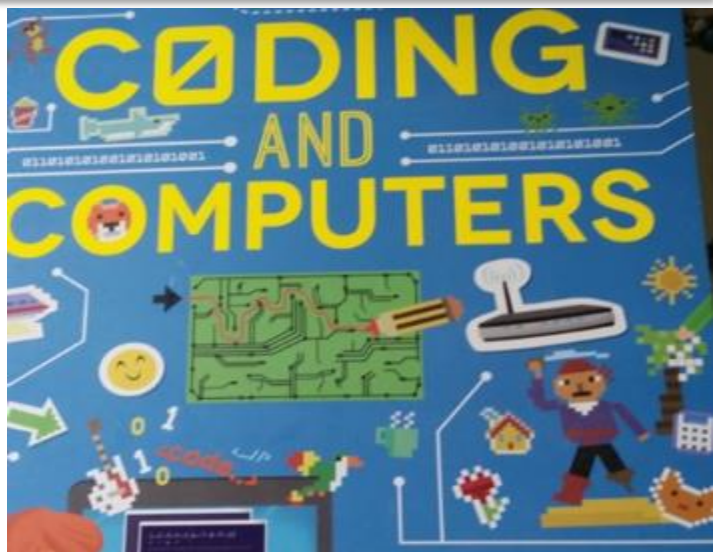
F6



RMS Cheerleading

By: Kendra Mendoza

You may ask yourself what cheerleading is in Redland Middle School. "Cheerleading is a group of young ladies forming a sisterhood and cheering on our different school sports/activities." -Mrs. Tran. If you want to join you should have grand expectations and confidence, be a role model for the school. To make the cheer team you need "Communication skills, Trust, Respect, able to get along with others and attend practice regularly." -Mrs. Tran. According to Mrs. Sanchez- co-sponsor of cheerleading, "If you do not stretch, if you are not careful before stunting and not paying attention to what the coaches are saying" you can get an injury. What makes cheer fun you may ask "it is exciting you get to yell and support your team" Mrs. Sanchez states. Cheerleading is fun, you love to do stunts and have passion. Cheerleading started in September. If you have experience cheering, you will enjoy it. If you ever think about being a cheer captain Mrs. Sanchez says "You need to have passion, compassion, need to know how to cheer well, lead your team."



What is Coding?

By: Katherine Hernandez, Dianaelsy Gil

What does coding mean? Coding is a process of design using letters and numbers. Do you know what people do in a coding competition? For coding competitions people use problem solving skills to find out a code and make up new code for different things. According to a teacher at Redland Middle School "Coding is a lot simpler than people think. The more you get into it the easier it is because you can't simply judge a class until you discover it" - Ms. Francillon.

BENEFITS

"If you are interested in coding, you can enter a self-portrait competition using a code language called 'JavaScript' and you can get prize money if you win"-said a robotics student Malik Curry.

If you want a job that has to do with coding then you can choose jobs such as a computer scientist, software Engineer, Graphic designer Etc.!"If you want to take a job that leads you to be smart and successful you can choose coding as your career path". -Student Rachel Nunez. Another student said "At a coding competition you code robots and you can use the robot to throw discs into the basket"- Delilah Hinojos

The Roar

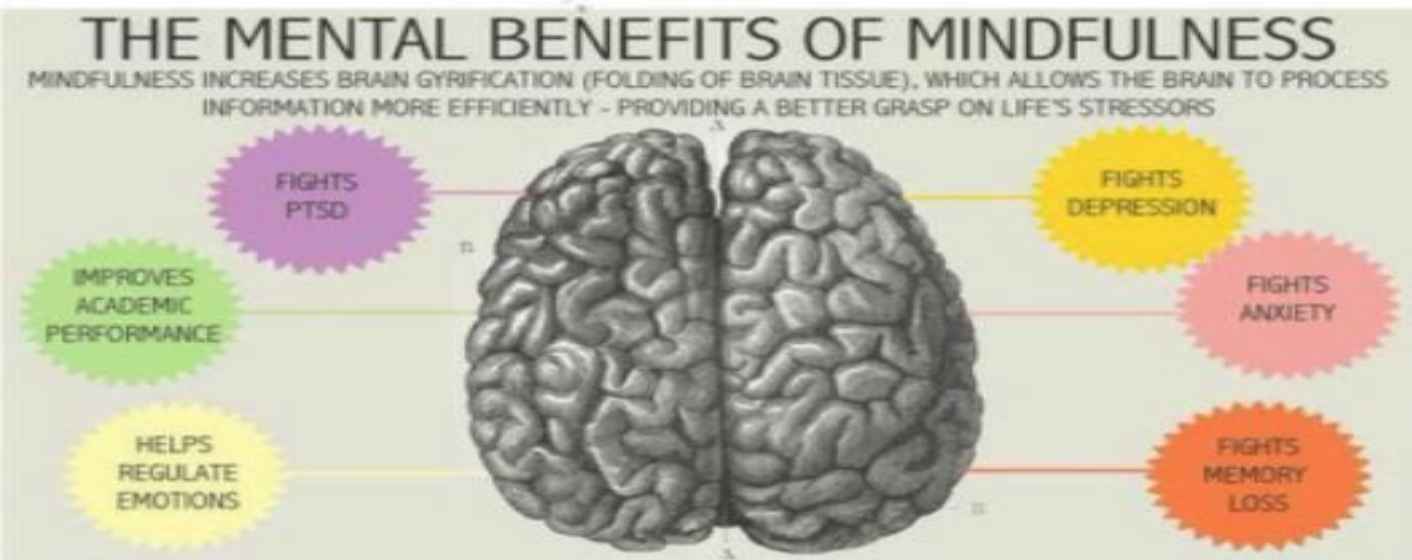


Photo courtesy: <http://www.empoweringeducation.com>

Mindfulness in K-12 schools

By: Katherine Hernandez and Milly Garcia-Vazquez

WHAT IS MINDFULNESS AND HOW HAS IT HELPED?

According to kidshealth.org it says, "Mindfulness means paying attention to something and settle down to focus and relax." Is mindfulness useful among school-aged children? The answer is a resounding "YES". Mindfulness can help students focus on the present by consciously practicing to ease stress and anxiety. Many people do not believe that children can be stressed but with the pressures to do well on State Assessments or family expectations, children are riddled with stress and anxiety inducing things. Being mindful and aware of what is going on with yourself has loads of benefits such as a healthier body, positive self worth, self-control, increased self-esteem and high emotional intelligence.

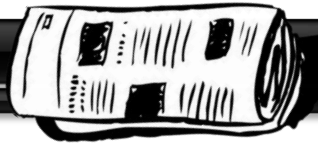
WHAT ARE THE BENEFITS FOR STUDENTS?

According to a study done by the creators of www.understood.org "Having mindfulness can help treat heart disease, lower blood pressure and decrease chronic pain." Things that most children do not certain themselves with at such a young age. But these long-term effects put things into perspective when you stop and think about them.

COVID updates

By: Aliyah Burkhart

H8



Who did this to the world? Why did all of this happen to us? Most people with covid-19 get better within a few days to a few weeks after infection so at least four weeks after infection is the start of when post-covid conditions could first be identified. A dry cough is one of the most common coronaviruses symptoms, but some people may have a cough with phlegm (thick mucus). It can be difficult to control your cough but there are a few ways to help it. The top 10 take way, as framed in the report's summary: about half of American adults surveyed say they have infected with covid-19. At some point, 35% say they have tested positive for covid-19. Individuals vaccinated against covid-19 report being sick for fewer days than unvaccinated individuals. Coronaviruses are a large family of viruses with 4 human viruses causing a mild cough in all age groups, the original new coronavirus infection probably came from an animal and infected human. Covid is an infection disease, there's no way to know how covid will affect you. Most people have a mild case, but it can cause serious illness or death. Covid has killed so many people in the United States, making it the new leading cause of death.

Fun Facts about New Year's Eve

By: Anari Louiseize



As you know, a new year has come and with a new year comes new celebrations on a holiday called New Year's Day. But many have wondered what is the history behind New Year's Day is. So, without farther a due, let us get into the history of New Year's Day. The tradition of New Year's Day goes back as far as 4000 years in Babylonian and Mesopotamians culture observing the new year. According to national.today.com, it states that Babylonians culture celebrating a religious festive consisting of 11 days (about 1 and a half weeks) observing the new year called Akitu. Farther more into history, the Egyptians celebrated the new year with the flooding of the Nile. Around 2500 B.C.E. the lunar calendar was being introduced in Chinese and Gregorian culture. Here is a fun fact, did you know that the original roman calendar was introduced in the 8th century by Julius Caesar. But anyway, back to the history of New Year's Day which is modern day as increasingly many countries adapted to New Year's Day, the holiday becomes known internationally as New Year's Day! That is the history of New Year's Day!

The Roar

holiday word search

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chocolate chip cookies

Christmas Stocking

ginger bread man Night of Lights

Christmas tree Elf

ginger bread house

Elf on the shelf

jingle bells

Santa Claus

candy cane

Cindy Lou who

presents

Mrs. Claus

hot cocoa

Rice Krispie

Whoville

reindeer

Grinch

Apple pie

Sugar

snow

Sleigh



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