



Ram Tracks

March 16, 2018

"Be Yourself, Follow Your Dreams"

By Hannah Ludington



Bullying: To use superior strength or influence to intimidate (someone), typically to force him or her to do what one wants. There are three types of main bullying. Verbal, physical, and social. The Utah State Board of Education provides three main ways to identify bullying: if it is causing distress or harm, if it is an unfair imbalance of strength, and whether or not it is repeated over time. All of this is included in everyday bullying, though most bullies won't be going over this in their heads, making it seem simpler and less harmful. It turns out that these empty thoughts are more dangerous. How would you compete with such mindless actions?

Bullying is a widespread problem, mostly in schools or other public areas occupied by teens or children. This is why Chris Hollyfield, a motivational speaker, actor, and business owner, came to Helper Middle School. Chris gave an inspirational speech, stating, "Be yourself," and, "Follow your dreams," as well as some pointers on how to handle bullying. He was able to delight the students effectively. Although, most of this was forgotten after *Foreign Figures* arrived!



When first arriving at Helper Middle as sixth graders, students are taught awareness of bullying by the school's counselor, Mrs. Vasquez. This is somewhat a hard topic to understand and explain. Bullying is mostly confused with teasing or joking. The difference isn't all that easy to spot. Sometimes, even when it's right in front of you, you still can't identify it. Or rather, they are so small that nobody notices the action. Little things, such as ignoring others, not involving others, simple gestures, or spreading rumors. Some people don't understand that doing nothing is also a sign of bullying. And bullying can be found in the greatest of friendships. If a group of people always signals out one person to do something such as fetch the ball or being "it" in a game of tag, it can be categorized as bullying. Even if the bullies themselves don't realize it. As long as it is repeated, it can be seen as an offense.

The following may help us identify bullying. If you are feeling emotional unrest, it might be bullying.

If you feel threatened physically or emotionally, it might be bullying. If the teasing is becoming a constant, it might be bullying.

You need to be aware of your feelings, be able to identify your feelings, empathize with the feelings of others, speak up if you are feeling vulnerable or if you see that someone else is feeling vulnerable. It is always okay to seek help from an adult. It may be embarrassing to ask for help, but no matter who you are or where you come from, there are always people willing to help.



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Following Chris Hollyfield's remarks on Bullying, Being Yourself and Following your dreams, the band *Foreign Figures* rocked the HMS gym. It was a high energy concert that both students and teachers enjoyed.



Helper Middle School students have been studying to prepare for HMS grade spelling bee, school spelling bee and the District spelling bee. These students were the top three participants in the HMS school spelling bee. They moved onto the district spelling bee held at Mont Harmon.

1st Place: Conor Fitzsimons

2nd Place: Jared Saccomanno

3rd Place: Harley Olsen

Conor, Jared and Harley all placed in the top 7 at the District spelling bee.

Congratulations!!!



School Spelling Bee



District Spelling Bee



Track

It's that time of year, Track will be starting up soon. Listen closely to the announcements to know when practice will be held.

There will be one track meet at Emery High School, one at Carbon High School, and there will be a county track meet at Carbon High School.

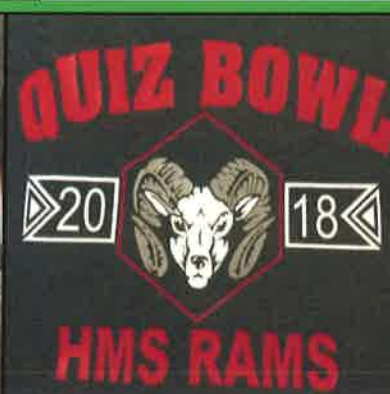
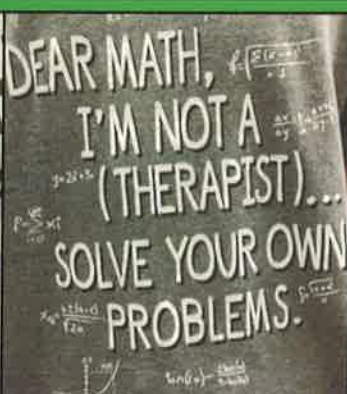
Questions? Talk with Coach Howa.



Making Music Before School



Whose Feet Are These?





Dust Chillin'

Injured List





Students who earned a 4.0 spent a fun filled morning eating a delicious breakfast and hanging out with friends. Those who earned a 4.0 were diligent in their studies, making sure work was turned in on time and were prepared for class each day. Congratulations to all our students who attended and Mrs. Faucett for planning and preparing a wonderful breakfast.

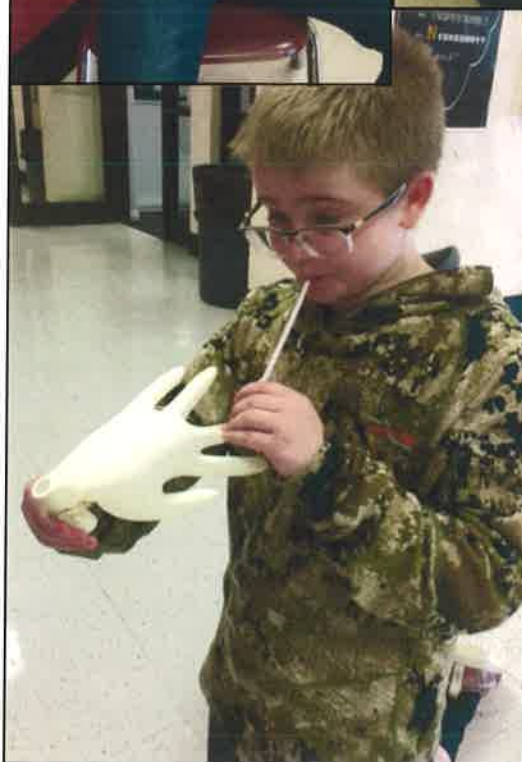
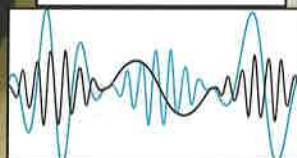


Breakfast of Champs





Mrs. Cartwright's class was learning about pitches and waves. Students made their own musical instrument using pvc pipe, a glove and a straw.



Carbon School District Science Fair

By Veronica Cartwright

Students involved in Science Fair have been studying, researching, and putting their boards together to wow the Science Fair judges. And wow, they did, they did an amazing job!! Here are the results from the District Science Fair:

Stella Feik—3rd Place Plant Science

Hannah Luddington—1st Place—Animal Science—Top 10 Jr. Fair Project

Noah Feik—1st Place—Physics and Astronomy—Top 10 Jr Fair Project

Veronica Cartwright—1st Place—Earth and Environment—Top 10 Jr. Fair Project—Best Aligned Science Project

Cold Yoklavich—1st Place—Plant Science—Top 10 Jr. Fair—FFA Award—Most Clearly Explained

Jeremiah Ison - 2nd Place—Engineering -Mad Scientist Award—Superintendent's Award—2nd Place Mortensen Engineering Award—Most Informative

Jeremy Ison said: "It was fun, exciting, and rewarding. It was definitely worth the time and work I put in. I would suggest participating in Science Fair next year."

Noah Feik said: "It was great and fun. There were lots of smart people and even more smart projects."

Regional science fair will be held on March 30th in Cedar City. We will have 5 students from Helper Middle School traveling to participate. Good luck to all that will be participating!



FCCLA

By: Gentrie Hansen

What is FCCLA? FCCLA stands for Family Careers and Leaders of America. In FCCLA you get to help your community and do fun activities with your club. There is also star events. STAR Events (Students Taking Action with Recognition) are competitive events in which members are recognized for proficiency and achievement in chapter and individual projects, leadership skills, and career preparation. STAR Events offers individual skill development and application of learning through the following activities: Cooperative - teams work to accomplish specific goals Individualized - an individual member works alone to accomplish specific goals



This year regional's were held on January 31st at BYU.

State will be held March 19th- 21st, in Layton, Utah. This year myself, (Gentrie Hansen) T'Kiah McArthur, Emma Holm and Kaylee Leffler will be doing promote and publicize of FCCLA. While promoting and publicizing FCCLA. We were able to talk to classes and put together a bulletin board. **Come join FCCLA today!**

Results of Regionals

Promote and Publicize FCCLA: **T'Kiah McArthur, Gentrie Hansen, Kaylee Leffler, and Emma Holm.** Silver

Sports Nutrition: **Hannah Maddox and Izabelle Pugliese**—Bronze

Recycle and Redesign—**Ella Anderson** -Silver

Focus on Children—**Brylee Campbell and Shontae Herrera**—Bronze

Food Innovations- **Aubrey Vigor, Makaela Kinder, and Stella Feik**—Silver





By Miriah Salee

HMS boys basketball team have spent many months on practicing to improve their skills this year. They had a great season and worked their hardest at the Tournaments. The Varsity boys had a 5 game winning streak and took 3rd place in the tournament. They have done a great job showing sportsmanship and representing HMS. Big thanks to their Coaches, Bob Hyde and Beau Rich, on working so hard with the boys to help them do their very best. Bob Hyde said "I couldn't be any prouder of them, they played so hard all season. Next season is going to be challenging if we don't get players out on the court." There will be open gyms in July and August. We will need to have a bunch of the incoming 6th, 7th, and 8th graders. To have a successful team."

Thanks to our HMS cheerleaders, students and staff for supporting the basketball teams.



Boys Basketball





Girl's Basketball

The HMS Girls Basketball team had a very successful season. Many hours were spent in the gym practicing and getting ready for the regular season. Girls not only learned the skill of basketball, but they also gained much self confidence. Thanks to the Coaches Tasha Morley and Kimberly Horsley who put so much time in teaching the Lady Rams.





Girls
Basketball





Seventh grade College and Career students traveled to Hunter Power Plant to learn about different career choices. Following the tour, students ate lunch and relaxed at a park in Huntington.

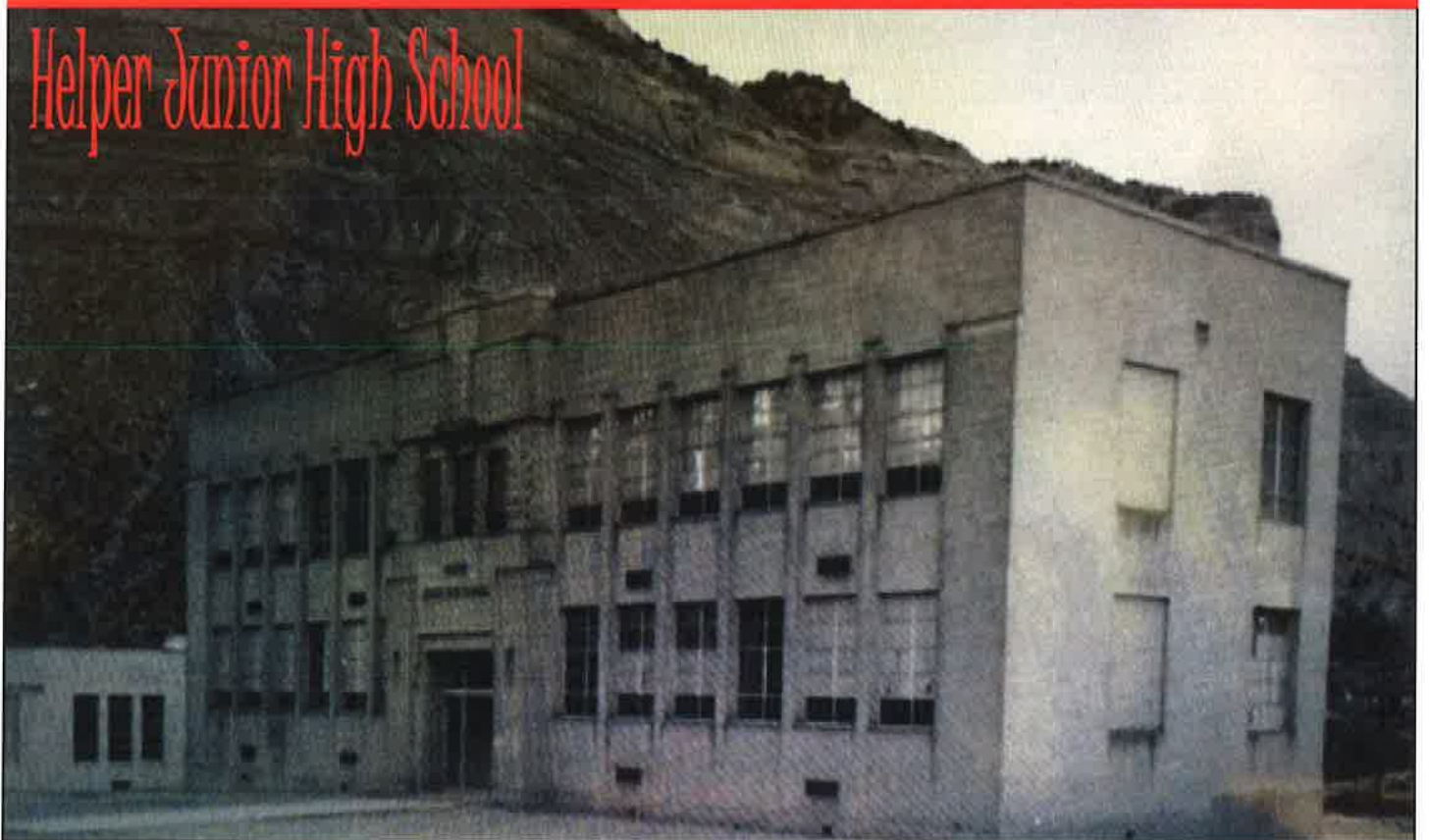


Helper Middle School Boys trained hard all season and participated in several wrestling meets. In the picture above, Brax Tapia, Jake Robertson and Dominic Madden were recognized by the Carbon School District Board for their achievements in wrestling.

St. Patrick's
Day



Helper Junior High School

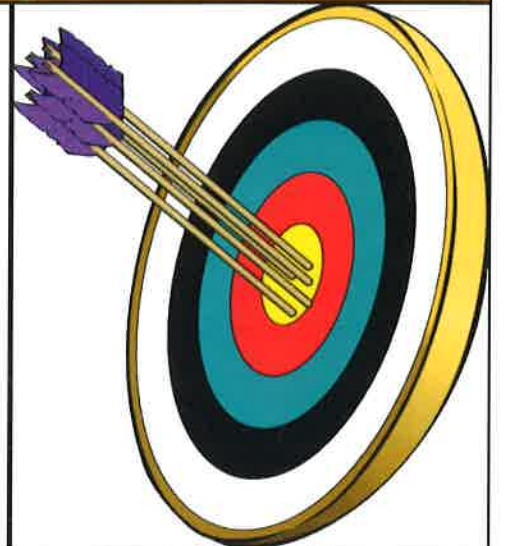


This picture was taken in 1939. Helper Jr. High was erected in 1936 by the Federal Emergency Administration of Public Works. Project # Utah 1010-R. The cornerstone dedication reads: Dedicated to the development of an intelligent, aggressive, patriotic, and serviceable citizenship - 1936. The school was remodeled in 1952 adding a gymnasium, music room, expanded lunch room and extra classrooms. This meant the students were no longer required to travel to the Helper Civic Auditorium for Physical Education Classes.



By Miriah Salee

Helper Middle School Archery team traveled to Salt Lake City to participate in the State Archery Competition. The team has been practicing hard and their dedication has paid off. HMS placed 2nd in the state. There were 18 middle schools, and 38 schools total. Davin Moss shot a 286, placing 1st in the entire state, including high school students. We are very proud of our archery team for the way they presented themselves at the competition. A Big thanks to Coach Howa and Mr. Ovard for the time and effort they put in to teach the students the skill of archery, and how to be a team. Nationals will be held in Salt Lake City on April 14th. Good luck to our team!







A Night of Wrestling at CHS

It was a night of fun at Carbon High School. As part of a fund raiser, the wrestlers of Carbon High invited their families to come and wrestle them. Coach Howa took the mat and wrestled his son, PJ, who was a former wrestler at HMS.

Mrs. Faucett's son, Conner, wrestled his dad, who is the wrestling coach at CHS. It appears that Mrs. Faucett was the referee when her son and husband met on the mat. Makes you wonder who she favored.....hmmmm.....!?!?!?!?!?





Solo and Ensemble

Helper Middle School Band and Choir students traveled to USUE to participate in the annual Solo and Ensemble competition. These girls received superior ratings.

Tanisha Adams	Clarinet Solo
Alena Ison —	Piano solo
Emma Holm —	Choir Solor
Kinley Cowdel —	Piano Solo
Jayden Allred —	Flute Solo



Movie Review

The Greatest Showman
By: Emma Holm

"The Greatest Showman" is a movie that is easily enjoyed by the entire family. The Greatest Showman is rated PG and has a rating of 4.5/5 on Rotten Tomatoes. The movie follow the story of P.T. Barnum and his journey to creating and perfecting one of the first ever circuses. The movie stars Hugh Jackman and Zac Efron. Hugh Jackman plays P.T. Barnum, while Efron plays his later on business partner Philip Carlyle.

The story follows Barnum as he tries to overcome his families poverty. His genius plan is to open a museum of oddities, which later becomes a circus of human obscurities. The movie is a musical with an amazing soundtrack that will be stuck in your head for days on end. The Greatest Showman is also very tear jerking and emotional, and something everyone should see at least once.



2nd Quarter Honor Roll Activity

Honor Roll Activity
By: Emma Holm

For second quarter HMS students had an amazing time at the honor roll activity. On January 22nd everyone on honor roll was able to go to the King Cole Theater. At the theater students picked up their pre-ordered theater treats and sat down awaiting the movie.

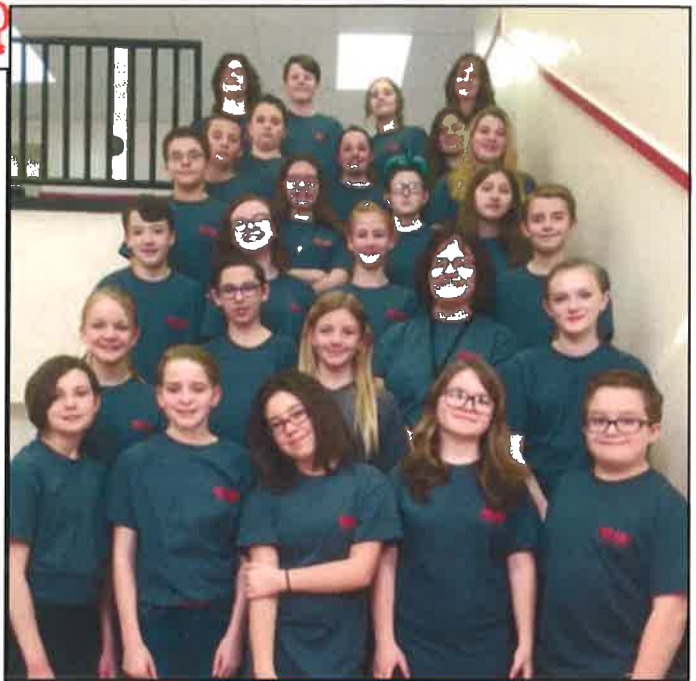
The movie shown was the 1995 classic "Jumanji" starring Robin Williams. The students and teachers alike enjoyed the comedic value of the movie, as well as the thrilling, and occasionally tear jerking aspects. The King Cole Theater was filled with plenty of laughter, and other emotions that day.

Everyone is excited to see what the next honor's activity will be. Forth quarter is approaching quickly, so keep your grades and citizenship up so you can go to the third quarter activity!



Are You Smarter Than A Quiz Bowler?

1. Prior to being elected President, for which state did President Franklin D. Roosevelt serve as governor?
2. Find the value of 7 cubed, or 7 to the third power.
3. Identify the bone found in the leg between the knee and the hips.
4. Spell the word —accomplishment—.
5. Who was the first African-American Major League baseball player?
6. By purpose, how is the following sentence classified? —Take out the trash, please.—
7. What famous geyser might you get to observe if you visit Yellowstone Park? ANSWER: Old Faithful
8. Spell the name of the capital city of Kentucky.
9. In animal coloring and camouflage, what characteristic is usually indicated by bright, vivid colors?
10. What is the largest two digit prime number less than 100?
11. Which six-letter word refers to a Mexican blanket often slipped over the head and worn draped over the shoulder?
12. According to legend, what was the name of King Arthur's sword?
13. In the world of classic cartoons, whose best buddy is Barney and wife is Wilma?
14. The number of students in Mrs. White's third grade class is 28. If there are 12 boys, what is the ratio of girls to boys? Be sure to simplify your answer.
15. Identify the meaning of the three letter Greek prefix —geo—.
16. Which order of animals includes mammals that gnaw?
17. Identify the six-letter Latin word for —against— that is often used to describe two competitors in a sports match or opposing sides in a legal case.
18. Name the female, who in 2008, made an unsuccessful bid for the Democratic Presidential nomination.
19. Find the Least Common Multiple of 6, 8, and 16
20. Give the female form of the noun —aviator—.



Answers

1. New York
2. 343
3. Femur
4. a-c-c-o-m-p-l-i-s-h-m-e-n-t
5. Jackie Robinson
6. Imperative
7. Old Faithful
8. F-r-a-n-k-f-o-r-t
9. Poisonous/Deadly
10. 97
11. Poncho
12. Excalibur
13. Fred Flintstone
14. 4 to 3
15. Earth
16. Rodents (or Rodentia)
17. Versus
18. Hillary R. Clinton
19. 48 20
20. Aviatrice



2018-2019'

HELPER

CHEERLEADING

TRYOUTS



Clinics: April 3 & 4th- Tues (12:30-3 PM), Wed (3-5PM)

Tryouts: April 5th (3-5:30).

Helper Middle School Gymnasium

You MUST attend ALL dates. Please wear a plain t-shirt and shorts with appropriate sneakers. Hair needs to be pulled up and no jewelry or fake nails.

For Information Please Call Teonna Olsen or Chloe Clark.

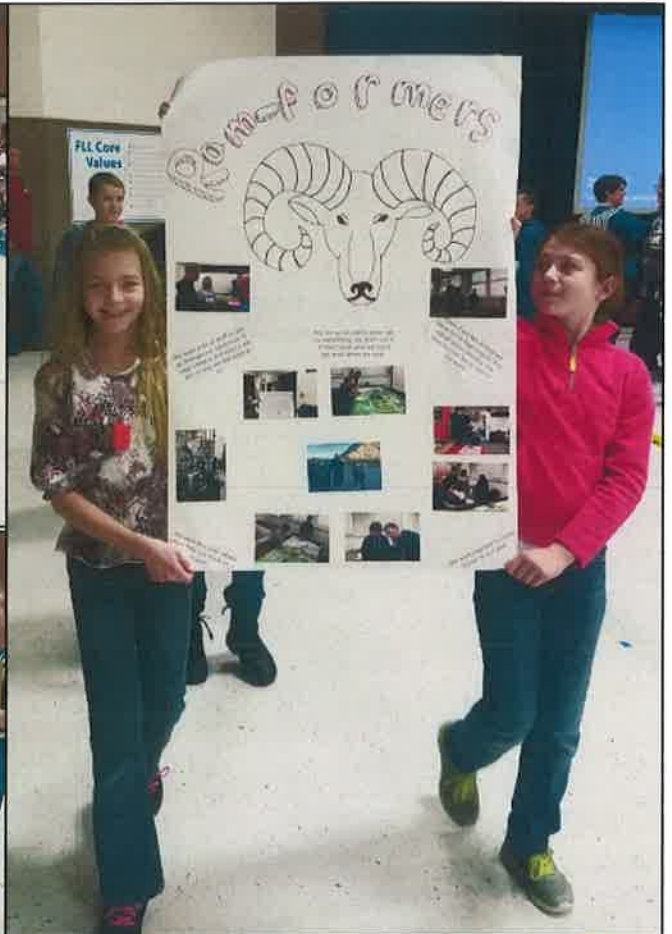
Contact Teonna at oteonna@gmail.com or 435-650-0597 or

Chloe at chloedeanclark@gmail.com or 801-473-6642



Mrs. Fausett's FACS classes have been learning to piece together quilts. Those in the class have enjoyed creating their own quilt. Sydney is getting help from classmates and Mrs. Fausett tying her quilt.





Students involved in Lego League have been working after school to perfect their robots. Lego league has a yearly competition with a set of missions to accomplish by programming the lego robots. Each year new missions are put forth. This year the mission had to do with water systems. Lego league went and toured the PRWID water treatment plant and learned how the water for most of the towns in Carbon County gets clean water to use. Lego League also has to have a project to do relating to water. A few of the girls noticed that the sinks in the bathroom of the school seemed clogged with something when the water was coming out. They fixed the problem by cleaning the filters in the taps so the water no runs smoothly out of the faucets. Way to go girls !!!

Thanks Mrs. Cartwright for the information concerning Lego League.





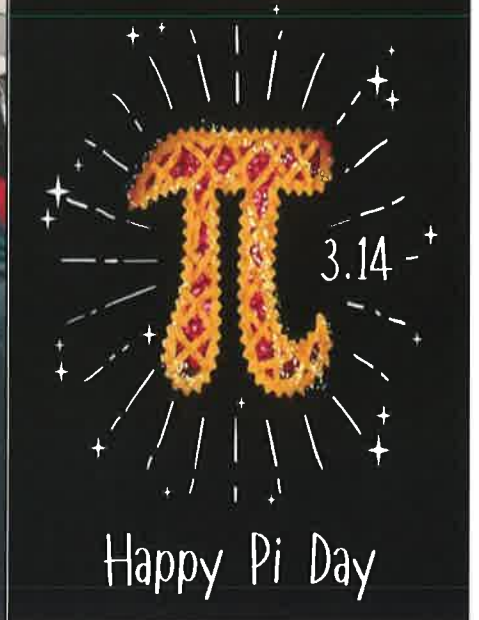
The week before Valentines Day, Student Government "Heart Attacked" each teacher and staff members door. On February 12th, HMS held it's annual Valentine's Day activity. Kim Cardon came in with her abundance of energy and got the students moving and dancing up a storm. In Mrs. Blacks room, Valentines were made to give to the local care centers. Following the activity, cookies were enjoyed by all.

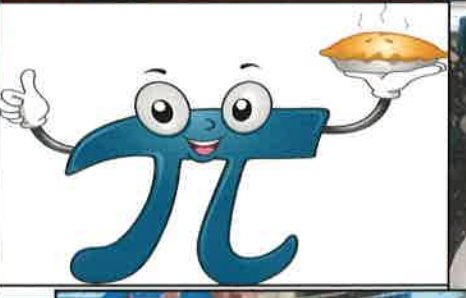


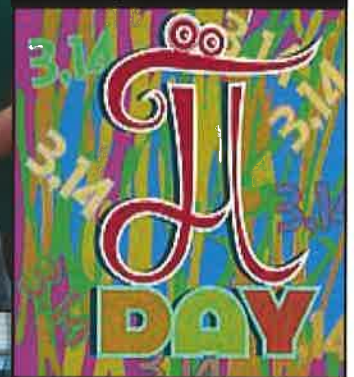
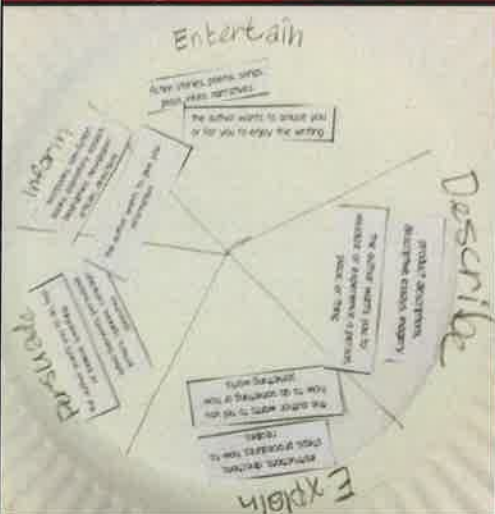




What is Pi Day? Today marks the 30th Anniversary of Pi Day. Pi Day was founded in 1988 by Physicist Larry Shaw. March 14th was selected because of the date, 3/14. It represents the first three digits of π , it also happens to be Albert Einstein's birthday. The first Pi Day was celebrated at the San Francisco Exploratorium science museum.







Mrs. Ison's 8th Grade Language Arts classes had a tasty lesson about author's purpose. Pi Day isn't just for math class anymore. This year, students were able to experience Pi Day from a new perspective. P.I.E. is an acronym that represents the three main reasons authors write: **P**-to persuade, **I**-to inform, and **E**-to entertain. Students also learned that authors sometimes write to explain or to describe.





Mrs. Fausett's Beginning FACS Classes are learning the fine art of sewing, a skill that they will enjoy throughout their lives.

