

# MERRY CHRISTMAS

By Jenna Sandry

The 8<sup>th</sup> grade TAG class has done their share of helping set up a festive mood for the holiday season at the middle school. Through community volunteerism to decorating the school halls, the spirit of the holidays are alive and well at VBMS.

The TAG students put up a holiday tree this year in the hallway in order to make every ones day a bit more vivacious. Mr. Hemm assisted with their festivity by lighting up the tree with holiday

lights. The enrichment students, under the direction of the Jones's, decorated the tree with homemade light bulb ornaments of snowmen, penguins and Santa's. The students also decorated a tree for the PTO during the Festival of Trees. Middle school students sang at the annual Festival of Trees held at the Roberts Center. Their gift of song was well received by those in attendance.

Active, unselfish, and youthful participation was contributed by the young warriors during this holiday season – isn't that what it's all about?

## Snow

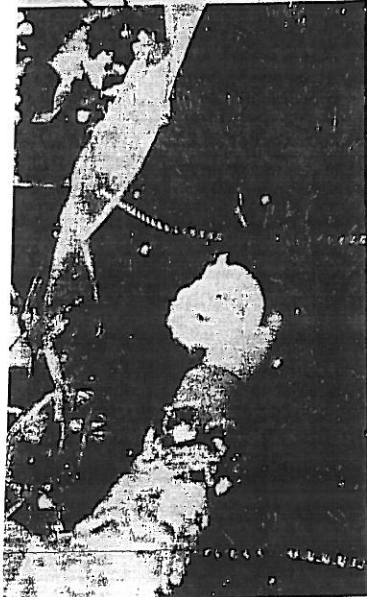
By Cierstynn Welcher

Winter's white quilt,  
sadly won't melt.  
I freeze,  
I sneeze,  
all season until spring.

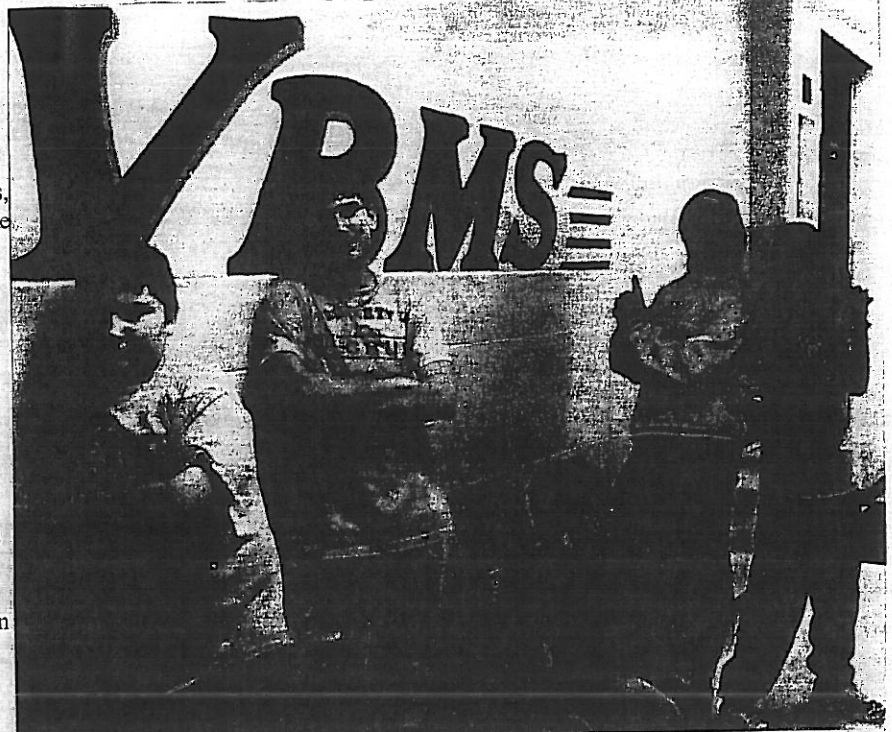
## The reveal

By Garrett Saunders

As I lay in bed,  
I hear a sleigh overhead.  
Santa's landing on my house,  
Quiet as a mouse.  
He sneaks down the chimney,  
My legs get all flimsy.  
As I sneak out of my room,  
I hear a big boom.  
I peek around the corner,  
and crouch,  
To discover my parents  
eating cookies on the couch.



a homemade Santa ornament on the Roberts Center. A mix of elementary from light bulbs and decorated the



VBMS student wellness team. The 'super six' students of the middle school wellness Team are, left to right, Amos Stovall, Sheldon DeWitt, Braden Starnes, Sarah Frey and Sydney Atwood. Not pictured is Meghan Rickles.

# Health Fair set for January

By Nurse Sarah

The VBMS Student Wellness Council is hard at work preparing for a community Health Fair to be held on January 10 from 6:30 – 8:30 pm at the middle school in Stockport. Two students from each grade are on the council, members include; 6<sup>th</sup> grade – Meghan Rickles and Amos Stovall, 7<sup>th</sup> grade- Sydney Atwood and Sheldon DeWitt, 8<sup>th</sup> grade- Sarah Frey and Braden Starnes. The event will include "Family Dinner Night" from 6:30 – 7:30 in the

middle school cafeteria. Reservations would be appreciated, please call (319)796-4414. During the event there will be several fun activities for the entire family including; hand washing demonstrations, taste-testing, how to use therabands, a "mini" Yoga class, and games in the gym including Wii Stations. All students will be given a survey to complete about school meals so make sure that you attend and let your voice be heard. Door prizes will be given away. This will also be a Healthy Villages

enrollment and check-in event for anyone wanting to participate in the Healthy Villages program. The Health Fair is also the kick-off for a Wellness Challenge at the middle school. Any middle school student can participate in the six week program. Students will be given a food and activity log to complete and turn in weekly for a chance to win prizes. If school is cancelled or there is an early out due to weather, the Health Fair will be postponed to Monday, January 17.

