

THE WARRIOR

Whiteside Middle School Student Publication

September 2018

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Cross Country Team Impresses

CROSS COUNTRY TEAM GOES THE DISTANCE

By: Meera Mohammad

Our Whiteside Cross Country team did amazing at their first meet against 20 other schools at Fulton Jr. High. eighth graders Gabe Durden and Brianna Ossman both placed for varsity runners. Durden said he joined the team because he likes to run. "It's just in my blood," he said, noting that his mom was a runner and dad was also an athlete. Not only do they put in the time to practice every day, but they always put forth their best effort. The Cross Country Team is coached by Mr. Langeing with his manager Meera Mohammad. We could not be more proud of our team and give them luck on their next meet. Overall great job team.



Whiteside Middle School Cross Country team takes a moment to pose before stretching to warm up for the meet at Fulton Jr. High.

WMS BAND AND STL CARDINALS PLAY

By: J.D. Hill

Whiteside Middle School band played at the game between the St. Louis Cardinals and the San Francisco Giants on September 21. Band Director, Mrs. Korak said that she has been teaching middle schoolers to play musical instruments for 26 years. For 21 of those years, she's been teaching at Whiteside Middle School. And for 20 of those years, she's been playing at Busch Stadium. Korak said she thought that a Cardinals game would be a great opportunity. "First, it is a great time for parents to see their kids play the National Anthem. Second, it is also a great time to see the Cardinals play" she said. Her inspiration to play musical instruments came from her father, who is also a musician. Perhaps the band playing at the Cardinals will inspire some other young individual to play a musical instrument.



NJHS students volunteer their time to help others and give back to the community and school.

YOGA BRINGS RELAXATION AND FOCUS TO STUDENTS

By: Lilly Finley

Yoga is great for many things; it helps students focus, it helps to deal with anxiety, and helps people to feel better about themselves. Mrs. Dumey the yoga teacher has been teaching yoga for 8 years and has also taught yoga in other places like St. Charles, MO and Shiloh, IL. Dumey thought that if she brought yoga to Whiteside Middle school that students can learn yoga and have fun doing it. Dumey said, "Yoga helps me become present so I can pay attention, feel good, and release stress." Next year Dumey thinks she will have to put a limit on how many students can sign up and enter because it has been such a popular class. If you want in, grab a yoga mat and be one of the first to sign up. Finally, Dumey likes to end by doing the Savasana pose or corpse pose for ultimate relaxation and ends by saying namaste.

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WELCOME NURSE PAT TO WHITESIDE

By: Jaclyn Jolly

Whiteside Middle School has a new nurse and she is great. Pat DeZeeuw started this school year off helping students right away. She is used to being a school nurse and previously worked in the Cahokia School District for 18 years. "I love working here at Whiteside," she said. "Everyone has been great." In her spare time, she likes to spend time with her family and go shopping. DeZeeuw has a husband, two sons and a daughter. She also has two cats, Oreo and Daisy, a dog, Pedro, and three chickens. This year she plans to achieve an accident free year here at Whiteside. Hopefully, students have a healthy and sick-free school year but it's nice to know we have a school nurse who is here if we need her.



Whiteside Middle School Nurse Pat DeZeeuw comes to work with a smile and plenty of experience and is happy to help students.

NJHS STUDENTS GIVE BACK

By: Meera Mohammad

Our 2018-2019 NJHS members are doing an amazing job in representing our school. Not only do they run our concessions at games but they welcome our students with a positive environment. Some of things they do include, morning announcements, volunteer at our school blood drive, and they plan amazing school activities. One of the things they recently did was volunteer at the school blood drive. They welcomed the donors with positive greetings, babysat their children, and chatted with the donors. Some of our NJHS members are on various clubs and sports teams. They not only represent our school but they help our school.

Do you have a news article or photo you would like to share? Please email us at tiffany.flint@wssd115.org or keara.connolly@wssd115.org

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Whiteside Middle School faculty and staff works hard every day to ensure students get the best. Pictured is the staff wearing their new shirts with #WhitesidePride featured on the back.

A WARM WHITESIDE WELCOME EDITOR'S COLUMN

By: Keara Connolly

For those of you who are new, welcome to Whiteside! This year we have a wide variety of new activities, from cross country to engineering club. We also have several new additions to the Whiteside staff. The baseball, softball, and soccer players started their season before we even came back to school. Their seasons have now ended and it's time for girls and boys basketball and cheerleading. Whiteside is a great school with awesome students, teachers and staff. There are plenty of opportunities here for you to be your best. Join a club, read a new book, try out for a sport, volunteer, participate in a hat day or just come to school every day knowing that it will be a good day if you give it your all. We are looking forward to a great year at Whiteside!