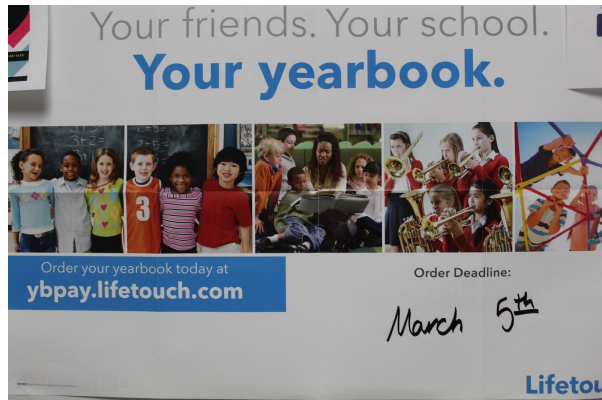




AMS Newsletter February 2020

Yearbook Orders Due March 5th

Article by: Julissa Balderas



Yearbook orders are due March 5th. You can turn in your order to the school or your parents can order online using the link **ybpay.lifetouch.com** to place your order using **yearbook ID code 12802620**. Yearbooks are \$17.00. No extra yearbooks are ordered so make sure you pre-order to get a copy. Order forms were sent home with students for a second time this year on February 25th.



CIS Corner

Article by: Donna Richey

Falling Asleep in Class Epidemic

Did you know more than a third of teens sleep with their phones at night? According to a study by the Center for Disease Control and Prevention, almost 70 percent of teens are not getting the recommended hours of sleep. According to experts, teenagers need at least 8 – 10 hours of sleep each night in order to maintain a healthy body and mind, to boost

energy levels, to boost concentration, and to boost learning, as well as keeping their long-term memory storing important (like test information) memory.

Even here at the middle school, teachers are frequently having to wake students, and we still have a number of students who are missing their first hour classes. It's time to look at what might be the cause and what we can do about it.

According to twenty different studies, bedtime access and use of a media device is significantly associated with inadequate sleep quantity, poor sleep quality, and excessive daytime sleepiness. What does this mean for us as students and families? It's important to put phones away at least an hour or two before our heads hit the pillow. Having parents and family members have a central place that is not in a bedroom to charge up devices at night (which means going back to an old school alarm clock may be essential, or getting used to waking up and walking across the room to turn the alarm off). Have a routine and schedule for evenings and mornings. Be proactive by getting your clothes and backpacks prepared and ready to go the night before.

If you'd like more tips on staying awake in class, here's a link

<https://www.healthline.com/health/how-to-stay-awake-in-class>

Communities in Schools of MidAmerica work inside the Anadarko PreK-12 schools full time to build relationships with students that empower them to stay in school and succeed in life. Mrs. Richey is the CIS Site Coordinator for Anadarko Middle School.

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AMS Calendar 2019-2020

March

- 2-3 MAPS ELA Testing
- 3 Softball @ Binger 4:30
- 4-5 MAPS SCIENCE Testing
- 5 Softball w/ Apache
- 9 Baseball @ Hobart 5:00
- 9-10 MAPS Math Testing
- 10 Baseball @ Elgin 5:00
- 12 Softball @ Carnegie 5:00
- 12 **NO SCHOOL / ½ PD DAY**
- 12 Tennis @ Lawton Dual
- 13-20 SPRING BREAK
- 23 Softball @ Weatherford 5:00
- 23 **8th Grade Testing**
- 23,24,26 Baseball @ Apache tourn.
- 24 Tennis @ Altus Dual
- 24 Track @ Cache 9:30am
- 25 4-H Dress Review
- 26-27 Softball @ Weatherford tourn.
- 27 Tennis @ Lawton Tourney
- 30 Softball @ Apache 5:00
- 31 Baseball w/ Weatherford 4:30

April

- 2 Tennis @ Tecumseh Tennis tourney
- 2 Baseball w/ Hobart 5:00
- 2 Track @ Lindsey
- 6 Baseball @ Weatherford 4:30
- 6 6th Block Rotates
- 6 Softball @ Cache 5:00
- 7 Track @ Hinton 9:30am
- 7 Baseball @ Lawton Central 4:30
- 9-11 Baseball @ Elgin Tournament
- 9 Tennis @ Elk City Invitational
- 10 NO School
- 13 Baseball w/ Apache 4:30

- 13 Softball w/ Cache 5:00
- 13 Tennis @ Elk City Classic
- 14 Track @ Weatherford 10am
- 14 Softball @ Clinton 5:00
- 14 Tennis @ Lawton Dual
- 16 Track @ Anadarko 9:30am
- 16 Softball @ Weatherford 5:00
- 16-18 Baseball @ Chickasha Tourn.
- 18 Softball @ Binger Tourn.
- 20 Softball @ Navajo 5:00
- 21 Softball w/ Clinton 5:00
- 21 Track @ Western Conf. in Anadarko
- 21 Baseball w/ Lawton Central 4:30
- 20-31 State Testing All Grades**
- 23 Tennis @ MacArthur Middle School Tournament
- 23 Baseball @ Clinton 5:00
- 24 Baseball @ Riverside 4:30
- 28 Baseball w/ Lawton Tomlinson 4:30

May

- 1-14 State Testing All Grades**
- 1 **NO SCHOOL**
- 8 **NO SCHOOL**
- 13 AMS AWARDS 1:00
- 14 LAST DAY OF SCHOOL



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6th Teacher Spotlight

Article By: Selina Aguilar



One of this month's teacher spotlights is on Leslie Bailey. She has been teaching for four years. Her family consists of her daughter, Dannalyn, who is in fourth grade and she is her whole world. Her favorite drinks are lemon water and sweet tea and she likes to eat different fruits and desserts. In her free time she likes to travel to Colorado, go shopping, and watch her daughter play sports and show livestock. She also likes to read anything by Nicholas Sparks. Her favorite colors are leopard print and mustard yellow. She also enjoys watching basketball and softball. Her favorite actor is Matthew McConaughey and her favorite actress is Julia Roberts. Her favorite thing about AMS is all the wonderful staff and students. A quote that she loves is, "I can do all things through Christ who strengthens me." She loves the outdoors and hopes one day that she will live in Colorado.

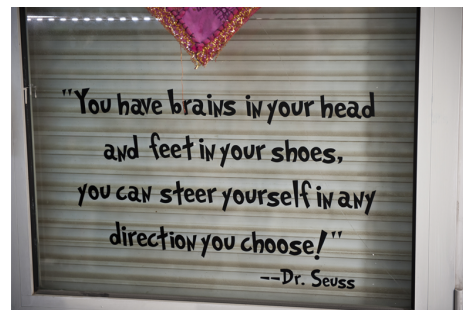


7th Teacher Spotlight

Article By: Selina Aguilar



One of this month's teacher spotlights is on Cody Farr. He has been teaching for five years. His family consists mainly of his brothers: Cory, Conner, Tyler, and William. His favorite color is purple and he enjoys watching football. His favorite kind of car is a Rolls Royce Phantom. His favorite drink is sparkling water and he enjoys eating seafood. In his free time he likes to play video games, watch scary movies, and do historical studies. His favorite book is World War Z. He also likes listening to BTS and Mongolian Throat Singing. His favorite thing about AMS is the amazing faculty that he works with and has come to know as friends and the amazing kids he has seen grow into even more awesome individuals. His favorite quote is, "I am Alpha and Omega, the Beginning and the End. I will give unto him that is athirst of the fountain of the water of life freely."- Revelations 21:6.



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Support Staff Spotlight

Article by: Jaycee Epton



One of this month's support staff spotlights is on A. J. Miller. Mrs. A.J. has worked at AMS for twenty-three years! She has an amazing husband, Tommy Miller. They have three wonderful daughters: Tiffany, Alyssa, and Launi and she has two son-in-laws Jeramie and Dustin. She also has four grandchildren: Karter, Caitlynn, Kally, and Case. Her favorite color is purple. In her free time you'll find her reading, sewing, and watching Hallmark movies. Her favorite book to read is the *Bible* and her favorite type of music is Contemporary Christian and Christmas music. She loves to eat at Chick-fil-a and drink sweet tea. She also loves to watch all sports, especially Oklahoma University and Tim Tebow. She enjoys watching Sandra Bullock and Chris Hemsworth on the big screen. Her favorite quote is, "It's never wrong to do the right thing." Her favorite thing about AMS is, "How everyone looks out for each other. Everyone goes out of their way to help others. The students are great and the staff are easy to get along with. I love working here!"

Support Staff Spotlight

Article by: Jaycee Epton



One of this month's support staff spotlights is on Gayle Williams. Mrs. Gayle has been working at AMS for twenty-nine years! She has an amazing husband, Jerry. She has two children and three grandchildren: Kori, Kamri, and Kenli. In her free time you will find her reading, gardening, and soap making. Her favorite colors are blue and green. Her favorite type of music is Christian. She loves eating Mexican food and drinking tea. She also loves to watch basketball. Her favorite thing about AMS is, "Getting to know the students each year and the staff."



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AMS January Students of the Month 6th Grade Girl Spotlight



Article by Tanaya McDowell

This month's 6th grade girl is Addysen Thrash. Her favorite subject is science and she loves all of her teachers. Her parents are Adriana Thrash and T.D. Thrash. Her favorite color is light blue and she loves chicken nuggets. Her favorite sport is wrestling and she loves all types of music. Addysen also likes Dr. Pepper. Her favorite thing about AMS is being able to see her friends.

6th Grade Boy Spotlight



Article by: Kiersten Bradshaw

This month's 6th grade student of the month is Kuhaya Whitehorse. His favorite subjects are art and literature, but he can't pick a favorite teacher because they are all the best. His mom is Shana Sanderville. He loves reading Avengers books along with listening

to Queen and Michael Jackson. He really likes to draw. He also likes to watch movies with Adam Sandler and Scarlett Johansson in them. He loves eating chicken fried rice and drinking sweet tea. His favorite quote is, "Treat others the way you want to be treated." His favorite color is purple and his favorite thing about AMS is, "The art class and the school colors, purple and gold."

7th Grade Girl Spotlight



Article by: Brooklyn Matlock

This month's 7th grade girl of the month is Maelena Lorentz. Her favorite subject is literature and her favorite teacher is Mrs. Taylor. Her mom's name is Keri Obe. A few of her favorites are the color blue and her favorite food is pizza. Her favorite type of car is a Range Rover and she likes blue gatorade. One of her hobbies is to go to the gym. Her favorite book is *The Rules Of Survival* and she enjoys listening to Hip-Hop music. Her favorite sports are basketball and softball. Her favorite things about AMS are the teachers and her friends. Her favorite quote is, "To learn to succeed you must first learn to fail"- Michael Jordan.

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7th Grade Boy Spotlight

Article by: Saniya Miller



This month's 7th grade boy student of the month is Juan Del Angel. His favorite subject in school is Math. His favorite teachers are Mrs. Taylor and Mrs. Ware. His parents are Jammie Davis and Denton Thomas. His favorite color is black. His favorite hobby is sleeping. His favorite books are the Harry Potter Series. His favorite food is tamales. Juan is in powerlifting and band. He likes to drink Pepsi. His favorite music to listen to is Imagine Dragons. His favorite thing about AMS is band, literature, and English. His favorite quote is, "Yeet".

8th Grade Girl Spotlight

Article by: Julissa Balderas



This month's 8th grade girl is Mya Tartsah. Her favorite teacher is Mr. Whitman, and her

favorite subject is math. Her family is Myron Tartsah. Her favorite color is yellow and her favorite food is pizza. Her favorite car is a Range Rover and her favorite sports are basketball, softball, and track. Mya's favorite hobby is going to the gym and her favorite type of music is Hip Hop and R&B. Her favorite thing about AMS is the teachers and her friends. Her favorite quote is, "If you run into a wall, don't turn around and give up. Figure out how to climb it." - Michael Jordan.

8th Grade Boy Spotlight

Article by: Ayanna Dobson



This month's 8th grade boy is Ayden Prentiss. His favorite subject is English and his favorite teacher is Mrs. Teel. His family is Briolette Prentiss, Hannah Loven, and Anthony Prentiss.. Ayden's favorite color is purple. His favorite actor is Jim Carrey and his favorite actress is Sandra Bullock. Ayden's favorite food is pizza. His favorite sport is baseball. Dr. Pepper is his favorite drink. His favorite band is Skillet. Ayden's favorite things about A.M.S. are band, TE, and English. Ayden also participates in band.



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FFA

Article by: Candelinn Toehay-Tartsah

Anadarko FFA members organized the Anadarko Local Show on Saturday, February 22nd. They held the show in the morning and had the FFA Aggie Auction and Ag Mechanics silent auction that evening. They provided a meal for all those who attended. They would like to thank all the people who came out and supported their FFA Chapter!



STUCO

Article By: Ayanna Dobson

The student council recently had a meeting to discuss plans for a potential fundraiser or enrichment activity for the Easter season. They will also begin planning for their field trip to the State Capital. They plan on meeting Representative David Perryman.



EXCEL

Article by: Kiersten Bradshaw

This month the 6th graders are working on space mobiles in excel. The 7th and 8th graders are working on a budget project. It shows them how to budget their money and what to do in real life situations.

BAND

Article by Julissa Balderas

There's a new group of 6th grade kids and they're learning drumming techniques. There are no upcoming shows for the band group.

SPEAR

Article by Brooklyn Harlan

SPEAR is currently learning about test taking strategies. They are also learning how to effectively manage stress and anxiety levels, including areas such as in preparation for and during tests. They are learning by getting in groups to study using different test formats. The formats are True/False, Matching, Fill-in-the-Blank, Multiple-Choice, Vocabulary, and Essay.

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4-H

Article by Jiseil Rodriguez

4-H took seven members to compete in 4-H Demonstrations and five placed in the top five in the Caddo Kiowa Technology Center on February 19, 2020. Thank you to everyone who purchased candy bars from the 4-H Club. Several 4-Hers exhibited livestock at the Anadarko Local Show on February 22nd. They also participated in the Caddo County Spring Livestock Show on February 24th. On March 25, 4-H will be participating in the Dress Review Contest.

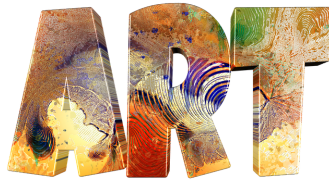


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ART

Article by: Brooklyn Harlan

Art Club meets every Tuesday and sometimes on Thursdays. Right now Honors Art is working on black and white charcoal drawings. Other classes are working on mask making. They are making masks using plaster strips placed on a plastic face form.



TE

Article by: Selina Aguilar

Tech Ed participated in several competitions in Elk City in February. In the critical thinking/problem solving competition they got 5th place out of 30 teams.



♥ AMS Newsletter February 2020

Hope Squad

Article by Ivory Miller

For kindness week the Hope Squad handed out life savers and suicide prevention hotline cards to all students. They delivered pizza to the Anadarko Police Department, Rise, and Officer Pendarvis. They also handed out Random RAWK rewards all day.



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FCCLA/FACS

Article by Makinzi Smith

Anadarko Middle School FCCLA had a bake sale for Valentine's Day to raise money for the State Convention In April on the 2nd. This money will buy their lunch and possibly pay for an extra trip to OKC. We will have another meeting to discuss where we will go.



Academic Team

Article by Xavieriyonna Norwood

The academic team is practicing for the Science Bowl Tournament and an online tournament they will participate in later in March.

7th Grade Basketball

Article by Tanaya McDowell

Both teams ended the season well. Girls team won the Cache tournament and the boys team was runner up at the Cache tournament. We are proud of our teams and proud to be warriors!



8th Grade Basketball

Article by Carsyn Gomez

The Chickasha Tournament, the girls were the WINNERS, and the Cache Tournament, they were runners up. The boys team won the Cache Tournament.





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Track

Article by: Jaycee Epton

Track is currently practicing and getting ready for the season to start. They will have their first meet on March 24 against Cache at 9:30 am. The track coaches are Coach Shaull and Coach Pruitt.



Powerlifting

Article by Brooklyn Matlock

The powerlifting team attended the Anadarko Powerlifting Meet on February 13th and 14th. They had 16 kids attend the meet. In the 105 weight division for seventh grade Brian Frey placed 4th and Noah Goingkeen placed 5th, and in the 123 weight division for seventh grade Juan DelAngel placed 3rd. In the 132 weight division for the eighth grade Micah Prentiss placed 3rd and James Maurez placed 2nd while in the 145 weight division for seventh grade Henry Plata placed 2nd, Bryson Harper placed 3rd, and Cameron Bert placed 4th. In the 145 weight division for the eight grade Josiah Diaz placed 2nd and Alex Whitesheid placed 6th. In the 168 weight division for seventh grade Amare Perry placed 1st and for the eighth grade Russel Pedersen placed 1st. In the 181 weight division for the eighth grade Darren Rosado placed 1st and Paul James placed 2nd. In the 220 weight division for the seventh grade Fabian Sankadota placed 1st, and for the eighth grade Elijah Foreman placed 1st. All of the kids that attended the meet did great!



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Cheerleading

Article by Jiseil Rodriguez

The cheerleaders cheered for their last game on Feb. 10th. They cheered for 7th & 8th grade girls and boys basketball and wrestling. Tryouts will be coming up soon.



RAWK Projects

Article by Carsyn Gomez

Mrs. McGlothlin's Yearbook class and Mrs. Hancock's EXCEL group gave out 70 cups of coffee and calendars to parents and guardians in front of the middle school, on February 3rd.



Mrs. Hrbacek and Mr. Botone classes RAWKed the bus barn and cleaned up trash from all of the buses.



Kindness Week

During Kindness Week, every student at Anadarko Middle School received a handwritten card from their SWAG teacher and a candy bar.

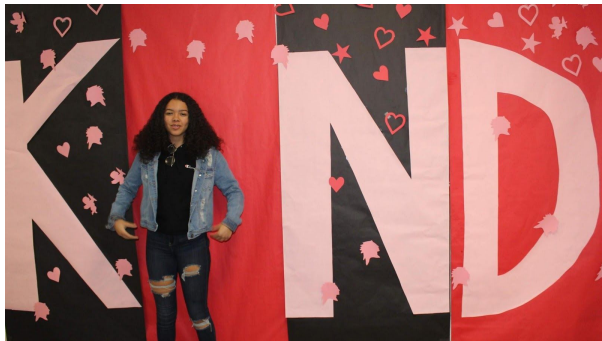
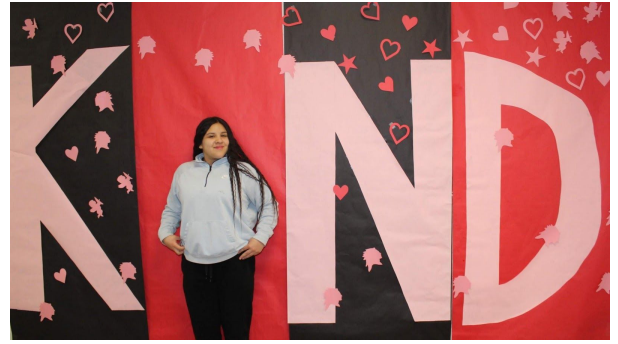
As a part of kindness week Yearbook created a photo booth backdrop and Hope Squad members took pictures during both lunch periods on Valentine's Day. ***We are putting the "I" in KIND!***



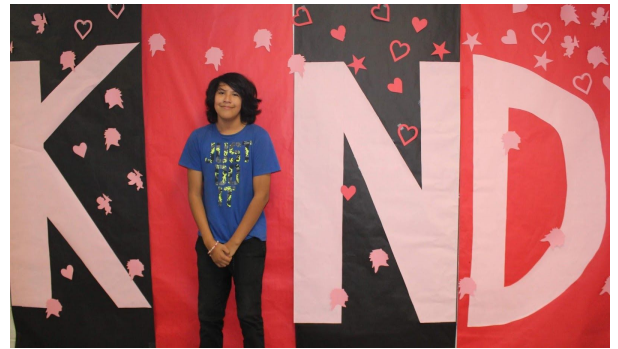
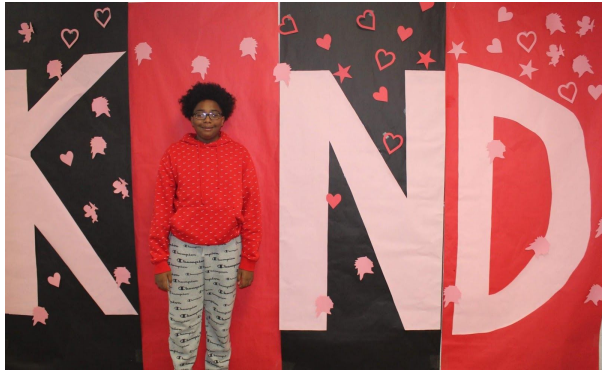
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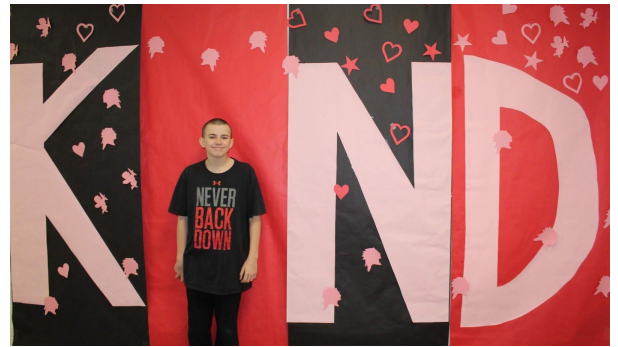
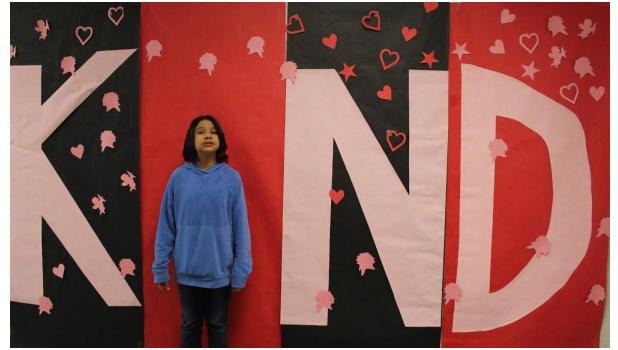
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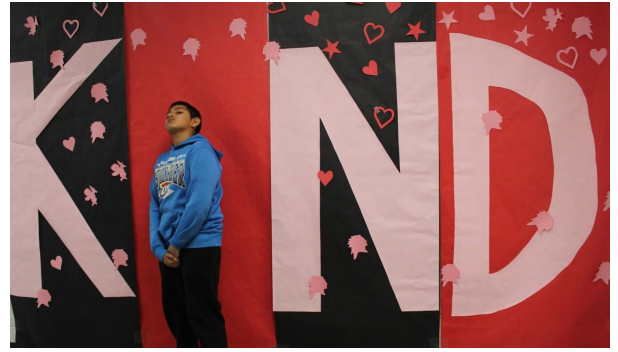


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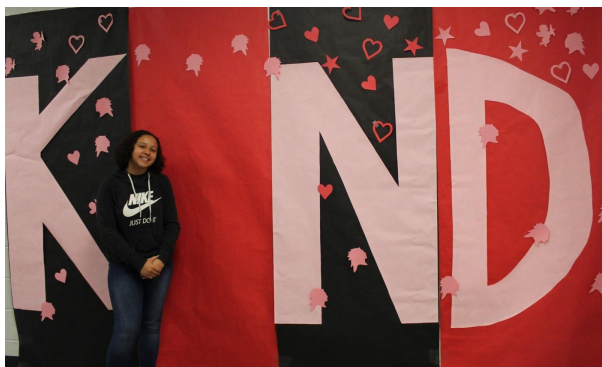


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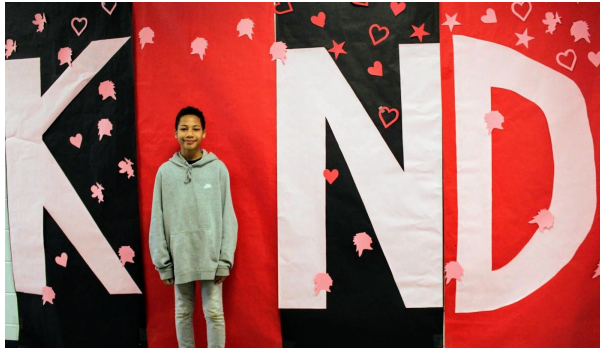




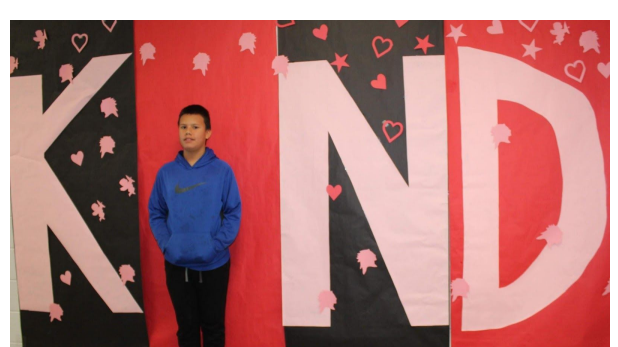
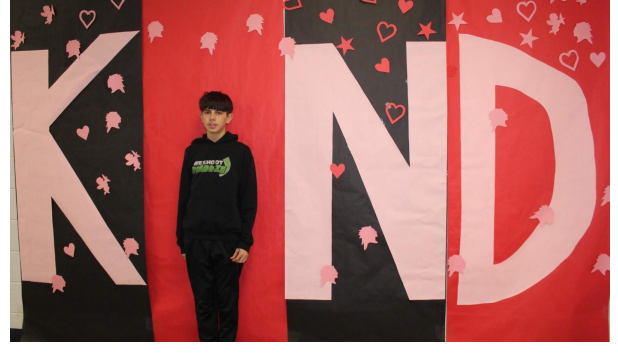
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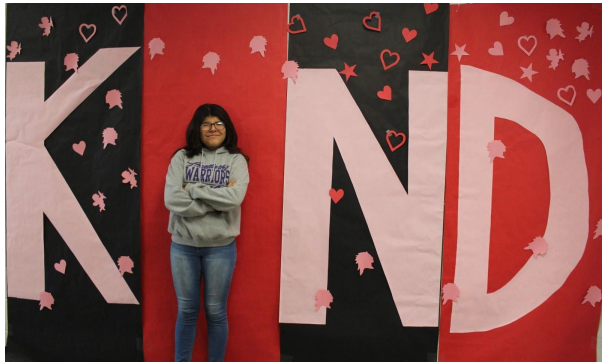
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