

# ROADRUNNER REVIEW

Bell Intermediate School

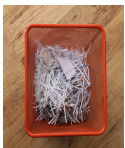
May 2021

## Staying Organized

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By: Clayton N.

Since everyone is either entirely learning from home or, in the case of hybrid learning, staying at home some days while coming to school other days, our spaces at home can get a bit hectic or out of hand. The messes around our learning spaces are sometimes distracting, making school harder than it should be. However, staying organized and planning ahead strategically can make the school day much easier and enjoyable. Here are some tips to avoid distractions from clutter around you and organize your school day.



**1) Throw away any objects that you absolutely don't need**

**anymore.** Old worksheets, sticky notes, and flyers from this year or years before can accumulate quickly, so it is best to throw some of them away. Whiteboard markers and pens that are not usable should also be discarded in order to free up some desk or drawer space. However, the things you throw away should not be needed anymore.

**2) Put things in designated places.** If you put your items in certain places, you will be less likely to lose something. Designate a spot to put all of the objects in a specific category (subject, color, etc.), and make sure you remember where those categories are located. This will make finding items, such as your history textbook or red pen, much less difficult.



**3) Place items near you if you use them often.** Pencils and notebooks, some of the things used often in class, should be kept at least within an arm's reach for convenience. If you use something on a regular basis, having it near you would allow for more accessibility, so you could quickly grab whatever you need. Storing your items somewhere that is far from your learning space will cause some hassle when you try to obtain it later, and trying to get your things during class might stop you from hearing important information.

**4) Move items to an empty drawer if you recently stopped using them.** Though trashing objects that you don't use anymore is important to maintaining an organized space, you might want to hold onto things that you stopped using recently. For example, scratch paper that you don't need currently should be kept just in case you need to show it to your teacher. Wait until the school year is over before you dump those papers with your work into the trash or recycling bin. An alternative method would be to snap a couple of pictures of your scratch paper if they are piling up on your desk; just be sure that you don't lose those pictures once your work has been discarded.

**5) Use your Agenda.** This message, which your teachers have probably told you many times, is actually useful advice. An Agenda can act like a checklist so you know what assignments need to be completed and turned in and a reminder of what events are coming up, such as a quiz or presentation. Even though writing down every single assignment that your teacher says is not necessary, it is important to record the most important assignments that are due in a few days.



**6) Place your schedule somewhere you can see easily.**

Forgetting when your classes start and end is a hectic experience, but having your schedule in a place you can see easily will help the school day flow much more smoothly. Having your schedule near you will additionally show what materials you might need for your next class and what online session you might need to join.

**7) Delete unimportant emails.** If your inbox is full of notifications about the assignments your teacher has posted, delete some of those notifications to free up some space in your inbox; those emails can still be accessed in the trash. Keep in mind that emails concerning upcoming events and grades should be kept in the inbox for a week or so before they get deleted. Deleting unnecessary emails will be most effective to prevent emails with useful content



from being lost in your inbox.

**8) Sort files into folders.** Your drive is where all of your files are stored, but trying to retrieve your older files might be a challenge in an unorganized drive. Create some new folders and move some of your files into them. Similar to placing certain items in designated spaces, moving specific files into designated folders will provide more efficient storage and access. Furthermore, renaming prioritized files with keywords like the subject or purpose will make locating those files easier than finding them in a jumbled drive.

In conclusion, being organized is not very difficult, and a few handy tips can mean the difference between an unorganized room and an organized learning space. Organizing your space, schedule, and even your digital world may seem like a daunting task, but in reality, doing a few tasks will get the job done. Since keeping track of materials needed for any occasion is a life skill, using these tips will be of great help for most scenarios. Give these suggestions a try and see how much help they provide.

## Bell Students Relieve Stress

By: Erica A.

School can get pretty stressful. With everything going on in the world, it can be a lot to handle. Sometimes it's difficult trying to deal with all the stress. Bell students were asked what they like to do to relieve stress and were excited to share with others!



"I go to the park near my house and just hang out."  
- Rachelle S.

"I usually game on my PC or listen to

music." - Ben L.

"I listen to classical music or I take deep breaths and think of happy thoughts." - Christiana F.

"I like to do makeup or write song lyrics." - Eztli M.

"Normally I listen to upbeat music to change my mood." - Madelynn Y.

"I usually just talk to my friends." - JD M.

"When I'm stressed out, I usually cuddle with my dog or talk to my sister." - Abbie F.

"Whenever I am stressed, I just take a deep breath and take a moment to realize that

everything will be okay! During these times, I am normally stressed so I use this tactic to calm myself down." - Ava R.

"I do puzzles or read, something that takes brainpower to get my mind away from what's stressing me out." - Hailey S.

"I take out my stress on sports." - Olivia C.

"I draw to get rid of stress." - Lilyana A.

"I go swimming." - Julian R.

"Usually I just go on TikTok to calm down." - Madison T.

"I like to watch anime when I'm stressed." - Faith A.

## The Journey of Ms. Parcell and Thoughts on Hybrid Learning

By: Sofia C.



Ms. Parcell is one of the many teachers at Bell Intermediate, but her journey to becoming a science teacher isn't often told.

As times are changing, hybrid learning has been the new normal for students around the world. So Ms. Parcell has expressed her opinion about the topic.

Although you may think that science was always a favorite subject of hers, it wasn't. She first found that she enjoyed science in high school. Her chemistry teacher had such a passion for science that it inspired her to pursue it herself. One of the hardest subjects in her science career was biochemistry. Biochemistry is the study of chemical processes within living organisms. As her love of science grew, she continued her studies at UCI, the University of California, Irvine.

The coronavirus has impacted everyone around the world, from the way we get groceries to the way that students go to school everyday. As a teacher Ms. Parcell prefers in-person learning. Recently, Zoom was the biggest form of communication from teachers and students. She thinks Zoom is a very challenging way of teaching because it is hard to read students' expressions. As things are slowly going back to "normal," Ms. Parcell is looking forward to things changing for the better. Although Bell students are going back full time, it won't be the same experience as it was before quarantine. So, hybrid learning will still be a challenge for both students and teachers. With this challenge, Ms. Parcell uses meditation as a form of relaxation and to re-center herself. Ms. Parcell is a great teacher who helps her students to succeed. She is one of the many amazing staff at Bell Intermediate.

## Riley C.: ASB Student

By: Quinn G.



ASB is an elective here at Bell Intermediate. ASB stands for Associated Student Body. It

is run by Ms. Patcha. Riley C. is an eighth grader at Bell and an ASB student. She has enjoyed her time in ASB and is happy she took the class.

Riley has many memories from her time in ASB. She first joined because she thought planning activities for the school would be fun, but she got more out of it. In ASB she thought of ideas for weekly videos and made

posters that she either hung around the school or used for announcements digitally. Her favorite project was filming or watching people film birthday videos because she thought it was cool that they would recognize each teacher on their birthday. Riley's favorite memory was when she made Halloween decorations for the dance. Of course ASB changed when the pandemic hit, and, she said, "We didn't get to make as many posters or plan as many activities as we did last year."

Riley had a great time in ASB. She said, "It was really fun, and I enjoyed making new friends through it." If she had to use one word to describe ASB, she'd use *leadership* since it's ASB students' job to be leaders and plan events. Riley would definitely recommend others join because of all the fun she had. A few ways she's also profited from it is she learned to be more organized and made many new friends. She isn't going to do ASB her freshman year of high school because she already has to deal with the stress of a new school with new harder classes, but maybe the following year she'll do it again.

Riley C. has enjoyed her time in ASB and will treasure her experiences. She has really liked being part of a group responsible for so many amazing things at our school. She also highly recommends joining. Riley is happy she chose this elective for both 7th and 8th grade.

## Things to Do at Home or in Your Free Time

By: Jack S.

With the state of our world right now, and being amidst this pandemic, many of us are bored and wondering what to do in our free time. Here are some examples of what you and your friends can do in your spare time.

One thing I personally like to do is take my dog on a walk. If you don't have a dog, there are plenty of other things you can do, but if you do, it is a good exercise for you and your dog. It is also good to go outside and get some fresh air. Another thing that is good to do is go on a bike ride. If you have a bike, you absolutely should go out and ride around your neighborhood. Riding a bike places with a friend is also a good social exercise while talking and conversing with them. If you are looking to get some fresh air, I highly recommend trying some of these activities to enjoy in your spare time.

Now, sometimes you may not be wanting to go outside and you just want to stay inside and chill. Something you can do inside is play a board game. Playing a board game is a very fun way to spend time with family and friends and sometimes get pretty competitive. One of the most common board games is Monopoly

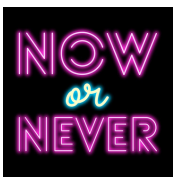
(which more than likely you've heard of), and it is a very fun game to enjoy with family and friends. Another activity you can definitely enjoy is playing video games. Video games are a very fun activity and you can play with friends through multiplayer or co-op. Some video games I recommend are *Minecraft*, *Among Us*, *Fortnite*, and many others. Video games are an activity that I do very often and I enjoy them very much. I very much recommend these things to do in your free time.

These are my personal recommendations for things to do in your spare time. I highly recommend you try some of these.

## Why do it Tomorrow When You Could Do It Today?

By: Olivia T.

Have you ever procrastinated? Well, everyone



probably has, whether it was about school, housework, or even something as basic as exercising. Maybe it happened once or twice. This is completely normal, but if

procrastinating becomes a habit, it could make a huge impact in your and others' lives. Have you ever thought about it? Procrastination can lead to serious problems like failing school, getting fired, or serious health issues.

Although, there are many ways to prevent procrastination. Students at Bell Intermediate have been interviewed on tips they have used to prevent procrastination. Here are some tips recommended by them!

1. "A procrastination prevention method I use is that I make a to-do list to stay on track and not get distracted, and to number my priorities." -Christiana F.
2. "The procrastination prevention tip that I use is listening to music while I do my homework. It helps me focus on my work and not get distracted, and also makes doing homework somewhat enjoyable." -Vanessa L.
3. "You can prevent procrastination by meditating. Like doing yoga to relieve stress, which will allow you to stop procrastination." -Payton B.
4. "One procrastination prevention tip I usually use is thinking of the consequences if I don't do my work. This makes me dedicated to what I'm doing and it also allows me to learn the information faster." -Ann Y.

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| <p>5. "A procrastination prevention tip I use is to take a tiny break and try to refocus on my work. When I do this, I can focus more." -Darin R.</p> <p>6. "I put my phone far away. Since I can't see it, therefore I won't be distracted by it." -Mariah Z.</p> <p>7. "A procrastination prevention tip is to have someone do work together with you. Because when you get distracted, you guys can tell each other to focus and avoid the distraction." -Ally T.</p> <p>8. "A procrastination prevention tip is to not overwork and to reward yourself after finishing. Because it can give you the motivation to finish the work quicker, which is why you won't have time to get distracted." -Janai B.</p> <p>9. "Using an Agenda can prevent procrastination because you can make a to-do list using it. Besides that, using an Agenda can also remind of the tasks you need to complete." -Tony D.</p> <p>10. "A procrastination prevention tip I use is putting away my electronics when doing work. Because without my</p> | <p>electronics, I no longer get distracted." -Caleb K.</p> <p>11. "A procrastination prevention tip is to take breaks often to make sure you aren't overworking yourself. Not only are you giving yourself a break, but the quality of your work will be better because after you took a break, you would be more engaged and focused." -Brandon M.</p> <p>12. "A procrastination prevention tip I usually use while doing my work is listening to music. It helps me get my work done faster and stay on track." -Tiffany N.</p> <p>13. "I don't overthink to make myself feel more comfortable when I'm working, so I don't mess something up by worrying too much. It helps because whenever I have school work and it is like an overwhelming amount, I try not to stress out and get to it, and when I do, it ends up being fine." -Andrew R.</p> <p>14. "Music helps me boost focus and prevents me from procrastinating on my work. I also love music in general so playing music while doing work makes it more enjoyable." -Jaelyn T.</p> |
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## Tips and Tricks to Stay More Focused

By: Nora N.

As the school year comes closer to an end, summer vacation comes into view. It may be hard to focus, but here are a few tips and tricks to help you stay focused, from a student's perspective. Simple activities or sounds could help you greatly and just a few small tips can make your brain focus even more.

For example, you could listen to music. Whether it be your personal favorite playlist, or a lofi hip-hop playlist you found from Spotify, any music that helps you calm down and get your brain turning will definitely help.



Another good thing to do is leave your phone in a different room. You won't get distracted and pick it up

to check your notifications, or scroll through social media, or watch videos and stream that where posted by your favorite content creator. Silencing your phone or switching it to Do Not Disturb will also help because your friends' texts or app notifications won't draw your attention away from what you were doing.

A good thing to do is stay organized and create a list of things to complete. This can



help you figure out what assignments you need to complete or items you need to grab. Lists will help you stay organized and are a good habit to get into.

One thing you could do is go outside or find a quiet place to do whatever you need to do. Loud voices or pets

barking can distract you and lure you away from your work. Going outside is great when the weather is nice and sunny, or cloudy but not windy, if you prefer it that way.

Something else to do is clean your desk or workspace. This helps you stay focused

because the items on your desk could distract you. And if you pick up on this, it could help you stay more organized.

These tips and tricks could help you and contribute to a successfully finished school year and all complete assignments.

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## Bell Students Name The Best Sport of Them All

By: Jadon R.

Everyone thinks differently about what exactly is the best of everything. Many people play sports and many enjoy watching them. Most people have a sport that they think tops every other one. Which sport do you think is the best? This was asked to many Bell Students, and each had a different opinion. Out of them all, soccer seems to be the favorite of most Bell Students.

“Soccer is the best sport because it makes people practice working together.” - Jacob H.

“I think tennis is the best sport because it is the only sport I really like that much.” -Eric N.

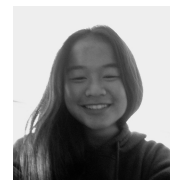
“Football is the best because it requires a person to be very athletic.” -Jack O.

“The best sport is tennis because it can be fun to hit the ball back and forth against your opponent.” -Sanjay R.

“Soccer is the best sport because you have to run a lot.” -Jazmin Z

“The best sport is soccer because I like running.” -Priscilla Z.

“I think that the best sport is basketball because it’s very competitive and quick paced.” - Mia W.



“I don’t have an opinion because I don’t like sports that much in general.” -Jarod S.

“The best sport is tennis because you run around a lot, which is good for exercise and there are so many different ways of hitting the ball in tennis.” -Elliot L.

“Soccer is the best sport because you can play with your friends.” -Christopher N.

“I think basketball because almost everyone can play it.” -Harsha R.

“The best sport is soccer because it works out your legs the most.” -Alex M.



“Swimming is the best sport because it works out your whole body, and I think that it's refreshing.” -Ryan C.

“Soccer is the best sport because it's fun and very competitive.” -Aiden P.

“I think soccer is the best because it's a lot of fun and I have loved it since I was little.” - Justine W.

## Do Bell Students and Teachers Celebrate the Holiday Easter?

By: Jaelyn T.

As you may know, some people celebrated the Easter holiday in the month of April. On this day, some families do an Easter egg hunt where they hide eggs with prizes and people try to find them. They also sometimes play games that include decorating eggs and rolling eggs. Kids and teachers at Bell were asked, "Do you celebrate Easter? If so, how do you celebrate?" This is what they had to say.



"I celebrate Easter by spending time with my family and friends."- Olivia T.

"Yes I do. Every morning my family and I have an Easter egg hunt in our backyard."- Sofia L.

"When my family celebrates, Easter we get together and eat at my grandma's house to decorate eggs."- Sofia C.

"Yes, I celebrate Easter by doing an Easter egg hunt and eating family dinner."-Jaesy T.

"Yes, I celebrate Easter. I celebrate by hunting for eggs

and also painting them."- Justine W.

"Yes, I do celebrate Easter. My family gets together and eats, but it changes."- Jackie T.

"Yes, I usually celebrate by going to a park that has an Easter event."- Juliane D.

"Yes, and we celebrate it by having an egg hunt and have other fun games."- Zeth O.

"I did celebrate Easter by going to San Francisco and seeing the sights there."- Aidan P.

"Yes, I celebrate by gathering with family and getting an Easter basket with gifts."- Reagan G.

"I usually celebrate by eating with my family and painting eggs."- Nora N.

"Yes, I celebrate Easter by doing an Easter egg hunt and then eating my candy."-Luke E.

"My family and I celebrate Easter by doing an Easter egg hunt and talking to the Easter Bunny if they have time to visit us, along with a dinner after we talk to the Easter Bunny."- Kyra C.

"I get together with my family and have a big dinner."- Alyson M.

"We gather with friends and paint eggs."- Kimi W.

"I celebrate Easter by getting together with my family and having an Easter egg hunt."- Alyson H.

"I wake up around 5 to 6 and then do the egg hunt. Then I spend the whole day doing activities with them."- Landon E.

"Yes! I celebrate Easter with friends and family by having Easter dinner."- Mr. Gore

"I go to church and then have a lovely dinner with my family."- Ms. Besst

"We get together with family for brunch and an egg hunt."- Mrs. Hidalgo

## Show Choir

By: Justine W.



Did you ever wonder what Show Choir is or if it is fun? Well, wonder no more! All your questions will be answered here. Even during the virus, Ms. Van Voris has found safe ways for Show Choir to have fun singing and dancing on campus or on the computer.

Show Choir is really fun. Samantha M. would recommend this to the students of Bell because you get to sing and dance,

and it is really fun all the way around. She chose to do Show Choir this year because you can express yourself through singing and dancing. Samantha wanted to join Show Choir since 6th grade last year because of the singing and dancing, and it seemed like so much fun (and it is). She said, "The best thing about Show Choir is the singing and dancing with other kids even with social distancing during the virus." Samantha also said that in Show Choir they mostly sing and dance and it is so much fun.

Now, that your questions about Show Choir have been answered, I hope you had fun learning about Show Choir and that they had some fun during the virus.



## Personality Profile

By: Kyra C.

Ellie N. is a Bell student who is in Dance class. She joined dance to give it a try and has had fun this year.

Ellie N. has a lot of great things to say about Dance. When her mom recommended Dance, she felt like it would be something great to try. Although Dance isn't the highlight of school for her, she does enjoy going to Dance. She recommends Dance to those who would like to join. Along with being in Dance in 7th grade, she wants to be open minded about the other electives that the school offers, so she thinks she would do something else besides Dance next year. She also thinks that she might be in Dance in the future, maybe not in high school, but maybe in college.

Ellie N. describes Dance class as, "Pretty fun. Everyone's consistent with their moves."

Along with being fun, she says that it's also hard at some points.

Now that you've learned about Ellie N. and Dance, you should consider joining Dance next year.

