

GOLDEN GLIDERS JOURNAL

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Locally-grown and organic produce shines in the sunlight at the Mosaic Farmers' Market.

By Maxine

Light, fluffy, sweet, and flavorful, the marble pound cake from the farmers' market is unlike anything I've ever tasted and, by far, the best pound cake I've ever had. When we visited my grandparents, we'd stop by that special stand and taste the delicious flavors. I'd beg my grandparents for it always and sometimes I'd win. We'd celebrate

MORE THAN JUST A MARKET

my mom's birthday by putting candles in the doughnut-shaped cake filled with hopes and dreams. You can't buy this quality from a store. It's filled with homemade love, not high fructose corn syrup like the ones at the grocery store.

Have you ever been to a farmers' market? Have you ever heard of one? Farmers' markets might seem like they don't provide anything different from any other grocery store. You might think that they are totally useless. But farmers' markets can really help your health and the environment. Plus, you get to interact with nature and the friendly farmers and producers.

Farmers' markets are better for you and the environment. Farmers' markets always have locally-grown produce, so the food is perfectly ripe and very fresh. They also don't transport foods halfway across the country putting more carbon dioxide in the air and creating global warming...which is what I feel is

most important. A lot of people like knowing who is giving them their food and going to the farm to see the animals that they get meat from.

One of these people is our very own Mrs. Bruner. She goes to the farmers' market every weekend and sometimes twice a week. She goes to Oak Mar, Burke, Mosaic, Fairfax City, and sometimes Aubrey Moore, too. I talked to Mrs. Bruner to get more of the inside scoop on the markets she's been visiting for 10 years.

Tasty Treats

"I like getting the freshest food that I can. I find that certain foods like apples and tomatoes just taste better," she said. "I think it's also interesting to try new fruits and vegetables, so I'll buy new things that I've never seen before." Mrs. Bruner mentioned yellow watermelon.

Other crazy fruits grown-locally and available at Virginia farmers' *Continued on page 6...*



The Waples student body continues to grow as space tightens in our school. The solution? Portable classrooms, also called modulars or quads, now house all of fifth grade as well as some of our enrichment classes. Here's a look at class outside.

A PORTABLE POPULATION

By Milad

What is the quad? The quad is the giant, portable, square-shaped classroom in the back of the school next to the other trailers. It's split into four fifth grade classrooms. It's here because there's not enough room in the school for all of our students. There are 107 fifth grade students.

It's important for students and adults to know what life is like in the quad because we are all part of a Waples Mill community. Also, students and staff have to develop new skills to focus and get used to the quad classrooms.

The Upside

The fifth graders are the the

first grade level to move outside. Being first can be fun. There can be surprises and you get to do a lot of things before anyone else.

"My first reaction... I was very excited," said Ms. Childers. "They have nice names like learning cottages. I worked in one before and I loved it. I loved the autonomy. I loved the independence. I think students were excited because it's something new - it was clean, new floors, new boards. It's an updated quad that was moved from another school in Fairfax County."

While the space is cozy, fifth grade is making it work. There's a lot of chances for different kids to work together and become friends. People interact and bounce off *Continued on page 2...*

QUAD LIFE

each other. If people are being creative, they can be more collaborative with people.

Teachers get to talk and work together more, too. "Ms. Waite and I can share materials really easily," said Ms. Childers. "Switching classes is just a matter of opening up the door. It's really easy."

There are other benefits, too. There are no noisy hallways. Easy access to recess gives students even more time to be outside. The patio is a nice place to work as a reward, too. Each teacher can set the temperature in their class. Inside the school building, the temperature is controlled by central offices. Plus, there is a printer in Mrs. Hawa's room.

The Downsides

The quad doesn't have a bathroom, a sink, or a water fountain.

"For the bathroom, we have boy and girl escorts and it gets annoying to go all the way to the building," explained fifth-grader Cole.

"Our power and WiFi goes out sometimes. It's not always dependable," said Ms. Childers.

The quad lost power three times this year, which meant all four classes had to find new places around the school while the power was fixed and the rooms returned to a normal temperature from freezing. Do you know about the times when there were a bunch of kids in the cafeteria? That was because the power was out in the quad.

One of the other disadvantages is the noise. The walls are thin.

"You hear everything that's happening in the two classrooms surrounding you," said Ms. Childers, explaining that there are around 80 voices in addition to each teacher's own class, so that's over a hundred voices at once during group work.

"You have to recognize that you are letting everyone learn by accepting the volume of their learning. Learning to ignore noises is like any other skill. You get better at it eventually. Students wouldn't necessarily learn this skill if they were in the building," she said. "Last year, I'd close the door and we wouldn't hear anything. We could watch a video and "Ooohhhh," and "Ahhhhh," without having to worry about disrupting others."

At first glance, the space looks like enough, but once it's full of kids, you have to be creative.

"There is not much room on the backpack rack and bags and coats fall down," Cole said.



Students and teachers alike must be mindful about keeping the space neat and organized. The teachers have tried different ways to maximize the space. There are many different designs of desks: Mrs. Veiock's are in clumps, Ms. Childers' are in middle-school rows, Mrs. Hawa's are like the letters I T I, and Ms. Waite has hers in a big island and a small island.

They are really clever about where they store chairs, too. In Mrs. Veiock's room, they are on the desks, in Ms. Childers' room, they are in the library, for Mrs. Hawa they are in big stacks near the desks, and for Ms. Waite they are in stacks in a row.

From the Eye of the Beholder

"The thing I really like is that we have to walk outside to go everywhere. We get to go outside a lot and see squirrels and other things in nature," said fifth-grader Elle.

Ms. Childers said that hearing nature outside can be satisfying if you are stressed. Hearing a bird chirp can help you relax a bit.

"We track in a lot of rain, snow, dirt, and sand. We are very grateful for our custodial staff," Ms. Childers said.

"There are pros and cons to everything, but for the most part I've enjoyed it," Mrs. Hawa emphasized. "I like that we are really connected, literally. It's easier access to the other classrooms and students. Sometimes I feel a disconnect between us and the rest of the school. I don't get to see my past students. I'd like to see them."

As for the students? "I'm not comfortable answering for all the fifth graders. There's 107 of them so there are 107 different opinions," Ms. Childers explained.

Looking to the future

"It will be interesting to see what happens next year. What I like is the connection. So if we moved, then the classes wouldn't be connected," said Ms. Childers.

"I think second grade would be better to be down here because they are smaller and they aren't used to as much room," Cole stated.

Next year's enrollment will determine how the quad is used next year.

"I've enjoyed it very much. I'm glad we were selected to come and be the first classes to live in the quad since we are the smallest grade level at WMES," said Ms. Childers.

A peek inside Ms. Childers' Room...

What will you find? Here's just a few of unexpected surprises...

- *African Dwarf frog
- *hermit crabs
- *plants
- *dead baby shark
- *baby alligator head
- *helium tank
- *vinyl record player
- *Cat in the Hat piñata
- *1,000 library books

GOLDEN GLIDERS JOURNAL

MARVELING AT COMICS: PAST AND PRESENT



By Vivien

Comics are much more than cartoons. They give people a sense of power, like they can do anything, too. Plus, they are action-packed and hilarious. Those are some reasons why people like watching superhero shows like *The Flash*, *Supergirl*, and *Arrow* as well as superhero movies like *Captain America*, *Thor*, and *Dr. Strange*.

Since I really enjoy superhero movies and I know a lot of others do, too, I wanted to research the history and share what I found.

Most superhero shows are based on DC Comics and air on the CW Network. Most superhero movies are based on Marvel Comics, while some like *Wonder Woman*, *Superman*, and *Justice League* are DC Comics. *Captain Marvel* proved to be one of the most popular superhero comics of the Golden Age, regularly outselling the *Adventures of Superman* during the 1940s. The sales of comic

books increased during World War II.

The First Comics

The earliest known comic book is called *The Adventures of Obadiah Oldbuck* by a Swiss teacher named Rodolphe Topffer born in 1799. He also is known as the creator of the comic strip. The comic was about Obadiah Oldbuck who loved a maiden, but he still was not nice at all. In fact, he was a bully. He eventually worked out the bumps in his life and lived happily ever after. The comic book was originally published in several languages in Europe in 1837, among them an English version designed for Britain in 1841. A year later, it was reprinted in New York, making it the first comic book printed in America.

The History of DC Comics

The initials "DC" came from the name of the publishing company Detective Comics. I know, right? It's a bit strange. I always thought it stood for District of Columbia, but I guess not. The company

debuted with *The Big Comic Magazine* #1 in February 1935. In December, they published their second title, *New Comics* #1 in a size close to what would become comic books' standard during the period fans and historians call the Golden Age of Comic Books. Today's comics are slightly smaller.

The History Of MARVEL

Marvel Comics is the common name and primary imprint of Marvel Worldwide Inc. and Marvel Comics Group. In 2009, The Walt Disney Company acquired Marvel Entertainment. In 1939, Marvel started as a Timely Publication. Marvel became a brand in 1961, the year that the company launched *The Fantastic Four* and other superhero titles created by Stan Lee, Jack Kirby, and others.

Black Panther

Even though my favorite comic changes every time I see a new one, I've chosen to talk about *Black Panther* because it's the newest Marvel movie. Plus, it's made over a billion dollars worldwide and is the third highest grossing domestic film ever.

Spoiler Alert: I'm not going to tell you how it ends.

I've seen a bunch of Marvel Movies and most DC shows, so I know a fair bit of about them. I saw *Black Panther* the day it came out and I think it's one of the funniest movies. Generally, Marvel movies are hilarious. There are some 5th graders who agree.

Fifth-grader Ella said the movie is a bit long, but good and sometimes funny, while Tyler said they cast

amazing actors. Carla also enjoyed the action-packed movie, even though she thinks the storyline was kind of confusing. I agreed most with Vineet and Ali because they absolutely loved the movie. They mentioned that they thought the actors matched the personalities in the comics. Plus, they pulled off hilarious jokes, like "sneakers."

My opinion

I really love Marvel and DC Comics and recommend you watch their shows and movies when you want a good laugh. Personally, I can't decide which one I like more. I know a bunch of people who think MARVEL is better, like my fellow Inquisitive, Amanda. "I think that Marvel is better because DC Comics Universe movies are a bit darker. I find the action and humor better in the Marvel Universe. Also, there are better characters in the Marvel Universe in my opinion. "Sorry, to all the Batman fans," Amanda told me.

Maxine, also in the Inquisitives says DC is better. "I like the stories behind all the characters and the way they all come together with crazy superpowers to destroy any evil that needs to be stopped. I also like the incredible abilities like running faster than the speed of sound. Everyone is just so different," Maxine said to me.

I honestly can't decide. But you can think what you want. At the end of the day, whichever you prefer, they all make everyone feel better with their humorous charm.

MORE PLAY COULD CREATE ACADEMIC GAINS



By: Amanda

Students and their physical activity is highly-debated and most kids would say, "Yes! More recess!" But, I want to know, do students really benefit from more physical activity? Well, I have gathered some information and I have my opinion. Did you know that one in three children are overweight or obese? Do you want to know if more recess will lower this shocking statistic? Keep reading to find out!

"There are so many other requirements and mandates that schools have to provide during the school day that recess has been squeezed out of the school day," said Shirley Turner, a New Jersey state senator who advocated for

a bill to make recess at least 20 minutes for elementary school students. "They have just ignored or neglected the fact that kids need more than just the '3 R's.' They need the '4 R's.' They need recess as well."

Research has been done many times and we always get the same answer: yes. Childhood obesity is rising. And yes, recess and P.E. help stop it.

The national childhood obesity rate is 18.5 percent. This rate is for different age groups and the obesity rate rises when children get older: 13.9 percent of 2- to 5-year-olds, 18.4 percent of 6- to 11-year-olds, and 20.6 percent of 12- to 19-year-olds are obese. There also ethnic differences: 25.8 percent of Hispanic

children and 22 percent of African-American children are obese. Forty-two percent of children get most of their total daily exercise at recess.

Another reason children need to get more physical activity at school is because they are busy studying or playing on electronics at home and don't play and run around outside.

At school, time isn't used well enough. I have talked to my family members and all of them agreed that homework didn't need to be done at home, and that you have time at school. So, technically you could say that if kids didn't get homework then they could also potentially be more healthy because they'd have more time to play outside. Either way, something needs to change. Kids need designated time to be active.

Besides just obesity, test grades could possibly be affected by this growing issue. Kids cannot stay focused for 7 hours. They need a break. As a kid myself, I know that feeling when you are sitting in

class and just stop paying attention because all you want to do is run around. After a certain amount of time, kids need to do something to exercise. We are kids after all, and we are crazy and need a way to release our energy.

Lastly, lack of exercise is not the only thing keeping kids from being healthy. Eating an unhealthy diet is a huge role in kids being in poor health. There must be a balance of health from good foods and exercise. In my opinion, I believe that students need more physical activity at school.

In sixth grade, we are given some extra recess from time to time. It makes a difference. I can go inside ready to focus. Research proves my experience, too - studies have shown that students can concentrate better after physical activity.

I hope these facts have really shown how important this topic is. There are so many reasons kids need more recess at school. Now that you have read this article, go tell your teachers that you need more recess!

TEACHER TRANSPORT

What do the cars teachers choose say about who they are? In the second of our four-part series, we ask WMES third grade teacher, Mrs. Macomber, about what she drives and why.

Tell us about your car?

It's a white Volkswagen Beetle Convertible with racing stripes. The interior is white and black. I saw a cool green one, but wanted a convertible. I've had it since last May. I used to have Mazda.

Why did you buy this car?

My husband had surgery and couldn't drive stick shift anymore, so we needed something new. I try to be fun and easy-going, and I think my

car is, too. The pin-striping on it is super-cool. It's two colors! I like to be outside, too. I like to sing out loudly. When I'm at a stop sign, I turn it down.

Is this your dream car?

No, but it's where I am. It's kinda sporty, kinda fun, but it's also easy to drive. When I was younger, I wanted a Porsche. Now that I'm

older, I don't have a dream car. I just want to be comfortable and I want it to be easy-to-drive and affordable. I don't want all my money to go to a car payment and gas.

Are you happy with this purchase?

Except for when it snows. Then I wish for my old Jeep.



TRADITION CONTINUES: THE SHOW MUST GO ON!

By The Inquisitives

Back in the day...we had a stool for Pride Rock. Our play was *The Lion King* and it was the first fourth grade play of our now annual tradition. We were the first ones to do it - the guinea pigs. We were the first play that the other plays were built over. It was new, so we didn't know what to expect.

It's surprising we're not asked for more autographs now. After all, we are the wise advisors, the trailblazers, and the trendsetters. We are basically ancient philosophers...when it comes to fourth grade plays. When it comes to show business, we are the ancient Mesopotamians.

One of the props we were using fell down in the middle of the show. Once, the curtain got stuck and one of the music teachers had to go pull it all the way across. We admit to other mistakes, too, like someone coming in through the wrong curtain. Our costumes weren't provided, either. We had to go buy tan or gray clothes. In total, we did the best we could with what we had. Although, the struggle did prove that we were amazing actors because we had to improvise with just about everything.

Now, as seasoned WMES play veterans, we give you this year's highlights.

Maxine (Gold Cast)

Props are well-deserved for the Baker's Wife (Meera) because she



The Gold Cast performs for a packed auditorium during the school day in the cafeteria.

embraced being the character and showed a lot of emotion. She has great acting skills. Isabella as Little Red Riding Hood really fit her personality to the character. I could feel Cinderella's (Ava) emotion. She showed it in her effort and body language and in the way she made eye contact. It takes a lot of courage to sing a solo on stage alone in front of hundreds of people. Baker (Will) was especially expressive when he got his foot stomped on. That part still stands out to me. Milky-White (Saurish) was super funny, not in *what* he didn't say, but *how* he didn't say it. I could feel Witch (Nazli) being wicked. I could feel her anger.

Milad (Gold Cast)

Technical difficulties (like sound and stopping music) didn't stop the show from carrying on anyway. The costumes were great. Overall, the gold cast did an incredible job. The

props were amazing, especially the bread that Little Red Riding Hood had. Everyone believed it was real. Milky-White was hilarious and the Baker's Wife was incredible at her lines, all shown with a lot of emotion. The Baker was literally being his character.

Vivien (Black Cast)

Of course, Lion King was better, but I might be biased. There were times that there were sound

issues, but this is an elementary school with 4th graders, not

professionals on Broadway, so that is understandable.

I liked Little Red Riding Hood in both casts, honestly. She was really funny and great at singing. Overall, I'm impressed.

Amanda (Black Cast)

I was worried at first. Knowing there are not a lot of characters, I predicted there would be a lot of trees. Also, some of the songs are hard, especially for fourth graders.

Little Red Riding Hood was really skilled at projecting her voice and singing. I only watched the first half of the play, but, from what I saw, she was really good at acting in a way that made her seem like she was really in a different place.

Congratulations, fourth graders, for expertly carrying on this important WMES tradition!

ABOUT THE GOLDEN GLIDERS JOURNAL

We are a newspaper written for and by WMES students under the guidance of Mrs. Veiock. Sixth-graders Maxine, Milad, Vivien, and Amanda focus on finding the answers to important questions and exploring fierce wonderings about our community. We welcome your feedback and are also looking for submissions for our next issue, mostly focused on stories about WMES teachers to celebrate Teacher Appreciation Week in May. Do you have a special story about a teacher that made a big difference in your life or went above and beyond? Share with us at theinquisitivesreport@gmail.com. We will review your submissions pending space in our next two upcoming issues.

LOCALLY-GROWN HEALTH FOR ALL

market include gooseberries, kiwi berries, asian pears, yellow oyster mushrooms, and speckled yellow and purple beans. You can try fruits and vegetables that you have never even heard of that many stores may not have. Trying exotic new things gives you experience being open-minded.

Environmentally-Friendly

"I like that these farmers are not driving up from Georgia or Maine to give me my food. They're coming from Virginia, Maryland, and Pennsylvania," Mrs. Bruner exclaimed, explaining that it's important to her that

they aren't wasting gasoline. "I don't mind paying extra for that...for the environment, so the food is fresher and not sitting on the truck for so long."

“Knowing your farmers is another layer of caring about your food. They help you out when you get to know them.”

With farms close by, not much carbon dioxide gets into the air like other produce transportation that comes California.

Friends with the Vendors

"Knowing your farmers is another layer of caring about your food. They can tell you 'I just picked this broccoli last night,' or 'This is the last week we'll have this,' or 'Let me pick you out a good cantaloupe.' They help you out when you get to know them," Mrs. Bruner said.

People might want to know the farmers so they can get things that were picked recently and that's good for your health. Plus, you can trust that you're getting the best food possible.

Knowing Where Your Food Comes From

Some people like knowing the conditions of the animals that they are consuming.

They want to know if they were treated kindly or raised in harsh conditions. People might want to know what the animals are eating, so they know what they are eating.

Mrs. Bruner went to a farm to check out where her meat comes from and was happy with what she saw.

"The farmer lets the animals move around. The chickens were walking around. They weren't stuck



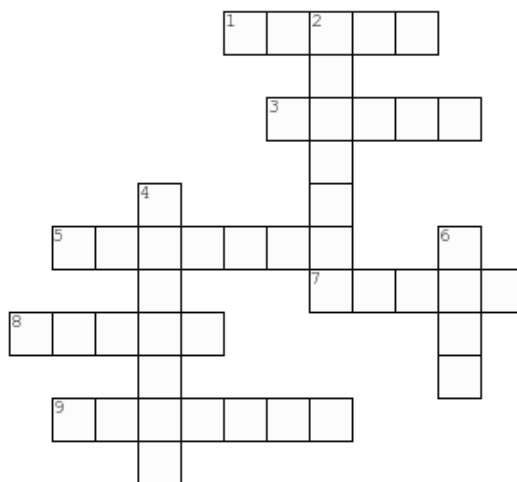
in a box. The lambs were frolicking in a field. In a way, it can make you sad to see them, but it's nice to know that someone is really caring for them. You can tell these farmers really care about what they do and enjoy their jobs," she said.

Get Out There!

Well, now you know how valuable farmers' market is. Maybe you'll even go to one. So get outside and do something. Get off your video games and have fun at a farmers' market.

Earth Birthday Crossword

Test your knowledge on these fascinating facts.



Created with TheTeachersCorner.net Crossword Puzzle Generator

Across

1. U.S. industries use this enough to circle the Earth 3 times
3. 27,000 of these are cut down everyday for toilet paper
5. Worldwide 780 _____ people do not have access to a clean water source
7. Trash island is patch of trash in the middle of the ocean twice the size of _____
8. 3% is the amount of _____ water we have on Earth
9. 100 to 1,000 species of _____ are lost every year due to humans

Down

2. More than 80 _____ of sewage in developing countries is discharged untreated, polluting rivers
4. It takes at least 450 years for _____ to decompose
6. 78 million acres of _____ forests are destroyed every year