
November 1, 2024



Knights' News

REMINDER: We are a Latex free building as well. No latex balloons are allowed in the building!

Announcements

- November 1st end of 1st quarter
- November 2nd Small gym reservation for private party
- November 4th Elementary PTO meeting
- November 7th Football banquet @ sacred heart
- November 11th picture retakes
- November 11th Volleyball banquet
- November 12th Turkey bingo
- November 14th Book-it rewards

Have a great weekend!

Articles

Metallica
Cooper P.H Grade 11

Metallica, formed in 1981 by vocalist and lead guitarist James Hetfield and drummer Lars Ulrich, later joined by guitarist Kirk Hammett and the late bass guitarist Cliff Burton, later replaced by bass guitarist Robert Trujillo, is an American heavy metal band based in Los Angeles, California. The band is known for their aggressive metal style and complex structure. Their unique blend of thrash metal, combined with their fast tempos, guitar riffs, and powerful lyrics set them apart and helped redefine the genre. Their breakthrough album "Master of Puppets" which released in 1986, showcased their musical depth and indulged in topics such as addiction and control. The tragic death of Burton the same year during a bus accident marked a pivotal point for the band, leading them to press on. The band's self-titled album, often referred to as "The Black Album" released in 1991, marked a significant shift towards mainstream sound, featuring songs such as "The Unforgiven" and "Enter Sandman." This album catapulted Metallica into global fame, solidifying them as one of the best-selling bands of all time. Metallica's influence goes beyond music, they have played a heavy role in popularizing heavy metal and have inspired countless artists amongst different genres. Their commitment to their fans has fostered a sense of community within the heavy metal culture. The band continues to tour and release music, with their latest album being 72 Seasons released on April 14th, 2023. Metallica has since left a permanent mark on the world of rock, and metal, making them one of the best in history.

Gym Class Requirements

Ean E. Grade 9

Some parents feel like gym class should not be required because they want their kid to have an extra class. I would simply tell them that gym class is just as important if not more important than some other classes the school has you take. Another argument is that gym classes should make the first fifteen minutes of it working out and exercising to keep kids active and work up a good sweat. Kids should work out at least a little at school because after school a lot of kids don't have the luxury of weights at home or sports practice after school to stay in shape, so they just sit at home and play video games all night and don't get any exercise otherwise. The last reason is unfortunately in our food system unhealthy food is a lot cheaper than fresh healthy food which makes it harder for less fortunate families to afford a healthy diet which is why kids need a good physical education class.

While some people might think of gym class as a less important period for kids to blow off steam and fill some time in the day the benefits are quite good. While making health, mental and even social better. While it may not be thought of as a regular learning class in many curriculums, it is just as important because of the benefits of P.E. Physical activity can have a big impact on people of all ages, but it is more important for teens and younger children. As children grow and learn this is one part of their growing and health that should not be overlooked. It's so helpful that schools should have mandatory P.E. time built into their school day if they do not already.

Monarch Butterflies

Makenzie Q. Grade 9

Monarch butterflies have slow motion clapping wings. Other butterflies usually flap their wings around 20 times per second, meanwhile monarch butterflies flap them 5-12 times. Monarch butterflies are poisonous. They eat poisonous milkweed during their larval stage, which is stored in their bodies. The poison causes the predators to vomit, although it rarely causes death. The brightly hued wings act as a warning sign to the predators. The growing monarch butterflies are known to devour a whole milkweed leaf in under 5 minutes. They also eat over 200 times their own weight in the milkweed. The monarch butterfly can grow two thousand seven hundred times their original weight when they are first hatched. They are only in their caterpillar stage for 10-14 days in which they gain that weight. When the caterpillars first emerge from their eggs, they eat their shells. Then they shed their skins about 5 more times and make a meal out of it each time. The caterpillar chrysalis have gold spots on the outside of it. The spots come from carotenoid pigments from their milkweed diet. Their scientific name is *Danaus Plexippus*. Which is Greek for "sleepy transition" and it refers to the process within the chrysalis. The monarch butterfly originates from northern America, then later introduced to Australia in 1871. In the USA the monarch butterfly travels around 3,000 miles every year. Their migration starts in northeastern America and Canada and ends in southwest Mexico. The migration stretched across 4 generations of butterflies.

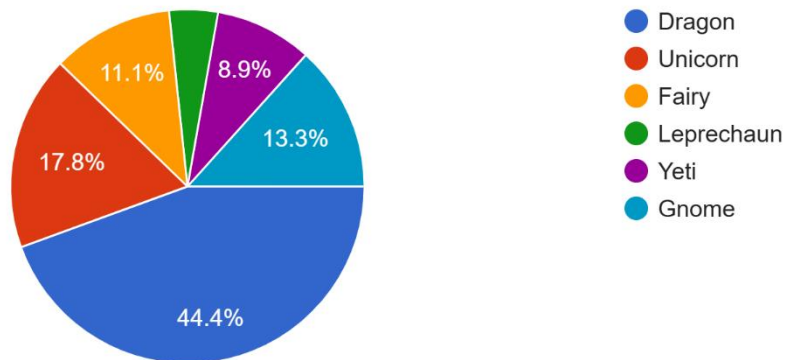
Sports Update

Elizabeth N. 12th

The Thunder played Mahnomen on Saturday and lost 41-0, which ended their season. The boys had a great run, thanks for the good season.

Which imaginary creature would make the best pet?

45 responses



Kids Thoughts Week #9

What is your favorite subject?

Elaine-Reading

Kyion-Reading

Dax- Math

