The Viper Voice TVS lower pages published on 10-18-25 issue no. 2 By Uzi, Raylere and Ember

## October 17th, Issue 2 of the Viper Voice

Page created by: Kal-El M.

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The progress reportbeen doing a lot of work with finding out more about the pollinator classes.

Slide 7

Pollinator of the week- Is an amazing opportunity to learn about the pollinators that will be in our garden!

Slide 3



The wow work-Column has a lot of cool and good information!

Slide 6

### **WOW WORK!!**



### By: Gus, Jordyn, Alayna, Christopher, Rose, Gracie, Yuvi

Wow work for Mrs Kates PBL class:

This week's wow work is ...... MADDOX and YUVI!

Wow work in Mrs. Kates class is, A farm simulation that is helping them practice Their farming skills, plating beans, corn, and learning how to do that sustainably,

Yuvi, and Maddox are the two kids that Mrs. Kate said had "Wow Work!", Good job to yuvi and Maddox! Keep doing great!

How can we mention the students and make them feel special?

"You could say that the two students i mentioned are working hard and doing great on their simulation". Ms. Kate

### PBL Progress Report



**Breaking News** 

Byline: Yuvi, Gracie, Jordyn, Rose, Alayna, Christopher, Gus

We decide to interview Mrs. Kate about wow work in her PBL class where the interview happened was her classroom the day it took place was a friday last month.

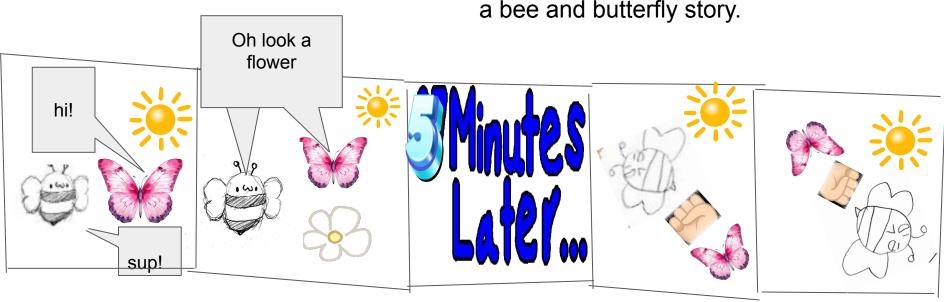
Question 1. "Who do you think is doing really good in your PBL class".

Answer: Ms kate said,"You could say the students i've mentioned are working hard and doing great on the simulation."



### Page 31

It is a comic about a bee and a butterfly. Its a bee and butterfly story.



Comic made by Luca, Eli, Alayna M., and Sjaelin!

### Interactive - Green Day

LSZQFHRYJMULLDDEQSZR WGARDENEAXEVSRT NOPDXQTZMCXTLPHJUP LEOMGITOSHJHTVADDIJA M P Y X O W N Y O T, T W O A J M Y K Y P HNJEXTGOPTVQDKRWELXD UHSOYE YIBCANGZLBBW AAGMJBMULDNEEUT HMREHMKLE JBXZZB ZIXXJAOHZ UISOZVTLPPRBZINXWRHW F L O W E R O Q C W S M Q Q Q Y E L C Z MXVRFNSLIMBGFQBGHDIO ZAYPCHGXKSBRP IOUBUTTERF YES OJOPOLLINATEEQTEYLVS

#### **Word Bank**

Butterfly pollinate bee moth nectar bats garden stamen pollen

Words can down, left, and diagonal

Gabe says "There is a hidden message in this newspaper. It will be up to you to find it. The first fifty people to solve can get an award sheet, signed by the creators. Additionally the first 15 people to solve it will get a prize. We encourage you to not share answers as it will ruin the game for them and also diminish your chances of winning a prize. All students of The Valley School of Southern Oregon will get a shoutout for solving it. All students who receive a prize will receive a prize. You may need to unscramble the final message. Good Luck!"



### POLLINATOR

## DRAWINNG

CONTEST 5

GRAND PRIZE 500, VB

ш

#### BY Kal-El M., Colton C.

# 0.0

### Pollinator Drawing Contest - Blue Day

1st gets 500 vb 2nd gets **400**, 3rd gets 300.

varhammer 40k

Submit to this email

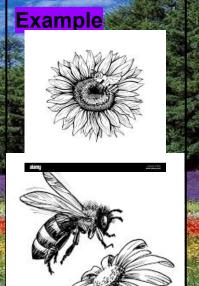
Maddie.wilson@ thevalleyschool. k12.or.us

By friday

What is it A flower and a bee any flower or bee





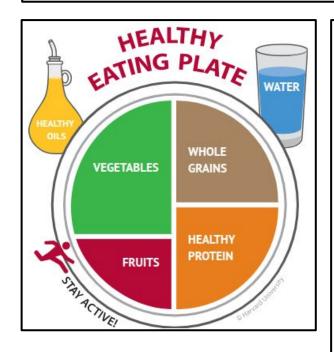


### Classifieds Page 44 Created By- Jackson H., Patrick, Brinley and Malakai

ADVERTISEMENTS	DANCE INFORMATION	FANTASY - D&D	POKEMON
TVS is short for 'The Valley School," A hands on montessori inspired school that supports mass of hands on activities.  TVS is a very small school that does not support negativity in any circumstance.	Spooktacular dance!  When - Oct 24 Where - Oak What - Dance/Costume Contest.    Scariest, funniest and best!  The halloween dance is coming up on a Friday! It'll be 5 dollar a person, TBD: Possible guests!!	Dungeons and dragons  Who - people at TVS What - in a dragon club When - every other tuesday Where - Cedar Why - to enjoy the fantasy life! -jackson harris	Pokemon club  Who - people at TVS What - pokemon When - every wednesday at lunch Where - Plum Why - for fun!
Halloween at the valley school we come to school in costumes and there is a custom contest . and the winner gets a prize.			

### Proper Portions For Healthy Nutrition

By Olivia C., 8th grade



Food Portions from Harvard University

When it comes to being healthy, nutrition is the key to fuel your body. Eating plenty of nutritious food throughout the day, wherever you may be, can help you stay healthy and strong throughout your lifetime. All of these suggestions are based off of the needs for a 13 year old. The amount will vary based on your person and gender but this is approximately how much you need.

It is important that you feed yourself about 3 ounces of whole grains, about 2-3 cups of vegetables, about 1.5 to 2 cups of fruit about 34 grams of protein, drink about 7-8 cups of water, and about 5-7 teaspoons of healthy oils per day every day.

In conclusion, it is best to feed your growing, hard working body the proper nutrients to stay healthy and strong!

### Salal, The Medicine

By: Eliot



A picture of Salal berries.

The Salal is a pollinator plant. It's flowers can attract pollinators like bees, butterflies and hummingbirds. Salal have lots of medical purposes in both the leaves and berries. They are also grown in Oregon. The berries can be picked from August through June.

The berries can be eaten in many ways including raw. The berries contain lots of antioxidants, vitamins, and minerals. The seeds contain protein. The berries are mealy but very healthy for you. The berries of the salal plants are extremely good for you.

The leaves can be used for coughs, colds, digestion, to make tea for soothing coughs, and more. The tea is also an anti–inflammatory for many parts of your body. Then you can also chew it for placing on burns or sores.

In conclusion salal berries and the leaves are both good for you. So you should eat some for your health.

