The Pack Press

Volume 1 Edition 3 April 10, 2026







Eva O'Dell, Gage Chism and Zoey Kasner

Sturgeon MS Track Records

Westran:

- The boys 4x200 and 4x800 are both second on the all-time records for Sturgeon Middle School.
- Zoey Kasner is second on the record boards for 400 meters.
- Sedona Morgret was third on the records in long jump.

Cairo Relays:

- Zoey Kasner set the school record in the open 200m and the triple jump.

Qualifying For State

The track team attended its first meet on April 6 at Westran, and four athletes have already become state qualifiers in their events. Zoey Kasner qualified in both the 100m and 400m, Sedona Morgret in the 100m, Logan Crane in the 100m, and James Miller in the 100m hurdles.

At their second meet, held at Cairo on April 8, nine students qualified for state. Marlee Van Dyke, Carly Ess, Kade Allen and Westen Boyd in the 100m, Zoey Kasner, Sedona Morgret, Logan Crane and Westen Boyd in the 200m and Eva O'Dell in high jump.

Runners, On Your Mark!

Forty-two middle school students joined the track team led by Coach Evan Glasgow and Coach Jeff Gifford, kicking their season off with a bang!

Both coaches are thrilled to have so many athletes interested in track and field and have emphasized to the team and family the importance of teamwork.

"It can seem overwhelming to have such a large team and for some athletes to feel they are not getting enough practice time," Coach Gifford said. "However, we can assure all athletes are being trained and cared for."

Having a large team will give athletes the opportunity to try different events and discover where they excel. It is imperative that every athlete gets a chance to find and develop their strengths.

"I joined track this year because my sister runs and she is good," said sixth grader Piper Bower. "The coaches do a great job training us."

During practices, the team is divided, and each discipline has a specific workout. Coaches spend time training athletes in these disciplines to provide the best techniques possible, ensuring both safety and skill enhancement.

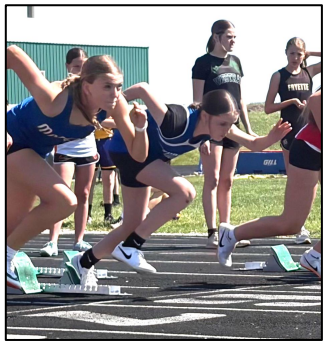
Track Meet #1
Westran April 6





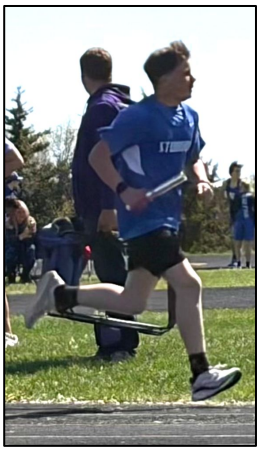












Track Meet #2 - Cairo April 8





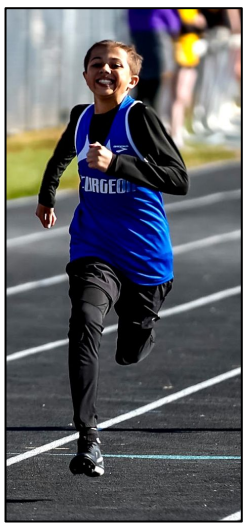
GO BULLDOGS!

Sound Advice

compiled by Alyvia Paige

Coach Gifford shares his thoughts about distance running: I may be a little biased, but I am most excited to see girls running in the mile (1600m). According to the National High School Sports Association, girls' attendance in track is on a rise, but they don't measure participation rates for individual events. “Since girls' cross country participation is declining, I believe, through years of observation, that girls participation in distance events is also on a decline. I would like to see Sturgeon Middle School take a lead in changing this trajectory and start increasing girls' participation in distance events again,” Coach said.

My advice is to not focus how you measure up to your teammates, but to focus on being a better you everyday. If you can strive for personal improvement, nothing can stop you from succeeding but yourself.







The scholars include, Gage Chism, Nick Tyler, Colton Bates, Liam O'Brien, Gabby Wohlers, Henry Simmons, Wyatt Truesdell and Coach Pogue. Not pictured: Lucas Pollock (*photo submitted*)

Scholar Bowl

by Liam O'Brien

On Wednesday, March 25 scholar bowl participants went to the CAC tournament in Glasgow and left as CAC champions! Nick Tyler was the top scorer for the whole tournament.

The scholar bowl season had its ups and downs yet the team this year had an undefeated CAC record.







Bentley Sweezer prepares his balloon for takeoff. (*photo submitted*)

Up, up and away!

Making templates. Cutting. Gluing. All of that to create a hot air balloon? Yes-that is exactly what eighth graders in Mrs. Hill's STEM class have been doing for the past two weeks.

Students were placed into teams of about three, where they spent time measuring and cutting according to specific dimensions. They then assembled the tissue paper pieces, making sure everything was securely attached and completely dry.

"The group that I am in chose pastel colors," Carly Ess said. "I am sure that our balloon will go far."

The goal of this project was to encourage teamwork, create a flyable hot air balloon, and have fun along the way.

Left: Carly Ess and Logan Crane both felt their balloon would go far and by the looks of this picture, it did. (*photos submitted*)







Field Trip Fun

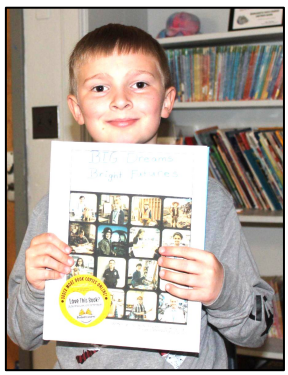
by Emma Fike

Second graders went on an exciting field trip on Wednesday, April 1, visiting the Rockbridge High School planetarium, Daniel Boone Regional Library, and Cosmo Park in Columbia. Ms. Bittle, one of the second-grade teachers, shared that the students thoroughly enjoyed the experience. Highlights of the trip included watching a show about Earth's changes, learning about star placement, and exploring constellations. Mrs. Rouse explained that the visit to the library was designed to help students become familiar with using a public library. Overall, the students had a wonderful time and learned a great deal during their adventure.









Published Authors

by Julia Campbell

Mrs. Decker and Miss Crocker's third-grade classes became published authors with their book *Big Dreams, Bright Futures*, which is about what they want to be when they grow up.

Mrs. Decker said that they created the book to make great memories. The students said that they were happy about writing it.

It took them one month to finish. They started at the end of February and completed it at the end of March.

Ava Halliburton's favorite part was drawing the pictures. Addison Bradley's favorite part was the writing portion. And last but not least, Thomas Crawford's favorite part was everyone's adventures.

ARCADE GAMES

by Matthew Frey

Welcome to the 7th grade arcade games where Ms. Schultz and the 7th graders will be making arcade games out of cardboard! It will take nine school days in total to make a poster and a game. Students could choose to have a partner or work by themselves.

"I'm very excited to see their hands-on team building skills," Ms. Schultz said.

She and others are very excited about this project. Students will be presenting the games in the gym for the class to play and look at.

ICAP

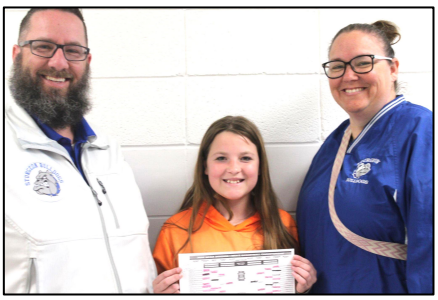
An Individualized Career and Academic Plan (ICAP) event was held on March 27 for all eighth grade students. The event featured several speakers who shared information about the opportunities available to students in high school.

Mr. Neal, the school counselor, hosted and coordinated the event to give students multiple ways to explore and learn about new experiences.

All students were able to begin planning which classes they woud like to take throughout all four years of high school.

March Madness

by Sophia Stone



Several staff and students have chosen their teams to participate in the school's March Madness hosted by Mrs. Van Dyke.

"This is the second year of doing this," Mrs. Van Dyke said. "We have two times as many people that did the bracket this year."

The championship games went from the middle of March to the first days of April. Sophia Stone was the winner and received a gift card from Mrs. Van Dyke.

MAP Testing April 28 - May 8
IReady Testing April 12-15

Reading with Rover

by Matthew Frey

Reading with Rover welcomed several preschool through fourth grade students on March 26 to read with dogs! The event was held by Mrs. Moore, Mrs. Sandker and Mrs. Ridgeway for Sturgeon's Title I Reading night. The hour-long fun was meant to boost children's confidence, fluency, and motivation by providing a calm, non-judgemental audience that reduces anxiety.



These students earned student of the month for cooperation. Back row, left to right: Marlee Van Dyke, Gage Chism and Logan Crane. Middle row: Hunter Schultz, Hunter Layton, Abbie Lewis, Rayna Eitel and Alex Barton. Front row: Koen Teeter, Hattie Rowland and Everett Brown. Not pictured: Keegan Sutton, Grayson Tenholder and Cole Eslinger. *(photo by Isaac Decker)*

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Reading with Rover









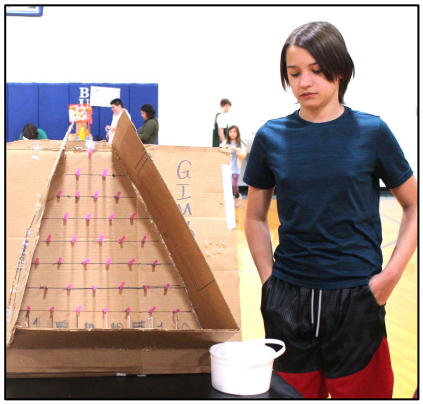




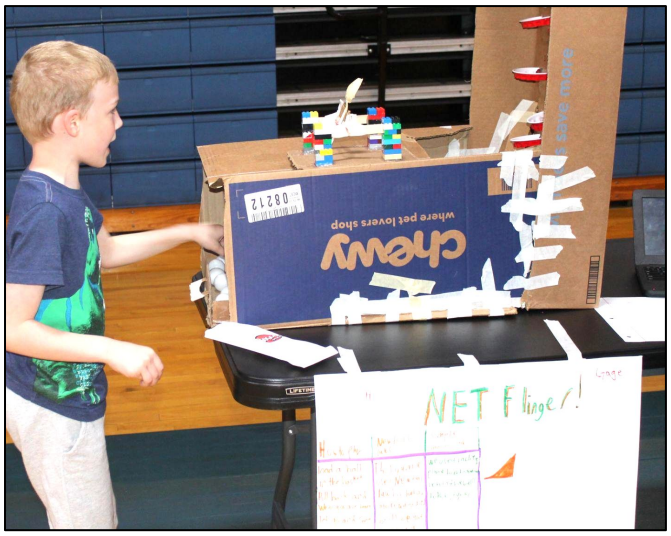
Arcade Games













Spring Concerts

by Alyvia Paige

Kindergarten through sixth grade students are having a music concert on April 30 to the theme of "Take Me Out to the Ball Game." Students will sing "Center Field" and choir teacher, Mrs. Morelock said she grew up warming for games to that song.

"It was real neat to teach the students this song," she said, "I also want them to rely on preparation and to not be nervous."

In addition to the music concert, students in middle school band will have their concert on May 7. Mr. Smith, band director, is excited for the performance and has asked his students to, "practice at the best of your ability."

Counting Down

by Sophia Stone

Ms. Nole's preschool class will be doing a school count down. They will start it on May 1 and go until the last day of school.

The students will have an ice cream cone theme for the count down. Ms. Nole stated that they will be doing centers that include summer and the class says that it will be really fun.

Art Class

by Sophia Stone

In art class, students learn about all types of art, where they can see images and hear different artistic messages. Mrs. Barnes was inspired by her own art teacher when she was younger, which is why she chose to pursue a career as an art teacher.

"My favorite thing about being an art teacher is seeing the kids' art work," Ms. Barnes said. "That is what art is all about."

Students use a variety of resources in art classes to develop their creativity and expand their art skills.

PTSO: Help Needed

Have you ever wondered how donations reach students in need or how all those fun dances and activities come to life? It's all thanks to the parents and families who volunteer with the PTSO (Parent Teacher Student Organization).

The current PTSO is looking for volunteers to help lead, organize, and ensure that these events continue by becoming officers. Not interested in an officer role? No problem! The team also needs general volunteers to assist with events, fundraising, and behind-the scenes support.

According to the Bulldog Bark, without more parents and volunteers stepping up - including filling officer positions - we may not be able to continue hosting events for students and families or raising funds to support our amazing teachers and staff at Sturgeon Public Schools.

To volunteer, express interest in an officer position, or learn more, contact the PTSO at sturgeoptso@gmail.com or visit https://sites.google.com/view/sturgeonptso/home.

Summer School

by Isaac Decker

Summer School will be Monday through Friday, starting June 1 to June 26. This is an opportunity to participate in fun hands-on activities and a chance to earn attendance incentives.

"If you are considering summer school, try it out! There are so many fun things to do!" Jeff Carr, Director of Summer School said.

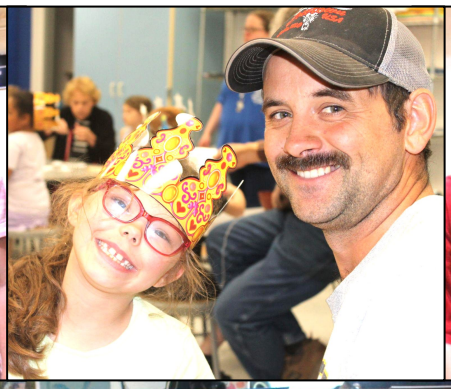
Summer School is different from regular school because there isn't homework and there will be theme based field trips and a fun water day on the last day.

Colby Darwent - Margaret Smith - Darla Lindsay

A huge shout out to my kitchen crew for your hard work and dedication to our kiddos and for being here for me, too! I could not do this job alone!

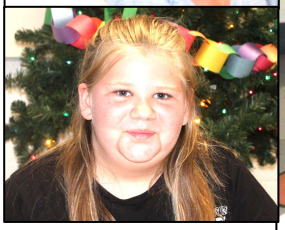
VIP DAY















FUN

Special Someone













(*photos by Julia Campbell*)

MAP Pre-Tests

Preparing for tests is something students regularly do in school, and getting ready for the state test at the end of April is no exception. In all middle school classes, teachers are having students log into the testing website and complete at least one practice test to become familiar with the format, tools, and overall structure. Seventh grader Mae Dougherty said, “I am glad that we get a chance to try out how to do the test before we actually have to begin.” All MAP testing is scheduled to be completed by May 13.

Novel Studies

Reading is an amazing way to go on adventures without ever leaving your room, house, or even the classroom. Middle school students are doing just that in their English classes by reading different novels at each grade level. Sixth graders are reading *Number the Stars*, seventh graders are exploring *Snow Treasure*, and eighth graders are diving into *The Phantom Tollbooth.*

“I really enjoy reading our book,” eighth garder Lene Bussman said. “I really like the characters and stories.”

After reading a few chapters at a time, students complete comprehension questions to help deepen their understanding and prepare for a final assessment.

Running Club

by Jocelyn Campbell

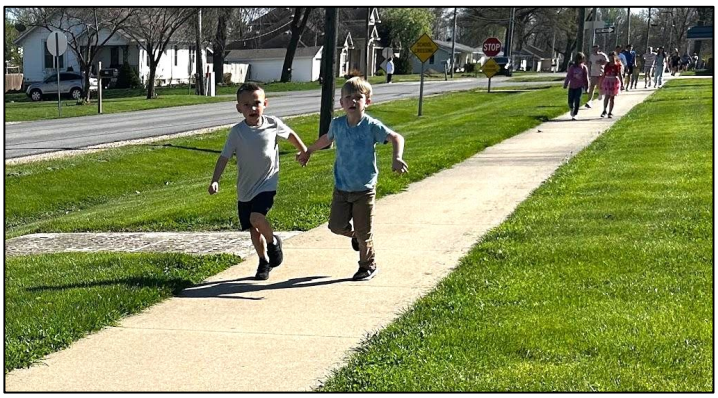
Running Club started on April 8 for kids in kindergarten through fifth grades. They will be running every Wednesday with the point of running club being able to help kids get a workout in and to give kids a chance to have a track-like experience for kids who aren't yet in middle school.

Ms. Boyd is the leader of the club, however a large number of teachers volunteer to help out. The students run laps around the school for one hour and when they run two laps, they get a foot charm to put on a necklace.









Testing Tips

by Emma Fike

Dr. Berneking, our Instructional Coach shared some of her key MAP testing tips and tricks. She broke it down into two sections, before testing and during testing. Sleep, breakfast, and water were some of her highlighted preparation tips, as well as, to not overdo anything and to relax about the test. She also shared that MAP pretests are there to ask questions, and how it is important to understand the material of the study tests.

"I want students to take it seriously, but I don't want them to stress themselves out," Dr. Berenking said. "Students are expected to try their best and take their time."

Dr. Berneking then switched her focus to during the test, where she brought up her signature 'Five Minute Reset' strategy. This is a reset mid-test that you can do if you're feeling stressed, tired, or are ready to be done.

"Think about brain control and focus on one thing at a time," she said. "The reset is only five seconds, so it would be very simple to conduct mid-assessment."

These simple tips can help you achieve your best on the test.

Collected by Liam O'Brien

Did you know that sliced bread originated in Chillicothe, MO?

Washington Post. "Figure Skating: Backflips are legal again." Washington Post, 3-2-2026, https://www.washingtonpost.com/sports/olympics/2026/02/10/olympic-figure-skating-backflip-malinin-bonaly/

Middle school students will enjoy **Field Day** on May 8, while kindergarten through fifth grade classes will participate on May 13. Several events have been organized to make it a fun day.

"It is a fun way to review P.E. class," Mrs. March, P.E. and Health teacher said.

by Julia Campbell

Bulldog Laughs

Collected by Julia Campbell

Why did the motorcycle not want to go hiking? … it was two-tired!

Restored. "80+ Jokes for Kids That Are Clean and Hilarious." Entertain Your Toddler, 2026. https://entertainyourtoddler.com/best-jokes-for-kids/



What did you do over Spring Break?

Collected by Jocelyn Campbell



Played with toys
Garrett Paige,
Kindergarten



Went to the pool
Remi Nachbar,
Third grade



Hung with friends
Bailey Rees,
4th Grade



Enjoyed Easter
Asher Fanning,
4th Grade

COUNSELOR CORNER

In recent weeks, students have been exploring different career pathways and learning about opportunities available to them after high school. Through engaging activities and discussions, students have begun thinking about their interests, strengths, and future goals. In addition, we have started talking about what their schedules might look like next year, including course options and how those choices connect to their future plans.

Collected by Jocelyn Campbell

How to be a good friend…

Check in, don't talk bad and remember details about them

Calendar of Events

May 15, 2026 8th Grade Field Trip
May 20, 2026 K & 8th Graduation
May 21, 2026 Last Day of School