



Flex Time Builds Momentum at Bexley Middle School



By Noah Grishkan

Flex is the last period of the day at Bexley Middle School, during which students get to choose what activity they would like to participate in. Students can choose from over 30 different activities, including In the Know (a trivia quiz game), a movie club, and various sport activities. Flex is a great opportunity for students to make new friends and try new things in a supportive environment.

Certain activities fill up quickly like In the Know, Ultimate Frisbee, and Open Computers. Sixth grader Ben Puffenberger says, "My favorite Flex activities are Movie Club and In the Know." Seventh grader Drake Grossman expresses how much he loves the sport activities offered.

Mr. Acton says, "I think Flex is going really well this year." Mr. Acton holds a Quiet Study Hall on Tuesdays and Thursdays.

At the beginning of the year, Mr. Acton would have a plus three rule, which means he would add up to

three extra students. However, Mr. Acton felt, "I would rather not be called," during study hall. Now it is the responsibility of students to sign up on their own.

Not everyone takes advantage of these activities. Mr. Miglets says, "If you don't sign up for Flex, you are automatically assigned to Catch All." Student Evan Guttman expresses, "Some students get lost in there work during study hall and forget to sign up."

Kennedy Phillips explains, "I feel that there should be more activities and more available spots in other activities."

"I think students should suggest new Flex ideas to their teachers," said Mr. Sidel. "If a student can get more than ten kids interested, a teacher would sponsor that activity."

So, Flex at Bexley Middle School has a lot of Flex activities, but we could have many more if students suggest some.

Student Editorial: Lift the Cell Phone Ban

By Elizabeth Eveland

Students may feel safer having their phones with them. Students feel safer in classroom when they have their phones, and students also may feel anxiety when they are unable to access their phones. Some people may say that cell phones distract students, and tempt them to check social media during class time.

When students have their cell phones in classrooms with them, they are able to contact emergency services or their parents in an emergency. If students don't have their cell phones, they may feel worried about something happening and them not being to call the police or their parents. A lot of people have concerns, including parents, about school safety when they don't have cell phones. Parents wonder how they would be able to contact their children if there was a weather event that was life-threatening, or that closed school, or even during a school shooting. Taking all of this into consideration, banning cell phones is a lot easier said than done.

Sometimes when students don't have their phones with them, they feel nervous.

Students may worry that their phone will be stolen out of their lockers. Students may also worry that there will be a fire, and their phone will be burned in the fire. Students worrying about different issues with their phones may cause them to not focus, and just think about their phones, more so than if they had their phone in their pocket. Though there is no official clinical diagnosis, cell phone separation anxiety is a

thing, and people even have made a name for it.

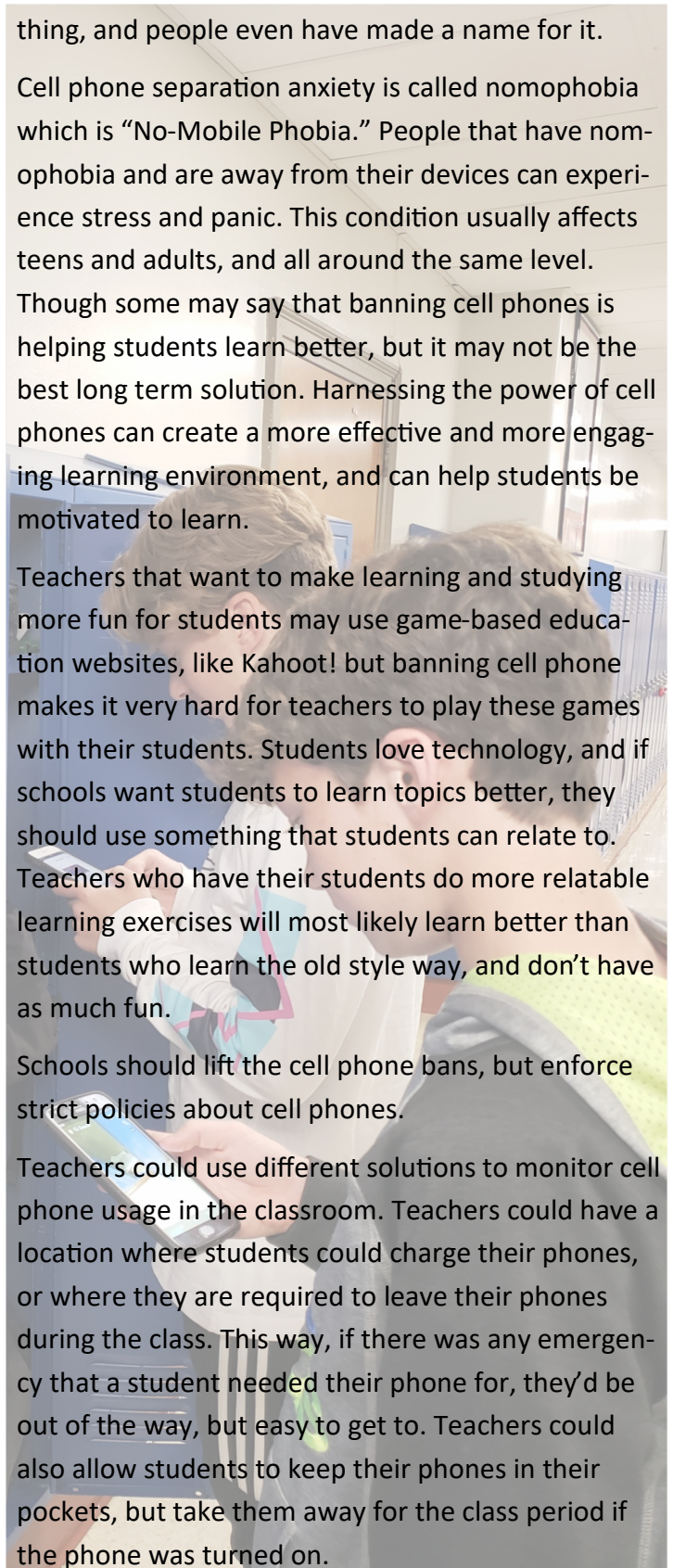
Cell phone separation anxiety is called nomophobia which is "No-Mobile Phobia." People that have nomophobia and are away from their devices can experience stress and panic. This condition usually affects teens and adults, and all around the same level.

Though some may say that banning cell phones is helping students learn better, but it may not be the best long term solution. Harnessing the power of cell phones can create a more effective and more engaging learning environment, and can help students be motivated to learn.

Teachers that want to make learning and studying more fun for students may use game-based education websites, like Kahoot! but banning cell phone makes it very hard for teachers to play these games with their students. Students love technology, and if schools want students to learn topics better, they should use something that students can relate to. Teachers who have their students do more relatable learning exercises will most likely learn better than students who learn the old style way, and don't have as much fun.

Schools should lift the cell phone bans, but enforce strict policies about cell phones.

Teachers could use different solutions to monitor cell phone usage in the classroom. Teachers could have a location where students could charge their phones, or where they are required to leave their phones during the class. This way, if there was any emergency that a student needed their phone for, they'd be out of the way, but easy to get to. Teachers could also allow students to keep their phones in their pockets, but take them away for the class period if the phone was turned on.



BMS Football Continued To Improve All Season

The football season this year has gone very well from the games, the players, and the coaches bonding together. They have been having fun and playing hard football against their opponents.

Even though the team is 1-4-1 8th grader Henry Hondroulis says "I know we didn't win a lot of games, but I think we as a team improved a lot."

7th grader Edin Abenaim thinks the season could've done better saying "The football season was fun but we could have done better, if we ran a little bit more, we would have done better."

Coach Roberts thinks the season went great saying, "In middle school, as coaches, we don't count wins and losses. We gauge the progress

from day to day and hope/work towards getting better each day." He continues "We got better. We played hard. We left a lasting impression on all that we played."

Coach Smith also thinks the season went well saying, "We played very well in all 3 phases of the game. I hope this improvement continues into our last game."

Coach Roberts and Coach Smith both saw improvement in the team. "From day 1 to day 67 our effort has gotten better," Coach Roberts continues, "our team became more unified."

7th grader Trey Warner agrees saying "We improved on working harder and getting better as a group."

Coach Smith agreed. "The team has improved in all phases of the game. The biggest improvement has been the running game. That really starts with the



Football Continues To Improve Continued

offensive line and the tight end. Defensively we probably were at our best this past Tuesday against Whitehall."

Coach Smith has hopes that the eight graders do well as long as they put in the work saying "It will solely depends on what they," he continues, "are willing to do to prepare themselves."

Coach Roberts wants the team to move forward as a unit.

He says "I hope the continue to play and love the game of football and add to the culture of change on the varsity team. I hope they can experience the feeling of getting to the playoffs and the joy of grabbing a win in the postseason." Henry adds "I think high school will be fun, it's a new thing for all of us and I think it will be fun to try and figure out everything."



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