

Get in, Loser, We're Going DANCING

STUDENTS
TEACH THEIR INTRO TO DANCE CLASS
CHOREOGRAPHY TO A SONG FROM "MEAN GIRLS"

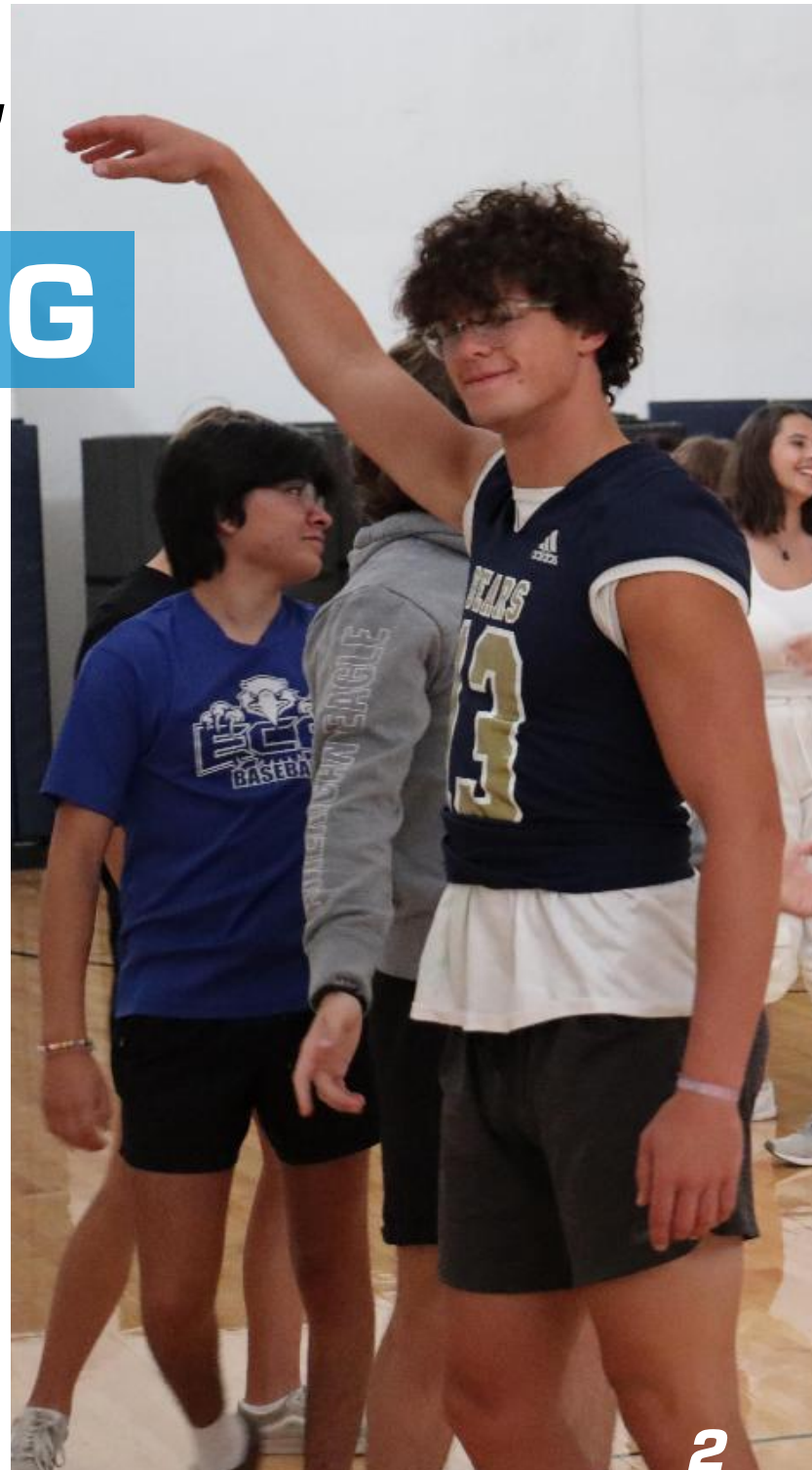
As you make your way down to the main gym for your P.E. class, you wonder why you need three credits of it. You decide to brush it off and cross your fingers that Intro to Dance will be fun. A few classes in, your hopes become reality when your peers teach the class choreography to the infamous "Jingle Bell Rock" song performed in "Mean Girls." Now you wonder why you did not sign up for it sooner!

In their Intro to Dance class, **Gannon Arthur, 12**, **Luke Weir, 12**, **Jordan Taylor, 12**, and **Nate Jones, 12**, were very excited to teach everyone the dance. "I watched the movie a couple weeks ago and I was like, I could

kill this dance," Arthur said. Weir said, "I think the part when you drop down and slap your thighs is the best part."

The rest of the students who learned the dance think **Mr. Armentrout's** class is a great addition to their schedule. "It was actually a lot of fun," **Illianna Corum, 11**, said. "It's not really a class you think you would take, but it's really fun, and Mr. Armentrout is dope."

Not only do you love your P.E. class, but you also know how to dance next time "Mean Girls" pops on! You think, maybe I should sign up for more P.E. classes next year. *story by alaina feddes.*



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1. **Heidi Arndt, 12**, poses with her classmate **Lily Dozier, 12**, for the dance. Arndt thought it was very cool to learn the dance with all of her classmates. "I thought it was fun, interesting to learn, and out-of-the-box," Arndt said. *photo by alaina feddes.* 2. **Gannon Arthur, 12**, demonstrates a dance move to the class. Arthur, along with three of his friends, watched the "Mean Girls" dance repeatedly to perfect the dance before teaching the class. "I think they all learned it pretty well. I'd like to think I'm a decent teacher," said Arthur. *photo by alaina feddes.*



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Yoga helps **Megan King, 10**, focus on things that aren't part of the stress at school. She uses it as a time to relax. "It's a good way to like kinda focus on everything outside of school and just take your mind off of it," said King.

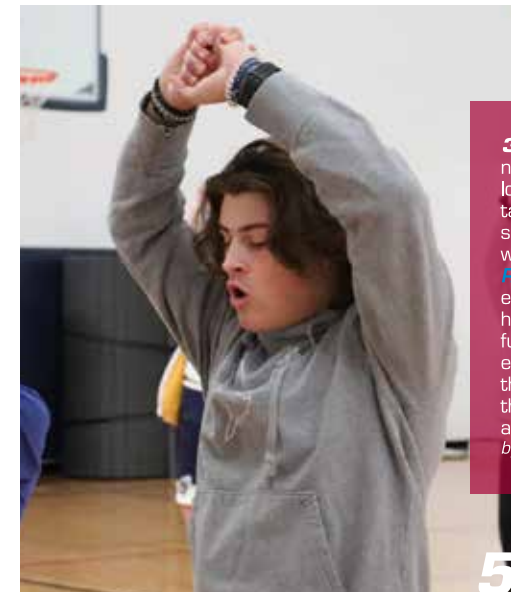
Yoga is STUDENTS IN YOGA HONE IN THEIR BENEFICIAL MEDITATIVE SKILLS **AMAZEN**



Ms. Tivnan encourages positive mental health, which has really helped **Brie Tennant, 10**. "Yoga encourages a really good positive memory that sets a positive mindset. It is always a good break in my day," said Tennant.



Annika Polvi, 12, said, "Yoga helps me because I have weak knees and by stretching them it helps me feel less likely to pull something. And by stretching frequently I just feel healthier."



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3. **Illianna Corum, 11**, is in the middle of learning a new dance next to **Mr. Armentrout** and **Jordan Taylor, 12**. Corum has loved Intro to Dance so far, and is very happy with her decision to take the class. "It was so much fun and you just do whatever," said Corum. *photo by alaina feddes.* 4. **Gracie Johnson, 9**, dances with her classmates **Mona Harron, 10**, **Kaylee Cline, 11**, and **Wiley Joachim, 10**. Johnson thought the dance was fun and she enjoyed the reference to the movie. "Everybody just enjoyed having a good time and doing something we all know and think is funny," said Johnson. *photo by alaina feddes.* 5. **Luke Weir, 12**, enthusiastically throws his arms into the air to lead the class in the choreography. Weir was happy they chose to teach the class the "Jingle Bell Rock" dance. Weir said, "We found 'Mean Girls' and we thought it was kinda interesting, and it was funny." *photo by alaina feddes.*



"It was great working with Gannon. He had a really good booty going. Luke is just really enthusiastic about everything. And Nate, Nate's just a beast."

Jordan Taylor, 12

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LEARN YOUR OWN WAY



Zion Moore, 11

"I am able to pick my own dance and assignments, so I pick dances that incorporate with my style and my personality. I usually enjoy them all the time."



Max Paulik, 12

"I try to go to the gym at least five times a week when I'm not in football season. I workout at the YMCA or at home because I have a workout machine at home."



Jazzy Fleming, 10

"I do the worst, most cringy dances possible and just embarrass everybody. I do the 'Whip' and 'Nae-Nae,' 'Cotton Eye Joe,' and 'Hit the Guan.'"



Bret Finn, 10

"I get to make my own routine. I do four core lifts then five auxiliary lifts and then one five-minute-long core work out."