

IRONMEN OUTLOOK

NEWSLETTER

Teacher of the Month

The Teacher Of the Month is Ms.Hewitt

Q: Why do you want to teach at the sixth-grade level?

A: I love teaching 6th grade! This is where I was placed when I got my job, and I absolutely adore teaching 6th grade.

Q: What are you currently reading for fun?

A: I am currently reading *Spare* by Prince Harry.

Q: What do you like most about being a teacher?

A: I like being able to have a positive influence on my students and athletes!



Written By: Ella Maggard

Anti-Bullying Month

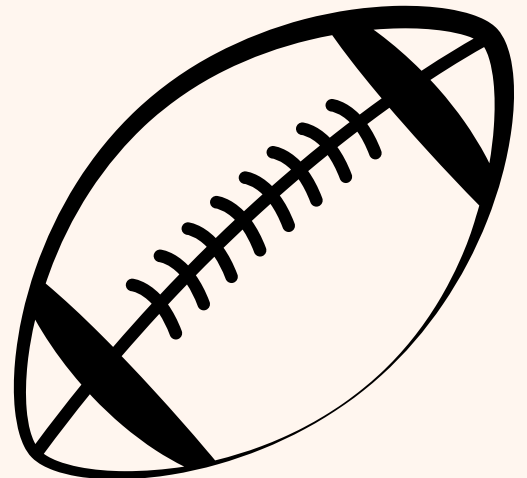
What is the meaning of National Anti-bullying month? October's National Bullying Prevention Month reminds us that students, parents, and teachers all play a role in not bullying. The anti-bullying month started in 1999. One way to help spread anti-bullying month is by posting stuff on social media. Something you can do to celebrate anti-bullying month is wear blue shirts throughout the month of October. The main reason why they made an anti-bullying month is to encourage kids and even adults to stop bullying, not just at school but at home. One way your school can celebrate anti-bullying month is to decorate the school with anti-bullying messages. Even if it is not anti-bullying, it does not mean you should bully other people.

Written By: Deakon Freeman

Football

The Nowata Ironmen had a game against Oklahoma Union recently. Number 7 made a touchdown in the 4th quarter. There was a foul called on OKU's number 82. Nowata Ironmen number 60 tackled OKU's number 8. Nowata Ironmen sadly lost against OKU.

Written By: Bristol Hurd



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Baking / D.I.Y.

D.I.Y. Halloween Costumes

1. The Magic School Bus (Mrs. Frizzle)
2. Peter Pan
3. Pete the Cat
4. The lord of the rings
5. Matilda
6. The Hunger Games
7. Little Red Riding Hood
8. Beauty and the Beast
9. The cat in the hat
10. Laura Ingalls Wilder
11. Willy Wonka and the Chocolate Factory
12. Bat
13. Dog Man
14. Harry Potter

Written By: Tynlee Hayes



Easy D.I.Y. Halloween decorations

3 Easy DIY halloween decorations you can do at home.

The first decoration is a disco ball pumpkin. You will need a fake pumpkin, disco tiles, and glue. First, you will need to clean your pumpkin. Second, you can outline where you want the tiles and glue them. Lastly, you can paint the stem. The second decoration is light up porch ghosts. You will need a foam ball, wire, a string of lights, a white sheet, zip ties, and black paper. First, you will need to zip tie the wire together and wrap the lights around it.

Second, you put the foam ball on the wire and put a white sheet over it. Lastly, you cut out eye shapes and glue them to the sheet.

Written By: Bristol Hurd



Apple Recipes and Deserts

Here are some apple recipes/ dessert to try this Fall!

1. Apple cake
2. Apple cobbler
3. Apple crisps
4. Apple pie pizza
5. Apple pie in a cup
6. Apple hand pie
7. Apple oatmeal crumble bars
8. Apple crumble
9. Apple pie pop tarts
10. Apple dumplings

Written By: Sidney Osman

Autumn Treat

Slow Cooker Shredded Chicken Tacos

Two Chicken breasts

One teaspoon cumin

1 tsp garlic powder

One tsp chili powder

½ tsp black pepper

One can of diced tomatoes and green chilis

Instructions :

Add chicken to the bottom of the slow cooker, sprinkle seasonings on top, and then cover with diced tomatoes. Cook on low for 6-8 hours or high for 4-6 hours. Shred chicken and allow it to remain in the sauce.

Written By: Dali Emberson

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Activities to do in Fall

Pumpkin Patches near Nowata

Ready for the fall season and do not have any fun to do? Here are some fun pumpkin patches to go to near Nowata, Oklahoma.

The Country Bumpkin Pumpkin Patch (Bartlesville, OK)
Celtic Farms (Chelsea, OK)
Shepherds Cross (Claremore, OK)
Annabelle's Fun Farm (Welch, OK)
Pumpkin Town (Tulsa, OK)

Written By: Jayla Weirather



Best Candies for trick- or-treating

It's officially October, which means that spooky season has finally arrived. For most people, the funniest part is going trick-or-treating and getting candy. Picking candy can be hard because of all the different kinds. To help you with that decision, here are the best candies for trick-or-treating this year.

1. Reese's Peanut Butter Cups
2. Snickers
3. Twix
4. Fun Dip
5. Starburst

Hopefully this will help you pick out the best candy to pass out for the trick-or-treaters this Halloween!

Written By: Maddie Smith

Fun Activities

Are you looking for things to do in the fall while the weather gets cold and windy? Apple picking is a good idea. If you prefer to stay inside, try baking; start with something easy, and work your way up. Cookies are fairly easy to make from scratch. They are a good thing to start. Lastly, if you like more of an adventure, you could try to go through a corn maze. You could always go to a scary corn maze for a little more excitement. Another good idea is to throw on your favorite sweater and go on a walk, find some pretty different colored leaves, and collect them. These are four fun ways to enjoy fall.

Written By: Taylor Ewers

Best Halloween Costumes for 2023: Here are a few Halloween costume ideas for 2023!

1. Super Mario Bros.
2. Inflatable Alien
3. Glow-in-the-Dark stick figure
4. The good witch and the wicked witch of the West
5. A highlighter

Written By: Dali Emberson

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Pumpkin Carving Tips

Pumpkin Carving Safety Tips

Here are a few tips if you're having trouble carving a pumpkin safely. First, make sure your carving space is clean. Ensure your hands and tools are as dry as possible so they don't slip. Second, adults should always be doing the actual carving, not children! Third, you should always use actual pumpkin carving utensils, not a kitchen knife. Pumpkin carving knives are thinner, making it easier to shape and add details, while regular knives are thicker, making it harder to shape and add details to the pumpkin. Lastly, always carve away from the body, not towards the body just in case of a slip!

Written By: Taylor Ewers



How to decorate a pumpkin

How to decorate a pumpkin without carving it

You can use

1. Paint
2. Tape
3. Leaves
4. Crayons
5. Glow-in-the-dark googly eyes
6. Plastic lips
7. Toilet paper
8. Pitchers
9. Regular googly eyes
10. Tissue paper
11. Feathers
12. Candy
13. String
14. Sharpie

Written By: Sidney
OsmanOsman

Best Ways to Carve A Pumpkin

A serrated knife works well for creating a hole in the pumpkin. If you cut the bottom of the pumpkin, it will sit level. It's also much easier to place the pumpkin over a light source rather than lowering the light or candle into the pumpkin.

Written By: Aubree Heslen

