

SCVi Leader

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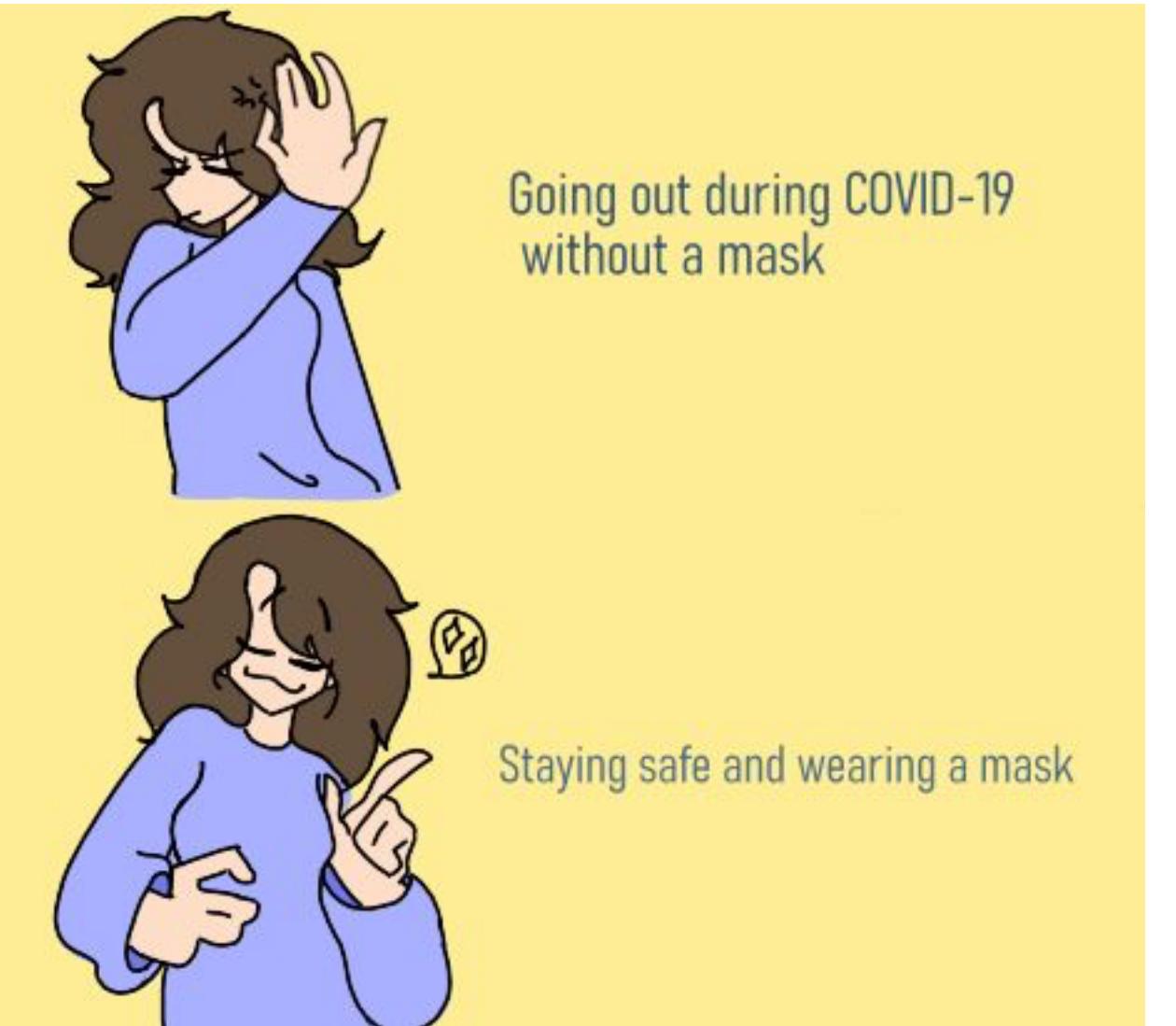
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A STATEMENT OF PRINCIPLES

Hello, and welcome to the SCVi Leader newspaper. This newspaper will be a vital and interactive part of the learning experience here at SCVi. The goal of the paper is to inform and unite learners of all grade levels, and this is not just limited to readers. Staff will also receive the same inspiration, and will also feel a sense of pride and unity about their creations in the paper. We will be covering important events that not only relate to SCVi, but to the outside world in general. Our articles are created to inspire learners and prepare them for the future.

We will cover topics such as: Entertainment, World Events, School Events, and more! All articles are written with learners in mind, and subjects such as World Events will be focused and based on how they affect the lives and futures of learners.

That said, I hope you enjoy this and every other issue of the SCVi Leader!

Hugo Turner, Editor in Chief

iFeel

By Diamante Cameron

There is no denying that school is very taxing on one's mental health, from approaching due dates to asking for help there is always something to worry about. I reached out to our high school facilitators to ask them questions on how to stop procrastinating, stay focused, and how we can make their lives easier. Here are some of the answers that I got from 7 facilitators and highschool student support.



Cheryl Sena (she/her): 12th Grade Facilitator

Q: What is your advice on stopping procrastination?

A: I find spending an hour at the beginning of the week, organizing what I need to do that week helps. I then write a similar list for each day-- plotting out my big rocks for each day. I'll cross off each item as I complete it. I put the most important one as the #1 of the list and try to keep my to dos to six per day. At the end of the day I write the next day's to dos (sic).

Q: What is your advice on how not to get overwhelmed?

A: Set a goal to complete one chunk or one task, then set a timer. Cross it off the list. High five yourself and move to the next task.

and allow yourself time to adjust. Being in person will be more distracting and social, which is important, so need to maintain discipline.

Q: What are things you do to help your mental health?

A: Walk and watch Netflix. Go to the beach.

Lynne Nirattisai (she/her): 9/10th Math

Q: What is your advice for how to avoid being overwhelmed?

A: Have a partner. A best friend, a parent, a sibling, even an online buddy. This should be someone who is your teammate. When you feel something getting to be too much, they help you, and when they feel it, you help them.

Q: We all have days where we just can't, what is your advice for days like that?

A:

Write a diary why you can't, that helps to analyze and organize your status.

Q: What is your advice for transitioning from online to in person?

A:

Be optimistic, and be excited. Because, it's going to be fun!

Q: What are things you do to help your mental health?

A:

Take a road trip, visit friends, and work on my art.

Kris Nilsen (she/her/hers): Academic/College/IB

Counselor

Q: What are things to do to avoid zoom burn-out?

A:

When you don't have to zoom then don't. Only zoom when necessary. Put the screen on speaker view to avoid constantly shifting your eyes to everyone in the zoom. This will reduce headaches.

Q: What is your advice for transitioning from online to in person?

A: Don't rush it. It's been a weird year. It'll be a while before everything feels normal again, even once everything "is" normal again. You, your friends, and the adults will all be awkward for a while.

Q: Teaching in a pandemic is hard, what are things as learners we can do to make your life easier?

A: Even if your camera is off, let me know you're there by responding to questions or asking questions. Do your assignments. If you need help, ask, and ask before you fall behind. Remember that if you have a question, someone else probably does too, so asking would help you, them, and the person doing the explaining.

Q: What are things you do to help your mental health?

A: I talk to my husband about everything. We spend a lot of time with our families, particularly my sister and brother-in-law. We're partners, so when one of us needs a break, the other provides it. It also helps to have a routine: get up, I get ready, he gets the kids ready, I make kids' lunches, he drops them at preschool, we both work, I pick them up, he cooks, I do their bedtime, we watch some TV. It helps to know what to expect, but of course it's also good to vary it up sometimes.

Kevin Becker (he/him): 9/11/12th Grade Facilitator

Q: What is your advice on staying focused online and in person?

A: Know your reset. Do you need a rubber band on your wrist? A fidget spinner? Do you need to take a lap at times? Talk to your friends and facilitators to let them know what your reset is so that they can help you when you need support.

Q: We all have days where we just can't, what is your advice for days like that?

A: Trust your body. If you find your body and mind fighting you then you have to listen to it. Do the best you can to communicate with those "in charge" (teachers, bosses, etc.) to let them know. If they don't respect that it is their prob-

lem, not yours.

Q: What is the best way to ask you for help?

A: Honestly. Don't come with a list of excuses but just come with an honest need for help. It is not a failure of yours to not be perfect.

Q: What is your advice for transitioning from online to in person?

A: Don't expect "normal." This isn't the world we left back in March. This is a very different system that takes time to get used to. Tell yourself it is ok to be scared, to be overwhelmed, and to take time and breaks.

Q: What are things you do to help your mental health?

A: Set time limits. Choose not to work after 4pm. I can answer that email tomorrow. The evening is for me to play video games or read or binge watch a show I've seen 30 times already!



Hannah Kreiger (she/they): 9th/10th CARE Team

Q: What is your advice on stopping procrastinating

A: Procrastination happens for a lot of different reasons, and every person's relationship to their procrastination is different. Saying "just sit down and do it" might work for some, but procrastination is usually the product of extreme perfectionism, a time-based sense of urgency, and (in some cases) confusion. If you don't know where to start (con-

fusion) and you don't want to let on that you don't think you'll be able to do the thing to your standard (perfectionism), you're less likely to tackle the thing until you absolutely have to (time-based sense of urgency). My advice to help curb your procrastination tendencies:

1. If you're a person who needs social cues (i.e. if someone else is doing a thing, you're more likely to do it too) find a buddy you trust who will help hold you accountable for getting your task done.

2. If you're a person who needs minimal distractions, find a quiet spot and set a timer for yourself. Start off with 5 minutes, and resolve that you will not do anything but work on your task until that timer goes off. If you can keep going once that timer goes off, reset it and keep going! If you're still really struggling and can't make yourself work, let a trusted someone know.

3. Don't be so hard on yourself. You are not garbage for procrastinating, you are not fundamentally broken inside, you are not evil incarnate because you left something until the last minute. You're human (probably) and getting upset with yourself is going to make you shut down, and when you're shut down, it's hard to do anything but watch videos and play games.

Q: What is your advice for how to avoid being overwhelmed

A: TALK TO PEOPLE. Seriously, if you are overwhelmed, don't sit there and stew in that feeling. Find a trusted someone and tell them you're feeling overwhelmed! Generally, that trusted someone will talk out that overwhelmed feeling with you. Also, I know this is going to be met with a lot of eye-rolling and general derision from the teenagers, but please sleep as best you can and eat as nutritiously as you can. It sounds fake, or like an old person is trying to tell you how to live your life, but I promise you: you need to sleep. Sleep is when our brain processes what's happened during the day and sorts the information accordingly. If you're feeling like the world is on fire and you haven't gotten a good night's sleep, that's probably a big reason why.

I don't judge!

Q: We all have days where we just can't, what is your advice for days like that?

A: Know thyself. When I'm having A Day TM, I can usually tell because I'm more unfocused than usual, I am extremely sensitive to sound and light, and my patience is lower than usual. When that happens, I run through a checklist for myself: Have I eaten? How much did I sleep last night? Have I hydrated? Have I taken my meds and/or my vitamins? Our brains are, and I say this with all the love in my heart, a well-meaning idiot. When we're feeling that general sense of "Cannot", it's usually our brain trying to get us to stop whatever we're doing and meet our physiological needs. It's our survival mode trying to keep us alive by any means necessary, and those 'any means necessary' can sometimes look pretty ugly (i.e., emotional outbursts [anger is an emotion], complete lack of willingness to do anything), but our brain is doing it in a misguided attempt to keep us safe. Take care of your physiological needs when you're having a "Cannot" day. 1. Taking care of yourself is never a waste of time, and 2. Meeting those physiological needs will help you feel a little sense of accomplishment, which will make those "I did it!" chemicals in your brain do a happy dance.

Q: What is your advice on staying focused online and in person?

A: BE KIND TO YOURSELF! Everyone is struggling to stay focused online, and beating up on yourself for not being able to focus will make it easier for you to slide into a "well, I can't do it anyway, so I just won't try at all". In person, be aware of the things that make it harder for you to focus. If you notice that you can't focus because you can't hear over your classmates, talk to your facilitators! Ask if there are any solutions they can think of to help you. Be honest about whether you think something will work, and give it an honest effort. At the end of the day, you're learning how to stay focused, not for your facilitators or your parents or even your fellow learners, but yourself.

Make that investment in yourself because you are worth it. Yes, you. The person who just thought, "Okay, well I'm garbage, so they didn't mean me", yes I did mean you. You are worth investing in, you bring something to the world that no one else brings (i.e., yourself and your unique perspective), so I suggest you accept this now. You never know who you'll help along the way.

Q: What is your advice for transitioning from online to in person?

A: Find ways to quietly fidget. Doodling is always a good way to keep your hands busy, and doodling

while listening to a lecture can actually help you retain information. Be gracious to yourself, but also be gracious to your classmates. Everyone is making a transition, and we're all going to react differently to said transition. Be mindful of your own reactions to people and situations!

Q: Teaching in a pandemic is hard, what are things as learners we can do to make your life easier?

A: Don't give up on yourselves. When learners give up on their ability to learn, succeed, or even show up, it makes a facilitator's job harder. You cannot learn if you've completely shut down, you cannot succeed if you've already decided you're a failure, and you can't show up if you've decided that making that investment in yourself isn't worth the trouble.

Q: What are things you do to help your mental health?

1. I picked up ukulele last winter break and that's about the happiest sounding instrument I've ever played; instant mood boost every time I practice.
2. TALK TO PEOPLE. I couldn't do anything without having a support system who's willing to listen while I word-vomit my anxieties and neuroses to them.
3. Do things I enjoy and embrace that I enjoy them.

I hope that this has given you some tips or at least that you don't feel alone if you are struggling. Life can be difficult so remember to take time for stuff you love, communicate, and when you need to take a day!

Diamante Cameron is a 9th grade learner at SCVi. Diamante likes acting, writing, and reading excessive amounts of books. She lives with two cats, a dog, two birds, a fish, and a snole (snail).

The Secret Lives of Turtles

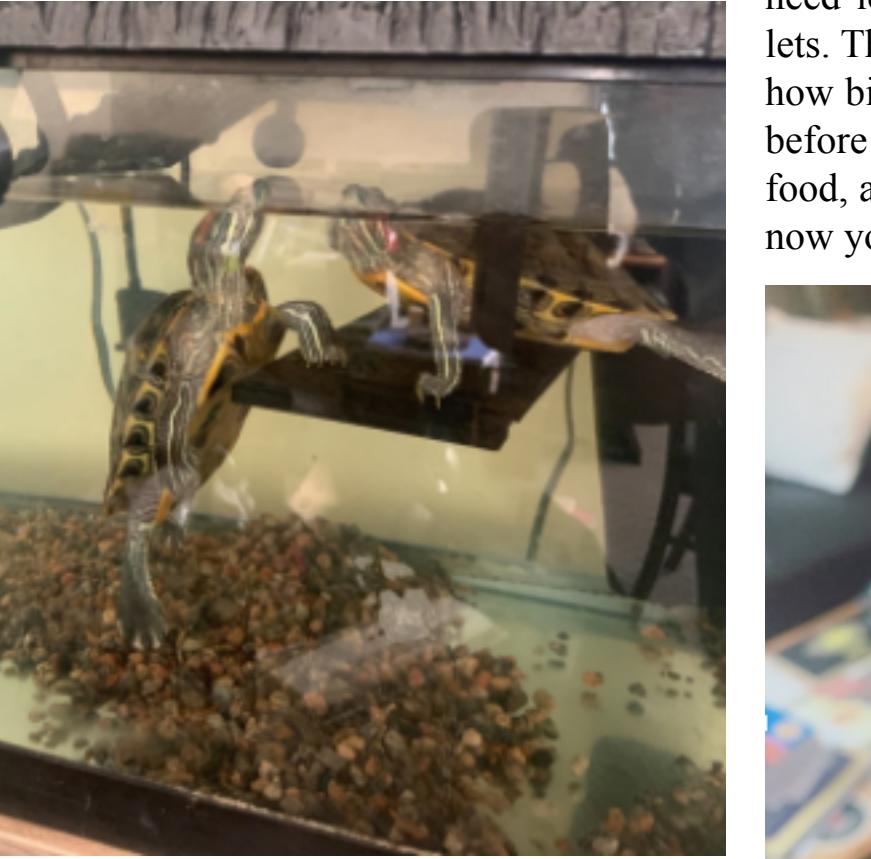
By Sophia Darden

Did you know that if you have multiple basking turtles sunbathing, they will stack on top of each other instead of laying individually? If you didn't know that or want to know more about turtles, keep reading, as we explore the lives of turtles. Turtles are reptiles, and as such, belong in the reptile family. Turtles have a large shell that covers their body to keep them safe. Most turtles are green, but it depends on the type of turtle. Most turtles happen to be omnivores, but it depends on the species. Some turtles eat more greens, and some don't. An omnivore is a creature that eats both animals and plants. There are a BUNCH of different species of turtles. The most common are land turtles, aquatic turtles, and marine turtles. But there are so many species of turtles that it would take too long to list them all.

Turtles are amazing creatures but are they suitable for a first pet? According to Abraham Bran, who has two red-eared sliders, turtles are a pretty good first pet considering they don't need much food, attention, or money. He does say to look up the type of turtle before you adopt them so you can know the requirements. As your turtle grows more and more, you'll need to buy a bigger enclosure for them. It's like outgrowing your bed. When you can't fit in it anymore, you need to buy a new one, except with turtles, it's an enclosure. Many people want a pet that doesn't bite. Fortunately, turtles don't have any teeth, but they use pressure, and it feels like you are getting pinched hard when they bite.

A turtle's diet is essential because they need to eat, that's a no-brainer, and if you are thinking of getting a pet turtle, you need to know what to feed it. Typically, turtles in the wild

eat worms, small insects, snails, and fish. Wild turtles usually eat more meat because their bodies need that protein to grow properly when they are young—knowing that, what foods suit a pet turtle best? Usually, turtle food pellets are good, and freezer dry bugs. Turtles also like to eat leafy greens, and it's good for them as well.

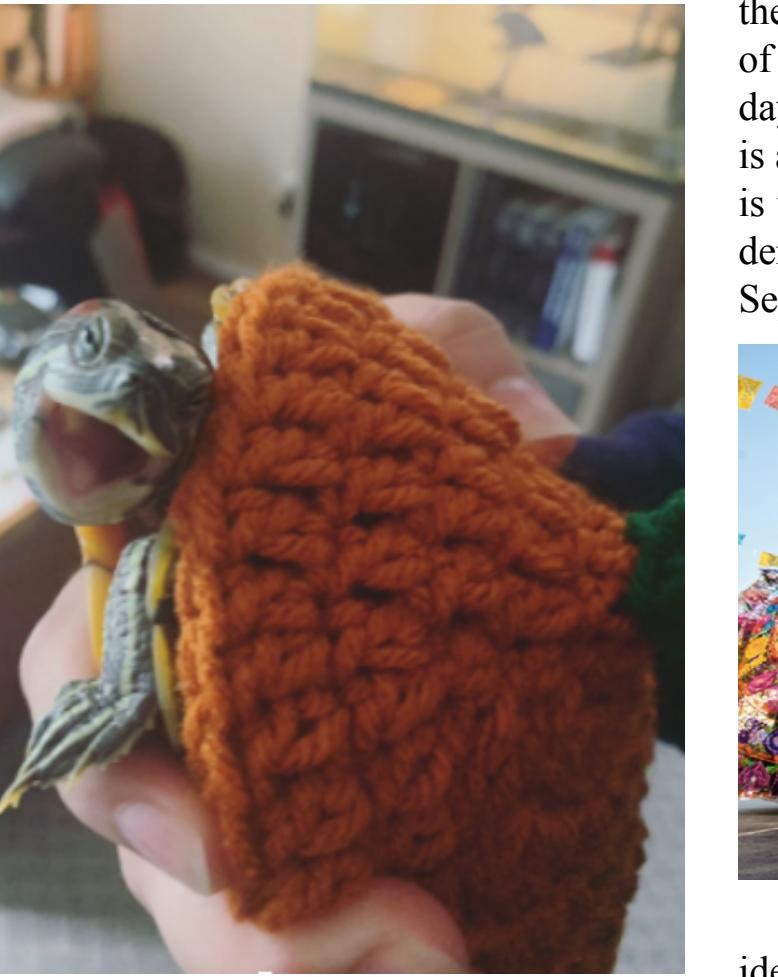


[Abraham's Red-Eared Slider Turtles, Charles and Gertrudis.]

You need to know many things about turtles before you get them, but these, I think, are the most important. Adopting and shopping for a turtle both have their ups and downs, but adopting a turtle saves their life, and if you shop for one, you're just buying a turtle that wasn't rescued. Now, sometimes purchasing a turtle is essential. Hypothetically, your mom will only let you have one type of turtle because you don't have enough space for a bigger-sized one. Then, by all means, go ahead but in the future, maybe adopt? Taking your turtle to the vet is essential as well, Abraham takes his turtle to the vet once a year just to make sure they are good and don't have any health issues, and for a check-up, you would take your cat or dog to the

vet so with turtles it's similar. Lights are critical, as well as taking your turtle to the vet. All turtles need sunlight so they can get a "sun," just like how most turtles in the wild sunbathe, use a heating lamp and UV light for your turtle to get the best results.

Now you know what you need to do if you were ever thinking about getting a turtle. Turtles need leafy greens, frozen dry bugs, and turtle pellets. The enclosure depends on the type of turtle and how big they are, and you need to look up the turtle before you adopt them, so you know what enclosure, food, and how much water they need in the tank. So now you know the secret lives of turtles.



[Abrahams Red-Eared Slider Charles In his Halloween Costume.]

Sophia Darden is a sixth-grade learner at SCVi. She enjoys ice skating and playing video games. Sophia also loves reading and learning about animals. She has two guinea pigs, Mayo and Baby, and a cat named Sushi.

The Celebration of Cinco de Mayo

By Sam Fickett

Cinco de Mayo is a Mexican holiday celebrated on May 5th. The holiday was formed because of Mexico's victory over the French at the Battle of Puebla during the Franco-Mexican War. The battle took place on May 5th, 1862, which is why May 5th is the day to celebrate the victory. The day is also referred to as Battle of Puebla Day. Surprisingly enough, this holiday is not as widely celebrated in Mexico as it is among Mexican-Americans. Another surprise is that Cinco de Mayo is not Mexican Independence Day. Mexican Independence Day is on September 16th.



In 1861, Benito Juarez was elected president of Mexico. During this time, Mexico was in financial turmoil, so President Juarez was unable to pay debts to the European government. In response, the countries of France, Britain, and Spain sent troops to Mexico. Britain and Spain came to an agreement with Mexico, but France came to an agreement with Central and South America. On Cinco de Mayo, avocado sales increase, and it's estimated that Americans eat up to 80 million pounds of avocados on Cinco de Mayo.

The celebration of Cinco de Mayo is mostly celebrated in Puebla, Mexico, and includes mili-



tary parades, Battle of Puebla reenactments, and other festivities. However, May 5th is mostly minor, and is not a federal holiday, although children get the day off from school. In America, Cinco de Mayo is treated as more of a celebration of all Mexican culture. It is celebrated heaviest in the areas of America with large Mexican-American populations, such as Los Angeles, Chicago, and Houston. Cinco de Mayo celebrations in America include parades, parties, mariachi bands, Mexican folk dancing, and eating traditional Mexican foods. Popular foods eaten at a Cinco de Mayo fiesta include Mexican shrimp, queso dip, fish tacos, chicken enchiladas, and more.

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iLEAD DreamUp... The Little Seeds That Are Going to Space!

By Hutch Siegen

iLEAD Student Aerospace Projects' DreamUp to Space teams are getting ready to launch their year long scientific experiments to space. Two teams, Team Carrot and Team Radiata (a radiata is a type of mungbean) are eagerly anticipating June 3rd for the launch of their experiments on board a SpaceX rocket on their way to the International Space Station.

Both teams share a common goal, get their seeds to germinate in microgravity. Teams Carrot and Radiata are in the final preparation stages of their experiment optimization phase. This means they are working diligently to test their hypothesis here on earth in order to have a measurable goal when the experiment is conducted in space.

One of the variables that is being "hammered out" includes what substrate is best. Substrates being tested include paper towels and coffee filters. How much, what brands and any other variables you could think of are being considered. Also being debated and



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tested is the amount of water to include in the final experiment. What amount will give the seeds the best chance at germination while orbiting the earth at 15,500 miles per hour. Each factor, no matter how small, can make or break this experiment.

Countless hours of research and design has gone into these projects. From the research conducted, this could be the first time that carrot seeds are germinated in microgravity. If the experiment is successful, it will be an im-

portant achievement to supply replenishable food for deep space travel!

Team Carrot has partnered with the Burpee Seed Company (www.burpee.com) to send the Burpee carrot seed into space. In the long and distinguished history of the Burpee Seed Company, this is the first time their seeds will be leaving earth! One small step for man... One giant step for a tiny seed.

Team Carrot and Team Radiata will be loading the MixStix on May 10 at SCVi. The loaded MixStix will then be transported to Florida to be loaded onto the SpaceX Falcon 9 rocket. On June 3rd, CRS-22, SpaceX's 22nd operational cargo resupply mission to the International Space Station will launch the Dragon spacecraft. Everyone involved is eagerly awaiting the launch. Both teams are hopeful that these little seeds will sprout and the knowledge learned will have an impact on future space travel. How amazing to think that iLEAD will be part of this important history.

Hutch Siegen is a 6th grader at SCVi and a relatively new addition to the SCVi Leader team! He is interested in space, gaming and exploration!

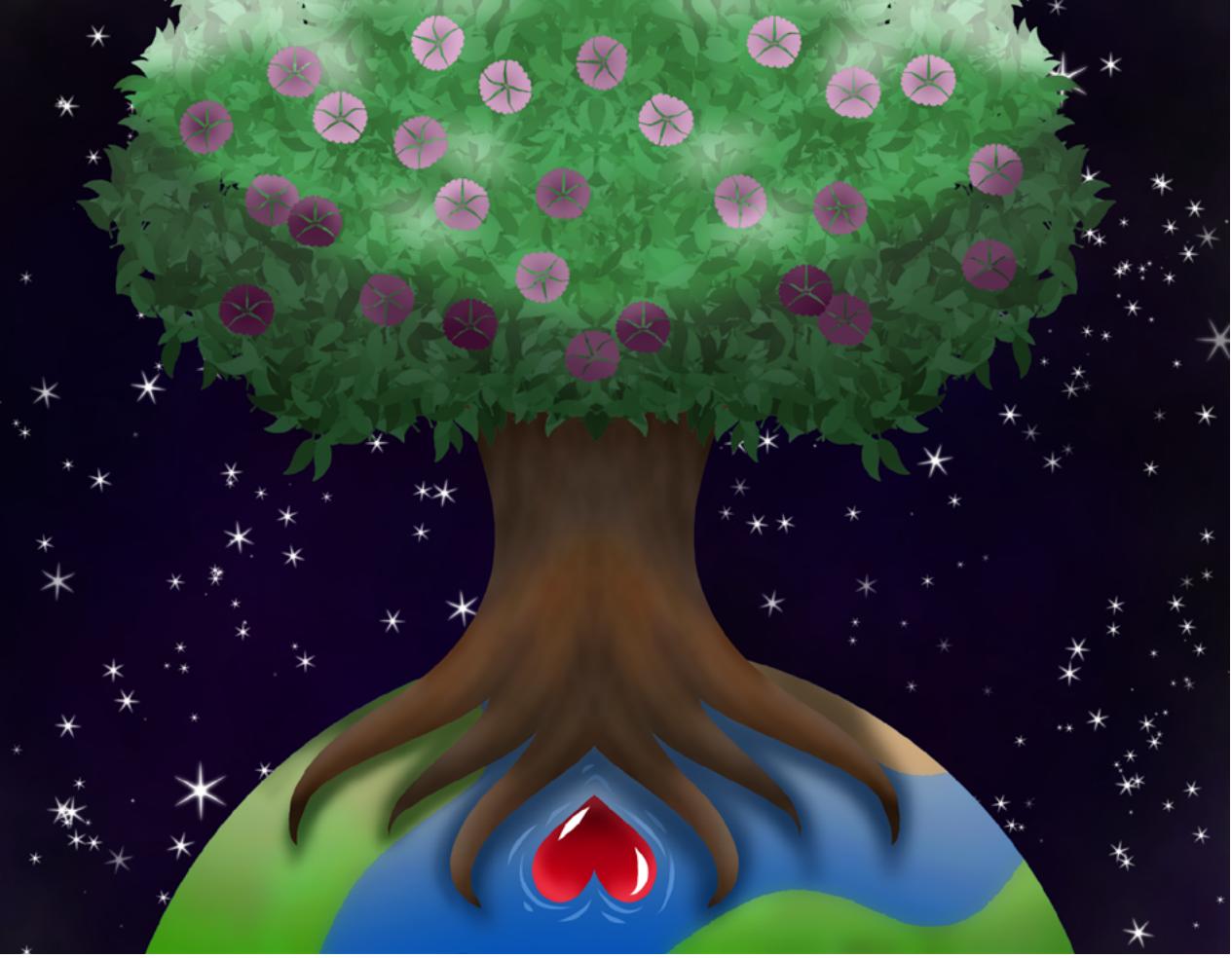
LEARNER ART & COMICS



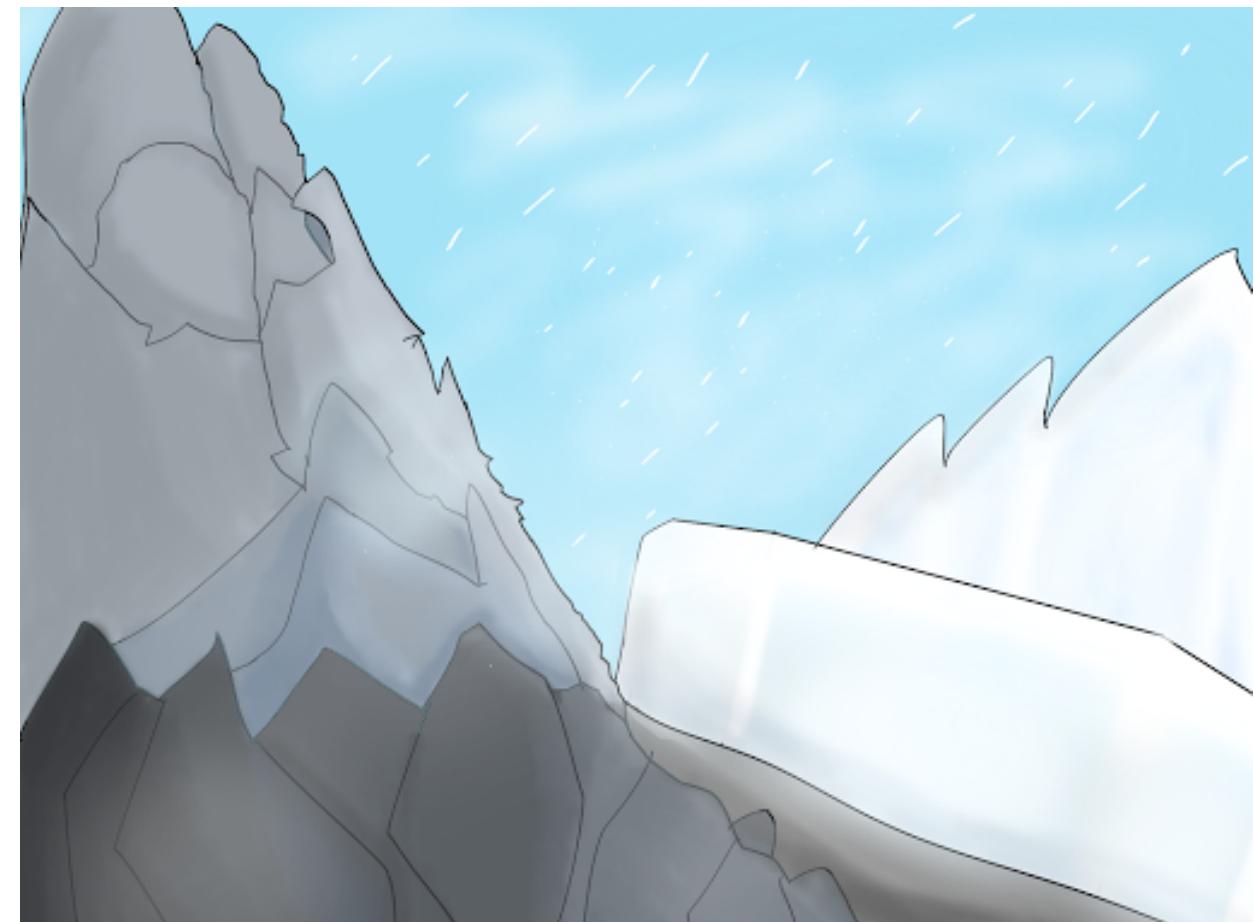
Going out during COVID-19 without a mask

Staying safe and wearing a mask

by Jolie Eyrolet



by Brooke Crane



by Hugo Turner