

SAC NEWSLETTER

January 2023

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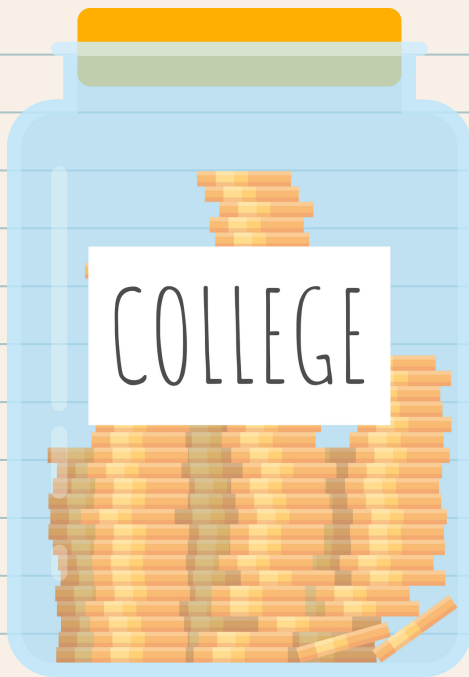


SCHOLARSHIPS

**FREE MONEY
FOR
COLLEGE!**

GO TO:

**[HTTPS://WWW.SCUSD.EDU/S
CHOLARSHIPS](https://www.scusd.edu/scholarships)**



Community and district scholarships are posted when they are made available. Available community scholarships can be viewed at scusd.edu/community-scholarships.

For questions or additional information call (916) 643-9293 or email us at scholarships@scusd.edu



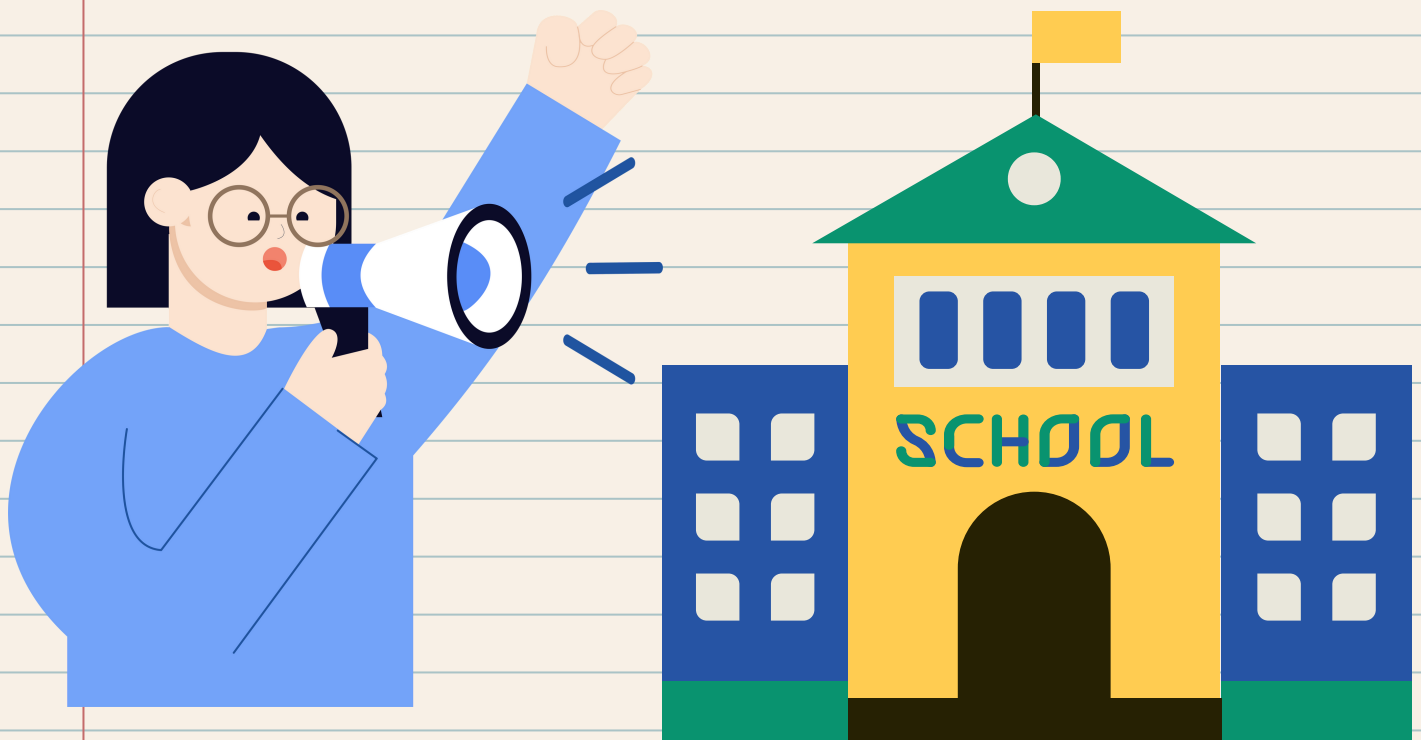
STUDENT VOICES

This January we are sharing more feedback from some of our hardest working students at SCUSD, our Student Ambassadors!

The Student Ambassador program is a youth employment program ran by Youth Development Support Services. Student Ambassadors provide support to after school expanded learning programs across SCUSD, mentor younger students, offer tutoring services and help lead enrichment activities. If you'd like to learn more about being a student ambassador email our lead YDSS youth employment specialist:

david-troung@scusd.edu

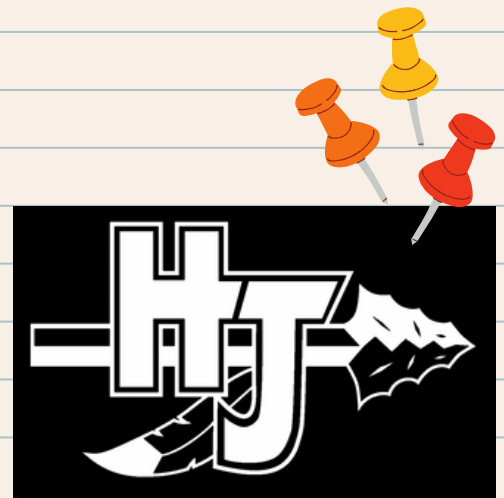
In the pages ahead you'll learn about the awesome experiences they've been having in the classroom across SCUSD.



LIFE AT HIRAM JOHNSON

There are many things I like about the school community. I go to Hiram Johnson High School and would say it's very supportive and good teachers that watch out for us. I would say there's many resources we can use at school that can help us with college, sports, art, or physical activity. There's sports teams and that's going well because it gives students a chance to work together and have fun at the same time. I think it's a good thing to keep in the school community because it promotes teamwork. There's art classes where it's beginner, advanced and AP. Teachers are helpful when teaching new skills and make sure we understand what we're learning. There's a student support center at my school where we can go to get a work permit. It's a learning process where we have to take responsibility and submit forms at the right time. This skill could help us in the future when applying for jobs. There's lots of support and the staff are helpful. I feel the skill that can help us would be knowing when to speak up. We have counselors at Hiram Johnson and we have to email them to set up a meeting. We can talk about changing classes, personal issues, questions, stress, etc. School can teach us about taking responsibility for your own actions and that can be used in the future.

-Angel Chu, Hiram Johnson High School

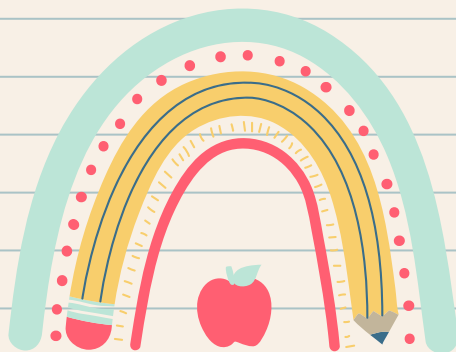




THE JOYS OF MENTORING

A school related topic i would like to highlight is the students at John cabrillo. They work so hard and their so friendly and kind to each other. I always look forward to work because they always greet me with a smile and sometimes even hugs. The kindergartners are always so sweet and it always makes my day when they run up to me to say hi. The third graders are just as precious. They have amazing communication and teamwork skills they are always upbeat and really positive influences on the children younger then them. There are soo many things I just honestly love about working at this school. On top of the students being wonderful I feel really supported by the staff as well. I feel like I'm making a difference at this school so far and the students are only helping me make that process easier. I just want to be a positive role model to the students at John cabrillo and so far I think I've really done so. I want to be able to show students how to be proper scholars and that no matter what you can do anything you put your mind to and I feel like I'm showing them that. I can't express how amazing those students are and how they made me realize that helping children is something I really enjoy doing.

-Labraya Couch, American Legion HS





FUN AFTER SCHOOL

I would like to highlight my after school program at Pacific Elementary is implementing programs, clubs and events to further enhance children's knowledge and hobbies, even outside of school. Something very new to me as a person who attended ASES as a child, was "Food Literacy". This class was about 30 minutes to an hour every wednesday for the first semester in which students learned about cooking and foods, especially about how important having vegetables in a meal is. In Food Literacy, young students also learned about how to hold knives properly and went over the styles of cutting, helping aid future dangers in the kitchen as well as teaching skills a child will need. Furthermore, students learned how to make tasty food recipes, exploring what foods they liked without peer pressure and being able to take recipes home for friends and families to make. This program also aided the kids hunger at the afterschool program which is an issue most the students complain about, yet could be fixed fairly easily if they were given a snack throughout the program.



Continuing, my ASES program implemented a majority of clubs that included art club, dance club and Crochet Club, which excited me as a senior in highschool and even more elementary school students. These clubs let students explore their interests, teaching them skills and allowing them to develop hobbies students can expand on as they grow.

Jacquelin Robledo, West Campus HS



CELEBRATING MLK DAY

January 16th is a day of commemoration for one of the greatest Civil Rights Leaders in global history, Dr. Martin Luther King Jr. This article will give you a synopsis of some highlights about his life, his greatest accomplishments and how you can celebrate his life through service.

1/15/29

DATE MARTIN LUTHER KING, JR. WAS BORN IN ATLANTA, GA — AS "MICHAEL LUTHER KING, JR."

15

AGE AT WHICH KING GRADUATED FROM HIGH SCHOOL.

17

AGE AT WHICH HE RECEIVED HIS LICENSE TO PREACH. HE BECAME AN ORDAINED MINISTER AT 19.

1963

DR. KING NAMED "MAN OF THE YEAR" BY *TIME* MAGAZINE.

35

DR. KING'S AGE WHEN HE WON THE 1964 NOBEL PEACE PRIZE. HE WAS ITS YOUNGEST RECIPIENT EVER AT THE TIME.

\$54,123

VALUE OF THE NOBEL PRIZE MONEY, OF WHICH HE VOWED TO TURN OVER "EVERY PENNY" TO THE CIVIL RIGHTS MOVEMENT.

12

NUMBER OF YEARS DR. KING LED THE MODERN AMERICAN CIVIL RIGHTS MOVEMENT, FROM DECEMBER 1955 UNTIL HIS DEATH IN APRIL 1968.

20-30

NUMBER OF TIMES DR. KING WAS ARRESTED THROUGHOUT THE COURSE OF HIS CIVIL RIGHTS WORK. HE WAS ASSAULTED AT LEAST FOUR TIMES, AND HIS HOME WAS BOMBED AT LEAST ONCE.

>6 MILLION

MILES KING TRAVELED IN THE ELEVEN-YEAR PERIOD BETWEEN 1957 AND 1968.

>2500

TIMES HE SPOKE TO AUDIENCES DURING THAT SAME PERIOD.

381

LENGTH, IN DAYS, OF THE SUCCESSFUL **MONTGOMERY BUS BOYCOTT OF 1955-1956**, LED BY DR. KING AFTER ROSA PARKS REFUSED TO GIVE UP HER SEAT TO A WHITE PERSON.

250,000

NUMBER OF PEOPLE WHO ATTENDED THE 1963 MARCH FOR JOBS AND FREEDOM IN WASHINGTON, DC, WHERE DR. KING DELIVERED HIS FAMOUS **"I HAVE A DREAM"** SPEECH.

1964

YEAR CONGRESS PASSED THE CIVIL RIGHTS ACT, **MAKING RACIAL SEGREGATION ILLEGAL** IN THE UNITED STATES.

1965

YEAR CONGRESS PASSED THE VOTING RIGHTS ACT, FOLLOWING THE **VOTING RIGHTS MARCH** FROM SELMA TO MONTGOMERY, AL, LED BY DR. KING.

>17

YEARS THAT PASSED BETWEEN THE FIRST PROPOSED LEGISLATION REQUESTING DR. KING'S BIRTHDAY BECOME A NATIONAL HOLIDAY (**4/8/68**) AND THE FIRST OBSERVANCE OF HIS BIRTHDAY AS A NATIONAL HOLIDAY (**1/20/86**).

1 MILLION

APPROXIMATE NUMBER OF PEOPLE THAT TRAVEL EACH YEAR TO THE THE KING CENTER, IN ATLANTA, TO HONOR HIS LEGACY.

\$0

COST OF A HALF-HOUR TOUR OF 501 AUBURN AVENUE IN ATLANTA, GA, THE HOME WHERE KING WAS BORN AND LIVED FOR THE FIRST 12 YEARS OF HIS LIFE.

39

DR. KING'S AGE AT THE TIME OF HIS ASSASSINATION ON **APRIL 4, 1968**.

1 HOUR

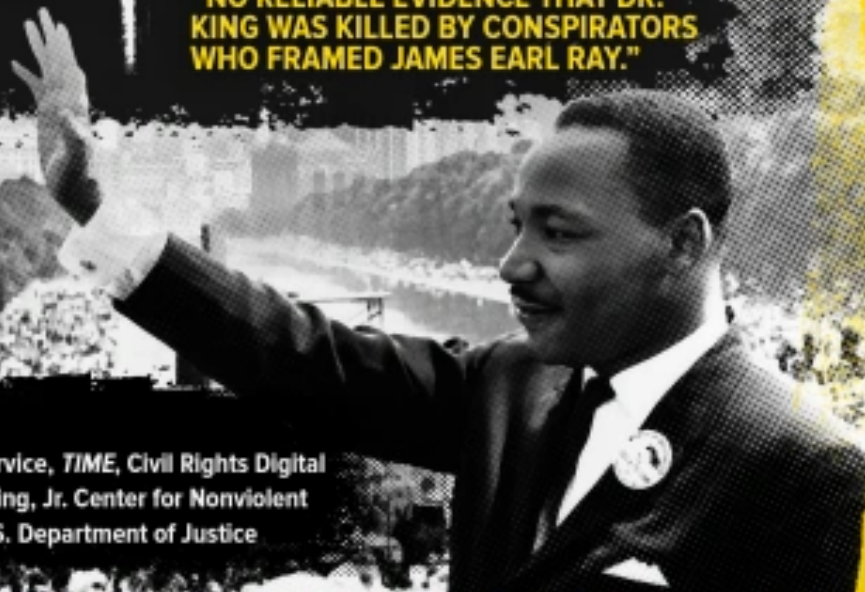
ROUGHLY THE TIME IT TOOK TWELVE JURORS, AFTER FOUR WEEKS OF TESTIMONY AND 70+ WITNESSES, TO REACH A UNANIMOUS VERDICT ON DECEMBER 8, 1999, THAT DR. MARTIN LUTHER KING, JR. **WAS ASSASSINATED AS A RESULT OF A CONSPIRACY**.


6

MONTHS AFTER THE VERDICT THAT THE U.S. JUSTICE DEPARTMENT CONCLUDED THERE WAS **"NO RELIABLE EVIDENCE THAT DR. KING WAS KILLED BY CONSPIRATORS WHO FRAMED JAMES EARL RAY."**


Designed by: Erich Bartlebaugh

Sources: Nobel Foundation, National Park Service, *TIME*, Civil Rights Digital Library, The King Center, The Martin Luther King, Jr. Center for Nonviolent Social Change, Congressional Record, the U.S. Department of Justice



 MLK Day of Service  Share



 Watch on  YouTube

 MLK Day Legacy of Service PSA - 60 seconds  Share



MLKDay.gov

 Watch on  YouTube

Facebook.com/MLKDay
1-800-942-2677

Corporation for
NATIONAL & COMMUNITY SERVICE 

HUMAN TRAFFICKING AWARENESS DAY



January 11th is National Human Trafficking Awareness Day. This day was first commemorated through a presidential address given by former President Barack Obama. The day serves a way to bring awareness, promote advocacy and work in solidarity with victims of these dehumanizing crimes.

HUMAN TRAFFICKING IS

modern day slavery.

exploiting a person through force, fraud, or coercion.

sex trafficking, forced labor, and domestic servitude.

happening everywhere, even in the United States, and victims can be U.S. Citizens or of any nationality, age, socioeconomic status, or gender.

any person under the age of 18 involved in a commercial sex act.

By the Numbers

HUMAN TRAFFICKING

IN 2021

10,583 **13,594**

human trafficking cases reported

calls from victims and survivors

THE 3 STATES WITH HIGHEST CASES REPORTED



CALIFORNIA
1,334



TEXAS
987



FLORIDA
738

TOP WAY HOTLINE WAS FOUND:

1 (888) 373-7888

Source: National Human Trafficking Hotline



1 in 5 homeless youth in California has experienced some form of trafficking

THERE ARE 3.80 HUMAN TRAFFICKING VICTIMS FOR EVERY 100K CALIFORNIANS. (WORLD POPULATION REVIEW)

CALIFORNIA RANKS 7TH IN THE NATION WITH 1507 CASES IN 2021. IN COMPARISON, THE NATIONAL AVERAGE IS 2.82 PER 100K PEOPLE.



MENTAL HEALTH MATTERS

There are many things that should be highlighted in SCUSD, both good and bad. One topic I'd like to focus on is mental health at schools. At some schools, they have a "Mental Health Awareness Week," where they focus on students mental health and wellbeing, but after and before that, it's barely mentioned. On the back of our student ID's, they have the National Suicide Prevention Lifeline, which wasn't there throughout elementary and middle school. Some could argue, it's not needed on elementary through middle school ID's, but I disagree. Mental health affects everyone regardless of age, and some are younger than others. These lifelines and resources should be available to everyone, regardless of age, because if a person's not suffering, someone else they know could be. Mental health, and mental illness doesn't have a starting age, and resources available to help shouldn't only be available to older kids.

Another thing I've noticed is the lack of mental health resources in middle and high schools for students and teachers. Sure, schools will talk about physical health until they're blue in the face, but what about mental health, which can be argued, is just as important. Sexual education is taught, so students know how to use a condom, but where are the teachings if they experience a mental health crisis at school? Where do they go? What do they do? And also, what are the teachers supposed to do? Talking to some of my teachers at schools in years past and present showed that they are drastically unprepared in regards to student mental health crisis, and topics like self-harm and suicide.

continued on next page



Mental health matters

Suicide is considered a tragedy, but recognizing suicidal thoughts and signs can potentially save a life. Each day, there are approximately 12 youth suicides. Every 2 hours and 11 minutes, a person under the age of 25 completes suicide.

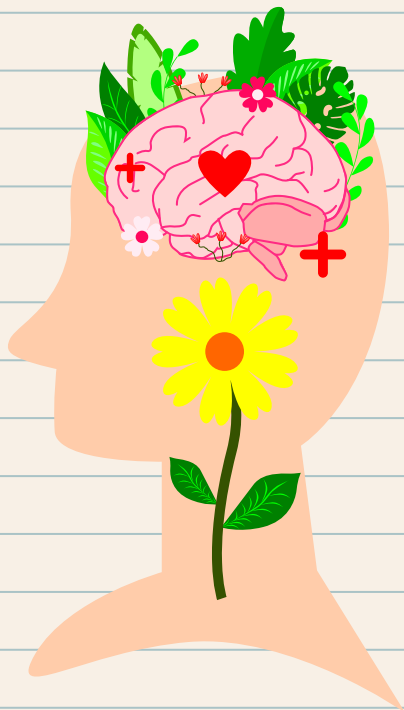
Here is my proposal: Make mental health a priority in school, provide resources for ALL students, regardless of age, train teachers and staff in recognizing the warning signs of mental illness; such as depression, anxiety, self-harm, and suicidal ideations. Treat mental health the way physical health is treated, teaching sexual education is important, but so is mental health. Take more than a week to educate students and staff on mental health, what they can do in time of a mental health crisis, where they can go or call.

This is my message to teachers and staff of SCUSD: If you see a student behaving differently in class, if they're clearly anxious, sad, or in need of a break, give it to them. Let them know that you see them, and they're heard. Don't brush them under the rug. Be open about your mental health, and let your students know they're NOT ALONE. Don't let one of your students just be another statistic, you can do more than you know by just noticing if something is off. Educate yourself on topics you're unfamiliar with, there are websites like <https://mhmyouth.org/> that talk a lot about mental health and disorders, and can fill in some gaps or questions. Students' Mental Health Matters! Let's start treating mental health like it actually matters.

Remi Millette, JFK HS



YOU CAN HELP PREVENT SUICIDE



Pain Isn't Always Obvious

**KNOW
THE SIGNS**

[Suicide Is Preventable.org](https://www.suicideispreventable.org)

Helping prevent suicide is everyone's job. By knowing these steps from Know the Signs, you may just save a life:

1) Know the Signs

- Pain isn't always obvious, but most suicidal people show some signs that they are thinking about suicide. The signs may appear in conversations, through their actions, or in social media posts. If you observe one or more of these warning signs, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change, step in or speak up:

- Withdrawal / Changes in sleep / Reckless behavior / Personality change / Neglect of personal appearance / Physical pain / Substance abuse / Giving away belongings / Sudden mood changes / Loss of interest





2. Find the Words

“Are you thinking of ending your life?” Few phrases are as difficult to say to a loved one. But when it comes to suicide prevention, none are more important. Here are some ways to get the conversation started:

-Start the Conversation

Before starting a conversation with someone you are concerned about, be prepared. Have a list of crisis resources on hand.

Practice what you will say. Plan the conversation for a time when you won't be in a hurry and can spend time with the person.

Visit the AFSP's Resource Page for a list of national and local resources.



-Mention the signs that prompted you to ask about suicide. This makes it clear that you are not asking “out of the blue,” and makes it more difficult for the person to deny that something is bothering them.



Ask directly about suicide. Talking about suicide does NOT put the idea in someone's head and usually they are relieved.

Asking directly and using the word “suicide” establishes that you and the person at risk are talking about the same thing and lets the person know that you are willing to talk about suicide.



You may phrase the question in a different way. If they answer “yes” to your direct question about suicide stay calm, and don't leave the person alone until further help is obtained. Call 9-1-1 or the National Suicide Prevention Lifeline at 1-800-273-8255.





2) Listen, Express Concern, Reassure



- Listen to the reasons the person has for both living and dying. Validate that they are considering both options and underscore that living is an option for them.
- Let the person know you care. Letting them know that you take their situation seriously, and you are genuinely concerned about them, will go a long way in your effort to support them.

3) Create a Safety Plan



- Ask the person if they have access to any lethal means (weapons, medications, etc) and help remove them from the vicinity. (Another friend, family member or law enforcement agent may be needed to assist with this.)
- Do not put yourself in danger; if you are concerned about your own safety, call 911.
- Create a safety plan together. Ask the person what will help keep them safe until they meet with a professional.
- Ask the person if they will refrain from using alcohol and other drugs or agree to have someone monitor their use.
- Get a verbal commitment that the person will not act upon thoughts of suicide until they have met with a professional.

4) Get Help



- Provide the person with the resources you have come prepared with. Call the National Suicide Prevention Lifeline anytime at 1-800-273-8255.

JANUARY RECOGNITION

LET'S CELEBRATE

Monthly Observances
in October 2022



JANUARY 2023

Holidays & Observances



Sunday January 1st
New Year's Day



Tuesday January 3rd
Festival of Sleep Day



Thursday January 5th
Bird Day



Sunday January 8th
Earth's Rotation Day



Monday January 9th
Clean your Desk Day



Thursday January 12th
Pharmacist Day



Friday January 13th
Gluten-Free Day



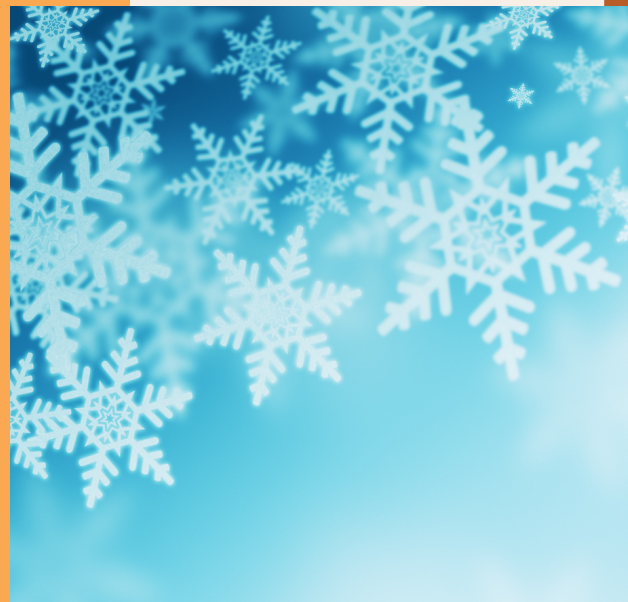
Monday January 16th
Martin Luther King, Jr. Day



Wednesday January 18th
Winnie the Pooh Day



Monday January 30th
Bubble Wrap
Appreciation Day



BRAIN BREAK



WEATHER

Word Search Puzzle



O	D	K	A	T	G	E	Z	K	X	R	W	P	I	H	D	L
L	U	K	D	V	S	S	U	N	S	H	I	N	E	A	H	I
C	Z	H	U	R	R	I	C	A	N	E	F	L	O	O	D	G
F	N	L	N	V	I	A	O	L	T	F	M	Z	F	M	M	H
F	Y	C	S	I	T	Z	I	Q	O	A	I	A	O	O	T	T
K	G	B	M	Q	H	L	Z	N	L	U	Z	T	R	S	Z	N
X	G	H	F	D	U	Z	M	L	O	M	D	M	E	N	M	I
S	V	W	I	R	N	A	E	Z	E	F	J	S	C	N	S	N
E	N	I	A	O	D	Y	L	Q	Z	R	T	F	A	W	H	G
W	D	O	G	U	E	A	J	L	V	O	O	A	S	O	O	O
I	I	N	W	G	R	D	L	T	K	S	R	K	T	H	W	V
I	K	N	O	H	Y	M	N	Y	D	T	N	H	E	U	E	E
F	E	J	D	T	S	B	W	F	S	R	A	A	B	M	R	R
C	M	E	S	L	E	E	T	H	G	T	D	I	C	I	M	C
H	E	A	T	W	A	V	E	H	Q	E	O	L	F	D	I	A
O	I	A	K	D	S	C	Z	E	D	S	Q	R	Q	F	S	S
B	L	I	Z	Z	A	R	D	I	Q	U	J	G	M	T	T	T



- | | | |
|----------|-----------|----------|
| BLIZZARD | HEATWAVE | SLEET |
| CLOUDS | HUMID | SNOW |
| DRIZZLE | HURRICANE | SQUALL |
| DROUGHT | LIGHTNING | STORM |
| FLOOD | MIST | SUNSHINE |
| FORECAST | OVERCAST | THUNDER |
| FROST | RAIN | TORNADO |
| HAIL | SHOWER | WIND |

Free printable courtesy of PrintFree.net

What has hands but cannot clap?

What has a neck but no head?

You go at red, but stop at green.

What am I?



RD



	4			2		8	6	5
7			6		8			
1					4	7		2
	1	8	7	4				
		5	2		9	6		
				8	6	1	5	
9		1	5					6
			8		2			7
8	7	3		6				2



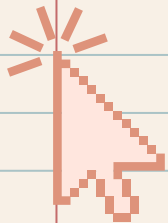


Want to be featured in our next edition?

Do you have an idea you'd like to see mentioned? Do you want to write your own article? Is there a riddle you're desperate to share?

We want to hear your voice in future volumes! Feel free to contact us :

studentadvisorycouncil.scusd@gmail.com



Or DM us on Instagram
using the QR code here:

INSTAGRAM

