

VOLUME 1, DEC. 2020

SAC EXCLUSIVE

The official newsletter of Sacramento City Unified School District's (SCUSD) Student Advisory Council (SAC)

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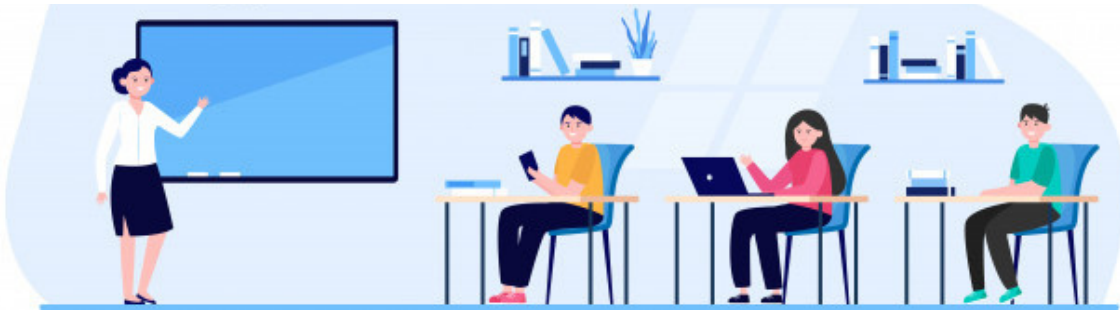
TEACHERS OF THE MONTH

SELECTED BY SCUSD STUDENTS

The SCUSD Student Advisory Council is so proud to announce these three teachers as our November Teachers of the Month.

We thank them for going above and beyond to serve their students and our district. On behalf of the SAC, thank you!

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TEACHERS OF THE MONTH

SELECTED BY SCUSD STUDENTS

(Continued)

Elementary School: Crocker Riverside Elementary School

Tracy Adams: 4th Grade

Ms. Adams is absolutely amazing and one of the best teachers my children have ever had. My son had her 3 years ago and had the most amazing year, and now my daughter has her, and again, she is performing at such a high level. Ms. Adams really connects with the kids and really sees them. She sometimes reaches out to me if she sees anything out of sorts with my child. She is very engaged, and engages the children with fun activities that teach them. She is hardworking, fair, kind and expects their best. As a parent, she is so great keeping me informed with clear and concise information, and to my children, she is someone they look up to. Ms. Adams is truly one of those GREAT teachers that should be recognized. – *Neva Lowery (parent)*

Mrs. Adams has made distant learning feel natural like we have always done it. She hasn't skipped a beat. My son works harder for her than I've ever seen him work. She's motivating for her class and keeps the balance of learning with fun just perfect. She is also an amazing communicator for the families she is teaching. – *Suzanne O'Brien (parent)*

Ms. Adams has shown fantastic patience and understanding to kids struggling with the distance learning format. She offers lesson in different formats so each child can use that format which works best for them. Personally, she has spent many hours helping my daughter, who has an IEP, work through lessons that have challenged her. She has gone above and beyond to make sure lessons are not more challenging due to distance learning. – *Jennifer Perinati (parent)*

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TEACHERS OF THE MONTH

SELECTED BY SCUSD STUDENTS

(Continued)

Middle School: Sutter Middle School

Claire Norris: 7th Grade

Mrs. Norris's previous students say that she was an amazing teacher, but I think amazing isn't even close to describing how great she is. She always knows how to engage the class, whether it is doing virtual science experiments or answering a daily question, but whatever she does, she makes sure that we have the best experience, even through distance learning. If we ever email her, she is quick to respond to make sure we learn to the best of our abilities. – *Juliet Shah*

I think that Ms. Norris should be recognized because she helps us on what we need. In this class, she also makes learning fun. She lets us watch videos and goes over it again and makes sure that we know it. She welcomes us with pictures, a question, and what we need to copy in our notebook. She also makes everything as good as she can, she updates our grades as fast as she can and gives opportunities for extra credit. She makes learning fun and easy. – *Fletcher Kapis*

High School: Capital City School

Lorrie Drotts: 10th Grade

I ended up coming to Capital City School during freshman year. It's a scary experience by itself becoming a freshman, but a new school with new teachers and students on top of that as well? All of the teachers at this school are great. However, Mrs. Drotts was my first teacher and she made the experience very easy and welcoming. She likes to get to know her students and develop a bond with them. Even when it comes to math, she will go out of her way to make sense out of the equation, graph, etc. if you are not understanding. She will make the problem accommodate you. – *Anthony Benavidez*



MENTAL HEALTH AND THE HOLIDAYS

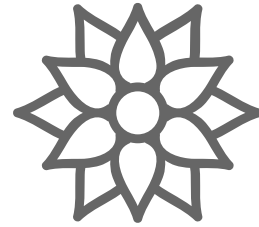
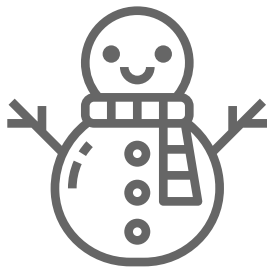
BY LILY RUSK
JOHN F. KENNEDY HIGH SCHOOL

The holidays can be stressful at the best of times, but during a pandemic, being isolated can be especially difficult. Holidays come with high expectations and feeling left out or lonely can exacerbate mental health symptoms. Trying to have the perfect holiday when life simply isn't can lend itself to feelings of negativity. Dealing with strained family relations while being expected to be happy can also heighten anxiety. Oftentimes, when these situations arise, it is easy to ignore your feelings. However, failing to acknowledge emotions can lead to negative consequences. It is vital to express your feelings to prevent them from festering. Don't be afraid to reach out to trusted family members, friends, or peers. Leaning on one another and talking it out might be beneficial for both of you.

Being away from family or having lost a loved one can also be incredibly difficult. Grief is a normal reaction which needs to be expressed. Don't think you need to suppress unhappiness because you are expected to be cheerful for the holidays. Especially under this year's circumstances, it is important to be gentle with yourself and others.

For some, the holidays can also be a very stressful time due to familial tensions. Setting boundaries with friends and family is key. Saying "yes" when put in a situation that makes you uncomfortable can leave you feeling overwhelmed. Don't be afraid to say "no" when you need a break. Taking a breather can also help clear the mind; simply taking a few minutes to get fresh air can help put things into perspective. Lastly, continuing to talk out your feelings with someone close and trusted can relieve tension and make you feel less alone.

Remember, your feelings are valid.



CULTURAL AND RELIGIOUS HOLIDAYS IN DECEMBER

BY SARA FARAJ
JOHN F. KENNEDY HIGH SCHOOL

During this time of the year, it's important to recognize the diverse variety of cultural and religious holidays. Let's explore them!

Christmas: Dec 25

Most of us have heard of Christmas. For Christians, the day is seen as a celebration of the birth of Jesus of Nazareth. Many Christians begin their Christmas day with a midnight service, known as Midnight Mass. Some also take part in church events on Christmas morning. Christmas is also largely celebrated as a cultural holiday: Many families put up Christmas trees, decorate their homes with lights, ornaments, and stockings, and exchange gifts with friends and family.

But Christmas isn't the only holiday this time of year, nor should it be treated as such. Here at the SAC, we want to celebrate all of the diverse holidays and cultural events taking place in December.

Bodhi Day: Dec 8

Bodhi Day is a religious holiday celebrated by followers of the Buddhist faith on the 8th day of the 12th lunar month. This day celebrates the achievement of enlightenment by Siddhartha Gautama, also known as the Buddha. On Bodhi Day, many Buddhist families remember the Buddha by taking part in meditation, eating a meal of rice and milk, which Gautama was said to have eaten following his enlightenment, lighting candles for a month, decorating a ficus tree with beads and colored lights, and putting up ornaments to represent the Three Jewels of Buddhism. Many Buddhist communities will also come together for celebrations and prayers during the night of Bodhi day.

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CULTURAL AND RELIGIOUS HOLIDAYS IN DECEMBER

BY SARA FARAJ
JOHN F. KENNEDY HIGH SCHOOL

(Continued)

Hanukkah: Dec 10-18

Hanukkah, or Chanukah, is a Jewish holiday which celebrates the rededication of the Second Temple in Jerusalem during the second century B.C.. During the eight days of Hanukkah, which fall on December 10th to 18th of 2020, Jewish families may take part in celebratory activities such as giving a prayer and lighting one candle on a menorah for each day of celebration. For the Jewish community, the menorah has an important history. According to Jewish teachings, following the reclamation of the Second Temple, the Temple's Menorah was lit, and by miracle, the one-day supply of oil was able to last for eight days. Some other celebratory activities include playing with a dreidel, eating traditional foods, and exchanging gifts.

Hmong New Year: Dec 26-31

Hmong New Year is a cultural holiday that takes place at the end of the twelfth lunar month. This year, celebrations will be carried out towards the end of December, around the 26th through the 31st. Hmong New Year acts as a traditional period of thanksgiving for a successful harvest season, as well as a time to honor one's ancestors and spirits and welcome in a new year. All across the country, Hmong communities come together to celebrate the new year through festivals, where traditional music is played, traditional clothes are worn, and games such as "pov pob," a ball-throwing game, are played. Some families may even participate in ancestral worship during this period.

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CULTURAL AND RELIGIOUS HOLIDAYS IN DECEMBER

BY SARA FARAJ
JOHN F. KENNEDY HIGH SCHOOL

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Kwanzaa: Dec 26-Jan 1

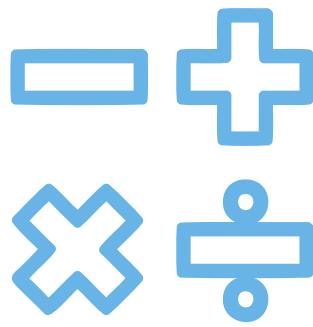
Kwanzaa is a cultural holiday celebrated by many members of the African American community. This festival was first introduced by Dr. Maulana Karenga in 1966 as a way to give thanksgiving and welcome the first harvests of the year. Many of the symbols used during celebration, such as “mzao” or “crops,” represent the foundational roots of African Americans as contributors to agriculture. During Kwanzaa, some families light seven traditional candles to honor their ancestors, in the colors red (3), black (1), and green (3), which represent the colors of historical African liberation movements. Some other festivities include pouring libations to your ancestors from the “Kkimbe cha Umoja” or “unity cup,” exchanging gifts, and eating traditional African dishes at a banquet.

We here at the SAC want to remind you to stay safe this holiday season and try to find fun activities to do at home with your families. Enjoy, we'll see you next year!

Sources:

<https://www.history.com/topics/holidays/hanukkah> ; <https://www.chabad.org/holidays/chanukah> ; <https://maptia.com/cyrileberle/stories/hmong-new-year> ; <http://hmonglessons.com/the-hmong/hmong-traditions/hmong-new-year-ceremony/2/> ; https://www.africa.upenn.edu/K-12/Kwanzaa_What_16661.html ; <http://aglobalworld.com/holidays-around-the-world/bodhi-day-buddhist/>





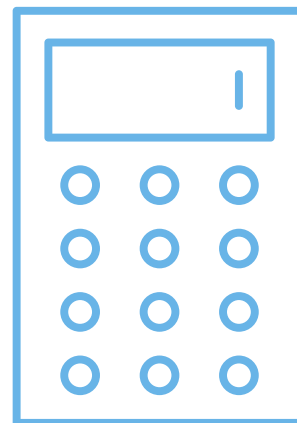
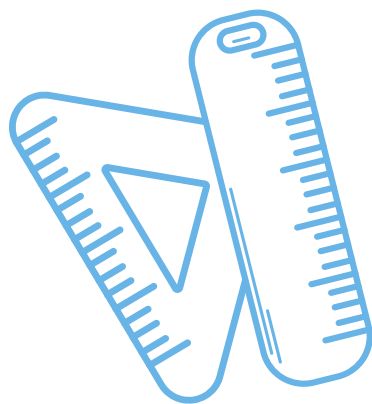
CAN YOU SOLVE IT?

BY YUSRA HASSAN
HIRAM JOHNSON HIGH SCHOOL

Each month the SAC newsletter will include a riddle, puzzle, or joke, as you read through our information and current events we encourage you to try and solve or discover it. At the end of the letter the answer will be included.

Coming back from break can be hard but maybe this cheesy math joke can cheer you up...

**Did you hear about the mathematician who's afraid
of negative numbers?**





SACRAMENTO FOOD FRIDGES

BY ABBY MORIOKA
WEST CAMPUS HIGH SCHOOL

COVID-19 and the rising homeless population in Sacramento both pose a unique problem when it comes to feeding families or even finding the next meal. Sacramento Community Fridges has a solution to this problem. They have created community fridges based on a “take what you need and leave what you can” motto.

The mutual aid program has 2 locations:

- 1322 F Street, Sacramento CA, 95814 with a mini fridge and small pantry space
- 1617 25th Street, Sacramento CA, 95816 with pantry space

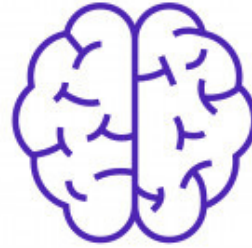
The Sacramento Community Fridges are available for anyone in need of food with supplies of snacks, fresh fruits and vegetables, home cooked meals, canned goods, and more. The fridge spaces are constantly in need of new stock and are open to donations at the locations 24/7.

The fridges have a few community guidelines that everyone must follow when either donating or accepting food:

- Sanitize before entering
- Only donate unopened and unexpired foods
- Do not donate alcohol
- Label donated meals with ingredients and date prepared



You can follow their journey on Instagram @sacfridge4all and donate or sign up to host a fridge space at linktr.ee/sacfridge4all



MENTAL HEALTH RESOURCES

BY SIERRA JACOBS & ABBY MORIOKA
GEORGE WASHINGTON CARVER HIGH SCHOOL &
WEST CAMPUS HIGH SCHOOL

With COVID-19 at the forefront of people's minds, mental health is more important than ever, especially since September was Suicide Prevention and Recovery Month. Sacramento CitiesRISE found that **65% of youth** did not know where to seek mental health resources and the American Medical Journal Association: JAMA Network Open found that **a quarter** of Americans are currently experiencing symptoms of depression, **three times** as many as before the pandemic. Taking all of this into account, students need to prioritize mental health now more than ever. Below is a list of mental health resources to assist you in this difficult time. Always remember that YOU MATTER!

- Virtual Calming Room: calmingroom.scusd.edu
- 916-SUPPORT(787-7678)/ thesourcesacramento.com (24/7 hotline and resources for anyone 21 and under)
- Suicide Prevention Hotline 24/7: (916)368-3111
- Crisis Text: text HOME to 741741
- The Trevor Project Lifeline: 1-866-488-7386/ thetrevorproject.org (24/7 hotline and resources)
- Trans Lifeline: (877) 565-8860 (suicide prevention hotline for transgender folks)
- California Youth Crisis Hotline: 800-843-5200 (text line also)
- NAMI Sacramento: namisacramento.org (mental health resources and more)
- Hope Cooperative Peer Support Line: 1 (855) 502-3224
- Mental Health Crisis Triage Services: <https://dhs.saccounty.net/BHS/Pages/Mental-Health-Crisis-Triage-Services.aspx>

WANT TO BE FEATURED IN OUR NEXT EDITION?

Every month, the SAC will continue to name Teachers of the Month. We're looking for teachers who have gone **above and beyond** to make your learning experience as enjoyable as possible.

Know a teacher who deserves it?

Let us know why here: <https://tinyurl.com/nominate-teacher-dec>

What would you like to see in future editions of the SAC Exclusive?

Let us know here: <https://tinyurl.com/SAC-ideas>

We hope you enjoyed reading the December edition of the SAC Exclusive, be sure to share with friends!

Joke Ending:

he'll stop at nothing to avoid them.

