

# 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

Going into 2021, we recognize how hard teachers have had to work throughout 2020. We thank them all for their patience and care for us as students.

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

We thank each of 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

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## **Middle School: Rosa Parks Middle School**

Monica McCoy: 7th & 8th Grade

*"Mrs. McCoy is a very helpful, funny, supportive, & understanding. When Mrs. McCoy teaches math, she finds ways to slip jokes in her lesson. If something comes up with your family and you tell her about it, she understands and she helps you get through it. You can be in over your head with math homework or class work and she will still help you get through it. Something that I like about Mrs. McCoy is you could be going through a hard time and you can talk her ear off and she will listen and she will help you get through it, even though we are not in person learning right now, she finds ways to connect to you and she will check in on you a lot, either by email or Zoom, or a phone call. She is a very good teacher."* - Misty Norling

## **High School: Rosemont High School**

Joshua Roome: 9th Grade

*"Mr. Roome deserves to be teacher of the month because he does everything possible to make it towards his students understand his math class. He assigns us work and teaches through many different resources including Kami, Khan Academy, Nearpod, Youtube, Thatquiz.org, Illuminate, Edpuzzle, and so much more. He goes above and beyond for his students and always responds to emails, even on weekends. Every day he sets up a poll that asks us about how we are doing and he shows how much he cares for his students by telling us that we are always welcome to come to him with our problems, whether it relates to math or not. He sends out reminders about getting your classwork done and helps his students understand math even if it has always been hard for them since he understands that everyone learns a different way. Mr. Roome is always there for his students academically and personally, whatever we need, he is there for us."* - Elizabeth Henley



## RIDDLE OF THE MONTH

BY YUSRA HASSAN  
HIRAM JOHNSON HIGH SCHOOL

The month of March means Spring is coming with new life and new beginnings. A new season is starting and of course another riddle. As usual the answer will be at the end of the newsletter, enjoy reading.

The more of this there is, the less you see.  
What is it?

# ON THE SPIKE IN CRIMES AGAINST ASIAN-AMERICANS

BY ISA SHEIKH  
THE MET SACRAMENTO HIGH SCHOOL

Growing up in San Francisco's Chinatown, I knew I lived somewhere special, but I had no idea of the rich history that surrounded me. Going back to the years following the Gold Rush, pioneers from the Guangdong province of China built a community from the ground up despite facing a strong wave of prejudice and exclusion. Decades later, the first ever immigration restriction law aimed at a single ethnic group was passed in the form of the Chinese Exclusion Act. Asian-Americans from numerous ethnicities were targeted alongside Japanese citizens during World War II, as President Franklin Roosevelt ordered Japanese internment camps.

Despite these repeated and consistent forms of discrimination and hatred going to the highest level of government, Asian-Americans have had incredible success and contributed inestimably to the American quilt.



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Right in the neighborhood where I grew up, underneath the dragon lamps and lanterns, people like Cecilia Chiang changed American dining forever as she brought Chinese food to the American palate. Bruce Lee revolutionized film and martial arts in the short time he was on the planet. These are just two names, but Asian-American contributions to this country, this state and Sacramento can't be counted; we could fill this entire newsletter with them and not even scratch the surface.

So I was horrified when that same neighborhood became the epicenter of a wave of brutal crimes perpetrated against Asian-Americans. Day after day, videos spread of men pushing elderly Asian-American men and women onto the sidewalk, brutal acts of hatred that are hard to watch. An 84-year-old Thai man died two days after being assaulted. I won't list these attacks and acts of violence here, they shouldn't be glorified. It should be noted however that San Francisco's ABC7 anchor Dion Lim counted nearly 2 dozen incidents going from the Bay Area to Sacramento in a matter of just a couple of days. A man was arrested following making threats to blow up, rob and kill Asian-Americans ahead of the Lunar New Year. This is not okay.

In a district that has nearly one-fifth Asian enrollment, it's imperative that we stand strong against this wave of hate and crime. Actor Daniel Dae Kim brought attention to a 91-year-old man thrown to the ground in Oakland. "The skyrocketing number of hate crimes against Asian Americans continues to grow, despite our repeated pleas for help," Kim wrote in the tweet, going on to reference a Chinese American man who was beaten to death in 1982. "The crimes ignored and even excused. Remember Vincent Chin."



# MARCH HOLIDAYS

BY ZACHARIAH WOODWARD  
 GEORGE WASHINGTON CARVER HIGH SCHOOL

So, as we all know, there are several holidays for all different people to celebrate, and come together in a merry mood and joyous occasion this month-- socially distanced of course!

March is Women's History Month - commemorating and encouraging the study, observance and celebration of the vital role of women in American history.

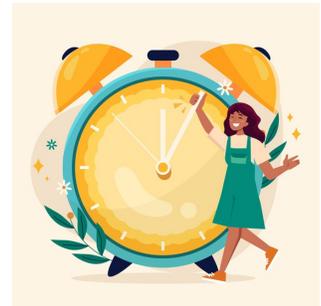
March 2nd: Read Across America Day is on the same day as Texas Independence Day and is a nationally observed holiday.

March 5th: Employee Appreciation Day. This is an important day in March where the very best and hard-working people are honored for all they do for their communities!

March 14th: Daylight savings time. (Widely considered the most confusing time of the year.)  
 REMEMBER TO SET YOUR CLOCKS!

March 17th: Saint Patrick's day. A day of Christian observance, and to honor Saint Patrick. (Fun fact: he isn't officially a saint...)

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March 20th: March equinox. The March equinox marks the changing season.

March 28th: Palm Sunday. Of Christian observance, it commemorates the triumphant entry of Jesus Christ into Jerusalem. A feast the week before Easter.

March 28th: The beginning of Passover! Passover is a Jewish observed holiday. It celebrates the Jewish liberation from slavery under the Egyptians. 7-8 days from the 15th day from the day of Nisan.

March 29th: National Vietnam War Veterans' Day. Vietnam veterans, including my grandfather, went to a very unpopular war, served their country, and faced a lot of severe criticism when they returned. National Vietnam War Veterans' Day remembers their service.





# CHOOSING THE BEST COLLEGE FOR YOU

BY ABBY MORIOKA  
WEST CAMPUS HIGH SCHOOL

Attention seniors!

This month, we want to guide seniors on how to choose the best college for you! The traditional 4-year college education may not be for everyone and there are other options such as trade schools, community college, gap year, entering into the work-force, and so much more. However, if college is the path you want to take, here are some things to take into consideration.

1. Visit the school in person if possible. If not, watch virtual tours.
2. Ask yourself where you want to be in 4 years and think about which college would help you achieve that goal best.
3. Compare financial aid packets. Use financial aid calculators.
4. Reach out to alumni or current students at each college/ university.
5. Determine what you want in a college such as size, weather, location, majors, cost, and more.
6. Make sure they have the extracurriculars you are interested in.
7. Look beyond a college's rankings and instead pay attention to the pros that a college has that are specific to you.

Remember that although the process is difficult, you *will* find the right school for you!



# QUARANTINE YEAR IN REVIEW

BY SCUSD STUDENTS

As we approach one full year into a global pandemic, we can all agree that A LOT has changed. To see how SCUSD students have felt about the past year, we decided to ask them!

## **Kindergarten: Kelsie Sato - Genevieve Didion K-8**

"I want to go to school and play with my friends. I miss playing with friends. One good thing is I get to spend time with mommy."

## **3rd Grade: Reese Galang - Genevieve Didion K-8**

"Quarantine makes me mad. I'm not okay with not seeing my friends. I miss playing with my friends in-person. I get to stay home which is fun and be with my family."

## **4th Grade: Jaxon DeGraffenreid - O. W. Erlewine Elementary**

"It's more challenging to me doing [school] on a computer than in person, and also I have to talk to a computer. To me, it would be easier if we were in person."

## **5th Grade: Beza Getahun - Phoebe Hearst Elementary**

"Distance learning has made it a lot easier in terms of getting tests done and time management, but when it comes to socializing with people, it is very hard to make new friends. It is also hard to ask teachers questions and get an immediate answer. If I am not on the Zoom call, I have to email them and wait a long time for a response. On the bright side, if it were in person, I would have had to wait at school while my sisters do their extracurriculars. Now, I am at home as soon as the school day ends and have more time to get my homework done

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# QUARANTINE YEAR IN REVIEW

BY SCUSD STUDENTS

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**7th Grade: Memoona Hassan - Sutter Middle School:**

"My quarantine has been okay so far. I've spent lots of time with my family, but I am disappointed that I didn't get to make any new friends this year."

**10th Grade: Isabella Grandinetti - John. F. Kennedy High School**

"Over the past year, I have really missed the social interaction with friends at school. Distance learning has been hard without in-class engagement. However, I am excited about getting to hopefully return next year and see my friends again."

**11th Grade: Gabriela Galan - Sacramento New Technology High School:**

"Socially, it's hard sometimes, especially for me because I am a front-line worker and it's scary because some people don't like following the guidelines or believe this isn't real and my health is important to me. It's hard learning online as I'm more of a visual and hands on learner. If we do ever go back to school, it would be nice but also a bit scary because I would be concerned for high-risk people. I miss seeing my teachers and my classmates of course because they're just nice to talk to and have that bond."

**12th Grade: Emily Crofoot - The Met Sacramento High School**

"The past year has been simultaneously the most free time I've had and the busiest I've been. There is either absolutely nothing on my calendar or 30 assignments due in a day in between four Zoom calls. With everything, my life has existed in extremes since quarantine began."



# NOWRUZ MUBARAK!

BY SARA FARAJ  
JOHN F. KENNEDY HIGH SCHOOL

For people all around the world, the beginning of Spring symbolizes a fresh start, and new beginning to life. Across the Middle East and East Asia, an estimated 300 million also people celebrate Nowruz (pronounced "no-rooz"), also known as the Persian or Kurdish New Year.

As a Kurdish person myself living in the United States, Nowruz is a holiday I've never been able to experience in its full glory. Yet, this holiday is incredibly important, and something I'm personally interested in learning even more about.

**So what is Nowruz?** Nowruz celebrates the beginning of a new year in Kurdish and Persian culture (among others). It begins on the day of the Spring Equinox - this year March 21st in the U.S.- and symbolizes literally a new start, as flowers begin blooming, weather becomes bright, and new life is brought into the world. Nowruz is often celebrated during the weeks leading up to and following the Spring Equinox, with festivities including singing, dancing, setting off fireworks, and of course, eating some delicious Kurdish food and drinking black tea. Flowers such as tulips, daffodils, and hyacinths are used for decoration, and families may dress up in traditional Kurdish clothing. During this time, families may also come together to resolve conflict, or visit the graves of ancestors.

If you know anyone who celebrates Nowruz, be sure to wish them "Nowruz Mubarak" (Blessed Nowruz) this March!



# 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](https://calmingroom.scusd.edu)
- 916-SUPPORT(787-7678)/ [thesourcesacramento.com](https://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](https://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](https://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-march>

**We hope you enjoyed reading the March 2021 edition of the SAC Exclusive, be sure to share with friends!**

**riddle answer:**

darkness

