

SAC EXCLUSIVE

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

THIS ISSUE:

TEACHERS OF THE MONTH - 1

THANKSGIVING FACTS VS.
FICTION - 3

THANKSGIVING DISHES - 4

RBF: A LETTER TO PEOPLE OF
COLOR - 5

CAN YOU SOLVE IT? - 7

UC APPLICATION TIPS - 8

SCUSD SCHOLARSHIPS - 10

CIVIC ENGAGEMENT - 11

MENTAL HEALTH RESOURCES
- 13

CHKS ANNOUNCEMENT
- 14



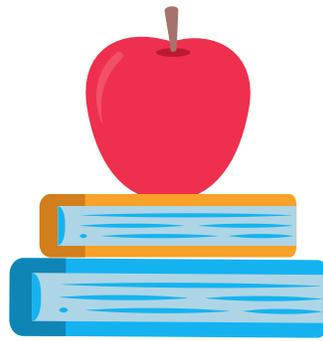
TEACHERS OF THE MONTH

SELECTED BY SCUSD STUDENTS

The SCUSD Student Advisory Council is so proud to announce these three teachers as our October 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!

(Continued on next page)



TEACHERS OF THE MONTH

SELECTED BY SCUSD STUDENTS

(Continued)

Elementary School: Genevieve Didion K-8 School

Robin Miyata-Predmore: 5th Grade

"My teacher is patient and is calm. She doesn't yell if someone forgets to mute themselves or if someone gets distracted. She likes to get to know us and is very nice. When the internet kicks she waits for everyone to get back in the zoom. I think Ms. Miyata-Predmore is a great teacher." - Merissa Lau

Middle School: Sam Brannan Middle School

Amy Thunen: Language Arts and History

"Ms. Thunen goes above and beyond for her students. She provides them with extra help when they need it and reaches out to parents to encourage their children to help them succeed. She does her best to help them be successful." - Susan Thunen

High School: John F. Kennedy High School

Bryan Stroh: Music

"This teacher has always been kind, considerate, and helpful to every student at our school. He works so hard for his students and has created a wonderful environment and safe space for us to learn and grow in. As a music teacher, he does an outstanding job teaching both his students who are new to music and his advanced students in such a seamless way that his classes are informative to all ranges of learners. This makes him an exceptional teacher. I personally feel comfortable going to him with anything as he is the most accepting and sweet teacher in our whole school. This man deserves so much recognition because of all the work he does in class and out of class to make us successful." - Lillan Lerch



THANKSGIVING FACTS VS. FICTION

BY YUSRA HASSAN
HIRAM JOHNSON HIGH SCHOOL

Thanksgiving is a holiday of family, friends, and gratitude for all the good things in life. When in school, children dress up and reenact the First Thanksgiving in Plymouth in 1692. They draw hand turkeys and go around the table saying what they're thankful for. But is what we are being told the truth? Let's take a look back at history and see if what you believe about Thanksgiving is fact, or mere fiction.

Like with many historical events, the history of Thanksgiving we are taught is a largely inaccurate story. We've always been told the side of the pilgrims story on Thanksgiving but never the side of the Natives. The Wampanoag Tribe were those who the pilgrims had Thanksgiving with all those years ago. The people of this tribe only had an alliance with the colonists for their protection against another tribe, the Narragansetts. This alliance ended up costing them many of their people's lives because the colonists brought diseases that the Natives couldn't fend off; they even went as far as to give the Wampanoag people blankets infected with smallpox.

The colonists forced their ways of living on the Natives, referring to Natives' ways of eating and dressing as "savage" and "unnatural," and threatening them to convert to Christianity or be killed. For far too long, we idolize this feast that happened in 1692 but it's time we shed a light on the truth. The Natives' land, culture and lives were taken away when the colonists came.

The history of Thanksgiving is only told from one side, and that needs to change. As children, we did not question the things we were told. But it's time for us to recognize the true history behind Thanksgiving, including the tragedies Native Americans had to face.

WHAT ARE YOUR FAMILIES' TRADITIONAL THANKSGIVING DISHES?

BY THE STUDENT ADVISORY COUNCIL

"Turkey, rice, papaya salad, salad, ribs, mash potatoes and gravy, stuffing, pumpkin pie, fried shrimp, fried chicken...There's more but it just depends how my mom feels about what to cook."

- Rosemary Vang, Kit Carson High School

"My family always has biryani and we roast a chicken instead of turkey." - Yusra Hassan, Hiram Johnson High School

"My dad makes a leg of lamb, with garlic and herbs, and makes stuffing and a salad on the side"

- Sara Faraj, John F. Kennedy High School

"My family makes a bunch of traditional French food and pasta with side of roasted veggies." - Natalie Nielsen, Rosemont High School

"Buffalo wings. We don't necessarily do Thanksgiving every year but we've done that in the past." - Isa Sheikh, The Met Sacramento

"We usually make turkey, ham, stuffing, green beans, candied yams, apple and pumpkin pie." - Sierra Jacobs, George Washington Carver High School

"Turkey, 'candy ham,' loaded mashed potatoes, corn, pumpkin pie or apple pie, and asparagus usually." - Jacky Lopez, Health Professions High School

"Turkey, cranberry sauce, and yams usually." - Zach Woodward, George Washington Carver High School

"Gumbo, ham, turkey, sweet potatoes pies, yams, stuffing, baked mac n' cheese, and a bunch of other desserts...I don't eat pork so I just eat the turkey." - Sierra Northcutt, Luther Burbank High School

"Turkey, teriyaki chicken, rice, mashed potatoes, roasted vegetables, pumpkin pie." - Abby Morioka, West Campus High School

"Pecan pie with vanilla ice cream." - Eden Getahun, CK McClatchy High School

"Usually nothing. Since I'm vegan and the rest of my family isn't, I usually fast on Thanksgiving." - Julianna Cromeenes, New Tech High School

RBF: A LETTER TO PEOPLE OF COLOR

BY EDEN GETAHUN
C.K. MCCLATCHY HIGH SCHOOL

People of color who are forced to constantly care, to constantly explain themselves, to keep fighting with racists: you do not need to always care.

RBF, or Racial Battle Fatigue, is defined as “a cumulative result of a natural race-related stress response to distressing mental and emotional conditions emerging from constantly facing racially dismissive, demeaning, insensitive and/or hostile racial environments and individuals.”

While many don't realize it, the implications of dealing with a constant flow of microaggressions aren't just about feelings being hurt or friends being lost but can manifest itself as a physical illness, increasing chances of hypertension, infant mortality, and more.

This shouldn't be the reason that people stop being racist, that people stop berating people of color with insults, but in a world where white America is determined to maintain its innocence, it seems like everyone needs some sort of “proof” that racism is detrimental and real.

These forms of violence are debatably more insidious, hidden behind a facade of “humor” and ignorance. It's racial slurs disguised as jokes and slight acts of disrespect. It's forcing people of color to engage in conversations with ignorant peers about why racism exists, and why it matters. It's seeing images of people who look like you dying on social media over and over again. It's the exhaustion that comes with knowing that no matter how hard you try, you can't change the way the world operates. It is the feeling of being alone, carrying the weight of the world on your shoulders, despite being surrounded by people who claim to support you.

But this article isn't for the racists, it isn't for the ignorant. I am not here to tell you to stop being disrespectful and rude. I am done wasting my energy on people who don't care about my wellbeing.

(Continued on the next page)

RBF: A LETTER TO PEOPLE OF COLOR

BY EDEN GETAHUN
C.K. MCCLATCHY HIGH SCHOOL

(Continued)

This is not to say never engage in conversations with people who disagree with you, or that you are always right, but that it is okay to be selfish sometimes. It is okay to delete social media, to block people, to cut off people you considered friends, and to take time to take care of yourself.

You don't have to explain yourself, you don't need to be a search engine for people who are too lazy to do research for themselves. You need to be your own priority, and oftentimes, the best form of self care is to say no, to refuse to engage in pointless conversations with people who will never agree with you.

You do not owe anyone but yourself anything. Stop feeling forced to constantly remind those around you to not be offensive. I know it can feel like it is your job to be an educator, to teach people about structural racism and racial advocacy. But it is not your job.

And maybe this article is just a letter to me, justifying the decisions I have made, the friends I no longer am in contact with, but at the end of the day, the only person I ever have to answer to is myself. I hope you are able to see the same is true for you.



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 it!

This month's riddle is...

What has a bed but never sleeps, can run but never walks, and has a bank but no money?

Keep reading the newsletter to find out the answer!





UC APPLICATION TIPS

BY NATALIE NIELSEN
ROSEMONT HIGH SCHOOL

Applications to the University of California schools are due November 30th! To help out our current seniors who are applying to UC schools this fall, we at the SAC *Exclusive* have compiled a list of tips straight from UC admissions officers and others in the UC system.

- Apply to more than one campus! Despite being a part of the same system, all UC campuses have a different environment, different majors, and different on-campus clubs. Your chance of getting admitted to a UC that has the right programs for you increases with each UC you apply to.
- Do not be discouraged to apply due to application costs. Once you enter your financial and residency information into the UC application, it will inform you if you are eligible for a fee waiver. Receiving a fee waiver will allow you to apply to up to four UC campuses for free, so make sure to take advantage of this opportunity!
- Draft multiple versions of your UC personal insight questions (PIQs). Each applicant has to submit four PIQs. There are eight questions available to answer, which can be found here(1), but you only submit four. Drafting multiple versions of your PIQs can help you present the best version of yourself. If you need help with editing, ask a teacher or other trusted adult for help! Write your responses in a separate document to easily share your response with a teacher or mentor for them to proofread it before sending it in.
- Pay attention to the word limit! Each PIQ has a 350 word limit, so try to get as close to the limit as possible. If you are struggling with getting close to the 350 word mark, try looking at the prompting questions or using the PIQ worksheets, found here(1) in English and here(2) in Spanish, to help you come up with more ideas or describe the event in more detail.

(Continued on the next page)



UC APPLICATION TIPS

BY NATALIE NIELSEN
ROSEMONT HIGH SCHOOL

(Continued)

- Keep your response focused on you! While it can be easy to explain the entire backstory or go into detail about a person who had a huge effect on your life, there are only 350 words you can use for the essay and the UC admissions officers want to hear about you! They are looking to hear about why you would make an excellent addition to their campus, so make sure you are keeping the bulk of your story based on what *you* did.
- Do not exaggerate or “stretch the truth” in your application. UC admissions offers have stated they do random audits to ensure students are reporting information accurately. If they see that what you reported does not match up with what you did, you will be disqualified for admission to the UC system and they may tell other schools, as well. Honesty is the best policy in college admissions, so make sure you have your transcript right next to you while you are entering grades and report information regarding extracurriculars accurately.
- Avoid using general statements, and instead, use specific examples to showcase your achievements. This will allow admissions officers to get to know you better, which helps them decide if they want you on their campus next fall.

Good luck to all of our seniors in SCUSD applying for colleges this year! To find more information on UC admissions, go to <https://admission.universityofcalifornia.edu>

1: https://admission.universityofcalifornia.edu/_assets/files/how-to-apply/uc-personal-questions-guide-freshman.pdf

2: https://admission.universityofcalifornia.edu/_assets/files/how-to-apply/uc-personal-questions-guide-freshman-spanish.pdf



SCUSD SCHOLARSHIPS

BY THE STUDENT ADVISORY COUNCIL

Community and district scholarships are posted when they are made available.

Available community scholarships can be viewed at :

scusd.edu/community-scholarships

<https://www.mometrix.com/blog/scholarships-for-college/>

<https://csub.academicworks.com/opportunities/5269>

<https://www.collegeconsensus.com/scholarships/largest-black-african-american-scholarships/>

<https://transportationfoundation.org/scholarships/>

https://discoverearlychildhoodedu.org/resources/scholarships/#scholarships_by_state

<https://infotracer.com/scholarships/>

<http://www.melvinbrewingscholarship.com>

<http://nancyetzscharship.com>

<https://www.tuitionfundingsources.com>

<https://www.ucangotocollege.org/external-resources>

<https://www.scholarshipsforwomen.net/science/>

<https://www.zippia.com/research/scholarship/>



CIVIC ENGAGEMENT

BY ISA SHEIKH
THE MET SACRAMENTO

After two years of campaigning and every twist and turn imaginable, the 2020 election has finally come to an end. Not only do we finally get to choose our next President, but there are a ton of laws and local offices on the Sacramento ballot. Elections are how we make sure the government is truly representative of “we the people.”

But to make good judgements on the ballot, it’s integral that we as citizens understand how our government works so that we can make our voice heard. Looking at some of the numbers, it’s concerning that maybe we don’t know as much as we should.

Only 25% of Americans can name the three branches of government.
 $\frac{1}{3}$ can’t name any branches at all.
 And 1 in 10 people think Judge Judy serves on the Supreme Court.

It’s not something to be embarrassed about if you feel like your own knowledge is insufficient. As students of every age continue to advance into a world with a lot of problems, learning how you can your mark is a possibility for everyone, and it can be fun. Okay, maybe you might need to pay attention during History or Government, but there’s more!

(Continued on the next page)

CIVIC ENGAGEMENT

BY ISA SHEIKH
THE MET SACRAMENTO

(Continued)

For example, former Supreme Court Justice (and the first woman on that court) Sandra Day O'Connor saw the same problem I'm writing to you about, and created iCivics. She agreed with some of us about those pesky civics classes, "I well remember having a lot of civics classes, and I got pretty sick and tired of it, to tell you the truth. I thought it was miserable."

At iCivics.org, you can play games such as "Win the White House," in which players campaign for the Oval Office; and "Do I Have a Right?," in which lawyers fight to protect their clients' rights under the Constitution. It's fun for everyone from elementary school, and even to me as a high school senior.

Finally, there's always the news. Using the reliable sources skills you've learned at school, you're bound to find an article or two that's interesting or specific to you, and that exploration benefits us all.

In the 2016 general election, more than 90 million people who could've voted chose not to. Let's have SCUSD be a part of changing that, and be informed while doing so!





MENTAL HEALTH RESOURCES

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

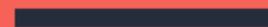
With COVID-19 at the forefront of people's minds, mental health is more important than ever, especially since September was Suicide Prevention and Recovery Month. Sacramento CitiesRISE found that **65% of youth** did not know where to seek mental health resources and the American Medical Journal Association: 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>



**ATTENTION ALL
7, 9 & 11
GRADE SCUSD STUDENTS
WE WANT TO HEAR FROM YOU**

The California Healthy Kids Survey (CHKS) is coming your way! This is your opportunity to let us know how you feel about school climate, school culture, safety on school campuses, social and emotional well-being, and student supports. Survey will be available November 2 - December 18th, 2020. Check your district assigned email account for more information .



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-nov>

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 November edition of the SAC Exclusive, be sure to share with friends!

Riddle Answer: **a river**

