

SAC EXCLUSIVE

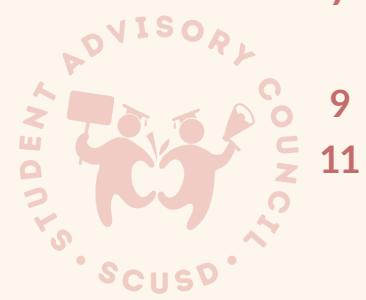
The Official SCUSD Student Advisory Council Newsletter

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Contents

The History of Valentine's Day	<i>Sky Tusé</i>	1
Invitation (Poem)	<i>Mary Oliver</i>	2
Farewell!--but Whenever You	<i>Thomas Moore</i>	3
Welcome the Hour (Poem)		
Chinese New Year	<i>Jacqueline Zhang</i>	5
Covid 19 Again	<i>Colson Nguyen</i>	6
My Relationship with Black History	<i>Zhara Caple</i>	7
Month		
Underrated Innovations	<i>Kimora Nance</i>	
Closing		





THE HISTORY OF VALENTINE'S DAY

Sky Tusé (West Campus HS)

As the new month begins, hearts and flowers and chocolates are already beginning to spring up everywhere. Whether you yearn to have somebody to melt away the winter heat with, you already have a partner to cozy up with, or you're content on your own, you may not know of the enigmatic history behind this month's token holiday, Saint Valentine's day.

Surprisingly enough, February has been associated with Christian and ancient Roman tradition, as well as with romance, since before the establishment of Valentine's Day itself. In fact, it is theorized that the holiday may have been placed in the ides of February to Christianize the Pegan celebration of Lupercalia, a fertility festival held in the name of Romulus, Remus, and the Roman agriculture god, Faunus. This establishment of the holiday occurred as per the decree of Pope Gelasius in the late 5th century. It was only then celebrated as a day of love because of the past French and English belief that February 14th marked the beginning of the mating season for birds.

Despite the date's Pegan origin, however, it is the Roman cherub, Cupid, (originating from the Greek god of love, Eros), who decorates the holiday with his signature bow and romance-sparking arrows. Additionally, it is a Christian figure that the holiday itself celebrates. Oddly enough, though, this is where the story is most unclear.

Saint Valentine, whose name marks the holiday, is actually disputed to be not one but two different saints. One such saint was said to have performed secret marriages in Rome. After Emperor Claudius II outlawed marriage for young men on account of his belief that single men made better soldiers, Saint Valentine defied the law and, as a result, saw himself martyred. Other legends hold that the figure was executed for helping Christians escape brutal Roman prisons while imprisoned himself. During the course of his actions, he is said to have fallen in love with the daughter of his very own jailer, sending her love letters that came to be first "Valentines". The last one he gave her before his beheading was held was signed with a phrase still used to date: "From your Valentine." As anyone who's celebrated the tradition knows, both the love letters and the people exchanging them are called "Valentines"; both obviously getting their name from the saint and his interesting signature.



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Regardless of what religious beliefs you may hold, if any, know that Valentine's day is a religiously complicated one, having been dedicated to a variety of gods. Despite the extensive and murky lore behind it, in the end, the celebration still comes down to the idea of love.

If you have a partner to celebrate with, use the day to show them your adoration and appreciation. If you don't, remember that Saint Valentine himself (or rather, both of him) acted selflessly out of his love for others, as well. Consider expressing your platonic affection to friends in the form of letters or candies. You could also decide to spend some time with your family, as well, and possibly even buy them some flowers. Or, of course, you could spend the day treating yourself with some love; take a break from work and relax, try your hand at poetry even though you've been embarrassed to, or bake yourself a little cake.

Love can be held and expressed between any two people in a variety of forms. Given an idea so easily forgotten, remind someone this Valentine's Day that they are loved, and know also that you, yourself, are loved as well.



Sources Cited:

History.com Editors. (2009, December 22). History of Valentine's Day. History.com. Retrieved January 8, 2022, from <https://www.history.com/topics/valentines-day/history-of-valentines-day-2>

INVITATION

Poem by Mary Oliver

Oh do you have time
to linger
for just a little while
out of your busy
and very important day
for the goldfinches
that have gathered
in a field of thistles
for a musical battle,
to see who can sing
the highest note,
or the lowest,
or the most expressive of mirth,
or the most tender?
Their strong, blunt beaks
drink the air
as they strive
melodiously
not for your sake
and not for mine
and not for the sake of winning
but for sheer delight and gratitude -
believe us, they say,
it is a serious thing
just to be alive
on this fresh morning
in the broken world.
I beg of you,
do not walk by
without pausing
to attend to this
rather ridiculous performance.

It could mean something.
It could mean everything.

It could be what Rilke meant, when he wrote:
You must change your life.

FAREWELL!--BUT WHENEVER YOU WELCOME THE HOUR

Poem by Thomas Moore



Farewell!--but whenever you welcome the hour.
That awakens the night-song of mirth in your bower,
Then think of the friend who once welcomed it too,
And forgot his own griefs to be happy with you.
His griefs may return, not a hope may remain
Of the few that have brightened his pathway of pain.
But he ne'er will forget the short vision, that threw
Its enchantment around him, while lingering with you.
And still on that evening, when pleasure fills up
To the highest top sparkle each heart and each cup,
Where'er my path lies, be it gloomy or bright,
My soul, happy friends, shall be with you that night;

Shall join in your revels, your sports, and your wiles,
And return to me, beaming all o'er with your smiles--
Too blest, if it tells me that, mid the gay cheer
Some kind voice had murmured, "I wish he were here!"

Let Fate do her worst, there are relics of joy,
Bright dreams of the past, which she cannot destroy;
Which come in the night-time of sorrow and care,
And bring back the features that joy used to wear.
Long, long be my heart with such memories filled!
Like the vase, in which roses have once been distilled--
You may break, you may shatter the vase, if you will,
But the scent of the roses will hang round it still.



CHINESE NEW YEAR

Jacqueline Zhang (John F. Kennedy High School)

It is that time of the year again! Happy Chinese New Year! Chinese New Year, or Lunar New Year, celebrates the new year of the lunar calendar. The Year of the Tiger will begin on the first of February. Unlike previous years, this year due to the surge of omicron and COVID, we might spend our New Year at home instead of outside with family. Even though we might not go to big family gatherings or see lion dance performances, we can still enjoy Chinese New Year through organizing online calls, decorating our interiors with red hanging ornaments, and making traditional Chinese food!

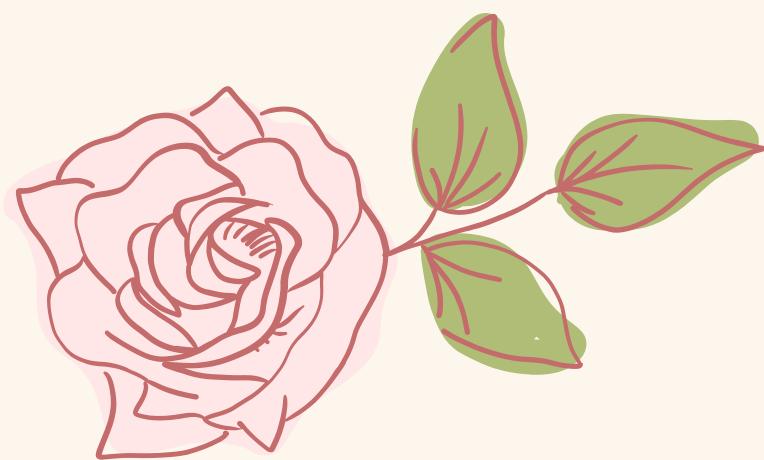
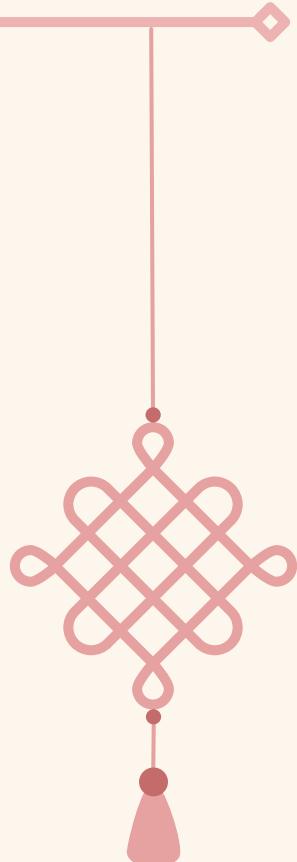
On the 28th night before New Year, clean your room!

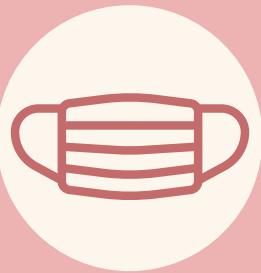
On New Years Eve, have dinner with family!

On New Years, receive red envelops from relatives!

To everyone celebrating this festival, hope you receive more red pockets and blessings from people you love!

新年快樂，春節快樂，恭喜發財，身體健康





COVID 19 AGAIN

Colson Nguyen (New Tech HS)

District Website



Vaccination Requirements



Hey everyone I am back again to talk about everyone's favorite topic, Covid. It seems like this has become a common occurrence but anyways on to the news. As many of you may know we recently passed the original deadline for vaccine record submissions. However, the district has decided to delay the transfer of students by a month to February 28, 2022. That means everyone who has been dragging their feet on submitting their paperwork has another month to do so. You can still go on the district website to report your vaccination status or file for an exemption. Your office may also be able to help you report your status. Remember if you filed for an exemption you still need to test regularly.

In other news, schools are offering N95 and KF94 masks to students and staff depending on their grade levels. N95 masks are offered for students of middle school age and older. While KF94 masks are offered for younger students, I would suggest, if they fit your face, wear them. I mean it's a higher grade free mask, there's no reason not to. According to the district website, extra masks will soon be sent home with students in packs. I would like to wish everyone the best in these trying times!

For more information please visit the district website at www.scusd.edu





MY RELATIONSHIP WITH BLACK HISTORY MONTH

Zhara Caple (McClatchy High School)

Growing up I knew I was Black. This may seem stupid at first but being Black, just like being Asian or Latinx, comes with its own culture. So growing up I knew I was black because there was a shared understanding when I walked into a room of black people. A sign of respect when my father nodded his head to the other black man across the street. Or the shared grumpy faces and tender heads that came with getting our hair braided. This was my culture, this was black culture.

At first, I had no clue that others had it differently than me, I just thought everyone ate collard greens and cornbread on Christmas Day. Though as I grew up, I realized that not only did people have different meals than I did, they also had different experiences. I started to learn about the discrimination Black people had to and currently still do face across the world. From slavery, to the Civil Rights Movement, to the Black Lives Matter movement that could be seen in our own Sacramento, I knew I was black. This was a different side of being black, the discrimination in everyday life. Walking down the street, on the playground, and even in the classroom. It never dawned on me that the experiences I had faced were microaggressions or discrimination. From the comments on my hair that is textured differently, to the whispered slurs in the classroom, to the blatant racism that my ancestors worked so hard to get rid of, all of these were experiences that I soon came to realize not everyone had.

There was this rage that sat inside of me when I realized this. Because I felt that I had no one who shared these experiences. No one who knew the feeling of wishing you had straight hair, or that your skin was lighter, nose smaller. All of these beauty standards and racism imposed on the black child are normalized and it made me feel small. There was no recognition for black beauty, black excellence, black power. This is when I learned about Black History Month.

When I needed someone or something to recognize who I was as a black woman and the beauty in being black, Black History Month was there. Now a month might not seem that important, but for all the things black people have fought for, a month for ourselves was a milestone. This month of February became so important to me because I got to hear stories that validated my experiences, that uplifted me as a black person, a black woman. I got to see different big platforms have a section for black voices. I got to listen to the stories of my ancestors and realize just how important it is to have this month to ourselves.

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I got to see black people, their struggles, and successes from the past out of the scope of the white-washed school curriculum I was taught. For once I didn't have to research the true history of being black, the degradation placed on my ancestors. The roots of slavery and just how far it was taken. I could learn these things from my own people, and that is something that is beautiful in my eyes. I could be angry or scornful about what has happened to my people, and sometimes I still am, but I choose to celebrate this month as a win, a safe period in time, and a place to feel heard as a black person.

America wouldn't be America without black people. The cities that were built and stand to this day, the inventions that we use in everyday life, and the clothing styles that are worn by almost every teenager in America down to the shoes, to the rap culture and the music you might be listening to right now, these all stem from black people and black culture. Although I believe all people of color deserve more than a month from America for what they have been put through, I take Black History Month as a milestone for my people. I will forever hold onto this month because it not only uplifted my child-self, it is, to this day, uplifting my adult self (almost adult).





UNDERRATED INNOVATIONS

Kimora Nance (Rosemont High. School)

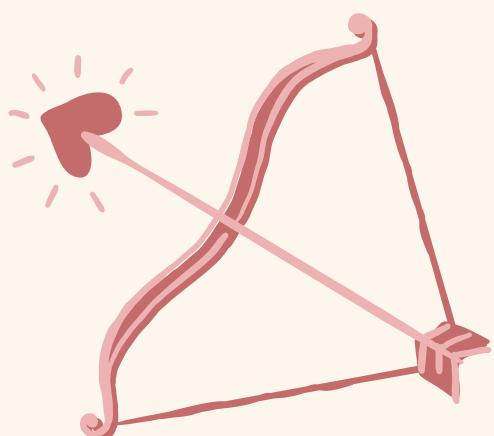
Since the birth of this nation, segregated America has been the definition of America's core values and governance. African Americans were just objects of labor to make profits, to continue tyrant America's greed for power. Racial belittlement set the tone for America to carry on systematic degradation such as mass incarceration, police brutality, redlining, disparities in medical treatment, to name a few. African Americans had first to fight to be considered human beings before we could ever fight for equality. In retaliation, prominent activists planted the seeds for change. Outspoken leaders such as Martin Luther King Jr., Rosa Parks, Malcolm X, who are the most recognizable, became the face of change in our modern society. These seeds sprouted liberation within the black community and gave future generations a chance to grow up within equal spaces and with equal opportunities. While Black history is commonly taught under the means of resilient brothers and sisters protesting change, it quickly becomes depressing. Consistently having the ethnic studies curriculum relay the same stories of black trauma into children's minds makes them wonder if there's anything beyond the struggle. Black History Month is fantastic to shed light on the fight we have and are currently going through and acknowledge the positive achievements black people have made in society in general!

Let's switch the energy around and take the time to recognize the innovations made by black Americans:

- George Crum, a New York chef, made our beloved potato chips in hopes of pleasing an unsatisfied customer. After having french fries be sent back to the kitchen, Crum, in an angry fit, tossed slices of the french fries in the deep frier and sprinkled an unhealthy amount of salt on them. Viola! America's favorite snack created!
- Mary Van Brittan Brown, a Nurse, was the mastermind behind most Americans utilizing today's advanced home security system. Although what Brown created was an early prototype, modern technicians further developed the aspects of her creation into the very thing that keeps us and our homes safe.

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- Garrett Morgan witnessed a nasty car accident in an intersection, one of Ohio's first black car owners. Searching for a way to make roads safer, Morgan expanded on the design of the first traffic signal! First, Morgan added the yellow "Yield" light to prompt safer driving, creating the three-light traffic light!
- Mark Dean, computer scientist and engineer, added the color to our screens as he co-invented the first color PC monitor! Dean also created industry Standard Architecture systems bus, allowing us to quickly plug and access discs, flash drives, etc. from our computers.



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