

VOLUME 1, FEB. 2021

# SAC EXCLUSIVE

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

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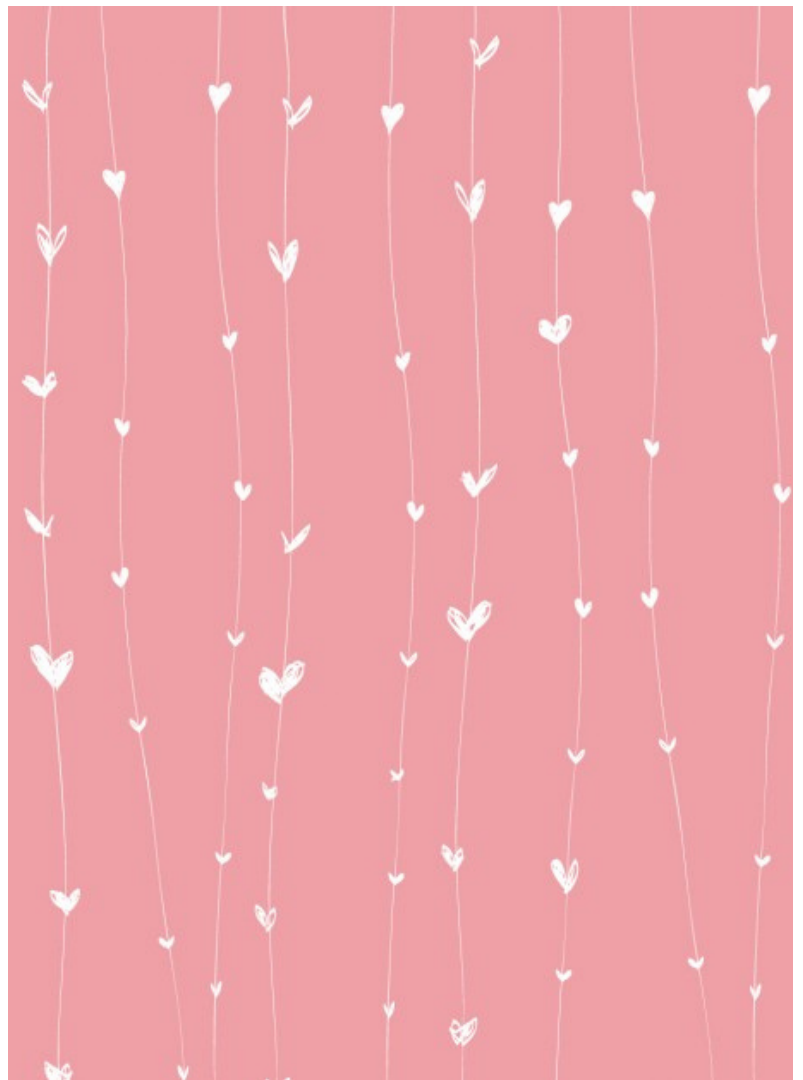
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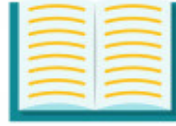
## TEACHERS OF THE MONTH

### SELECTED BY SCUSD STUDENTS

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

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

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# TEACHERS OF THE MONTH

SELECTED BY SCUSD STUDENTS

(Continued)

## **Elementary School: William Land Elementary School**

Mrs. Nancy Vang: 6th Grade

"Mrs. Vang helps us learn with fun activities and games and supports each of our unique hobbies. She lets us show our interpretations of the things we read and learned by doing skits, writing songs, and recording podcasts. Putting a lot of time into making our Zoom classroom a fun place, she's one of the favorite teachers I've ever had." - Liana Chin

"Mrs. Vang, my ELA teacher, deserves this recognition because she is patient and kind. Her teaching is unique because she likes to add in games and jokes to make learning more interesting. Although she does fun things with my class, she also makes sure everyone in the class and I are on top of our studies. I have learned many things thanks to Mrs. Vang. Even though ELA class passes fast in my point of view, I always end up finishing everything thanks to Mrs. Vang's teaching, coaching, and helping." - Joanna Liao

## **Middle School: Sutter Middle School**

Mrs. Diane Bovy: 8th Grade

"Mrs. Bovy has been an amazing teacher from the start. She makes coming to math class something a lot of students can look forward to. She always makes sure we are feeling well, mentally and physically. She's supportive and pushes us. She makes sure we can reach our full potential and we don't give up. She stays after class hours to help students who need help, she is always making sure she replies to any questions we have so we completely understand the lesson. Not once has she given up on a student, she perseveres and makes sure we are successful. Thank you so much for all that you do. We all love you and appreciate you!" - Aribah Khan

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# TEACHERS OF THE MONTH

## SELECTED BY SCUSD STUDENTS

(Continued)

### **High School: John F. Kennedy**

Mr. Chris Herner: SPD – CJA

*"Where to even start? Mr. Herner is a teacher for criminal justice academy at John F. Kennedy HS. Since day one he has made sure that his students are where they want to be. He gives us all of the resources possible to succeed and be something great in the future. He can be strict and he has his rules but, overall, he is a really chill teacher. Whenever someone needs extra time on an assignment whether because of a personal issue and they couldn't complete it or because of not knowing what to do, he will give you as much time as you need and help you understand the assignment more. He is also a really calm teacher and supremely understanding."* – Camila Diaz Palacios

# SECOND SEMESTER ORGANIZATION

BY NATALIE NIELSEN  
ROSEMONT HIGH SCHOOL

As most schools in the district just recently finished up finals and the end of the first semester, we at the SAC Exclusive wanted to congratulate all of our students for getting through the first half of the year on Zoom! Online learning creates multiple new barriers for students throughout the district, such as access to technology and reliable internet access, the struggle to stay on top of work, and lack of social interaction with peers. Being able to get through this past semester has been no small feat, so take a minute to congratulate yourself for the work you put in during the first semester.

We also want to help you prepare for the second semester. From experience as students ourselves, as well as from feedback from readers of the SAC Exclusive, we recognize that remaining organized throughout the semester can be a challenge, so we would like to provide some helpful tips to ensure you put your best self forward this semester.

The first tip would be to **get a planner!** Planners can be one of the most useful tools for staying organized. At the end of every class when your teacher tells the class what the homework is, get out your planner and write it down, along with the due date. If you do this consistently, you should never have to worry about forgetting if you have an assignment due. This can be a physical planner or on a planner app like Planner Pro that you can download from the app store. You can also write down deadlines you want yourself to meet, like setting aside time to study for a big test or blocking out some time for self care.

Another tip would be to get out of bed to attend your classes. While we are all stuck at home attending classes, it can be easy to roll out of bed three minutes before class and join while you're still in your pajamas. However, many researchers, like Rachel Busman, Psy.D at the Child Mind Institute, have stated that if you work in the same place that you relax, it makes it harder to differentiate between the two, leading to being stressed about school after the school day is over or not being present in class (1).

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# SECOND SEMESTER ORGANIZATION

BY NATALIE NIELSEN  
ROSEMONT HIGH SCHOOL

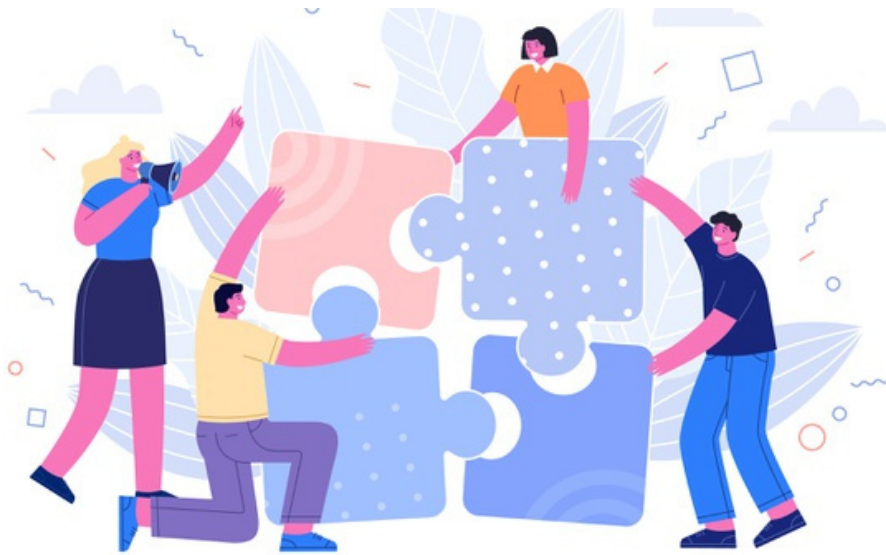
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It can also be potentially very damaging to one's back and neck to be hunched over in bed all day, so it is best to get up and move to a different room to participate in online classes. And you don't need a fancy desk setup, either—working from the dinner table or living room couch is much better for your physical and mental health than sitting in bed. If you have to share a space with siblings or parents, try to work out a schedule to decide who gets to use what space when.

Lastly, while our phones are often right next to us while we are in class and we are often on computers with full access to the internet, **try to hold off on texting friends or checking social media during class.** Ignoring your teacher to go on your phone hurts both the teacher and your education. Ultimately, it is more efficient to devote your full attention to the lesson for the hour of class than it is to have to go back and catch up on what the lesson was about or what you missed while scrolling through the news or social media.

We at the SAC Exclusive wish you the best second semester possible, and you can keep checking back with our monthly newsletters for more tips, articles, and fun riddles.

1: <https://www.parents.com/kids/education/back-to-school/things-not-to-do-while-distance-learning-and-expert-tips-on-what-to-do-instead/>



# RIDDLE OF THE MONTH

BY YUSRA HASSAN  
HIRAM JOHNSON HIGH SCHOOL

The month of February is the shortest of the year, it's known for Valentine's Day, Black History Month, filing taxes and more! This month we're bringing back the riddles, the answer will be at the end of the newsletter.

A man dies of **old age** on his 25th Birthday, how is this possible?

Keep reading to find out!



# THE HILL WE CLIMB

BY AMIRI TATE  
HIRAM JOHNSON HIGH SCHOOL

As you all may know, the previous year, 2020, was a year that shined a bright light on some of the injustices affecting the African American community. During that time, a great deal of current Black activists were able to gain a larger platform and greater influence on our generation and efforts to help us make a change. Not to mention the opportunities many young Black activists were given, which not only changed their lives and the lives of young African Americans looking up to them, but also changed our nation. A perfect example of this change is Amanda Gorman: On January 20th of 2021 she made history as the youngest inaugural poet in U.S history. This may seem to be the peak of her many accomplishments from being an award winning writer to becoming the first National Youth Poet Laureate of the U.S at only 19 years old, but she is nowhere near done. On The Late Late Show With James Corden, Gorman was eager to share with the world that she plans on running for U.S President in the year 2036. Amanda Gorman was born and raised with her two siblings in Los Angeles, California by her single mother. She grew up with a speech impediment, but that did not stop her from pursuing her passion in writing and poetry. This passion sparked at an extremely young age and shortly after witnessing the Nobel Prize speech by Malala Yousafzai, she was inspired to become an adolescent delegate. When the time came, Gorman harnessed that passion and proceeded to graduate from Harvard University, where she studied sociology.

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# THE HILL WE CLIMB

BY AMIRI TATE  
HIRAM JOHNSON HIGH SCHOOL

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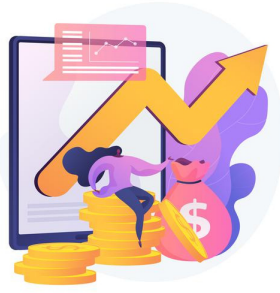
Since that time, she's focused her life on writing and expressing literature that focuses on sensitive and uncomfortable topics that many people tend to shy away from. A few include oppression, racism, feminism, and police brutality. Amanda Gorman has, nonetheless, paved the way for young aspiring leaders in today's society. It is possible.

## Citations:

Altatis, Conviron. "Amanda Gorman Biography: 13 Things about 1st U.S. National Youth Poet Laureate." *CONAN Daily*, 21 Jan. 2021, [conandaily.com/2021/01/20/amanda-gorman-biography-13-things-about-1st-u-s-national-youth-poet-laureate/](https://conandaily.com/2021/01/20/amanda-gorman-biography-13-things-about-1st-u-s-national-youth-poet-laureate/).

*Amanda Gorman*, [www.theamandagorman.com/](https://www.theamandagorman.com/).





# FINANCIAL AID DEADLINES

BY SARA FARAJ  
JOHN F. KENNEDY HIGH SCHOOL

Living through economic recession, we all understand the importance of utilizing every financial aid resource we can when saving for college. For seniors, this college application season was a wild one! Yet, we cannot forget to submit our aid forms to secure the funds many of us could receive towards our college education. For the Universities of California (UCs) and California State Universities (CSUs) the financial aid deadlines are right around the corner! In order to receive aid, FAFSA, Cal Grant, Chafee Grant, and CADAA forms must be submitted by March 2nd, 2021.

The **FAFSA**, which can be accessed here (1), provides students with federal aid to attend college anywhere in the United States. I recommend submitting the FAFSA as early as possible, to ensure your forms go through before the deadline.

As an alternative to FAFSA, undocumented or non-resident students can still qualify for aid under the **California Dream Act Application (CADAA)**, which can be accessed here (2).

For both documented and undocumented students who plan to attend college in California, aid can be awarded via the **Cal Grant** system, which can be accessed here (3). This is separate from the FAFSA, meaning you may qualify for aid under both FAFSA and Cal Grants. Cal Grants are awarded to lower and middle income students, so check out this site to see if you qualify (4).

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# FINANCIAL AID DEADLINES

BY SARA FARAJ  
JOHN F. KENNEDY HIGH SCHOOL

(Continued)

Foster youth planning to attend a California college may also qualify for additional aid under the **Chafee Grant**, which can be accessed here (5).

My tip: **aim to complete all financial aid forms by mid-February** to secure these important funds for your future. Best of luck, SCUSD Students!

1: Access the FAFSA here: <https://studentaid.gov/h/apply-for-aid/afsa>

2: Access CADAA here: <https://www.csac.ca.gov/undocumented-dreamer-students>

3: Access Cal Grants here: <https://www.csac.ca.gov/cal-grants>

4: Cal Grant eligibility:

<https://www.sac.edu/StudentServices/FinancialAid/Pages/CAL-Grant-Eligibility-Requirement.aspx>

5: Chafee Grant: <https://chafee.csac.ca.gov/#chafee-home-eligibility>

# FEBRUARY HOLIDAYS

BY JULIANNA CROMEENES  
SACRAMENTO NEW TECHNOLOGY HIGH SCHOOL

<b>February Holidays!</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	1	2 Groundhog Day	3	4	5	6
7 Superbowl Sunday	8	9	10	11	12 Lincoln's Birthday Chinese New Years	13
14 Valentines Day	15	16 Mardi Gras (Fat Tuesday)	17 Ash Wednesday	18	19	20
21	22 Washington's Birthday	23	24	25	26 Purim (Begins at Sundown)	27
28						

## 02/02 - Groundhog Day

Groundhog Day derives from the superstition that if a groundhog emerges from its burrow on the day of the holiday and sees a shadow as a result of clear weather, it'll retreat into its den and winter will last for another 6 weeks.

## 02/12 - Chinese New Year

Chinese New Year is celebrated to honor household and heavenly deities as well as ancestors. Chinese New Year is tied to the Lunar Calendar, which is why the holiday's date changes every year.

## 02/16 - Mardi Gras & 02/17 - Ash Wednesday

According to USA Today, Mardi Gras is celebrated the day before Ash Wednesday in order to celebrate the beginning of Christian Lent season leading up to Easter. During Lent, many Christians fast, and the name Fat Tuesday refers to the last day of eating richer foods before the leaner days of Lent begin.

## 02/26 - Purim

Purim is a Jewish Holiday that celebrates the saving of Jewish people from Haman, an Achaemenid Persian Empire official. In the book of Esther, it's said that Haman had planned to kill the Jewish people.



# MENTAL HEALTH SUPPORT

BY ISA SHEIKH  
THE MET SACRAMENTO

## **TW: suicide, suicidal ideation, mental health crisis**

In September, when the Board passed a resolution recognizing National Suicide Prevention and Recovery Month, I was shocked to see that on average, 1 in 5 students has considered suicide in the past 12 months, according to the recent California Healthy Kids Survey of SCUSD students. And yet, it makes sense. So many of us have faced these struggles, and too often, we sweep these health struggles under the rug, in a way no one even considers with physical health struggles.

Even worse, 65% of us reported not knowing where to get help even if we're willing to seek it out, according to a youth survey by Sacramento citiesRISE. That's a big problem, and one that hits close to home. And for many of us, that's continued to deteriorate during the pandemic.

The important thing is that there is a light at the end of the tunnel, and we are all part of that. First, know the signs. At [www.suicideispreventable.com](http://www.suicideispreventable.com), you can take a couple minutes to understand what these signs are, and how we can work together to save lives. Pain isn't always obvious, but most suicidal people show some signs that they are thinking about suicide. Reckless behavior, personality changes, and substance abuse are some examples. If you hear someone talking about death or suicide, seeking methods for self-harm (such as searching online or obtaining a gun), or sincerely talking about feeling hopeless and having no reason to live, I implore you to call the National Suicide Prevention Lifeline at 1-800-273-8255.

(Continued on next page)



# MENTAL HEALTH SUPPORT

BY ISA SHEIKH  
THE MET SACRAMENTO

Just as importantly, find the words. Once again, [www.suicideispreventable.com](http://www.suicideispreventable.com) puts it better than I could; take a visit there. What you need to know is that the very difficult words you'll need to employ are unparalleled in their significance in helping the people around us from taking a step they won't be able to reverse.

There are many resources out there that so many people don't even know exist. The lifeline and website are among those. If you are going through this with yourself or someone you know, please reach out:

- The crisis text line: text "HOME" to 741-741
- Suicide Prevention Lifeline: 1-800-273-8255 (TALK)
- The Source - Call/Text 916-787-7678 Support for Youth & Caregivers 24/7
- Foster youth and families can access the Source's crisis hotline via phone or text at 916-SUPPORT

If reaching out to a helpline seems uncomfortable or difficult, reach out to a friend, to family. Reach out to me, honestly. You can text me (Isa) at (916) 752-9351, or email me at [isa-sheikh-board@scusd.edu](mailto:isa-sheikh-board@scusd.edu).



SCUSD STUDENT ADVISORY COUNCIL

# THE H.O.P.E. INITIATIVE

*Honoring Optimism & Positivity Everywhere*

**READ THE INFORMATION ON THE  
NEXT PAGE TO LEARN HOW TO  
GET INVOLVED**

Contact us through email at  
[scusd.studentadvisorycouncil@gmail.com](mailto:scusd.studentadvisorycouncil@gmail.com)

# YOU CAN GET INVOLVED!

*Submissions due by February 26, 2021*

We all know that 2020 has been a difficult year for all of our SCUSD students and families. Our project aims to continue to find HOPE throughout the tough times. We're inviting all students K-12 to submit an answer to this question:

## ***What gives you hope?***

Students are encouraged to submit their answers to this question by creating any of the following projects :

essays / poetry / videos / drawings /  
paintings / songs / photography / memes

**please submit a copy or scanned photo of your project to  
[scusd.studentadvisorycouncil@gmail.com](mailto:scusd.studentadvisorycouncil@gmail.com)**





# 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-feb>

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

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

**Don't forget to submit your H.O.P.E. project by February 26th!**

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

riddle answer:  
he was born on February 29th!

