

SAC EXCLUSIVE

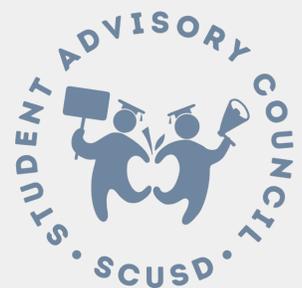
The Official SCUSD Student Advisory Council Newsletter

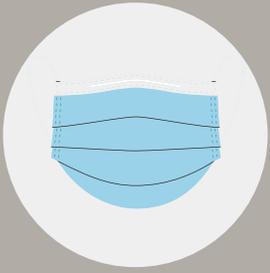
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COVID-19 NEWS

SAC Collective

The recent holiday season has brought about a drastic rise in COVID-19 related illnesses throughout the United States. Hospitals and medical professionals have once again become overwhelmed with the rapid increase in COVID-19 positive cases. The Omicron variant has worsened the national and local situation, quickly spreading through our communities. We need to do our part to keep each other safe: wash your hands, wear your mask, test when necessary and get vaccinated!

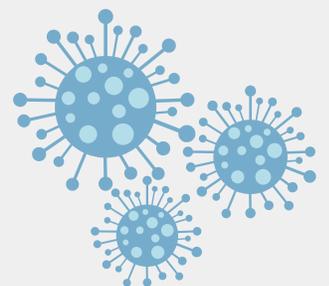
Please use the link below to register for a free COVID-19 test.

<https://my.primary.health/1/scusd-edu>

Sacramento City Unified School District (SCUSD) is pleased to offer free COVID-19 screening testing for all students and staff at:

- School Site Care Rooms (during school hours)
- School Site Surveillance Testing days
- Regional Testing Centers:
 - Serna Center: Monday – Friday from 12:00-3:30 p.m.
 - Albert Einstein Middle School: Monday – Friday from 3-6pm
 - More regional locations with evening hours to come in January 2022

Throughout December and January, SCUSD is building our surveillance testing readiness, expanding testing to new school sites every week. Students and families only need to register one time per school year. Students not yet fully vaccinated will be provided direct assistance to register for testing. As we make this transition, SCUSD continues to offer testing to those who are registered and consented for COVID testing.





LIVING WITHOUT A PASSION

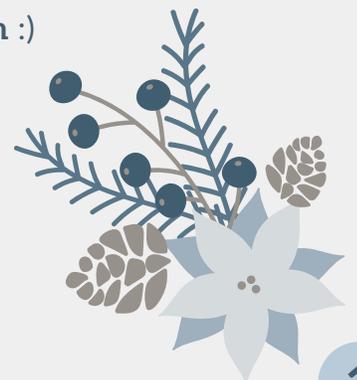
James Doolittle (West Campus HS)

High school was never a particularly impassioning time for me. I have always tried to chase different pursuits and hobbies, sampling different sports, debate, ASB, chess, boat racing, an array of clubs, and plenty more but no all-consuming interest stuck for me. The people around me would discuss last night's game or their next project that they're working on with such energizing, wholehearted interest that I felt that something was missing in my own life. It seemed everyone had found their "thing", their niche, while I was left endlessly searching.

The feeling of not belonging is an extremely common occurrence especially among K-12 students: whether it's socially or activity-wise, an inherent trait of maturing and growing up are these feelings of isolation. This is an important fact to remember, as no matter what it may seem like on the surface, everyone is looking for their place. It's all too easy in this time of social angst to get lost in the misconception that everyone else has it all figured out while you don't: this is factually untrue. And there are plenty of reasons to remain hopeful.

The personal anecdote I described is not the whole story, as I have made it out to be far too dreary. While I am another teen who is college-bound and is still unsure about what my career is going to be, much less my major, my life goes in cycles as everyone else's does. People become fascinated with photography and then they drop the pursuit after a few months, they then decide that engineering is where they belong but their teacher later ruins it for them, then they pick up clothing design. Giving oneself license to try and fail in their pursuits is everything: after years of trial and error, I have found that creating music is something that makes me extremely happy. This may stick and it may fade away, but it's so important to be able to enjoy it in the present.

There are times of great fascination and passion and there are times of darkness and inner-turmoil: in this sense, the only mistake you can make is convincing yourself that the times of darkness will stay forever. I promise you, you will find your spark. And in the meantime if you want to sing in one of my songs, my gmail is japers3434@gmail.com :)



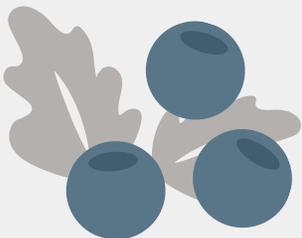


TIPS FOR THE NEW SEMESTER

SAC Collective

With a new semester comes a blank slate and another opportunity for good grades. To help you achieve those good grades we have come up with a list of study and organization tips to help everyone have a successful semester.

1. **Take Notes:** One of the most helpful things for studying believe it or not is taking notes. Not only will the act of taking the notes have you remember the information when it comes time for a test it saves you time. No one wants to have to go back through a book or research a second time when prepping for a test. If you have taken notes you'll already have all the information you need.
2. **Flashcards:** If note-taking isn't for you flashcards is another good way to memorize and practice information. Although they do work better in conjunction with note-taking if you don't mind doing both. These days you can even do flashcards online with websites like Quizlet.
3. **Use an organizer:** All the notes and paper in the world won't matter if you lose them all. To solve this issue we would suggest using some type of organizer for each one of your classes. It also helps keep all of your papers nice and pristine if you have to turn in your work. No one likes crumpled papers.
4. **Music:** Music has been shown to help people study and focus. Although this is more focused around relaxing instrumental music. We also would not suggest anything too distracting. If you aren't focusing on your work it's a detriment instead of a help.
5. **Turn off phone or distractions:** As much fun as it is to scroll Instagram while doing work or studying it is not the most conducive way to learn. So turn off those distractions and focus on your studying.
6. **Create a study group with friends:** Why study alone when you can study with friends? Not only will it make the process more fun and bearable it may make it easier to learn and process the material. If you don't know or remember something chances are one of your friends will.





THINGS TO LOOK FORWARD TO

SAC Collective

With a new year comes new things to look forward to, be it movies, games, or even books. So we have compiled a list of things we personally are looking forward to in the upcoming year of 2022.

Movies/Shows:

1. Spider-man across the spider-verse part one (OCT)
2. The batman (MARCH)
3. Sonic the Hedgehog 2 (APRIL)
4. Doctor strange (MAY)
5. Attack on Titan Final Season (JANUARY)
6. Chainsaw Man

Events:

1. Winter Olympics
2. FIFA World Cup

Games:

1. God of War (January)
2. Pokemon Legends: Arceus (January 28th)
3. Destiny 2: The Witch Queen (February)
4. Saints Row (August)

Books:

1. You've Reached Sam by Dustin Thao
2. Not Here to Be Liked by Michelle Quach
3. Family of Liars by E Lockhart
4. Girls I've Been by Tess Sharpe
5. Gwendy's Final Task by Stephen King





YOUTH EMPLOYMENT OPPORTUNITIES

SAC Collective

With the new year comes new opportunities. Focusing on your academics, sports, clubs and community involvements can be a great way to strengthen your college resume. Another important area that is often times forgotten is paid employment and internships. It could sound like a daunting task to add on another responsibility to what is a seemingly impossible load but work experience is vital! Aside from strengthening your college applications, work experience provides: career exploration opportunities, professional networking, possible letters of recommendation and of course, income. We've compiled a list below that could be useful for your initial exploration of youth employment:

Paid Youth Focused Organizations:

1. <https://sacramentoworks.org/youth/>
2. https://edd.ca.gov/Jobs_and_Training/Youth_Employment_Opportunity_Program.htm
3. https://www.pge.com/en_US/residential/in-your-community/economic-and-community-vitality/summer-jobs-program/summer-jobs-program.page?WT.mc_id=Vanity_summerjobs

Paid Workforce Development Opportunities

1. <https://www.cityofsacramento.org/ParksandRec/Youth-Division/Youth-Employment>
2. https://edd.ca.gov/Jobs_and_Training/Services_for_Youth.htm
3. <https://youthlinksac.org/Work-Based>
4. <https://www.governmentjobs.com/careers/saccity/jobs/3309931/youth-aide>

Work Stipends and Possible Paid Internship Opportunities

- <https://www.cityofsacramento.org/ParksandRec/Youth-Division/Youth-Employment>
- https://personnel.saccounty.net/pages/departments_offering_internships.aspx
- <https://youthlinksac.org/Work-Based>
- <https://www.governmentjobs.com/careers/saccity/jobs/3309931/youth-aide>
- <https://www.smud.org/en/Corporate/Careers-at-SMUD/Student-Jobs>





LET'S GET READY FOR FINALS!!

Caleb Fox (West Campus HS)

Welcome Back Everyone!! Hope you had a great break. These next few weeks there is a lot going on such as finals and the end of the semester. It's going to go by very fast so make sure you are ready to go. There is about 1 month from when we get back on the 3rd of January all the way to the 28th of January. This may seem like a long time, but the month of January is going to go by very fast due to finals on that last week of the semester. Since finals are going to come up quickly, it is good to feel prepared and more confident heading into finals.

Here are three tips for organization:

1. Make sure you use a planner! This can help with being more organized since you have a clear picture of all that you need to do.
2. Have a time during the day where you can relax and reset in order to be more efficient with the work that you do.
3. Once a week review what your upcoming events are so you can plan accordingly.

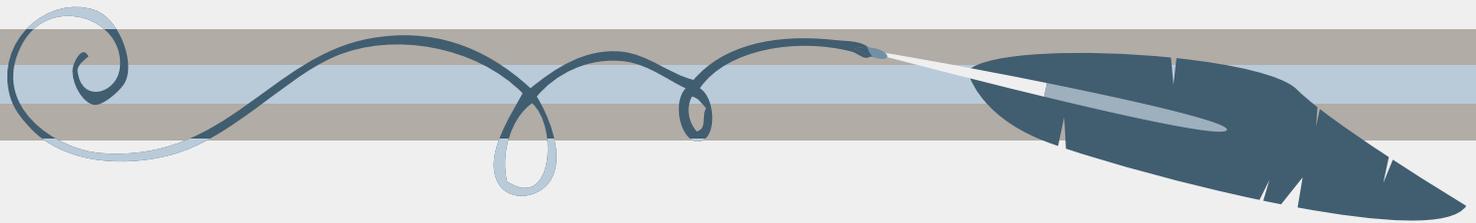
Here are three tips for preparing for finals:

1. Taking color coded notes for better organization of notes will help you when you start studying.
2. Use flash cards in order to make studying easy and more efficient when you do study.
3. When you take notes make sure to regularly study them because this will help with understanding the content better than if you did it one time.

I hope these tips can help you feel more confident when it comes getting ready for and feeling more confident going into finals week. This is a stressful period of time but just try to do your best and follow these tips and you will do great!! Good luck!!



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Have an idea you'd like to see mentioned? Want to write your own article?
We want to hear your voice in future volumes! Feel free to contact us at:

studentadvisorycouncil.scusd@gmail.com

