



# The Exclusive View

La Paloma's Original Newsletter

October 1, 2016



## School to Community

School to Community is a group consisting of school staff, parents, and community figures striving towards helping students achieve success. If you would like to be a part of this very important group and share your ideas please contact

Meet Jamilia Tanner! Jamilia has been a student at La Paloma since March of 2016. She is the La Paloma Board Speaker who speaks to the LUHSD Board every month to share La Paloma news with the board and community members. Along with being a good student Jamilia is part of the Peer Educator group for Tupe. Jamilia is a senior who plans to graduate in December of 2016. We are proud to have her represent La Paloma High

## Coffee with the Princi-

- 11/17/16,**
- 12/15/16**
- 1/26/17**
- 3/16/17**

### *Upcoming events*

*October 25—Tupe Training at La Paloma*

*November 4—LMC Visit/Presentation*

*November 9—La Paloma's Chili Cook-Off 6pm—8pm*

*November 18— La Paloma's Thanksgiving Feast 11-12:20*



Come have coffee with the principal and find out what's going on at

# Staying Healthy During the Winter Months

By Rachael Michaelson

Winter months can bring on colds and the flu, so it's best to be prepared to fight off the irritating illnesses. Here are some tips that can help keep sickness at bay.

1. **Eat a healthy diet.** Maintaining a good healthy diet full of fresh fruits and vegetables and minimal amounts of organic meats is another way to keep your body clean and in good working order. Try eating an extra piece of fruit or veggies.

**Do your homework to find the best supplement for your health.** Even if you eat "perfectly" all the time with loads of fresh fruits and vegetables, you still need to boost your nutrition with a supplement. What supplements you will need will depend significantly on your lifestyle.

- **Essential Oils.** Essential Oils are a must-have to protect yourself and help your immune system. There are a variety of essential oils that have been found to be highly effective against airborne bacteria.
- **Exercise regularly.** It is important to exercise regularly.
- **Get the right amount of sleep every night.** The average person needs 6-8 hours of sleep per night. If you're not getting enough sleep, your body is extremely vulnerable to illness.
- **Wash your hands regularly.** Keep the bacteria and viruses off your hands and out of your mouth and eyes. Keep a bottle of hand sanitizer close-by for those instances where you can't get to soap and water.
- **Don't smoke.** Most of you already know this, but it bears repeating because smoking significantly weakens your immune system.
- **Eliminate all forms of sugar.** This includes not only the obvious kinds (cake, cookies and sweets, in general), but bread, pasta, rice, yogurt and commercial, store-bought fruit juices. Although all of these things are made with different types of sugars, your body still converts them to sugar, which will compromise your immune system.

**Despite your best efforts, you still can feel like you're "coming down with something."** Some things you can do to help your body recover more quickly:

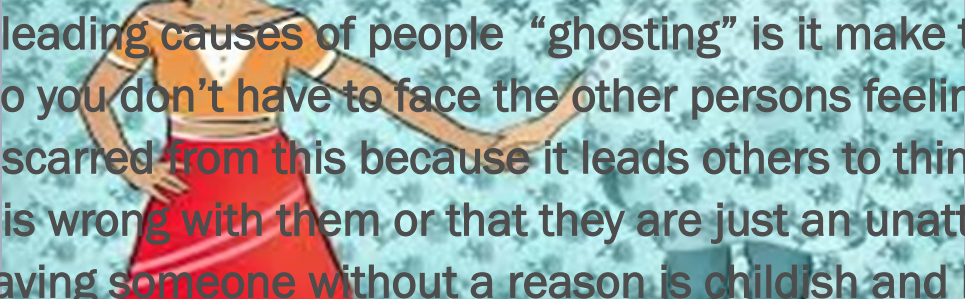
<http://stayhealthyandwell.com/10-tips-to-stay-healthy-during-the-winter-season/>



# GHOSTED

By Edgar Ruiz

Ghosting may sound like the easiest way to end a relationship , but in all honesty it makes you seem lazy, disrespectful, and proves you aren't ready for any type of real relationship . According to the Huffington Post, ghosting is when someone you're dating ends the relationship by cutting off all communication, without any explanation. Many men and women have experienced this form of both struggle in a relationship but ghosting is never the way to go. You need to gain the courage and get yourself out of the situation instead of just leaving there other person in the dust as if they never existed.



One of the leading causes of people “ghosting” is it make to break up easier so you don't have to face the other persons feelings. Many people get scarred from this because it leads others to think that something is wrong with them or that they are just an unattractive person. Leaving someone without a reason is childish and leaves many questions to be asked like what isn't to be liked about myself? Or what do I need to make myself better?

Trust is one of the biggest keys in a relationship and ghosting throws all trust out the window usually because you would make promises with a person and tell them things that you wouldn't regularly tell just anyone and then just ignoring them leads to what was a lie ? and what wasn't? Another reason ghosting is a bad way to go with a relationship is because you basically leave the other person just hanging. You may be sure that the relationship you were in isn't something you want but the other person is left to be clueless about what happen and not a single soul deserves to abounded just because a person couldn't face the truth or just couldn't handle the feeling.

# Getting a Jump on College



## Why Should Students Apply for the FAFSA?

**The average student loan debt hovers near \$30,000, so what can students do to help unload the financial burden of college? Applying for the FAFSA (Federal Application for Federal Student Aid) is an important step in helping people with tuition expenses. All you have to do is go to the website below and file the form by March 2, 2017. In addition to determining your eligibility for federal funds, many colleges and states use the form when distributing grants, so don't delay. Watch the mail for your Student Aid Report (SAR)—it should arrive four weeks after the FAFSA is filed.**

<http://www.nacacnet.org/studentinfo/articles/pages/preparing-for-college-senior-checklist.aspx>



# ANGER MANAGEMENT

By Brandi Williams

We've all had those days where things just aren't going right. It's very easy to take our bad mood out on someone else, so what can we do to control our anger.

## How to Control Your Anger

1) When your mad do not take off on everybody, that just make the situation way worse. To prevent from yelling at everybody take a deep breath and keep going on with your day.

2) Getting along with your teachers is a good plan. To get over the fact that you don't like your teachers it's nothing you can do but transfer to a different class but honestly they made a career choice to teach you this information, and have studied it for years. You may think that you know everything about the subject but you may not. Keep your temper on the back burner until you get out of class, then scream in your car on your way home.

You also can talk to your teachers one on one within the first few weeks of the class. You can talk about your personal goals teachers usually like to know your interests are.

## How to keep your temper in check

To keep your temper in check you should think before you speak. In the heat of the moment, It's easy to say something you'll later regret. Take a few moments to collect your thoughts before saying anything and allow others involved in the situation to do the same. As soon as you're thinking clearly, express your frustration in a calmly way. State your concerns and needs clearly and directly without hurting other or trying to control them.



# Distractions in the Classroom

## The Problem

Many kids today spend most of their time at school distracted for one reason or another. Next thing you know their grades are going down, parents are concerned, and kids get in a panic to catch up. What are the three culprits adding to this distraction phenomenon? Technology, lateness and talking are to blame, oh along with the kid who prescribes to these practices.

Technology is the biggie. Kids are constantly on their cell phones at school, playing video games, checking out Instagram, or gossiping on Twitter. Not only does it take the focus away from school, but can also lead to drama on campus.

Lateness- who ever said that teens wake up on time? When parents leave for work, who wakes up the teen fast asleep in their bed? Tardies are another issue that affect distractions in class. Paul walks in late, teacher stops what their doing, kids get off task and whallah kids are distracted.

Talking in class, an oldie but a goody. A major distraction for many students is having to hear Lisa and Jennifer's play-by-play of what happened over the weekend, or Scott trying to irritate the teacher with his obnoxious comments.

## What can we do?

Most students need motivation to work. Some students will show up to school to spend their day with their heads to their desk. Being able to get teachers to become more hands on could help a lot of students. Grades will improve and so will attendance because students will be more motivated to get it all done and finish high school.

There are a lot of disruptive students which keep other students who want to learn from getting there education. All the attention focuses on the disruptive students, and distracts the kids wanting to learn from getting things done. Keeping an environment conducive to learning will allow all students the chance to be successful.



# TUPE Corner

## Fast Facts:



- Did you know? Most smokers try many times before quitting for good. Every day, week, or month without smoking is a success, not a failure. The more people try, the more they learn about how to quit and the closer they get to their goal.
- After 8 hours from the last cigarette, the nicotine in someone's bloodstream reduces by 93.25%.

For steps on how to quit go to <http://www.teen.smokefree.gov/quitStart.aspx>

BSU Club



## **PRINCIPALS HONOR ROLL**

Daniels Keyana      Gamble Dominic      O’Roark Shane  
Martin Hannah

Williams Randi      Garibay Alyssa      Lang Marshae      Orr Keera

Morales Yerson      Williams Brandi      Onofre Nansi

Brown Reihana

Allah-bey Mikalah      Cendejas Carlos      Gaxiola mauro      Akins raquel

Green Aayana      Rodriguez Samantha      Howard Tyler

Johnson Isaiah

Ruiz Edgar      Vasquez Naomi      Dixon Steffanye

Tupou Lokeni

## **PRINCIPALS**

Cruz Jazmyn      Moore Danesha      Grey Samir

Cruz Sabrina

Henry Brianna      Caballero Jorge      Carr William

Chryssikos Tiiffany

Mackson Myles      Maxwell Samuel      Sibley Donavynn      Wills Derek

Becerra Isabel      Martinez Mata Valeria      Smith Samantha      Yore Clio

Michelson Rachel      Dobson Damion      Munoz Jasmin

Rodriguez Nathaniel

Bird Joshua      Guidry Natasha







## **HONOR ROLL**

Aguilar Luis   Galindo Dylan   Garcia Marglin Gabriel   Vo Vu  
Bentley Nathan

Cabrera Adrian   Gipson Demaria   Gonzalez Sergio  
Rubio Amador

Cerda Vasquez Eduardo   Ramirez Liliana

Santos Pinon Christian

Aguilar Claudia   Armenta Larissa   Beauford Joshua  
Esquiveo Joseph

Ponce Alexander   Dixon Destiny   Garcia Marcos  
Granados Bianca

Silva Michael   Tubbs Javaris   Acosta Jacob   Villagran Kayla

## **HONORABLE MENTIONS**

Garcia Fernando   Lowe Isaac   Reynolds Tyrik   Williford Franklin  
Araujo Bianca

Haworth Linsey   Marin Ana Maria   Resendiz Gaberier   Garcia  
Leanna

Gomez Sofia   Lindstedt Tyler   Bence Mercedes   Castillo Darian  
DiMaggio Venise   Moore Jamnote   Armentia Elexia   Ellsworth  
Casey

Go Dominic   Gonzales Isaac   Jones Jalen

