

## Our New Vice Principal—Carolynn



**Mrs. Hoopes is our new vice principal of the 2022-23 school year.**

### **Background:**

Mrs. Hoopes is from Berkeley, CA

She graduated from Berkeley High School and Brigham Young University

Mrs. Hoopes is married and has 3 kids, 20 y/o twins and a 16 y/o.

Her mom was a teacher which is what inspired her career in education.

Mrs. Hoopes hobbies include: reading, boating, camping, walking her dogs and spending time with her family.

### **La Paloma Experience:**

Mrs. Hoopes had been a P.E teacher for the past 20 years and had the opportunity of becoming vice principal at La Paloma.

Mrs. Hoopes goals for La Paloma include increasing the graduation rate and for everyone to feel like they have a place to belong.

**“I really appreciate how kind everyone has been to me starting at a new school!”**



### **IMPORTANT DATES**

**MAY 15TH-19TH SPIRIT WEEK “SPRING FEVER”**

**MAY 31ST– NAVY PRESENTATION**

**JUNE 7TH– SENIOR BREAKFAST 9-10 AM**

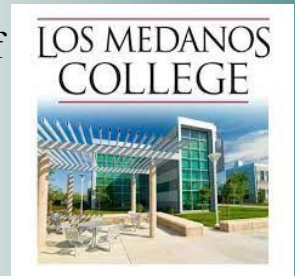
**JUNE 7TH– GRADUATION REHERSAL 10-11**

**JUNE 7TH– LA PALOMA SENIOR GRADUATION CEREMONY— 6:00PM**

# College Resources

## Los Medanos College (LMC)

Los Medanos College is a public community college located in Pittsburg, Ca but extended to Brentwood, CA as well. The in-state tuition is \$1,312 and the average cost after aid is \$6,154. The undergraduate enrollment is currently 7,528. The acceptance rate is 100% with a 3.0 GPA. LMC offers a variety of user-friendly, short-term courses and more advanced online career training programs. All courses and programs earn a certificate of completion issued by the Los Medanos College, and many prepare you for industry-recognized certifications as well.



[www.losmedanos.edu](http://www.losmedanos.edu)

## Universal Technical Institute (UTI)

Universal Technical Institute is a trade school and has several locations but its nearest location is in Sacramento, CA. The average cost after aid is \$24,000 and the current undergraduate enrollment is 1,845. The acceptance rate is 100% with a 2.50 GPA. UTI provides automotive and diesel training. Students in the Automotive Technology and Diesel Technology programs can learn from instructors who have real-world experience.



[www.uti.edu](http://www.uti.edu)

## Diablo Valley College (DVC)

Diablo Valley College is a public community college located in Pleasant Hill, CA and San Ramon, CA. The in-state tuition is \$1,312 and the average cost after aid is \$5,637. The undergraduate enrollment is currently 15,326. The acceptance rate is 100% with a 3.0 GPA. Gain in-demand skills quickly with career training, choose from 200+ degree and certificate programs, transfer to a four-year university or college and explore flexible options with in-person and online classes.



[www.dvc.edu](http://www.dvc.edu)



## **All About Ron Jackson**

**Coach Ron Jackson is our La Paloma Basketball Team Coach and our campus security.**

### **Background:**

Ron is from Newark, New Jersey.

Ron graduated from Silver Creek High School in San Jose and attended San Diego State but later graduated from San Francisco State.

Ron is married and has 4 children, all boys.

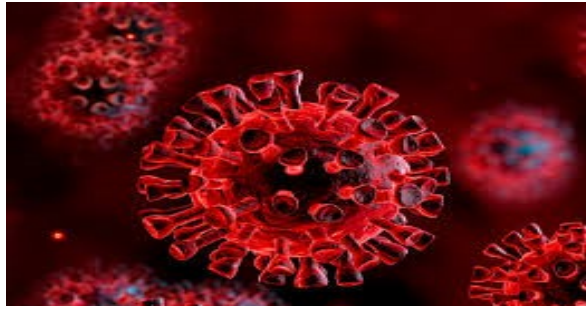
Ron's hobbies include playing golf, playing video games with his sons, playing dominos with a group from church, and singing. He refers to himself as an "amazing singer"

### **La Paloma Experience:**

Ron accidentally started working at La Paloma. He applied for a position as a P.E teacher at Heritage High school and got an offer as campus security at La Paloma.

He says his experience at La Paloma has been fun and challenging. He wants to keep a safe environment and change the culture a bit. He also would like to build a La Paloma Boys & Girls Basketball Team

**"Coaching here is like no place I have ever coached. Kids have different agendas at this school rather than kids at different schools which can make it challenging. It is really rewarding when you get to see these kids improving."**



## How COVID-19 Effectuated Our High School Years

By Bridget Kittel

COVID-19 began in 2019, as a class of 2023 senior it interrupted my freshman year. As many of the students here had the pandemic interrupt their freshman, 8<sup>th</sup> grade, or 7<sup>th</sup> grade year, it ripped us all away from the classic high school experience we had looked forward to our whole lives. Football games, school dances, rallies, etc. We never got the full experience we had always wanted. The CDC emphasizes that “Beyond getting sick, many adolescents' social, emotional and mental well-being has been impacted by the pandemic. Trauma faced at this developmental stage may have long-term consequences across their lifespan.” From an adolescent myself experiencing this, I can definitely say it is all very true. After returning to in-person school, my social skills definitely worsened and I experienced social anxiety like I never had before.

UNICEF illustrates that 46% of young people reported that had less motivation to do things they used to enjoy doing, and 36% feel less motivated to do chores they normally do. The pandemic interrupted and shut down all of our lives, but it took a huge toll on mental health as well as putting a damper on motivation to get back into the real world. We lost our normal structure and routine and the human connection we were used to. According to [edpolicyinca.org](http://edpolicyinca.org), enrollment in school dropped by 2.6%, losing 270,000 students. COVID-19 deeply affected younger people as this happened in a time period where we are usually the most social we are in our entire lifetimes, we had opportunities taken away from us. Any student apart of the class of 2020 to 2025, should give themselves a huge pat on the back.

**If you need help call the Mental Health Hotline at (866) 903-3787.**



# Art Becoming an Outlet!

By Sami Vers



## *Finding Peace Within Art*

The world today is so fast paced and demanding that sometimes it feels like you can never get a break. As a solution, I think everyone should settle down when they get time and do art. It may seem difficult at first, but I assure you everyone can do it. You may think you don't have a very creative side as well, but I have done projects with people who have said these things and they have surprised themselves! Some specifically calming ones are painting, sketching, collaging, crochet/knitting and sewing! When doing these things, I find myself getting lost in it. The troubles of daily life and what is to come simply disappear into the art. By the time you're done you'll see that you've consumed a lot of your day, without having to go on any technology. In closing, I recommend that everyone reading this try out some art to relax themselves in times of chaos.



## *How To Collage*

- 1) One project I find super soothing and simple is collaging. Everyone has a different way of doing it but here are some directions on how to get started! Gather some material like newspapers, magazines, books, old albums and pictures. But you can virtually use anything! I've even used wedding invitations!
- 2) Find what you'd like to arrange the media on. Some ideas would be a big poster, papers cut out in different ways and CD jewel cases, but you can use anything/surface that can hold the media well.
- 3) Get some scissors, glue, tape and anything extra you think you can add (buttons, lace, gems, glitter, fabric, construction paper etc.)
- 4) Now that you've got all your materials arrange, arrange, and arrange! Try overlapping things, cutting interesting shapes or anything your heart desires! Don't be afraid to try anything crazy out because there is no wrong way to do it!

# 5 Ways to Improve your Mental Health

By Bridget Kittel

For some people, mental health can take a huge toll on their lives. We don't have to have drastic changes that come quick to improve our mental health, but we can start by taking small steps to motivate us every day. In this newsletter, I will provide you with five ways to improve mental health.

## 1. Getting Fresh Air Every Morning

Stepping outside in the morning and taking a deep breath, getting fresh air can help your day start better and clear your mind before going into your day. According to St. Mary's Health System, fresh air in the morning not only clears your lungs, but is known to boost your mood, lower your heart rate, and increase energy levels.

## 2. Meditation

Meditation is one of the most well-known ways to improve mental health. Meditation strengthens areas of your brain responsible for self-awareness. According to mayoclinic.org, Meditation can produce a deep state of relaxation and a tranquil mind. During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process may result in enhanced physical and emotional well-being.

## 3. Social Connection

Boosting relationships and going out and meeting people, or just being in a social setting can make you feel better. BetterHealth.gov states "The benefits of social connections and good mental health are numerous. Proven links include lower rates of anxiety and depression, higher self-esteem, greater empathy, and more trusting and cooperative relationships."

## 4. Drink More Water

When our bodies need more water, we feel more down and sluggish. Water has been shown to have natural calming properties, likely because of addressing dehydration's effects on the body and brain. Drinking enough water is an important step in managing mental health. When we drink more water, we have more energy and feel better.

## 5. Be Physically Active

This step has a huge range, it can range from taking a short walk in the morning to boxing for an hour, whatever makes you feel best. Studies have shown moving your body releases endorphins in your brain which give us joy. According to Harvard University, people who started being more physically active had a 26% decrease in odds of becoming depressed.

# Quick and Easy Dessert Recipes!

*By Bridget Kittel*

## *Banana Bread Cookies*

**You will need: 1 overripe banana, ½ cup vegetable oil/melted butter, 1 cup brown sugar, 1 egg yolk, 1 tsp vanilla extract, 1 1/3 cups all-purpose flour, ½ tsp baking soda, 2 tsp ground cinnamon, ½ tsp salt, 2/3 cup chocolate chips.** Mash down the bananas then whisk together liquid ingredients first then add dry ingredients and whisk until there are no white lumps, then stir in chocolate chips. Preheat oven to 350 °F, place parchment paper down on cookie sheet and place down cookie batter sizes depending on how big you want your cookies, bake for 11 minutes then let them cool for about 10 minutes and done!

## *Candy-Dipped Grapes*

**You will need: red or green grapes (your choice), jolly ranchers, toothpicks, and a microwave-safe bowl.** Open all jolly ranchers and separate into groups by color, get your bowl and put jolly ranchers in according to color (example: only put all cherry jolly ranchers in one bowl, combining flavors causes odd flavor.) Stick the toothpicks halfway into the grapes, then microwave the jolly ranchers for 45 seconds, stir, then heat again for 45 seconds. Quickly, before jolly ranchers harden, dip the grapes into the melted jolly ranchers, place on parchment paper and freeze for 2-3 hours and enjoy!

## *Snickers Salad*

**You will need: mini snickers, green apples, caramel, and cool whip.** Cut up your green apple into smaller cubes and mix with unwrapped snickers. Add in amount of cool whip and caramel to your liking, mix and enjoy!



# The History of Graduation

The tradition of graduation ceremonies can be traced back to the medieval universities in Europe. The first recorded graduation ceremony was held at the University of Bologna in 1088.

The ceremony was a way to recognize and celebrate the achievements of students who had completed their studies and were ready to move on to the next phase of their lives. The ceremony included speeches, the conferring of degrees, and the awarding of academic hoods and gowns. Over time, graduation ceremonies have become an important rite of passage for students around the world.

The first recorded graduation ceremony in the United States was held at Harvard University in 1642.

La Paloma's first high school graduation was in 1981.







## ***Filling out the FAFSA***

### **Create a FSA ID**

The FSA ID is your username and password

Use your FSA ID to electronically sign your FAFSA and your student loan applications, make corrections to your FAFSA and more

Go to **[fsaid.ed.gov](https://fsaid.ed.gov)** to sign up

Save your FSA ID to use again next year

If you are a dependent student, one of your parents will also need a FSA ID. Utilize the FSA ID worksheet at

[UCanGo2.org](https://www.ucan-go2.org).

### **Fill it Out**

Apply online at [StudentAid.gov](https://StudentAid.gov) for quicker processing time and to save your information for next year

Enter student and parent names as shown on Social Security cards

Send your FAFSA results to up to 10 campuses

Read about the IRS Data Retrieval Tool at [StudentAid.gov](https://StudentAid.gov) to learn how to automatically transfer tax data to your FAFSA

### **Sign and Submit**

Print a copy of your answers from the Summary page and review

Enter your FSA ID to serve as your electronic signature

Don't forget to click SUBMIT at the bottom of the screen

### **Follow Up**

Watch your email for a Student Aid Report and info from institutions that received your FAFSA results.

Provide any other necessary documentation that may be required by your Institution, such as your accepted financial aid offer, and be sure to follow up with the financial aid office if you have additional questions.

# DELTA BREEZE LACROSSE



**JOHN AND LAURIE BOONE**

Delta Breeze Lacrosse club, featuring 3 boys and 3 girls teams, has just completed its fourth year and continues to grow with more and more kids taking to the sport. Coach, John Boone, and his wife Laurie, wanted to offer kids the opportunity to learn Lacrosse. In East Contra Costa County, Lacrosse teams are hard to find, which prompted Coach Boone to get it started. Lacrosse is a sport that combines hockey, track, soccer, football and basketball and a lot of running. Players gain coordination, build up stamina and have fun in the process. A sport that began generations ago with Native Americans, has now taken root on the west coast and has found its way to east county, by the determination of John and Laurie Boone. Practices are held at La Paloma High School.

Boy's Team



If you are interested in finding out more about Delta Breeze Lacrosse, go to their website at <https://www.dblax.com/>.