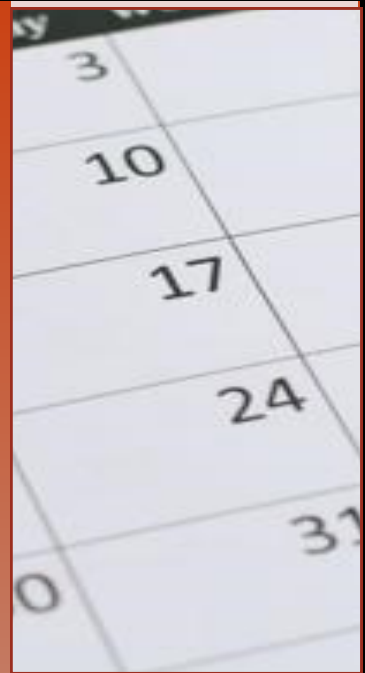


Back to School— Welcome Message by Principal Ms. Rachel Hancock

The 2023-2024 school year has started off on a positive note. Over half of our students made the honor roll for the first quarter and we are so proud. Students are very dedicated this year to completing their credits and receiving their diploma. Students will be meeting with their advisors twice a quarter to go over their credits, ensuring they are aware of where they are academically. Attendance is very important so that students are actively learning and present to earn productive days. We're looking forward to a strong second quarter.



IMPORTANT DATES

OCTOBER 23-27
HALLOWEEN
SPIRIT WEEK

NOVEMBER 17TH–
FALL FEAST

DECEMBER 7TH–
CHILI COOK OFF

DECEMBER 15TH–
BARNES & NO-
BLEFUNDRAISER

WINTER BREAK -
DEC 22– DEC 15

La Paloma Counselor's Corner

Dr. Andre

Feeling Anxious?

Many students experience anxiety before an important event, such as a presentation, big test, or first day of school. However, people with an anxiety disorder have anxiety and fears that are long-lasting and can progressively get worse. Sometimes, a person's anxiety is so bad that they become housebound. Anxiety disorders are the most common childhood disorders affecting an estimated 31.9% of adolescents.

True or False?

Anxiety will get better if you just wait it out?

False, in fact, it could worsen over time.

Coping strategies to help with Anxiety

Distress Tolerance Skills are used in situations where one might not be able to control a situation, but may need to manage their own response. It won't make the situation go away but will give you a break from feeling anxious.

- Imagery – Imagine yourself on a beach, picture yourself in a safe place.
- Encouragement – Say “I can do it.” Use positive self-talk.
- Ask to take a walk around the school, notice sights, smells, sounds, etc.
- Engage in deep breathing exercises.
- Hold an ice cube to get your mind off of those spiraling anxious thoughts.
- Ask to speak to the counselor or preferred staff.



Supporting our Students!

Ms. Nicole is with the “Successful Purpose Program working with the students at La Paloma. The Successful Purpose program is designed to support students and address social and emotional barriers that they face through the lens of emotional intelligence.

Ms. Nicole was introduced to social and emotional learning by friends that told her she could help students understand their family issues, give advice, help students prioritize their mental health and wellbeing, and by helping to make sure students feel safe, heard, and understood.

Outside of school, Ms. Nicole enjoys traveling, and spending time with her kids. She is funny, caring, understanding, and available anytime



Mr. Craig is a new member of the staff with the Successful Purpose Program . He says the most rewarding part about attending this particular school is seeing kids spending time together and communicating with each other in the classroom. He motivates students by being transparent, understanding the age of change and challenge, and just listening and letting kids know they're accepted for their authentic selves.

Mr. Craig enjoys golfing, barbering, and spending time with his loved ones in his free time.



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!

Azzie's Artists



What are you thankful for?



“My Salvation” -Mrs. Davis



“My Family” -Ms. Hancock



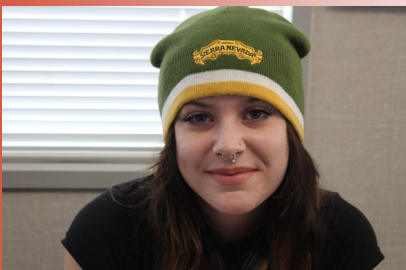
“Making music” -Preston



“My life” -Samuel Carr



“Family” -Armando Esparza



“Music” -Addisyn Vincent



By Bou Lotuanu

8 Ways to Balance Studies, Personal Life, and Work

1. Create a schedule

Aside from work and school, fit personal time into your daily routine to prevent being burned out. Spending time to relax and enjoy your hobbies can help you maintain well-being.

2. Spend Your Time Wisely

Overworking yourself is harmful to your mental and physical health, so take short breaks throughout your workday.

3. Set Boundaries

How much time are you willing to spend on work and school? Spending an hour or 2 hours a day on school work will keep you up on what you have to do. For example, separating your hours throughout the day with work in your daily schedule can benefit you by staying focused, lowering your stress levels, and avoiding working too hard.

4. Get Enough Rest

Staying up late can negatively impact your focus and productivity. Teenagers need at least 8-10 hours of sleep every 24 hours according to the Centers for Disease Control and Prevention.

5. Strive for Progress not Perfection

Be realistic about what you can achieve and complete tasks at a reasonable pace. Don't overwhelm yourself by trying to do too much in little time.

6. Prioritize

Lay out your priorities and plan out your activities according to deadlines and exam dates. Prioritize assignments that are due sooner and give yourself enough time to complete homework/ progress work. Avoid stress and last minute moves, be productive!

7. Learn how to say "no"

Say "no" to things, events, and people that aren't necessary to you, especially if your schedule is already full.

8. Ask for Help when Needed

There are many people ready to help you with any situation you might be facing in your high school life. Reach out for advice from your academic advisor, student council, or specialized doctors/ therapists when feeling overwhelmed.



Filling out the FAFSA for the 2024-2025 School year

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** 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://ucan-go2.org).

Fill it Out

- ◆ Apply online at 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 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

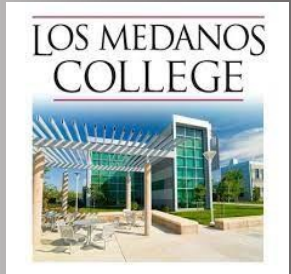
Watch your email for a Student Aid Report and info from institutions that received your FAFSA results.

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



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



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



Principal's Honor Roll
(20 or more credits)

Royal Dezember
Michelle Dorantes Gonzalez
Izabella Para Levy
Daisy Cruz Sambrano
Antonio Zamora
Samantha Vers
Sahil Zandari
Jacob Mueller
Jacob Bernal
Samuel Carr
Faith Moniz
Armando Rodriguez Ortiz
Anthony Fuentes
Matthew Skaggs
Elijah Florez
Joshua Polk
Solange Marti
Renee Cotton
Paulina Sandoval
Shadae Noble
Esteban Lopez
Isaak Sommers
Aaliya Paiva

Attendance

Michael Carroll
Lorenzo Hernandez
Angel Rosales
Danielle Smith
Edwin Santoyo
Jason Geyer

Honor Roll
(15-20 credits)

Elizabeth M
DeAngelo Crenshaw
Raven Echon
Moises Pacheco Leiva
Yulisa Lopez
Leandro Rodriguez
Addisyn Vincent
Asher Williams
Zohemy DeLaRosa
Sebastian Meza Amaral
Alexis Espinoza
Natalie Vazquez
Alonzo Perez Gasca
Milton Moreno
Dakota Vandenbroek
Jacqueline Ceja Magana
Mahari Vongvilay
Lazaro Chacon Ceja
Xitlaly Legaria
Gabriela Rodriguez
Trevor McKinley
Aidan Kenney

David Sotelo
Robert Metez
Christian Calejari
Dino Bianchini
Sophia Rios

Honorable Mention
(12-14.5 credits)

Zoe Day Jones
Yossiel Diaz
Malik Williams
Amajanai Woulard
Ryan Gaeta
Saul Ortiz
Jose Ruiz
Kahmari Mattie
MaZurhri Verge
Chakira Burks
Amadeus Peralta
Natalia Raygoza
Mya Duncan
Travis Kent
Katrina Martinez Isidora
Dorian Griffin
Maribel Murillo Capurro
Jaden Orozco
Edries Akbari
Thomas Perez
Da'vion Burris

**You're
AWESOME!**



Happy Birthday

Orlando Osejo Orochena	10/01/2006
Angel Campos	10/02/2005
Antonio Zamora	10/02/2005
Andrew Reynosa	10/07/2003
Alonzo Perez Gasca	10/17/2007
Sebastian Meza Amaral	10/21/2006
Jacob Baca	10/24/2006
Alexa Aguilar Martin	10/25/2006



Aaron Perry	12/14/2004
Faith Jaselyn Moniz	12/15/2005
Maribel Manilo Capurro	12/15/2006
Armando Esperza Penaloza	12/17/2003
Katrina Martinez Isidoro	12/18/2005
Daisy Cruz Sambrano	12/21/2005
Eric Perez	12/27/2005

Joshua Polk	11/05/2004
Mahari Vongvilay	11/08/2006
Estrella Lopez Sanchez	11/12/2006
Solange Marti	11/19/2006
Kacela Ray	11/19/2006
Samantha Vers	11/19/2006
Amajanai Woulard	11/19/2005
Adwoa Akobiah	11/20/2006
Gabriela Rodriguez	11/21/2006
Jacqueline Ceja-Magana	11/25/2006

Game Day Chile & Cornbread



Total Time: 2 hrs 30 min Yield: 8 to 10 servings

1 to 2 tsp. ground red pepper
1 teaspoon paprika
1 (6-oz.) can tomato paste
1 lb hamburger or turkey meat
3(8-oz.) cans tomato sauce
2 (15-oz.) cans pinto beans, drained and

Prep Time: 5 min. Cook time: 45 min

Ingredients

2 pkg. (8.5 oz. each) corn muffin mix
2 eggs
1 can (14.75 oz.) cream style corn
1 can (15.25 oz) whole kernel corn, well drained

Directions:

- 1) preheat oven to 400 degrees. Coat a glass or metal 9-inch square baking dish with non-stick cooking spray.
- 2) Stir together all ingredients in a large mixing bowl; batter will be slightly lumpy. Pour batter evenly into prepared pan.
- 3) Bake 40 to 45 minutes or until deep golden brown and wooden pick inserted in center comes out clean. Cool 10 minutes before cutting

Directions

Cook first 3 ingredients in a 5- to 6-qt. Dutch oven over medium heat, stirring occasionally, 8 to 10 minutes or until meat crumbles and is no longer pink. Drain well, and return to Dutch oven. Add chili powder and next 3 ingredients; cook 1 minute. Add tomato paste, and cook 1 minute. Add remaining ingredients. Bring to a boil. Cover, reduce heat to low, and simmer hours.



Trivia Questions

Q: What national holiday is celebrated in all countries?

Q: What is 'Baby Yoda's' real name?

Q: When was the iPad first released?

Q: What is the largest ocean in the world?

Q: Which artist made history as the youngest winner of the Grammys' four main categories in 2020?

Q: Who was the first basketball star to appear on a box of cereal?

Q: Which actor voiced both Darth Vader and The Lion King's Mufasa?

*A: New Year's. B: Grogu. C: 2010. D: The Pacific Ocean. E: Billie Eilish.
F: Michael Jordan. G: James Earl Jones.*



HAPPY
Thanks
giving
DAY

MERRY
CHRISTMAS

