

"YA GOTTA BELIEVE"

ACHS ASB SCORPION NEWSLETTER



THEME OF THE MONTH:

Facing Fear

FROM ASB PUBLICITY

FOR THE MONTH OF OCTOBER, ASB CHOSE TO FOCUS ON FEAR. AS HIGH SCHOOL STUDENTS, THERE IS A LOT TO FEAR. FEAR COMES IN MANY DIFFERENT WAYS. IN SCHOOL YOU MAY FEAR FAILING A TEST, BEING LATE TO CLASS, OR MISSING AN ASSIGNMENT. FEAR IS CLOSELY RELATED TO STRESS AND ANXIETY. IT'S VERY NORMAL TO HAVE WORRIED AND FEARFUL FEELINGS. PUTTING YOURSELF WITH POSITIVE PEOPLE WHO YOU ARE COMFORTABLE WITH IS VERY IMPORTANT BECAUSE YOU CAN TALK TO THEM ABOUT YOUR STRESS AND FEAR.

CLASS NEWS

FRESHMEN

"NOTHING IN LIFE IS TO BE FEARED, IT IS ONLY TO BE UNDERSTOOD. NOW IS THE TIME TO UNDERSTAND MORE, SO THAT WE MAY FEAR LESS." — MARIE CURIE
IF YOU'RE INTERESTED IN RUNNING FOR A CLASS CABINET POSITION, PLEASE COME TO N-5 AT LUNCH ON TUESDAY, 10/10.

SOPHOMORE

ACHS2026

JUNIOR

ACHS._2025

POTENTIAL FUNDRAISER

SENIOR

ACHS.2024

PANDA FUNDRAISER OCTOBER 10

OCTOBER EVENTS

10/1 INTERNATIONAL COFFEE DAY, NATIONAL

10/11 HOUSE OF REPS MEETING

10/6-PINK OUT SPIRIT DAY, HOMEMADE COOKIE

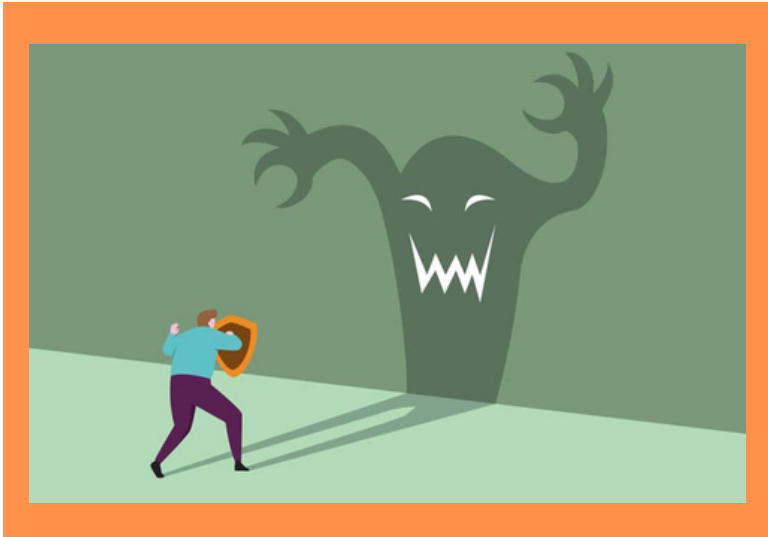
10/13 END OF 1ST QUARTER

DAY, INTERNATIONAL DAY FOR ELDERLY

10/16 NO SCHOOL

10/10 CLASS OF 2024 PANDA FUNDRAISER

10/31 HALLOWEEN/COSTUME DAY



HOW TO DEAL WITH FACING FEAR

DEALING WITH FEAR IS A COMMON AND IMPORTANT ASPECT OF PERSONAL GROWTH AND EMOTIONAL WELL-BEING. SOME STRATEGIES ARE TO RECOGNIZE AND ACKNOWLEDGE YOUR FEAR.

BREAST CANCER AWARENESS

BREAST CANCER AWARENESS IS A CRUCIAL GLOBAL INITIATIVE THAT AIMS TO EDUCATE INDIVIDUALS ABOUT THE IMPORTANCE OF EARLY DETECTION, PREVENTION, AND SUPPORT FOR THOSE AFFECTED BY THIS DISEASE. IT SERVES AS A REMINDER THAT BREAST CANCER CAN TOUCH THE LIVES OF ANYONE, IRRESPECTIVE OF GENDER, AND UNDERScores THE SIGNIFICANCE OF REGULAR SCREENINGS AND SELF-EXAMINATIONS. THIS AWARENESS EMPOWERS PEOPLE TO TAKE CONTROL OF THEIR HEALTH, FOSTERING A PROACTIVE APPROACH TO MANAGING RISK FACTORS AND SEEKING MEDICAL ADVICE. BEYOND PREVENTION, IT ALSO HIGHLIGHTS THE RESILIENCE AND STRENGTH OF SURVIVORS AND THEIR FAMILIES, FOSTERING A SENSE OF COMMUNITY AND SOLIDARITY IN THE FACE OF ADVERSITY. BREAST CANCER AWARENESS CAMPAIGNS, MARKED BY THE ICONIC PINK RIBBON, CONTINUE TO INSPIRE INDIVIDUALS AND COMMUNITIES WORLDWIDE TO COME TOGETHER, SHARE KNOWLEDGE, AND SUPPORT RESEARCH EFFORTS IN THE PURSUIT OF A FUTURE FREE FROM THE IMPACT OF BREAST CANCER.



HISTORY OF HALLOWEEN

HALLOWEEN'S HISTORY DATES BACK OVER 2,000 YEARS. IT ORIGINATED AS THE CELTIC FESTIVAL OF SAMHAIN, MARKING THE END OF THE HARVEST SEASON. THIS MARKED THE BEGINNING OF WINTER WHEN SPIRITS WERE THOUGHT TO ROAM THE EARTH. OVER TIME, IT EVOLVED INTO A MODERN CELEBRATION THAT WE ALL LOVE TODAY, WITH COSTUMES AND FESTIVITIES. TODAY, HALLOWEEN IS A FUN HOLIDAY FILLED WITH COSTUMES, CANDY, AND SPOOKY FUN TRADITIONS FOR ALL TO SHARE AND LOVE.



PRINCIPAL'S CORNER

FEATURING MR. LABELLE (HE/HIM/HIS), PRINCIPAL

Q: WHAT DOES THE WORD "FEAR" MEAN TO YOU, AND HOW WOULD YOU DESCRIBE THE FEELING OF FEAR?

A: "FEAR IS A NATURAL EMOTION, AND CAN BE OF GREAT BENEFIT AT TIMES. THERE IS NOTHING BETTER THAN OVERCOMING A FEAR AND MOVING PAST IT! IT TAKES A GROWTH MINDSET FOR IMPROVEMENT TO DO SO. #YAGOTTABELIEVE MENTALITY HELPS ME GET THROUGH :)"

Q: WHAT'S SOMETHING YOU'VE ALWAYS WANTED TO DO BUT HAVEN'T BECAUSE YOU WERE AFRAID? WHAT SPECIFICALLY SCARES YOU ABOUT IT?

A: "OTHER THAN CONDIMENTS THERE REALLY ISN'T MUCH THAT SCARES ME."

Q: ARE YOU SUPERSTITIOUS? DO YOU HAVE ANY HALLOWEEN-RELATED SUPERSTITIONS?

A: "AS AN EX BASEBALL PLAYER AND COACH THE GAME IS FILLED WITH SUPERSTITIONS AND I AM ENTRENCHED IN A SUPERSTITIOUS LIFESTYLE. I WOULD SAY THAT I STRONGLY BELIEVE IN GOOD KARMA, AND THAT GOOD KARMA COMES BACK TO THOSE THAT DELIVER IT PROACTIVELY. I REALLY DO NOT HAVE ANY HALLOWEEN SUPERSTITIONS, BUT HALLOWEEN IS MY FAVORITE HOLIDAY OF THE YEAR!"

Q: WHAT'S THE BEST HALLOWEEN PRANK YOU'VE EVER PULLED OR WITNESSED?

A: "ONE YEAR I HID BEHIND OUR GATE AND TRIED TO SCARE PEOPLE AS THEY CAME TO THE DOOR. I SCARED A TEENAGER REALLY BADLY. WHEN MY WIFE ANSWERED THE DOOR TO GIVE CANDY OUT, THE TEENAGER RESPONDED "YOUR DAD WAS REALLY SCARY". THAT PRANK BACKFIRED ON ME!"



TEACHER TALK

FEATURING MS. FERNANDEZ, (ENGLISH)

Q: WHAT DOES THE WORD "FEAR" MEAN TO YOU, AND HOW WOULD YOU DESCRIBE THE FEELING OF FEAR?

A: "THE WORD FEAR TO ME MEANS GROWTH. ALSO, FEAR IS QUITE NORMAL. THE FEELING OF FEAR SPARKS CURIOSITY AND, AS A RESULT, ONE WILL GROW THROUGH WHAT THEY GO THROUGH. "

Q: WHAT'S SOMETHING YOU'VE ALWAYS WANTED TO DO BUT HAVEN'T BECAUSE YOU WERE AFRAID? WHAT SPECIFICALLY SCARES YOU ABOUT IT?

A: " I HAVE ALWAYS WANTED TO DIVE INTO THE OCEAN. HOWEVER, THE OCEAN IS INCREDIBLY DEEP AND THAT TERRIFIES ME. "

Q: ARE YOU SUPERSTITIOUS? DO YOU HAVE ANY HALLOWEEN-RELATED SUPERSTITIONS?

A: " SOMEWHAT. I TRY NOT TO THINK THAT GHOSTS EXIST, BUT A LOT OF PEOPLE BELIEVE IN THEM ESPECIALLY AROUND HALLOWEEN TIME. SPOOKY!"

Q: WHAT'S THE BEST HALLOWEEN PRANK YOU'VE EVER PULLED OR WITNESSED?

A: "WHEN I WAS AROUND 10 YEARS OLD, MY LITTLE BROTHERS WOULD HIDE MY HALLOWEEN CANDIES. THEY THOUGHT IT WAS FUNNY TO SEE ME PANIC AND NEARLY CRY. DO NOT MESS WITH MY CANDIES!"



SCORPION STORIES

FEATURING NAME (SAMIR NAHAS HIM), GRADE 12

Q: OVERCOMING FEAR OFTEN INVOLVES SETTING AND ACHIEVING GOALS. CAN YOU DISCUSS HOW YOU SET AND TRACK PROGRESS TOWARD YOUR GOALS RELATED TO CONQUERING FEAR?

A: I SET GOALS IN TWO WAYS: I FOCUS ON SETTING AND COMPLETING LONG TERM GOALS, WHILE ALSO SIMULTANEOUSLY CREATING AND COMPLETING SMALL GOALS TO SATISFY MY NEED FOR PROGRESS.

Q: OVERCOMING FEAR SOMETIMES REQUIRES SEEKING HELP OR GUIDANCE FROM OTHERS. CAN YOU SHARE AN EXPERIENCE WHERE YOU SOUGHT HELP OR ADVICE TO CONQUER A FEAR? WHAT DID YOU LEARN FROM THAT EXPERIENCE?

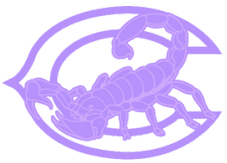
A: WHEN COVID HIT, I WAS AT A LOSS WITH MY ATHLETIC ABILITY, MY SEASON HAD BEEN CANCELLED AND I DID NOT KNOW HOW I WOULD CONTINUE TO PROGRESS MY SKILL. I REACHED OUT TO SOME OF MY COACHES AND THEY WERE WILLING TO GIVE ME VIRTUAL CRITIQUES, AND SETS. THIS TAUGHT ME THAT PEOPLE WERE WILLING AND WILL HELP IF YOU EXTEND YOURSELF.

Q: WHAT WAS YOUR FAVORITE PART OF HOMECOMING THIS YEAR

A: I WENT TO A FRIENDS HOUSE AFTER AND ENJOYED THE COMPANY IN A SMALLER GROUP SETTING.

Q: HOW DID YOU PREPARE FOR HOMECOMING AND WHAT WERE YOUR THOUGHTS ON THE DANCE BEFORE IT HAPPENED

A: I PREPARED BY SHOWERING AND HANGING OUT WITH FRIENDS TO GET INTO THE PARTYING MOOD, I HAD NO IDEA WHAT HOMECOMING WOULD LOOK LIKE REALLY, BECAUSE I TRANSFERRED



SCORPION STORIES

FEATURING TALIA MCKNETT (SHE/HER), GRADE 12

Q: WHAT WAS YOUR FAVORITE SPIRIT DAY WE DID LAST YEAR AND WHAT SPIRIT DAYS SHOULD WE DO THIS YEAR?

A: MY FAVORITE SPIRIT DAY FROM LAST YEAR WAS PAJAMA DAY, AND WE SHOULD IT AGAIN.

Q: HOW EXCITED WERE YOU AND FRIENDS ABOUT THE THEME OF HOMECOMING

A: I REALLY LIKED THE HOMECOMING THEME BECAUSE IT WAS CREATIVE AND CUTE.

Q: FEAR CAN OFTEN BE A SIGNIFICANT BARRIER TO PERSONAL AND PROFESSIONAL GROWTH. HOW DO YOU APPROACH FEAR AND USE IT AS A MOTIVATOR RATHER THAN AN OBSTACLE IN YOUR LIFE?

A: I APPROACH FEAR AS A CHALLENGER TO PUSH ME TO MY LIMITS. IT MOTIVATES ME TO DO MY ABSOLUTE BEST AND BE A BETTER PERSON.

Q: FEAR CAN MANIFEST IN VARIOUS FORMS, SUCH AS FEAR OF FAILURE, FEAR OF PUBLIC SPEAKING, OR FEAR OF CHANGE. HOW DO YOU DIFFERENTIATE BETWEEN DIFFERENT TYPES OF FEAR, AND DO YOU HAVE DIFFERENT APPROACHES FOR ADDRESSING THEM?

A: IT'S HARD TO DIFFERENTIATE FEAR WHEN FEAR ITSELF IS SCARY. HOWEVER, I TAKE DIFFERENT APPROACHES TO OVERCOMING IT BY TAKING TIME FOR MYSELF AND MY MENTAL HEALTH AND CHALLENGING MYSELF TO COMPLETE ANY OBSTACLE.



SCORPION STORIES

ALI RODRIGUEZ (SHE/HER), GRADE 11

Q: WHAT ARE SOME THINGS THAT YOU ARE EXCITED ABOUT THIS MONTH?

A: FOR THIS UPCOMING MONTH , I WOULD SAY IM MOST EXCITED FOR THE FALL SEASON INCLUDING HALLOWEEN WHICH IS ONE OF MY FAVORITE FALL ACTIVITIES. STARTING UP TRAVEL SOFTBALL AGAIN PLAYING IN TOURNAMENTS AND JUST SHARING THE FIELD WITH TEAMMATES I HAVE SUCH A GREAT BOND WITH.

Q: DO YOU THINK FACING FEARS IS IMPORTANT FOR PERSONAL GROWTH?

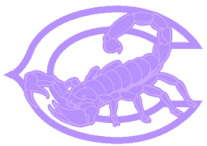
A: I BELIEVE FACING FEARS IS IMPORTANT TO SELF GROWTH BECAUSE IN ORDER TO GROW FROM THINGS OUTSIDE OF YOUR COMFORT ZONE, THOSE FEARS NEED TO BE FACED AND OVERPOWERED.

Q: WHAT IS YOUR GO-TO HALLOWEEN MOVIE?

A: I WOULD SAY MY GO TO HALLOWEEN MOVIE IS THE NIGHTMARE BEFORE CHRISTMAS BECAUSE I HAVE WATCHED THIS MOVIE SO MANY TIMES GROWING UP, IT NEVER GETS OLD FOR WATCHING.

Q: HOW DO YOU SUPPORT EACH OTHER IN OVERCOMING THESE FEARS?

A: I BELIEVE I SUPPORT OTHERS IN OVERCOMING THEIR FEARS BY BEING BY THEIR SIDE AT DIFFICULT TIMES FOR THE PURPOSE OF THEIR COMFORT AND LETTING THEM KNOWN THEY AREN'T ALONE IN OVERCOMING THEIR WORST FEARS.



SCORPION STORIES

MALIA KHAMpanya (SHE/HER), GRADE 11

Q: HOW DO YOU COEXIST WITH YOUR FEARS AND STILL PURSUE YOUR GOALS?

A: LEARNING FROM MY MISTAKES IS ONE WAY I COEXIST WITH MY FEARS. FAILING IS ALL PART OF THE PROCESS OF LIFE AND THIS IS WHY I USE MY FAILURES AS OPPORTUNITIES TO LEARN. PLAYING SPORTS HAS HELPED ME DEVELOP THIS STRATEGY. FOR EXAMPLE, WHEN I MAKE A MISTAKE IN A GAME OR AT PRACTICE, I USE IT AS A LEARNING EXPERIENCE TO FIX THOSE MISTAKES IN ORDER TO ACCOMPLISH MY GOALS.

Q: WHAT IS YOUR FAVORITE HALLOWEEN CANDY OR TREAT?

A: MY FAVORITE HALLOWEEN CANDY IS CANDY CORN

Q: ARE THERE ANY FEARS YOU BELIEVE ARE COMMON AMONG HIGH SCHOOL STUDENTS TODAY?

A: ONE FEAR THAT I BELIEVE IS COMMON AMONG HIGH SCHOOL STUDENTS IS THE FEAR OF AN UNORGANIZED SCHEDULE. MANY HIGH SCHOOL STUDENTS ARE INVOLVED IN SPORTS, JOBS, AND CLUBS. WITH A TIME CONSUMING SCHEDULE, STUDENTS FEAR THAT DUE TO THE AMOUNT OF TIME AND ENERGY IT TAKES TO COMPLETE THESE EXTRACURRICULAR ACTIVITIES, THEIR ACADEMIC PERFORMANCE WILL BE NEGATIVELY IMPACTED AND THEREFORE, STRUGGLE IN CLASS.

Q: DO YOU HAVE ANY HALLOWEEN TRADITIONS?

A: A HALLOWEEN TRADITION I HAVE IS MATCHING COSTUMES WITH MY BEST FRIEND, WE HAVE DONE MATCHING COSTUMES SINCE ELEMENTARY SCHOOL AND WE HAVE KEPT THE TRADITION GOING. ANOTHER HALLOWEEN TRADITION I HAVE IS ATTENDING MY FAMILY'S ANNUAL HALLOWEEN PARTY, EVERYONE DRESSES UP IN THEIR COSTUMES, EAT, AND HANG OUT IN THE GARAGE WHILE THE KIDS TRICK OR TREAT.



SCORPION STORIES

FEATURING AUBREY SOTO (SHE/HER), GRADE 10

Q: DO YOU THINK FACING FEARS IS IMPORTANT FOR PERSONAL GROWTH? WHY OR WHY NOT?

A: YES I THINK IT IS IMPORTANT TO FACE YOUR FEARS TO GROW SO YOU CAN GET NEW FEARS AND GET OVER THOSE ONES AS WELL.

Q: ARE THERE ANY STRATEGIES OR TECHNIQUES YOU USE TO HELP YOURSELF CONFRONT YOUR FEARS? CAN YOU SHARE AN EXAMPLE OF A TIME WHEN ONE OF THESE STRATEGIES WORKED FOR YOU?

A: I USUALLY JUST YOLO IT.

Q: CAN YOU THINK OF A SITUATION WHERE FACING A FEAR RESULTED IN A POSITIVE OUTCOME OR PERSONAL GROWTH FOR YOU OR SOMEONE YOU KNOW? WHAT HAPPENED, AND WHAT WAS THE IMPACT?

A: I USED TO BE SCARED OF THE OCEAN BUT NOW SOME OF MY BEST MEMORIES ARE FROM SWIMMING AT THE BEACH.

Q: DO YOU THINK IT'S POSSIBLE TO COMPLETELY ELIMINATE ALL FEARS, OR ARE THEY A NATURAL PART OF LIFE? HOW CAN WE LEARN TO COEXIST WITH OUR FEARS AND STILL PURSUE OUR GOALS?

A: I THINK HAVING A FEAR IS NATURAL PART OF LIFE AND THERE WILL ALWAYS BE SOMETHING YOU AFRAID OF BUT YOU WILL SLOWLY BUT SURELY GET OVER.



SCORPION STORIES

FEATURING DREW PERLMUTTER (HE/HIM), GRADE 10

Q: DO YOU THINK FACING FEARS IS IMPORTANT FOR PERSONAL GROWTH? WHY OR WHY NOT?

A: YES BECAUSE FACING OUR FEARS CAN GIVE US MORE CONFIDENCE TO FACE OTHER THINGS IN LIFE.

Q: ARE THERE ANY STRATEGIES OR TECHNIQUES YOU USE TO HELP YOURSELF CONFRONT YOUR FEARS? CAN YOU SHARE AN EXAMPLE OF A TIME WHEN ONE OF THESE STRATEGIES WORKED FOR YOU?

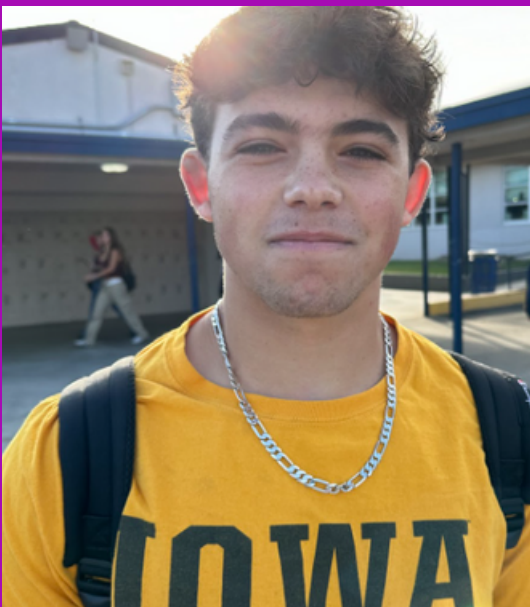
A: I JUST THINK ABOUT WHEN I DISLOCATED MY ELBOW IN A WRESTLING MATCH. THAT DAY CHANGED MY LIFE FOR THE BETTER I GOT CLOSER TO GOD AND CUT MYSELF SLACK WHEN I MADE A MISTAKE. ALWAYS REMEMBER TO BE POSITIVE AND CUT YOUR SELF SOME SLACK.

Q: CAN YOU THINK OF A SITUATION WHERE FACING A FEAR RESULTED IN A POSITIVE OUTCOME OR PERSONAL GROWTH FOR YOU OR SOMEONE YOU KNOW? WHAT HAPPENED, AND WHAT WAS THE IMPACT?

A: AFTER DISLOCATING MY ELBOW I WAS SCARED TO GO ON THE MAT AGAIN BUT I REMEMBERED HOW MUCH I LOVED IT. AFTER REMIND MYSELF OF THIS I WORKED MY ASS OF MENTALLY AND PHYSICALLY AND I'M A BETTER PERSON BECAUSE OF IT TO THIS DAY.

Q: DO YOU THINK IT'S POSSIBLE TO COMPLETELY ELIMINATE ALL FEARS, OR ARE THEY A NATURAL PART OF LIFE? HOW CAN WE LEARN TO COEXIST WITH OUR FEARS AND STILL PURSUE OUR GOALS?

A: I THINK FEARS ARE ALL A PART OF OUR LIVES AND WE HAVE TO LEARN TO OVERCOME THEM. REMEMBER THAT EVERYTHING IS A PROCESS AND IF YOU WANT IT BAD ENOUGH YOU'LL BE GREAT AT WHATEVER YOU BELIEVE IN



SCORPION STORIES

AIDEN BUTLER (SHE/HER), GRADE 9

Q: WHAT'S YOUR FAVORITE HALLOWEEN COSTUME YOU'VE EVER WORN, AND WHY DID YOU CHOOSE IT ?

A: THE PURGE BECAUSE I SAW IT ON PINTEREST AND I THOUGHT IT WOULD BE GREAT TO DO A GROUP COSTUME WITH MY FRIENDS.

Q: WHATS YOUR FAVORITE CANDY

A: REESE'S PEANUT BUTTER CUPS.

Q: HAVE YOU EVER BEEN AFRAID OF AN ASSIGNMENT THAT YOU HAVE RECENTLY GOTTEN THIS YEAR AND HOW HAVE YOU OVERCOME IT?

A: YES, BECAUSE I HAD TO PRESENT IN AVID BUT I DID GOOD ON IT. I JUST HAD TO BELIEVE IN MYSELF AND BREATHE THROUGH MY ANXIETY ON IT.

Q: WHAT DO YOU THINK IS THE DIFFERENCE BETWEEN BEING BRAVE AND BEING AFRAID?

A: WHEN YOU'RE BRAVE YOU'RE NOT SCARED OF THINGS AND WHEN YOU'RE SCARED YOU'RE AFRAID OF THE THING YOU'RE TRYING TO FACE.



SCORPION STORIES

MILES KEENER (HE/HIM), GRADE 9

Q: WHATS THE BEST TREAT YOU'VE EVER RECEIVED WHILE TRICK-OR-TREATING?

A: KING SIZED KIT-KAT WHEN I WAS 11 IT WAS SO BIG AND DELICIOUS.

Q: HAVE YOU EVER HELPED A FRIEND WHO WAS SCARED OR WORRIED ABOUT SOMETHING?

A: YES, I HELPED MY FRIEND GET THROUGH HARD TIMES IN FOOTBALL AND IN SCHOOL BECAUSE IT CAN BE STRESSFUL ESPECIALLY BEING OUR FIRST YEAR IN HIGH SCHOOL.

Q: ARE THERE ANY STORIES OR MOVIES THAT YOU FIND FRIGHTENING? AND WHY?

A: DEFINITELY, I JUST WATCHED THE NUN AND IT WAS VERY SCARY I DO NOT RECOMMEND WATCHING IT.

Q: HAVE YOU EVER BEEN AFRAID OF AN ASSIGNMENT THAT YOU HAVE RECENTLY GOTTEN THIS YEAR AND HOW HAVE YOU OVERCOME IT?

A: I JUST HAD A MATH TEST IN MR. SADOWSKYS CLASS AND I AM VERY AFRAID I'M GOING TO GET A BAD GRADE ON IT.



SCORPION CELEBRATIONS!

JOIN US IN CELEBRATING OUR SCORPION CELEBRATIONS FOR OCTOBER!

STAPLES, BRYAN 10/01

WILLIAMS, KOLEL 10/11

ARIKAWA, LORI 10/16

LEMALU, ALEXANDRIA 10/16

CROWELL, DONALD 10/18

SOBERANIS, ANNA 10/20

MAJENO, STEVE 10/22

RIEDMILLER, RYAN 10/29

WILSON, TIFFANY 10/31

**ASB WOULD LIKE TO WISH
ALL OF OUR STAFF WHO
HAVE BIRTHDAYS IN
OCTOBER A WONDERFUL
AND HAPPY BIRTHDAY!**

