Cardinal News

Vol. 01, No. 8

2 PAGES | ONE SECTION | EDITOR: ASHLEY SMITH | FRIDAY, JANUARY 12, 2024

Middle School Mentoring

By: Adysen Orr

Walker Elementary's kindergarten students are getting the opportunity to take part in a program advancing their learning skills. Each Monday through Thursday, middle school students are dropped off from 7:30 AM to 8:05 AM and get to work one-on-one with multiple different children. This program is one occurring annually, but there were so many students chosen to participate by their teachers that it was actually split into two groups this year. The red team gets to come from October to mid-January and the white team will come from mid-January to March.

Before the mentoring began, middle schoolers were given support and instruction on how to successfully teach the kindergarteners they work with. With this, they gained the skills to assist each child in learning the alphabet, rhyming, and being able to read and solve math problems. This is something that is genuinely encouraging the children to want to learn because it is coming from older students. They look up to and are inspired by those who aren't teachers, but are more mature than them. One child even said, "Thank you big kids for helping me with my ABCs!", and another, "The big kids are COOL!".

Overall, the Middle School Mentoring program is creating opportunities far and wide for those who get to take part, both Wayne County Middle School and Walker Elementary students alike. Not only is it giving children a boost on learning before school hours, but it is even considered a service opportunity for the middle schoolers chosen from each team to add onto their ILPs. Students are getting the chance to make a difference in those who are just beginning their learning experience, while also receiving benefits themselves for their good deeds in the long run.

Teacher Spotlight: Colleen Steele

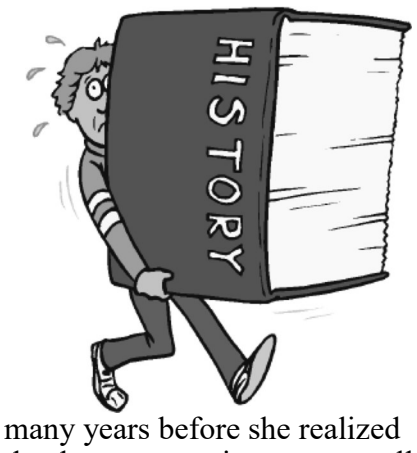
By: Adysen Orr

Mrs. Colleen Steele has been a teacher at Wayne County High School for almost 26 years. Throughout the day, you can find her teaching many different courses including Kentucky Studies, Geography, and U.S History. She also works through Campbellsville University to teach a dual credit History 120 course to students wishing to obtain both high school and college credit for their work.

Campbellsville UNIVERSITY

Mrs. Steele herself actually attended and graduated from Wayne County High School before continuing on to further college education. After high school, she first attended the University of Kentucky to pursue a communications and journalism major, graduating in 1986.

This led her to originally obtain a career in radio networking for



many years before she realized that her true passion was actually for history. She later attended Eastern Kentucky University, graduating in 1996 with a degree in history and a desire to teach the subject to others, which she has ever since.

Outside of her teaching career, though, Mrs. Steele has many hobbies of her own, including photography, reading, and walking. To relax, she also enjoys sitting down and watching her favorite show, Poldark. Overall, Mrs. Colleen Steele is an incredible person and teacher whose knowledge is evident to students in each class she teaches, having the ability to make learning fun and interesting each day.

2024 FASFA Slowing Approaching

By: Eryka Criswell

The 2024 FAFSA is now open for seniors to fill out. FAFSA stands for Free Application for Federal Student Aid. Filling out this form allows students to get government issued financial aid to help pay for college. FAFSA issues federal grants, work-study funds, and loans.

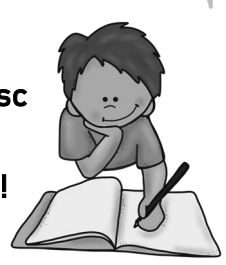
The form itself does not give students the money, however it does determine whether students qualify for the financial aid and how much the students are qualified to receive.

The process of filling out the FAFSA is completely free to all students, and it is encouraged that all students apply for this as soon as possible. The questions on this form cover a wide variety of topics. All of the questions asked are to help assess the amount of money that is absolutely needed for students to attend college. Some of these questions may include citizenship, annual income, personal finances, and federal tax income.

Filling out this entire form may be a bit confusing for students, so there will be a FAFSA workshop for students. On Friday January 19th, there will be a KHEAA counselor here to help seniors apply for the FAFSA as well as answer any questions that the students may have. To sign up for this, students can stop by the counselor's office and fill out the form that is outside Mrs. Tiffany's office.

SEE YOURSELF IN PRINT!

Want a feature in the school newspaper? Send any school related topic to Olivia.thompson@stu.wayne.kyschools.us , 500 worlds or less! Related images also accepted!



Accepting until - February 12th

New Year, New Me: The Reality

By: Adysen Orr

Another year has come and gone, with it now being time to welcome 2024. That being said, with a new year also comes the opportunity to make a variety of resolutions and have a fresh start. However, you may have noticed that for others, or even yourself, these things never seem to work out and are often only a commitment for a matter of weeks, if even that long. Once you break your new expectations, this new and perfect version of yourself seems to be completely ruined just as it begins. But, really, why is that the case?

Resolutions for others often consist of things such as going on a diet, starting a workout routine, or reducing stress. Yet, the reason why these things never seem to stick is because they're only a sudden change on the surface, not actually having roots in your everyday life. So, in order to *actually accomplish these things, it's important to not look at them in the eyes of an overnight change. For instance, from the night of December 31st to January 1st, you can't automatically lose 20 pounds or become a stress-free person. It actually takes time and a goal-achieving mindset instead.*

Creating goals for yourself instead is a way to work up to something, rather than force yourself to make an accomplishment. Setting a goal to first go to the gym twice a week, then progressively working your way up to three times, four, or whatever you are comfortable with, insists a progressive change with actual results. It is the same thing with reducing your stress. Don't try to wake up the next day and force yourself to be okay with every situation that comes your way. Instead, try incorporating some stress-relieving techniques each day, such as yoga, deep breathing, reading, or whatever brings you relaxation. When you aren't forcing yourself to become a new person literally overnight but are incorporating new practices into your everyday life, *that is when your resolutions can become a reality.*

So, as this year begins and continues, don't be so hard on yourself. Don't generate an image of the perfect person who is impossible to achieve. Instead, set new and realistic goals that will actually work to change your life each day, not just in a matter of minutes. Change your perspective on resolutions as intense commitments and allow yourself to slip up and come short. Let that be okay, but don't let it stop you from reaching your goals that go beyond just

to first go to the gym twice a week, then progressively working your way up to three times, four, or whatever you are comfortable with, insists a progressive change with actual results. It is the same thing with reducing your stress. Don't try to wake up the next day and force yourself to be okay with every situation that comes your way. Instead, try incorporating some stress-relieving techniques each day, such as yoga, deep breathing, reading, or whatever brings you relaxation. When you aren't forcing yourself to become a new person literally overnight but are incorporating new practices into your everyday life, *that is when your resolutions can become a reality.*

So, as this year begins and continues, don't be so hard on yourself. Don't generate an image of the perfect person who is impossible to achieve. Instead, set new and realistic goals that will actually work to change your life each day, not just in a matter of minutes. Change your perspective on resolutions as intense commitments and allow yourself to slip up and come short. Let that be okay, but don't let it stop you from reaching your goals that go beyond just this year, but will last a lifetime.

Weekly Dose of Dad Jokes

What did the ocean say to the guy?

Nothing, He just waved.

JOB CORNER!

THESE PLACES ARE
HIRING

Walmart: 606-348-3331

McDonalds: 606-348-6540

Hardees: 606-348-4629

Little Caesars: 606-348-4848

CALL THESE PLACES FOR MORE INFO!

University of Kentucky programs

By: Eryka Criswell

The University of Kentucky is hosting several summer programs for the upcoming year (s). Three programs in particular are now open for new applicants. These programs include the SHE in Oncology, the Appalachian Career Training in Oncology, and the Professional Education preparation Program.

The Summer Healthcare Experience in Oncology, or better known as SHE , is a two-week virtual program. The first week consists of virtual lab experience, while the second week focuses more on the clinical aspect of cancer care. As for the lab, students are sent a kit in order to bring the lab to their home. This kit includes real live fruit flies, pipetting equipment, a miniature microscope, and so much more.

As for the second week, students from various states who are participating in the SHE program come together and work on clinical cases. There are also special guest speakers who join the meetings to share their personal experiences of having or knowing someone that has has cancer. In addition, all students who complete this program are rewarded a $500 stipend (paycheck) to spend however they chose. This program is offered to female students who may be underrepresented or come from different disadvantaged backgrounds. To apply and learn more about this, visit the University of Kentucky website and search SHE in Oncology.

The second program is the ACTION program. This program is also known as the Appalachian Career Training in Oncology program. This is a two-year long program. For the two years, students visit campus one Saturday a month for monthly meetings. In addition, there is a five-week residential portion to this program. During the residential portion, students on the UK campus attend morning lectures, eat in dining halls, work in research labs, do clinical shadowing, and get to explore campus on their own. Students even get to go on different trips, one of which being an amusement park such as Kings Island. Along with all of this, during the monthly meetings, students work on stories which will all come together to be in a published book. This program also comes along with a $300 monthly stipend (paycheck). This program is mostly focused toward freshman and sophomores, as well as underrepresented and disadvantaged students. To apply and learn more about the ACTION program, students can visit the University of Kentucky website and search ACTION.

The PEPP, or Professional Education Preparation Program, is a week-long residential program that is for seniors who will be upcoming college freshmen. The program focuses on preparation for college and early exposure to the medical field. This program includes research lab experience and other academic enrichments. Seniors can learn more and apply to this program by visiting the University of Kentucky website and searching for PEPP. There is also a link in the senior's google classroom that will lead to the UK website.