

## Short Stories

Arriving in the forests of Santa Cruz at the Henry Cowell State Park, saw thousands of trees. Towering redwoods that stood before me swaying softly. This place is home to me. You can hear birds sweetly chirping to each other. It is mostly quiet, except for a little river flowing through the mountains in the forest. You can also see little beaches by the creek edges where you can skip stones.

There are a few small bridges going over the river to the top of the mountain. Shade covers the forest floor. There are also lots of mushrooms, tiny and skinny ones that look like ears. Sometimes you can find deer munching on grass and deeper into the forest you can find banana slugs and many other wonderful creatures, like turkeys waddling around. While there are some beautiful spots for camping and hiking here, the quiet and silence can make you happy.

*Gia Sumanth*

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## Short Stories

Bella, my cat is a cute little domestic shorthair. She always comforts me and makes me happy when I feel sad or upset. She is also a very playful cat and is an adept insect eater. Though sometimes she does nibble or scratch me, which I don't exactly appreciate. But despite the times she annoys me, I still remember the memory of when I got Bella. I was at the pet shelter and was passing by a row of cats when she started purring in her cage and was using her little body to try to push towards me. From then, I decided that I would be keeping Bella.

*Ayeon Moon*



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Hello, my name is Ben. I will be informing you about what it is like to have a pet. Having pets can have many challenges and rewards. Responsibilities are important and I have to take care of Odin in my house. Odin is one of my cats. He is an Oriental Short Hair with black hair slicked back and yellow-green gleaming eyes.

Odin can be a challenge sometimes but he's also a good cuddler. He's very vocal and likes to have a lot of attention. He gets along with our dogs and likes to play fight with his half little sister, Freyja, and has a big appetite. Sometimes he can wander off and make us worried but he always comes back. I think of all the times he has done something wrong but it's all worth it because at the end of the day, when you're calming down, it's great to have a feline friend that can sleep on your lap and have all your worries go away.

The story is written by yours truly, Ben, and this is what it's like to have a cat.

*Ben Lee*

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## Vocal Views

### Social Media – Dos & Dents

Nowadays, kids are getting easy access to electronics like phones, tablets, smartwatches, and are using them to surf on social media. That's not bad when you know when to stop, and use it mindfully. When you use social media correctly, it can help you be social, share your opinions, and learn from others. But when people don't know when to stop it can get people in trouble or risk their safety. Here are some Do's and Don'ts that we can consider keeping in mind when they use social media.

#### Do:

- Be mindful. Always check to make sure you're being careful of who you're talking to and how much time you are spending on social media
- Trust but verify. Don't trust everything blindly that you read or see on social media
- Be a positive role model. Be kind and compassionate when you chat with others and post uplifting comments instead of ones that bring people down. Also, consider posting appropriate content that you won't regret later

#### Don't:

- Overshare. Make sure not to share personal details about yourself with anyone online.
- Spam. Don't share information repeatedly or if it is not useful to avoid spamming
- Be a bully online. Being rude to people online can hurt them in ways you can't imagine or sometimes even see. Just like you wouldn't be a bully in person, avoid being a bully online too.

### Longer Lunch Breaks

Did you know that taking a break from studying can improve your mental health?

- You can reduce your stress while you play during recess and lunch.
- Students don't have to rush while eating. Without enough time, the stomach gets very moody and it leads to bad digestion.
- If students have enough energy, they can listen and participate more when they go back to class.
- Recess and lunch is a great time for students to interact, play, and make more friends outside of the classroom. Without enough time, students won't be able to get to know other people from different grades and classes.
- It gives students a great opportunity to learn important skills in life including emotional learning.

Overall schools should extend outside time longer and give students more time to be under the sun.

*Emma Li, Evelyn Fei, Kayla Liu*





## Staff Session with Ms. Bonnie

### **Q1: How do you deal with disagreements in the classroom and in recess?**

Talk to your friend about the disagreement; listen to them, and share your point of view so you both can see where you are coming from. Most of the time, it is a misunderstanding and just asking and listening deeply can help. Other times, you won't be able to solve it yourself, and you should ask an adult then.

### **Q2: How do you forgive others after a fight/disagreement?**

Forgiveness depends on the kind of 'wrong' someone does and the person's interpretation of it. We can't control what other people do

but we can control how we react to it. Make sure to draw your boundaries with people so they understand that they have hurt your feelings.

**Q3: What are three strategies to best calm you down?** The strategies depend on what works best for you. 1) Practice calming down by deep breathing three times. It regulates your body and brings oxygen, which helps you think better. There are calm me down posters all around the school, 2) Try movement breaks. Go for a run or do an arm squeeze, and 3) Be by yourself. If it helps, allow yourself to be alone and either read, draw or do something that helps you move through the feeling.

**Q4: What can kids do to become more responsible?** Depending on your age and grade, you could help your parents by making your own breakfast such as making yourself a bowl of cereal. When you grow older, your brain starts to develop more and you can start to think through things better.

**Q5: If you could trade places with any famous person for a day, who would it be and why?** I think I'd like to switch with Oprah Winfrey, she is a philanthropist\*, has her own talk show, and has been a news reporter. She has supported people all over the country and world. It would be cool to be her and learn from her.

\*A philanthropist is someone who donates money to the needy.

*Ananya Tyagi*





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## Staff Session with Ms. Gutierrez

**Q1: Why did you want to become a teacher?** I became a teacher because I love to learn and I love to be in school. Teaching allows me to grow and learn something new all the time. I also really love working with kids. I feel like they keep me young at heart.

**Q2: What's your most challenging part of being a teacher?** The most challenging part of being a teacher is when we have a new curriculum start or add another program that we have to learn and figure out how to fit into the day. My favorite part of being a teacher is working with students and laughing with them.

**Q3: What are you most scared of?** I am most afraid of spiders, cockroaches, and people with close-minded views.

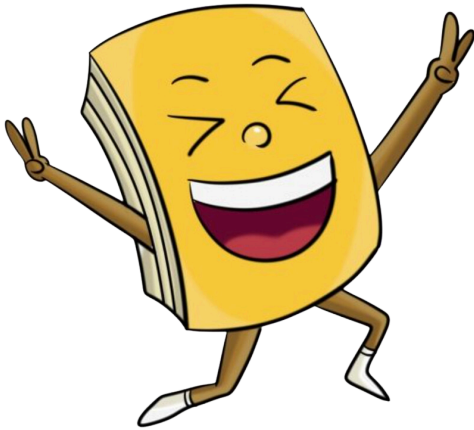
**Q4: Who are your role models?** One of my role models is my favorite teacher, Mr. Waller. He was my 7th grade social studies teacher and really opened up my eyes to traveling. My other role models are my colleagues that I think are amazing teachers.

**Q5: What advice would you give to your younger self?** I would advise my younger self to take better care of my health and skin. I also should've bought a house closer to Palo Alto when I first started teaching in 2002.

**Q6: If you could be any animal what would it be and why?** I would be a zebra because I love their stripes and how they run.

**Q7: If you could trade places with any famous person for a day, who would it be and why?** If I could trade places with anyone in the world, I'd trade places with Elon Musk and donate all of his money to good causes.

*Zara Biswas*



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## Best Of Books

Today's book is *Nevermoor: The Trials of Morrigan Crow* by Jessica Townsend. Jessica Townsend grew up in Queensland, Australia. She wrote the rough draft of *Nevermoor* the year after she finished high school. This book was published on October 10, 2017. The main character in this three-book series is Morrigan Crow. She is a young girl and the main protagonist of the book. What is very intriguing about this heroine is that she and the character Wednesday Addams share a lot of common traits, from the way they look to their personalities. Both love to wear black and are the main characters of their stories. *Nevermoor* is a fast-paced book that will make you want to read chapter after chapter.

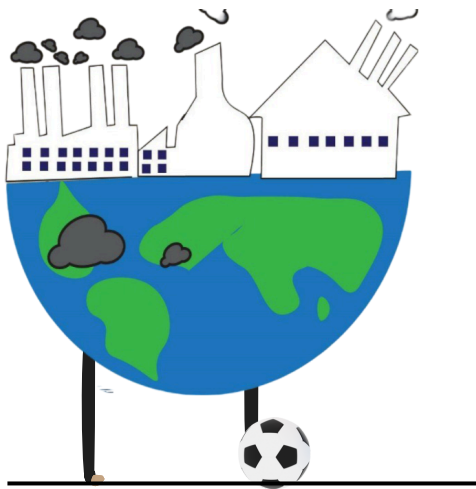
This incredible 461-page book will have you wondering about the characters and their knacks. This series is perfect for readers in third grade and older, though it really depends on you and what you are comfortable with. In *Nevermoor: The Trials of Morrigan Crow* by Jessica Townsend, Morrigan is invited to compete for a spot in the Wondrous Society. To get in, she must face four tricky and potentially dangerous challenges that test her in unimaginable ways. Throughout the book, Morrigan learns more about herself and the amazing world around her. The next book after *Nevermoor: The Trials of Morrigan Crow* is *Wundersmith: The Calling of Morrigan Crow*, which is followed by *Hollowpox: The Hunt for Morrigan Crow*. *Nevermoor: The Trials of Morrigan Crow* is an amazing book that I would definitely recommend reading.

*Arya Chatterjee*

## Laughing Lounge

- 1) I was at the park wondering why the frisbee was getting closer to me, and then it hit me.
- 2) My mother told me to stop impersonating a flamingo. I had to put my foot down.
- 3) Why do grapes never get lonely? **A:** Because they hang out in bunches.
- 4) Why shouldn't you tell secrets in a cornfield? **A:** Too many ears.
- 5) What did the buffalo say when his kid went to college? **A:** Bison
- 6) Why couldn't the toilet paper cross the road? **A:** Because it got stuck in a crack.
- 7) What does a vegan zombie like to eat? **A:** Graaaains.
- 8) What did one ocean say to the other? **A:** Nothing, they just waved.

*Alana Batta*



## Nature Nuggets – Pollution

The Earth is getting polluted very fast through different types of pollution such as air, water, and land. If we continue at this rate, in some time Earth might become difficult place to live in. But we won't know how to help if we don't learn about pollution and how it can be reduced.

Air pollution can be caused by natural disasters like a volcano or a wildfire, but it can also be caused by human activities such as, burning fossil fuels or waste, using cars or other vehicles, factory emissions. It can cause health issues like heart, lung and brain diseases as well as cancer.

Water pollution most frequently happens when we litter around a beach

or lake. The water then sweeps the trash away, causing plastic or other materials to be eaten or become stuck to the animal's body, which in turn kills them.

Land pollution is caused when people litter trash all over, conduct polluting industrial activities, or do construction work. This is harmful for everyone. The solution for this is to stop treating the ground as a trash can and be more careful about how much trash we produce through our daily activities and other human interventions.

*Ananya Tyagi*

## Remarkable Records

**Peter Powers** holds the Guinness World Record for the longest time spent asleep, an astonishing 11 days, 25 minutes! This incredible feat was achieved in 1978 under strict medical supervision. Though his record remains unbeaten by anyone, many people have still tried. It's still a mysterious and

r fascinating perspective of human endurance.

**The Wicked movie** set a Guinness World Record for the most green body paint applications in a single film, with over 2,000 cast and crew members being painted for various scenes. The record was broken while taking a massive ensemble shot. This showcases the film's dedication to bringing the magical world of Oz to life. This movie is loved by children young and old.

In 2023, **Cristiano Ronaldo** set a Guinness World Record for the most goals scored in international football, surpassing the previous record with 125 goals for Portugal. This achievement cemented his place as one of the greatest footballers of all time, showcasing his exceptional longevity and skill on the global stage.

In 2022, a Guinness World Record was broken for the most T-shirts worn in one minute by a man named **Sanath Bandara**, who managed to wear an impressive 257 shirts in just 60 seconds! The record was set in Sri Lanka. He set an amazing record using his speed and endurance.

*Alana Batta*



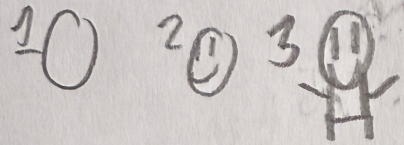
## Comics Central - 1

How To Draw the  
Characters  
1 through 10

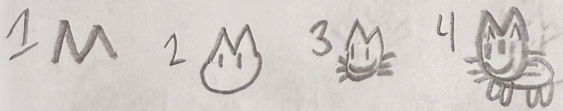


By: Bro House Comics

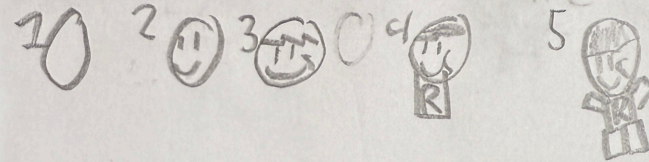
Start in three easy steps:



Action cat in four easy steps



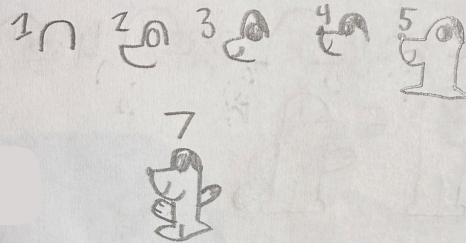
Rocky in five easy steps



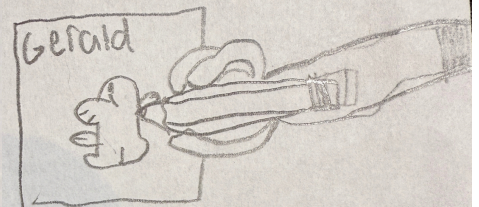
Big G in 5 easy steps



Fatty in six easy steps

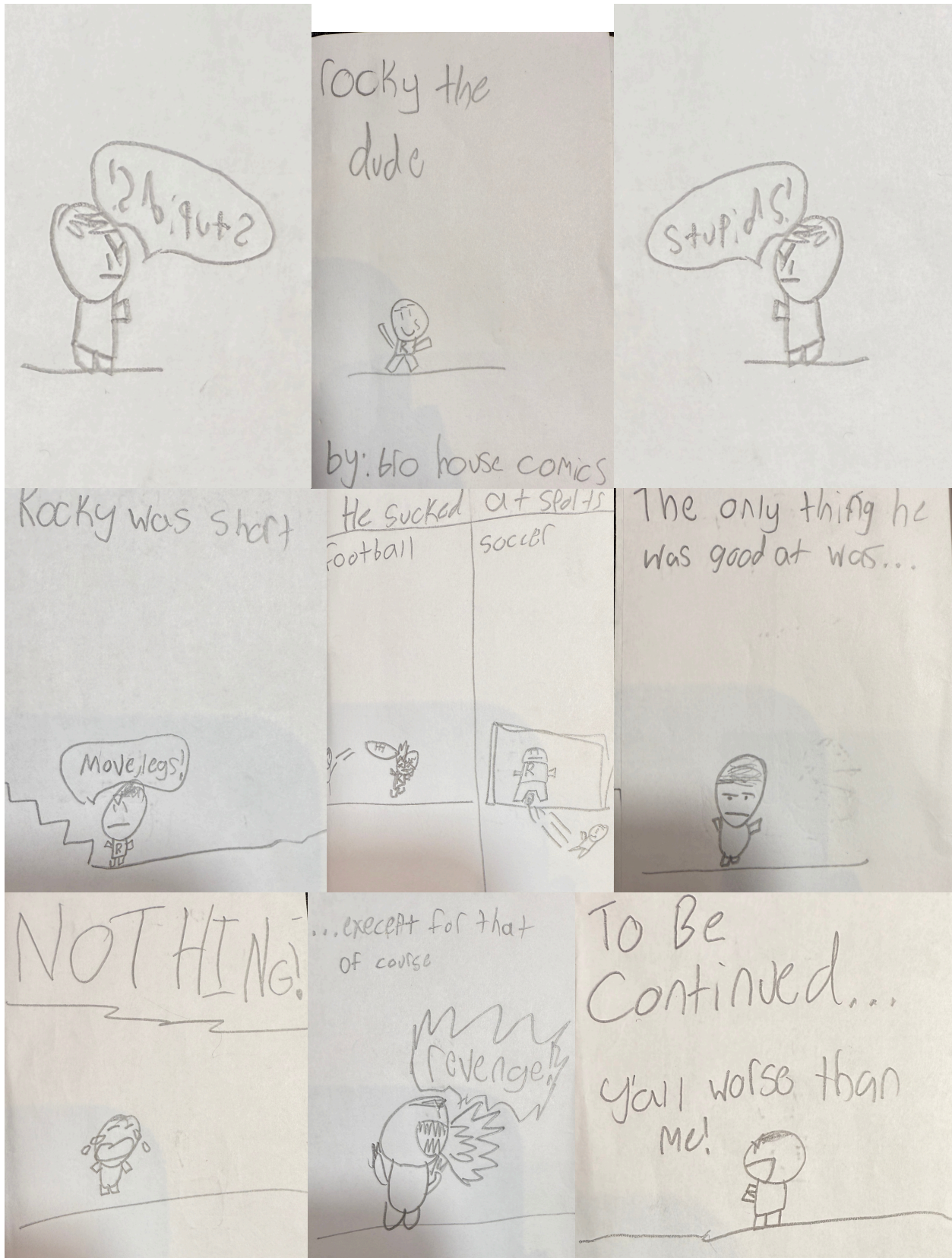


That's it for now,  
See you next time!





## Comics Central - 2



*Theo Sands and Vitor Sassaki*

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# Team Members

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