FREMONT BULLETIN

Best Teacher On Campus Is... Mr. Ward

By America R, Amaya H, & Lexi R

Today we interviewed Mr. Ward, a beloved teacher on our campus. We asked him why he was so popular on our campus. He said that it's because he understands the students, and he works with them during activities and how you present yourself to the students.

He became a PE teacher because he loves being outside and active instead of being inside and just sitting around. We asked how his life is outside of school and he replied with, "It's amazing, the best part about being a teacher is we work for 180 days and have 180 days off which allows me to spend time with my family, go on vacations, and do other fun stuff."

He didn't have a favorite activity, but the activities he likes to do in P.E are the soccer unit, softball unit, and the football unit. His class rules are to dress out everyday, be ready, and get to class on time, not just in P.E, but in life. The main goal he has for this school year is for people to have 100% participation in any activity around campus.

A typical school day for him is getting to the school at 7:30AM sharp, making sure the field is set up and ready for the students, checking his emails, and waiting to welcome the students with positivity and encouragement. His favorite sport to watch and play is football, he likes the actions and hits, his favorite football team is the Philadelphia Eagles.

Fremont Focus

By Jazmine C, Hailey L, Monze G

We hope you joined us for the Storybook Door decorating contest. You had until December 12th to complete your door. The judging occurred on December 17th. The winners will be announced this week!

Last week the Landing hosted a dress up week. On Monday December 8th, it was anything but a backpack day. We saw many different things like suitcases, grocery bags and even shoe boxes. Tuesday was twin day, Wednesday was wacky sweater day, Thursday was throwback Thursday, and we saw many 80s, and 90s outfits. Lastly, it was feel good Friday.

Journalism is donating to The Rescue Mission. We hope that you can help us by donating things like canned food, blankets (new), and hygiene products like shampoo, conditioner and soap. If you are able to donate please drop it off in room 807.

Plastic Packaging Banned Nationwide?

By Genesis, Gerardo, and Joelex

Plastic packaging is hurting our planet, and it's time we do something about it. All the plastic ends up in the ocean and harms animals. It's gross and we need to stop it. We can use other materials like paper or cloth, and it might even create new jobs in those industries. It's time we think about the Earth and not just what's easy.

Others say they don't think plastic packaging should be banned. It's super convenient and helps keep food fresh. Others say that if we ban it, stuff might get more expensive, and that would suck for people who don't have a lot of money. Plus, what about all the people who work in the plastic industry? They think that they may lose their jobs. Instead of banning it, they want to just try to recycle more and use it less.

I think banning plastic bags is the right thing to do. The environment is more important than saving a few bucks. If we don't do something, it'll be too late so the turtles won't die, and all the animals will be safe. We need to save the turtles!

Marvelous Monze

By Eva S., Sofia R., and Alex C.

Today, we interviewed Monze Gomez. Starting with the basics, Monze is 13 years old, and is currently in 8th grade. "I like journalism because I like doing the newspaper and the news articles and the parties; with chips and food." Monze says. Monze has three siblings; An older brother and sister, and a younger sister. Monze plays basketball, dance, soccer, and soon will be starting track. Her favorite class is 3rd period, which is her P.E., and her favorite unit so far this year has been handball. Outside of school, Monze watches movies, draws, and runs with her sister. Monze has a sparkling personality, and was a joy to interview.

Page 1:
Best Teacher on Campus
Plastic Packaging Banned Nationwide?
Fremont Focus
Marvelous Monze
Page 2:
Why is Tiktok So Important?
Trippy Redd Life
Is Homework Good or Bad?
Improving School Lunches
Page 3:
The Benefits of Going Outdoors
Artificial Intelligence
The Winter Holidays
Nutcracker Performance in Oxnard
Page 4
Is Climate Change Bad?
Why Cats Are Better Than Dogs
Falcons 4 The Future
Is Dance Really A Sport?
Quality Education Makes Communities Stronger
Page 5
Crosswords
Comics

Is Tiktok Important?

By Leonardo G

TikTok is important because tons of people use it every day for fun and entertainment. It has short videos that are easy to watch and anyone can post their own jokes, dances, or creative ideas. This makes the app a place where people can be themselves and show what they are good at.

Some people say everybody is addicted to the app, it causes shorter attention spans, and it's dumbing down society. However, it helps people learn things quickly. There are videos about school tips, sports tricks, cooking, and even simple news. Because the videos are short, it's easier for students to understand new information without getting bored.

TikTok helps people connect with others. You can find people who like the same music, games, or hobbies as you. It creates a feeling of community and lets people make friends and share their interests together. Tiktok is useful because you can learn stuff you never knew and meet new people.

Trippie Redd Life

By Evelyn R, Yissel S, & Leo G

Michael Lamar White II, known as Trippie Redd is an American rapper and singer known for blending hip-hop, rock, and emotional melodies. He started making music at age 14. He first gained major attention on SoundCloud, where his unique voice and style stood out from other rising artists. His most popular albums are, Love Letter to you, and Life's a Trip. His early hits helped him build a strong fanbase and quickly pushed him into the mainstream music scene.

One thing that makes Trippie Redd stand out is the way he mixes singing and rapping to create a more emotional sound. Many of his songs explore feelings like heartbreak, loyalty, and personal struggles which his fans like because they can relate to his music. His music often features energetic beats, catchy hooks, and a raw vocal style that makes him easy to recognize. He has also collaborated with several popular artists across different genres, which expanded his influence.

Over the years, Trippie Redd has released multiple successful projects, each showing his growth as an artist. He continues to experiment with new sounds while staying true to the style that made him popular. His impact on modern hip-hop is clear, and he remains an important voice for fans who connect with his emotional and expressive music.

Is Homework Good or Bad?

By Valentino J

I think homework is good because when you have only one day to work you may not finish so then you can take it home and finish it. Homework can be useful when people don't go to school when there is a project or when there is an assignment that you didn't finish.Students get mad when they have homework but some kids don't agree with them. According to Google, people say that homework is good for kids because it builds responsibility and good life skills.

Other people say that homework is bad because it wastes the kids' family time. According to Google, parents say that homework can be stressful and exhausting. Parents say that home can always not be an effective learning tool and homework makes their kids feel pointless. Some people say that homework is bad, but I disagree with them. I think that people should agree with me on homework because it can be useful and it helps us to be responsible. Homework can be sometimes hard but when you ask for help it can be easy .Also homework can be a good life skill.

Improving School Lunches

By Sofia R.

Improving school lunches may not seem like such a big deal, but it is. Getting better food would benefit not only the students but the environment. According to SkipShapiro, "American schools waste an estimated 530,000 tons of food annually." With the majority being fruits and vegetables. Not only is wasting food bad but it's also bad for the environment.

There are many ways to help the environment by lowering the amount of food that is being thrown away. Yes, "share tables" are helpful to reduce the amount of food being thrown away. The fact that kids are able to share the food they don't eat, is a great way to help out. But only for unopened foods, what about the other foods that the kids don't eat. Sometimes kids are forced to take it because they need to eat their fruits and vegetables. Even though they know they won't eat it. Part of the reason why all this food is being wasted is because the food isn't always good. For example no one wants to eat old brown salad or old strawberries. If only the fruit were fresh more people would most likely eat it.

Though the budget of some schools may have them buying cheaper, less fresh ingredients. Some other ways that would help would be if the school food programs would have the students provide feedback about the lunch so that more students would want to eat the food instead of it going in the trash.

Since all the food that is being thrown away ends up on land fills, this affects climate change. Organic waste is what makes up half of California's landfills. The breaking down of the food in landfills can have negative impacts on the air quality, which can then lead to respiratory problems when trash trucks transport excess food waste to the dump.

Improving school lunch seems like a very small step towards helping the environment, but it would definitely make a difference. If less food were being thrown away, less of that food would be going to landfills. Improving lunches would also benefit students by having them eat healthier foods.

The Benefits Of Going Outdoors

By Jazmine C.

Do you think spending time outdoors away from screens is good? In my opinion I think it is the best thing you can do for yourself not only as a child but as an adult. It can help you mentally, physically, and can help you develop better as a person. Here are some facts on how it can have a positive and negative impact on your life.

Some people say that spending time on screens over going outdoors is better, but I disagree. Phones are designed to be engaging with endless entertainment and social connection. It can be used as an emotional crutch for anxiety, depression, and boredom which makes it hard to prioritize going outside for kids. For example, social media often presents highlight reels of other people's lives and can lead to unhealthy comparison and the feeling of inadequacy, low self-esteem, and loneliness.

Going outdoors has multiple benefits in your life. Its physical benefits are the increase of vitamin C, improvement of sleep, and also increases physical activity. Mentally, it helps boost creativity, and helps you focus better. It also reduces stress and has a calming effect on your nervous system. Lastly, going outdoors strengthens social connections by providing more opportunities for in-person interaction. Also connecting with nature gives you a greater sense of belonging to the wider world, which is vital for mental health.

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$36	March 16th-until they sell out!

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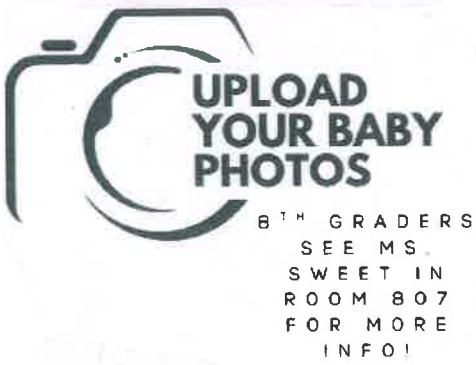
ARTIFICIAL INTELLIGENCE

Artificial intelligence is not as bad as people think it is. If used for good, it will seemingly make your life easier. It can also help start a business. Artificial intelligence also doesn't have any needs or wants.

People think that AI will take over the world because of movies like The Terminator and The Matrix. Well, that is a scary thought, but truthfully, it is not realistic. Arnold Schwarzenegger isn't going to come after you.

First of all, AI doesn't have any wants, needs, or feelings. For example, it doesn't want, feel, or need to take over the world, unless controlled by someone who programmed it to. Second, it makes every day life easier. You can ask it to help you with everyday problems, such as simplify your daily schedule and can help you fix things. Lastly, it can help you start a business. People use apps such as Adobe to help them start businesses, with business planning and it also helps with logo designs and brand creation.



The Winter Holidays

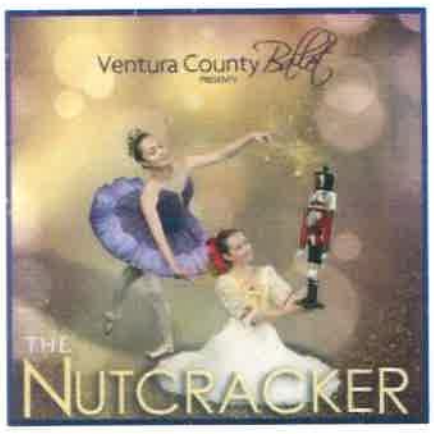
By Valerie R, Jocelyn G & Daniel L

Do you leave cookies near the fireplace with a cold glass of milk on the 24th of December, the day before Christmas? This is one of the most popular ways to celebrate Christmas. Did you know, people celebrate the holiday differently all around the world? Hanukkah, also known as the "festival of lights," is a celebration in Israel that lasts from December 14th to December 22nd. Every day leading up to the 22nd they light candles to honor God.. Throughout Iceland, there;s a different holiday known as "Yule Lads" where 13 elves come the 13 days before Christmas to leave treats in children's shoes. Though, some places don't celebrate the Christmas holiday with cheer and joy. In Austria, there's a fairytale of a goat-like figure (Krampus) who comes to town during the season and frightens the bad kids into acting good. How do you celebrate this time of year?

Nutcracker Performance In Ventura

By Selene G, Aliana P, Millie V

Ventura County Ballet performed the Nutcracker at the Oxnard Performing Arts Center. Senior International dancers Hanna Chudinova and Alexander Saveilev are going to take the roles of Dream Clara and Nutcracker Prince. They performed with the Opera San Luis Obispo Grand Orchestra. It was on the weekend of December 6th and 7th at 2pm. This was Ventura County Ballet's 27th production of the Nutcracker. The traditional dance included over 100 dancers with a live 40 instrument orchestra. Before the performance there was a **Sugar Plum Cookie Party** for the kids before the show. The company's main goal is to get audiences to experience the performances. Some past outreach events they have done are performed at elementary schools, holiday tree-lightings, libraries, hospitals and lastly, youth community centers.



Also, every year Ventura County Fire Department sponsors a toy drive. They bring the **Spark of Love Toy Drive** so kids and teens can enjoy Christmas magic too. The website cites, "More than 33,000 local children and teens are gifted by neighbors, businesses, and supporting sponsors." They also support **Food Share** so every kid that gets a toy and can also get some food. They ask for non-perishable food like canned food, rice, pasta, etc. To donate, drop off new, unwrapped gifts at your local Ventura county fire station, Ventura City Fire Headquarters or any participating businesses. You can also donate online through the Ventura Fire Foundation and all proceeds are tax deductible.

Is Climate Change Bad?

By Nicole C

Do you know what climate change is and how it can affect our planet? Climate change is when temperature drops way too low or way too high in a small amount of time. It affects animals, habitats, and people. For example climate change affects polar bears through habitat loss, food and water scarcity, and increased health risks from heat, stress and disease. That is one reason climate change is bad and we should stop it. We can stop climate change by conserving energy, planting more trees, transitioning away from fossil fuels, and walking or taking a bike. It will worsen as humans add greenhouse gases to the atmosphere.

Others may say that climate change does not really matter and that it will not do anything to our planet. For example, according to PBS " Donald Trump called climate change a con job," meaning an act of deception or a fraudulent scheme to trick someone, often for money. But I disagree. I think instead of having a desire to increase oil and gas drilling in arctic regions he should try to stop it because he has the power to do it.

It is time we realize that climate change is bad for this planet. It affects habitats,animals,and many other things.If we don't do something about it now we might regret it later on. According to NASA, we already see effects scientists predicted, such as the loss of sea ice, melting glaciers and ice sheets, sea level rise, and more intense heat waves.Those are some reasons climate change is bad.

Why Cats Are Better Than Dogs

By Valerie R.

Cats and dogs are one of the most popular pets that people own. It ranges from how loving they are to how easy they are to take care of. Though, have you ever taken the time to think about which pet is better? In my opinion, I think that cats are better for many different reasons. They have some attributes that dogs don't. Cats don't need to go outside for their daily dose of energy, instead, they sunbathe in the sun and bring no attention to themself! They're energetic, but not the type where dogs are. According to Purina's article called Psychological Benefits of Having a Cat, cats are a huge boost in mental health and proven to lower stress in people.

Some people say that cats are useless pets because of their huge independence. They assume that since dogs are larger and more dependent that they are better. "Dogs are much kinder, cuter, and don't scratch people" was what a journalism student named Mia said. Many people fall into this mindset. On BrockPress, a man submitted an article along the lines of Why Dogs are Better Pets Than Cats. In it, he states how useless cats are because of their lack of affection and connection that they have with their owners. Many people, including myself, greatly disagree on that.

A lot of times cats are looked down upon in shelters due to what other people say about them. It would be beneficial if people really stopped focusing on dogs and taking time to realize what cats have to offer. We need to bring our attention to this.

Is dance really a sport?

By Hailey L

Do you think dance is a sport? I think dance is a sport because most people don't know how hard and competitive dance is. It also expresses emotions, and it is full of creativity. I know how difficult being on a competitive dance team is from my personal experience.

Some people say it is just an art, but I disagree. Dance is a way to express your emotions without having to say a single word. For competitions, dancers practice for up to ten plus hours a day. We do so many work-outs and stretches. And sometimes we can even get bad injuries, like twisted ankles or even worse! Some people think football is more of a sport since they tackle each other and have more physical contact. But dancers are just as strong as them.

These are the reasons why I consider dance a sport. Dance requires a lot of dedication and physical effort, just like any other sport. It's not just about pretty moves, it's about strength, endurance, and teamwork. So next time you see a dancer remember they're athletes too!

Falcons 4 the Future

By Jade, Serenity, & Jocelyn

Falcons 4 the Future is an after-school club made by Ms. Estes. She made the club to donate to people and animals in need, also because students that wanted to join AVID couldn't join it so she also made it for those kids. Falcons 4 the Future is on Mondays and is open for all students to come in. They haven't done any projects yet but future projects include, supply bags, and to decorate sleeves. Ms. Estes enjoys teaching Falcons 4 the Future and AVID, she says she loves working with kids. Would YOU join Future 4 the Future?

Quality Education Makes Communities Stronger

By Selene G

According to Rohan Choudhary, "Education is the cornerstone of any thriving society" and I agree. I believe this because when a child learns how to read and write you can see them grow in confidence and that will help them in the future. That will help them in becoming successful and help make their communities become stronger. Education helps people find their purpose in their community, know their rights and it gives us a better understanding between people and can reduce conflict.

Opponents believe education is unimportant, but I disagree. The more knowledge you have the more likely you will get a high paying job. Oxnard College has a program where you can go college free for the first two years. I think more people should be taking advantage of this program. It has been shown that education can also help you become more independent and self reliant, which is good for when you're an adult. In the text, it states, "Educated individuals are most likely to participate in democratic processes, volunteer in community activities, and advocate for social justice."

In conclusion, education is beneficial for our future and everyone else's. We should all be investing in our education alongside policymakers, state government and the department of education. They should be working to make education accessible for everyone. If this were to happen, I believe we will have brighter futures and stronger communities.

Christmas Tree Topper: By mia Solano

The Christmas stocking's

Chilly	Blizzard	Christmas
Family	Cozy	Icicle
Presents	Mittens	Santa
Snow	Skiing	Snowman

.	Z	G	V	W	P	S	G	P	G	W	V	M	S	I
C	M	H	E	O	I	T	A	R	P	N	N	U	V	W
Y	H	Q	Y	N	R	T	Q	E	H	L	I	T	Q	F
B	W	R	I	S	N	Z	S	S	Y	K	N	I	Q	I
N	A	U	I	A	J	E	B	E	D	Q	P	S	K	F
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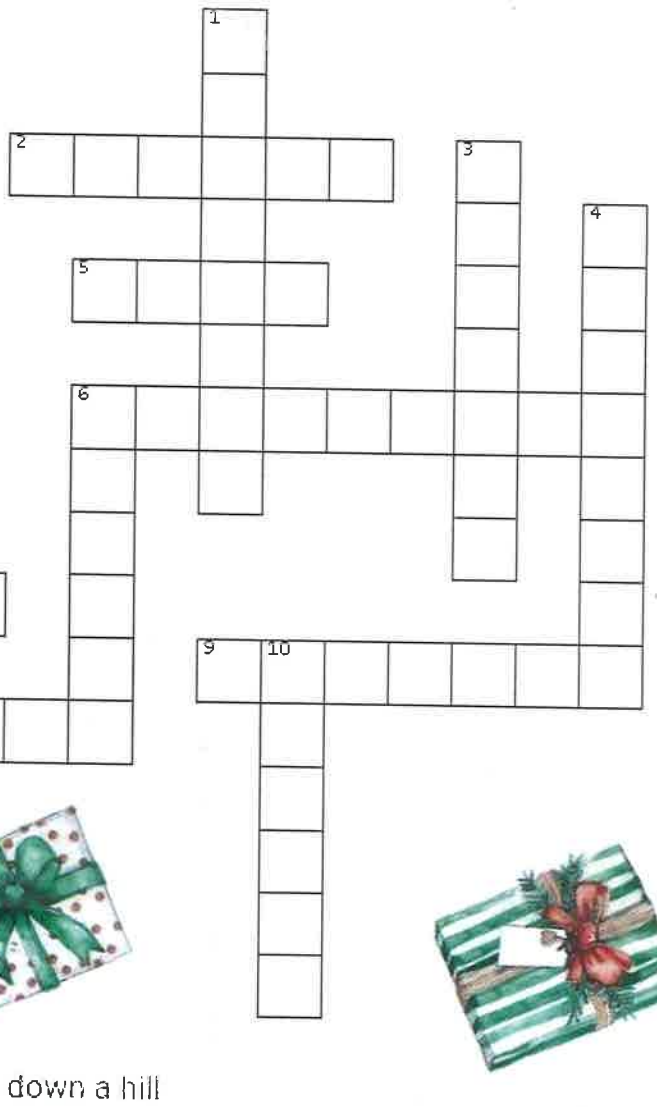
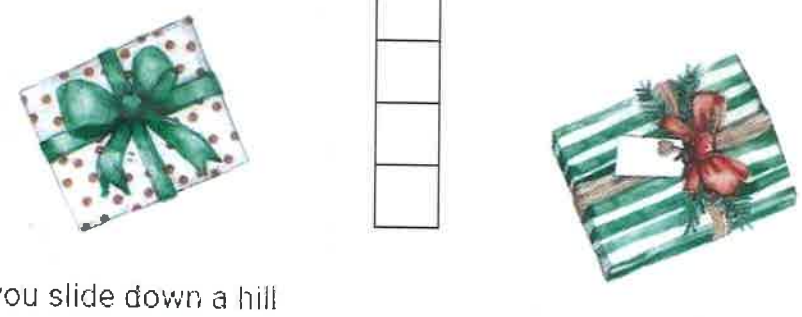
Z	P	Y	W	H	N	M	I	S	J	G	I	U	E	V
O	S	Y	Z	O	I	J	A	G	F	L	S	B	J	P
H	M	I	K	A	N	L	A	S	Y	E	N	B	Q	G
H	X	H	L	I	J	S	L	Y	A	R	E	A	R	T
S	U	R	B	K	Q	Z	V	Y	F	W	T	I	S	U
D	R	A	Z	Z	I	L	B	G	P	G	T	Y	C	G
T	Z	S	T	I	D	L	A	L	Z	L	I	W	T	N
I	C	I	C	L	E	C	J	U	G	T	M	L	Y	B

by: Nicole cabanas

DOWN

1. A snow storm
3. A "person" made out of snow
4. Gifts that are given around Christmas
6. When it starts to get colder
7. A person who leaves gifts
10. A sharp thin piece of ice





ACROSS

2. A sport that you slide down a hill
5. A feeling that means comfy
6. A holiday that celebrates the birth of Jesus
8. Powdery substance that falls from the sky when very cold
9. Something that covers your hands
11. People who you are related to

Advisor: Ms. Sweet
Members: Genesis A, Nicole C, Jazmine C, Alex C, Joelex D, Selene G, Liam G, Leo G, Jade G, Amaya H, Leo H, Alfred I, Valentino J, Hailey L, Daniel L, Aliana P, Valerie R, America R, Evelyn R, Lexi R, Serenity R, Sofia R, Yissel S, Mia S, Eva S, Millie V

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