

THE STUDENT *Outlook*

2

2026 Returning Movie Series

6

Those Inescapable Songs

9

Overconsumption

14

How to Avoid Stress from Grades

18

Best Musicals for YOU to See

28

The Effects of Sleep Deprivation

32

The Colors of the Stained Glass Part 2

February 2026

The Middle School Newspaper

2026 Returning Movie Series

by Maya F.



Image from Canva

2026 is looking like it is going to be a big year for lots of movie sequels, from *The Avengers* to *The Hunger Games*. These movies are bringing back old loved characters with some new plots. Here are 5 highly anticipated sequels coming out this year.

The Devil Wears Prada Part 2; May 1, 2026 (US)

According to IMDb, *The Devil Wears Prada* is about a young journalist working for a powerful and demanding fashion editor at *Runway* magazine. *The Devil Wears Prada Part 2* follows



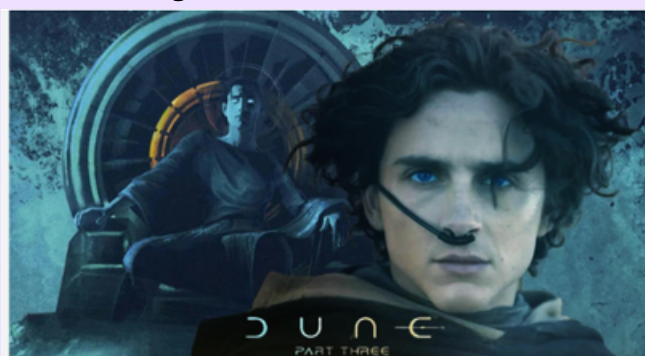
Miranda Priestly as she fights to keep Runway relevant as fewer and fewer people are reading paper magazines, while also competing against her former assistant Emily Charlton who is now a powerful rival trying to gain influence and advertising money.

The Devil Wears Prada Part 2 is being directed by David Frankel, with Meryl Streep as Miranda Priestly, Emily Blunt as Emily Charlton, Anne Hathaway as Andy Sachs, and Stanley Tucci as Nigel, with a rumored appearance from Sydney Sweeney.

Dune Part 3; December 18, 2026 (US)

According to IMDb, *Dune* follows Paul Atreides, a young noble who becomes known as Muad'dib and rises to power among the desert people of Arrakis. *Dune Part 3* follows Muad'dib, heir to unimaginable power, as he brings to the surface the ancient scheme to create a superbeing ruler among men, not in the heavens.

It will be directed by Denis Villeneuve. Written by Frank Herbert, Jon Spaihts, and Denis Villeneuve. Timothée Chalamet as Paul Atreides, Zendaya as Chani, Florence Pugh as Princess Irulan, Rebecca Ferguson as Lady Jessica, and Javier Bardem as Stilgar.



Hunger Games; The Sunrise on the Reaping; November 20, 2026 (US)

The Hunger Games is set in the dystopian nation of Panem, where the Capitol forces children from each district to compete in a televised fight to the death. Haymitch Abernathy is a former victor who later becomes a mentor to tributes. According to IMDB, *Hunger Games; The Sunrise on the Reaping* is rumored to be about Haymitch Abernathy's backstory. It will also talk about the political systems behind the Hunger Games rather than a single tribute's survival. It dives into how the Capitol justified the Games and how the foundations of Panem's cruelty were built.

It will be directed by Francis Lawrence and written by Billy Ray and Michael Lesslie. Suzanne Collins is the original writer and will be helping direct. Young Haymitch Abernathy will be played by Joseph Zada, Lenore Dove Baird played by Whitney Peak, Maysilee Donner played by Mckenna Grace, President Coriolanus Snow played by Ralph Fiennes, Plutarch Heavensbee played by Jesse Plemons, and Effie Trinket played by Elle Fanning.

Avengers; Doomsday; December 18, 2026 (US)

The Avengers are a team of superheroes in the Marvel Cinematic Universe who work together to protect Earth from powerful threats. After recent events involving the multiverse — a concept where multiple alternate realities exist — the timeline has become unstable. According to IMDB, *Avengers: Doomsday* starts a new generation of Avengers and brings returning heroes

to face a universe-level threat that could destroy everything. The movie is expected to deal with the fallout of the multiverse and force heroes to make impossible choices.

It will be directed by Joe and Anthony Russo, and written by Jack Kirby, Stan Lee, Stephen McFeely, and Michael Waldron. Doctor Strange will be played by Benedict Cumberbatch, Tom Holland will reprise his role as Spider-Man, Brie Larson as Captain Marvel, Anthony Mackie as Sam Wilson / Captain America, and Chris Hemsworth as Thor. Tom Hiddleston will be playing Loki, Robert Downey Jr as Doctor Doom, and Ian McKellen as Magneto.



Overall, 2026 is full of exciting movies coming out and is bringing back lots of familiar favorites for fans to enjoy.

Bibliography

“All the Characters in Avengers: Doomsday So Far.” Reddit, r/MarvelStudios, www.reddit.com/r/marvelstudios/comments/1jkmalb/all_the_characters_in_avengers_doomsday_so_far/. Picture

Avengers: Doomsday. Directed by Anthony Russo and Joe Russo, IMDb, www.imdb.com/title/tt21357150/.

Despicable Me 3. Illumination, www.illumination.com/movie/despicable-me-3/.

The Devil Wears Prada 2. Directed by David Frankel, IMDb, www.imdb.com/title/tt33612209/fullcredits/.

“The Devil Wears Prada 2 Is Coming in 2026 Poster by Design Superhero.” Real Upcoming Movies, Facebook,

www.facebook.com/realupcomingmovies/posts/the-devil-wears-prada-2-is-coming-in-2026-poster-by-design-superhero/1087703540066872/. Picture

IMDb News. IMDb, www.imdb.com/news/ni64539820/. Picture

Dune part 3. IMDb, www.imdb.com/title/tt31378509/.

The Hunger Games. Sunrise on the Reaping. IMDb, www.imdb.com/title/tt32558705/.

Tannenbaum, Emily. “Sunrise on the Reaping: Everything We Know About the New Hunger Games Prequel Movie.” Glamour, www.glamour.com/story/the-new-hunger-games-movie-sunrise-on-the-reaping-heres-what-we-know.

Back to the
Table of Contents

Those Inescapable Songs

by Zora S.



Image from Canva

Ever hear a song once, and then can't get it out of your head? That, my friend, is what we call an earworm. What even is an earworm? Well, I'm glad you asked! According to our favorite resource, the Merriam-Webster dictionary, an earworm is a song or melody that keeps repeating in one's mind. We all get earworms sometimes and it can be a positive or negative experience. When we're with friends, earworms are perfect for karaoke or to make each other laugh! But if you're like me and have a limit on how many times you can listen to a song before you go insane, you'll crash out when your bestie rickrolls you for the 100th time. But dear friend, please know that I'm never gonna give you up! See what I did there? Heh. But anyways, did you ever wonder why earworms happen or how they're created? Let's dive into a source.

According to The New York Times, the more frequently we hear a song, the more likely we are to start singing it internally, too. There are countless examples of songs that have become earworms over the years, like “Let it Go” from Frozen, “We Don’t Talk About Bruno” from Encanto, “My Heart Will Go On” from Titanic, “What Makes You Beautiful” by One Direction or “Defying Gravity” in Wicked. Some of you may have noticed that most of these are from movies, some being decades old. But earworms can come from anywhere, like a jingle for an ad, an intro to a TV show, or a theme song. An example close to my heart is “I Want It That Way” by the Backstreet Boys released in 1999. Even though I was not born in the ‘90s or even the early 2000s, I know all the lyrics! If someone even so much as mutters “tell me why?” under their breath, the song starts blasting in my head immediately and I can’t help but reply with the rest of the lyrics out loud even if we’re in Wednesday assembly!

Earworms can be positive, but they can also be negative! So don’t you want to know how to get rid of them? *Hopefully you replied yes* Well then, let’s check The New York Times again! Studies show that gum chewing is a way to help get the earworm out of your head. (Please don’t try to prove that theory at school because I won’t be your excuse for chewing gum. You know it’s forbidden!) Anyways, The New York Times also recommends changing your environment or state of mind. Put yourself in a situation that requires you to focus on the task at hand, like trying to do a handstand while playing Rock, Paper, Scissors. That example is extreme but you know what I mean. Hey! That rhymed. I’m a poet and I didn’t even know it.

To conclude, I enjoy earworms sometimes because I think they can bring people together and make people laugh. “Let It Go!” anyone? However, that is not always the case. As much as I love “Golden” from KPop Demon Hunters, after hearing it 24/7 I’d rather stub my toe than ever hear it again.

Bibliography:

What Catchy Songs Get Stuck in Your Head? (Published 2024), www.nytimes.com/2024/11/07/learning/what-catchy-songs-get-stuck-in-your-head.html. Accessed 7 Feb. 2026.

Back to the
Table of Contents 

Overconsumption

by Ai L. and Claire P.



<https://medium.com/impactology1/what-is-overconsumption-628449e62139>

Teenagers nowadays have many forms of entertainment including crafts, reading, and playing instruments, but one of the most common outlets of stress is watching other teenagers on social media, especially hauls. Hauls are videos on the internet where creators showcase recent purchases which include beauty products, clothes, or even groceries. It used to be a simple trend to share recent purchases on the platform. However, the constant trends of items such as skincare, haircare, and clothes are urging teenagers to buy excessive amounts of products causing a worldwide problem: overconsumption.

What is Overconsumption?

According to Sentient Media, overconsumption is when humans consume more resources than we can produce. Although consumption rates differ in each region, on a worldwide basis, they are steadily increasing. Overconsumption is believed to have been fueled by the economic model, with capitalists rewarding consumerism. This causes a mindset where consumers feel the need to keep consuming until they ultimately accumulate an excessive amount of unnecessary items. In addition, another big factor that encourages overconsumption is access to online shopping, which has expanded our access to goods. With one simple click, we can buy anything imaginable, and with the exponential amount of advertisements online we are exposed to, we only feel more convinced to buy more. These are only a few reasons for overconsumption, and it feels as if there are even more causes appearing daily. So, we must think before buying in order to avoid consuming more than we need.

The Impact of Overconsumption on the World

Additionally, overconsumption severely impacts both human health and the environment, accelerating resource depletion, pollution, and global inequalities. Over time, researchers have been attempting to predict the possible impacts that overconsumption poses, and their findings seem to be quite worrying. According to the World Economic Forum, natural disasters caused by climate change are predicted to cause nearly 2 billion deaths by 2050. Since overconsumption can be a

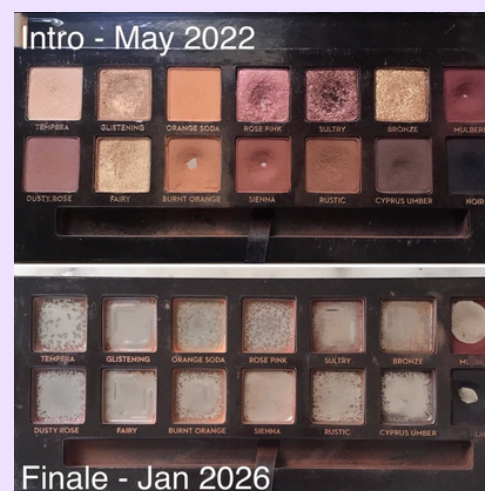
major factor in pollution and greenhouse gases, this news is extremely important to us; as it shows us that fatalities could happen due to this 'small' act. Furthermore, the amount of plastic in the ocean is expected to quadruple over that same period of time, signaling to us to take initiative before it is too late. If we continue to abuse our planet's resources faster than they can generate, we could run out of them -- which could threaten humanity itself! With the effects of overconsumption already visible in polluted oceans and increasing amounts of greenhouse gases, we must take action as soon as possible.

Solutions

However, to problems there are always solutions, and overconsumption has its own. One of the projects offering a very accessible solution for this is Project Pan. According to Glamour, Project Pan works by gathering all of their beauty products and tallying all of the products that they have. The ultimate goal is to empty the product – or reach pan on as many products as possible without the purchase of new products. Opposite to

hauls, Project Pan started in 2015 on Reddit “as a space for users to share their inventories, progress, and empties,” *Glamour* says.

Although it may seem like it might not work due to the smaller impulse to try and empty out all products, it is proven that Project Pan



Pictures of a user on Instagram’s progress of doing Project Pan on their eyeshadow pallet which took around 4 years to complete.

<https://www.instagram.com/myprojectpanjourney/>

relieves that desire to go shopping. According to a biopsychologist named Mary Poffenroth PhD, research has discovered that setting goals and then further tracking the progress to reach that goal can release dopamine, allowing us to find pleasure and motivation. Project Pan can span from 1 month to even many years, but it is a good way to help avoid overconsumption and to not waste anything left over. Overconsumption may seem like an inevitable problem but there are solutions like this where anyone can start doing it, right at home.

• primers	4	• primers	6
• foundation	18	• foundation	17
• concealer	7	• concealer	7
• powders	8	• powders	8
• bronzers	6	• bronzers	6
• blush	38	• blush	40
• powder cream		[powder cream	15]
• highlighter	11	• highlighter	10
• eye primer	2	• eye primer	1
• eye liner		• eye liner	
• liquid	2	• liquid	2
• pencil	4	• pencil	5
• mascara	3	• mascara	4
• eye shadow		• eye shadow	
• palettes	21	• palettes	22
• singles	39	• singles	39
• glitter/cream	13	• glitter/cream	13
• face palette	5	• face palette	5
• brows		• brows	
• gel (clear+tint)	3	• gel (clear+tint)	4
• pen/pencil	2	• pen/pencil	1
• setting spray	2	• setting spray	3
• lips		• lips	
• gloss	14	• gloss/balm	22
• liquid	11	• liquid	13
• lipstick	30	• lipstick	27
• liner	5	• liner	6
• brushes	97	• brushes	98
TOTAL: 206 products		TOTAL: 223 products	
39 single shadows		39 single shadows	
97 tools		98 tools	

A list of the same user's beauty product inventory to track how many items they need to empty. <https://www.instagram.com/myprojectpanjourney/>

So, even though social media hauls seem harmless and entertaining, they promote endless consumption, encouraging teenagers to buy unnecessary products that they already have or don't need. This behavior can easily become excessive and cause serious damage to the environment. But by acting more mindfully, thinking and questioning the trends of social media, teenagers can enjoy social media without overconsuming. People can overcome overconsumption by trying to make the effort to find solutions that people can start at home, just like Project Pan.

Bibliography

McCarty, Grace. "Project Pan Is the Viral Beauty Challenge Tackling Overconsumption." Glamour, 14 Jan. 2026, www.glamour.com/story/what-is-project-pan.

Millstein, Seth. "How Overconsumption Affects the Environment and Health, Explained." Sentient Media, Sentient Media, 17 Jan. 2025, sentientmedia.org/overconsumption/.

World Economic Forum. "Climate Crisis May Cause 14.5 Million Deaths by 2050." World Economic Forum, 16 Jan. 2024, www.weforum.org/press/2024/01/wef24-climate-crisis-health/.

Back to the
Table of Contents 

How to Avoid Stress from Grades

by Kaeli S.



image from Canva

While I was trying to come up with an article idea, I noticed that a lot of people around me were checking their grades and worrying as the end of the semester approached. The next day, when I was on a call with my friends from the US, they also mentioned being worried about their grades. I asked my friend, “How do you deal with [stress from grades]?” and she replied, “I don’t know, to be honest.” Hearing how my classmates were stressed made me want to write about ways that students can deal with stress and not be as worried about grades. I got many of these ideas from myself, my friends, and also our grade’s studying habits document from last year.

One of the ways to deal with stress from grades is to stop it before it starts and study to the best of your ability. Some recommended ways to study include using flashcards, timing yourself, taking notes, and checking the learning objectives for the unit. You can make flashcards using Quizlet and quiz yourself. Timing yourself can also be effective because it makes you feel as though you should stay focused. You could set a stopwatch and then see how long you can study for, or you could set a timer for a certain amount of time before taking a break. Another way to study could be rewriting or creating your own organized notes. I like to use different colors to make them look more aesthetic and make myself more interested in making my notes. In subjects where you are given a learning objective sheet, rereading each of them and then answering them in my notes is very useful for me.

For many students, the urge to ignore their work is strong, and they just don't want to study, but there are ways to avoid procrastination. Some ways include writing down the dates in a planner and having a clean workspace. Writing down dates in a schedule can help remind you when you have assignments or tests coming up and how soon. Cleaning and organizing your workspace can also motivate you to use it more often and help you focus.

We all have moments when we realize “...the test is tomorrow?” and then panic follows. So, how can you study when you are already way behind? First, do not panic about it the whole day

and then not do anything. You should make sure to pack all the materials you need to study into your bag to bring home. Ideally, you could use some of your free time (including lunchtime) to study in a quiet place. Once you are at home, make sure to review the important notes you have from that unit and make new ones if you can. They do not need to be beautiful or overly-aesthetic – as long as they help you to remember what you need to. You could also ask friends if they have any notes they would be willing to share with you.

Making sure you are prepared for a test or quiz is important, but staying calm during testing is important too. If you find that you are stuck for a while on a particular question, you can come back to it later. Also, if you don't understand, you should ask questions to avoid wasting time. Don't overthink every question too much.

After you take a test, there is a sense of relief, but also a bit of anxiety. The worry that you got certain questions wrong can be very nerve-wracking, but it is best to remember that you tried your hardest and that nothing can be done anymore. Although it can be comforting to find out that others got the same answers as you did, asking classmates what they answered for other questions can also escalate unnecessary anxiety.

Getting grades back can be a moment of fear for many students, but facing your grades is not the end of the world. If you are happy with your grade, then good job! If you are disappointed, try to figure out where you went wrong, and remember that

there will be more chances for you to improve. Also, don't pressure your friends about sharing their grades because they may be uncomfortable with sharing them, and comparing your grades to others' is not a good habit to build in the first place. Try to find positives in your own work and be proud of your accomplishments and improvements.

Finally, try to bear in mind that you should not set expectations for yourself that are too high. Pressure from family can also be a stressful factor that's related to your expectations. If you feel too stressed and panicked, it is unhealthy, and you should try talking to your parents or someone else you feel comfortable talking to.

In conclusion, stress over grades is something felt by students all around the world. Studying effectively can have a good effect on your grades, but also on your mindset, because you know that you studied hard enough and hopefully didn't procrastinate. During the test, avoid spending a lot of time on a particular question and ask for help if you need it. When getting your grades back, if you are disappointed, remember that there will be more opportunities to boost your grades and try again, and don't compare yourself to others! Find things to be proud of and try your best. I hope this article helped and that you will find ways to be less stressed! :D

Back to the
Table of Contents 

Best Musicals for YOU to See

Opinion Piece by Layla P. (a theater kid)



Image from Canva

Maybe you're not a theatre kid, or maybe you haven't found a chance to become one yet. Well, this article will teach you about all the best musicals you need to know if you want to enjoy your time on Broadway. So if you ever are in New York or even anywhere in the world that hosts Broadway shows, check one of these out!

Please pay attention to these keys:



Strong female lead/s



Darker shows for older kids



Adaptation of anything (story, book, movie)



Historical

&Juliet

&Juliet is an awesome historical (kind of) musical with a strong leading lady. It's also an amazing jukebox (a musical that features popular songs from the past). Everyone knows the story of Romeo and Juliet -- the star-crossed lovers who meet a sadly tragic fate. Well, erase everything you think you know, because this version is much better. Here's what you should know: This musical rewrites Shakespeare, as told by his own wife. What if Juliet didn't kill herself? What if she chose her fate herself? Maybe you'll get an answer to this question if you can watch it in a theatre. The songs are a mix of older classics that are more from your parents' time and hit songs from the 2010s - 20s. Some of the best ones are "I Want It That Way", "Teenage Dream", "...Baby One More Time", etc. *&Juliet* has everything: singing, dancing, emotional topics and love. This musical also has some of the funniest moments and narration ever. This musical is the ultimate combination of hopeless romance and feminism, so if you love either of those things (can we be friends?) you will absolutely love this show. Pro tip/fact: All of the songs are written by Max Martin, a hit songwriter who worked with Taylor Swift, Ariana Grande and Britney Spears.

SIX

Maybe you've heard of Henry VIII in social studies, but you've probably never heard of his wives, all six of them. *SIX* is a fun, feminist pop musical about all of Henry's six wives and their stories. As someone who's watched this themselves, it's amazing. The music is catchy, emotional and empowering, and the

characters themselves all are so special. By watching *SIX* you can also learn some herstory (get it?). Here's a quick overview of all the six wives - Catherine of Aragon is the first wife who was divorced by Henry after he met the next wife and also because she had previously been married to his brother. The next is Anne Boleyn who was unfortunately beheaded 3 years after marrying Henry for alleged adultery (probably wrongly accused). After her was Jane Seymour who is most commonly known as his favorite wife mostly due to the fact that she gave birth to a son. Sadly two weeks after giving birth she passed away. After that was Anne of Cleves, the icon from Germany. However he annulled their marriage due to the fact that he didn't look as good as her painting, which is really messed up. Then there was Katherine Howard: his teenage bride who had to go through a lot when she was so young. She was also beheaded for adultery and having an affair. The last was Catherine Parr who outlived Henry and all of the other wives. If it sounds amazing and fascinating, I completely recommend going to see it. They have also won 2 Tony Awards. Pro tip/fact: You may get too attached to these six which may cause some future issues if you learn about Henry VIII.



Hamilton

Are you a history geek or obsessed with catchy and smart rap? Then go see Hamilton. It's a mix of both! You've probably heard of Alexander Hamilton – one of the USA's Founding Fathers, the face on the \$20 bill, and an American icon. Well, maybe what you think about him may be wrong. I may be tossing shade at him (he isn't my favorite) but I still have to say that his portrayal in Hamilton was amazing. Hamilton is all about Alexander Hamilton, an immigrant from the British West Indies who moved to New York when he was 15 and played a big part in how the US gained its independence. If you're like me and look forward to hearing the girl bosses make their magic – you won't be missing out at all. Eliza (Hamilton's wife) and her sisters Angelica and Peggy are smart and iconic. Imagine a history class lecture except much more engaging: there's fast rapping, special choreo and amazing vocals. You'll be laughing, crying and probably shouting if you feel the same as me. Hamilton has won 11 Grammys which is a huge amount. Pro tip/fact: Don't listen to everything they say, as the musical isn't completely historically accurate. Some things are made more intense and dramatic than reality (Hamilton and Angelica's relationship for one).

The Outsiders

The Outsiders is a newer Broadway musical that is an adaptation of the classic novel by S.E. Hinton (which is also very much worth reading). The musical follows Ponyboy Curtis, a thoughtful 14-year-old boy living in Tulsa, Oklahoma, who lives with just his two older brothers after losing their parents. Tulsa is divided into two

groups that are constantly clashing. The Greasers, working-class kids Ponyboy belongs to, and the Socs, the rich kids who always seem to have the power and protection no matter what they do. After a violent encounter involving Ponyboy's best friend Johnny spirals out of control, the two boys have no choice but to go on the run which makes the story much more emotional and darker. The show is all about coming of age, brotherhood and society. The Broadway adaptation won 4 Tony Awards, including Best Musical and Best Direction of a Musical. Pro tip: The score is inspired by folk and bluegrass music that was popular in the 1960s which matches the settings and tone of the story. Even if that music isn't really for you (it's not for me either, I like pop more), you can still enjoy the emotional and meaningful aspect that's hard not to connect with.

Mean Girls 🌟👑🌟 ⚠️

Everybody knows *Mean Girls* the movie – it's a 2000s icon. Maybe you've also seen the new musical version with Renee Rapp. Well, this is where it came from: the show that's been playing in theatres since 2017 which is 9 years–crazy, right? If you're not familiar with the story of *Mean Girls* here's a short summary for you. Cady Heron – the homeschooled girl from Kenya struggles as she navigates an American public high school with help from fellow outsiders Janice and Damien. When she earns a place with the popular group (The Plastics) Janice suggests she spy on them and ruin Regina's life. It's not that easy though, and Cady develops feelings for Regina's ex, Aaron which wrecks everything. Mean Girls is a funny classic and this time

with musical theatre. The songs are vocally intense with some professional riffs and hilarious lyrics. If you're looking for some of the hit songs, listen to "World Burn", "Stupid With Love" or "I'd Rather Be Me". Or listen to the whole album! Pro tip/fact: The story started as a nonfiction book in 2002 called *Queen Bees and Wannabees* which Tina Fey (writer of the movie and actress of Ms. Norbury) adapted into the movie, which then turned into a musical and then another movie.



Heathers 🌟 ⚠️ 📖

This is one of my personal favorites. *Heathers* is honestly the definition of dark humor except with singing, dancing and acting. For anyone who thinks this sounds interesting, I'm glad someone can relate, but you should probably get a bit older if you're in 5th or 6th grade. Don't worry, you won't miss much; in fact you will just enjoy it more when you can handle and understand the topics. Warnings include and are not limited to: suicide, violence, profane language, substance use, bullying and sexual content. What is *Heathers* even about though, you're probably asking. Well, think of *Mean Girls* with the clique aspect but murderous.

Veronica Sawyer is socially a nerd, until she earns a spot in the popular group called the Heathers (everyone is named Heather). It goes well until a new student named JD joins their school and wreaks havoc upon everyone he crosses paths with. Picture an all-American high school but the worst version of it. I mean dark, shocking, disturbing and very messed up. Is that perfect for you? Then make sure to check it out. Pro tip/fact: It is not a Broadway musical; it is off-Broadway.



Wicked 🌟📖

Do you love huge emotions, powerful singing and plots that will totally change how you see a story and its characters? Then you may love Wicked, the 3-time Tony-winning show. I watched it when I was 8 or 9 and I loved it, and it always had a special place in my heart. I could have said that most people know the Wicked Witch of the West as the villain of Wicked but ever since the movies have exploded and everyone's fallen in love with Cynthia Erivo as Elphaba, that doesn't really apply. The movie is great as well, I mean Cynthia Erivo and Ariana Grande did Elphaba

and Glinda justice; but there is something special about seeing something on stage and in person. As someone who hates injustice I could always support Elphaba when others would choose Glinda (still no hate from me). The relationship between our two leading ladies is complicated, emotional and pretty heartbreaking. You will 100% get chills while watching and may cry (I did...). Pro tip/fact: If you aren't a fan of loud noises bring some noise-cancelling headphones because certain sounds can hurt sensitive ears. This does apply to a lot of other musicals, too, so keep that in mind.

Beetlejuice 🎭 ⚠️ 📖

Beetlejuice, Beetlejuice Beetlejuice... a hit musical that has sparked many trends online with lip-syncing and makeup hacks. Beetlejuice is another musical adaptation, from the 1988 movie by Tim Burton. *Beetlejuice* is about a teenage girl named Lydia Deetz who has just lost her mother and is dealing with her unhealthy thoughts of death. Meanwhile a suburban couple dies and is left haunting their house and watching as Lydia, her father Charles and her life coach Delia (his new girlfriend) move in. Lydia has the strange gift of being able to see the ghostly couple so she tries to convince them to bring her mother back from the underworld. However, they only want to kick Charles and Delia out of the house so Lydia has to turn to the demonic Beetlejuice to help her bring her mom back. However with his “help” only chaos ensues and his intentions are definitely not for good. Lydia is such an amazing character and so strong (you’ll know if you listen to Say My Name). It's a funny but dark show, and if you're a

fan of creepy ghosts and demons, this is the thing for you. Pro tip/fact: Beetlejuice actually breaks the fourth wall in the show, so he talks and makes jokes for the audience.



So in conclusion, if you're going anywhere special soon and you like musicals or want to get into them, check out the links below. You'll be able to find tickets to shows and learn more about the shows. I hope you can get a chance to watch one of these musicals and I really hope you enjoy them as much as I do.

Links to the musical websites:

& Juliet- <https://andjulietbroadway.com/>

SIX- <https://sixthemusical.com/>

Hamilton- <https://hamiltonmusical.com/us-tour/>

The Outsiders- <https://outsidersmusical.com/>

Mean Girls- <https://meangirlsmusical.com/>

Heathers- <https://heathersthemusical.com/>

Wicked- <https://wickedthemusical.com/>

Beetlejuice- <https://beetlejuicebroadway.com/>

Bibliography

- Dziemianowicz, Joe. "Everything You Need to Know about 'the Outsiders' on Broadway." New York Theatre Guide, New York Theatre Guide, 26 Nov. 2024, www.newyorktheatreguide.com/theatre-news/news/everything-you-need-to-know-about-the-outsiders-on-broadway.
- "Jukebox Musical Definition & Meaning." Merriam-Webster, Merriam-Webster, www.merriam-webster.com/dictionary/jukebox%20musical. Accessed 6 Feb. 2026.
- Hall, Margaret. "How Very! Get a 1st Look at New West End Cast of Heathers: The Musical." Playbill, Playbill, 31 Oct. 2022, playbill.com/article/how-very-get-a-1st-look-at-new-west-end-cast-of-heathers-the-musical.
- Mackenzie, Laura. "Henry VIII's 6 Wives in Order." History Hit, History Hit, 5 Feb. 2023, www.historyhit.com/the-6-wives-of-henry-viii-in-order/.
- Millward, Tom. "Everything You Need to Know about 'Beetlejuice' on Broadway." New York Theatre Guide, New York Theatre Guide, 5 Jan. 2026, www.newyorktheatreguide.com/theatre-news/news/a-new-york-theatre-guide-to-beetlejuice.
- "Six: How the Musical Became a Worldwide Phenomenon." Musicals Magazine, 11 Sept. 2023, www.musicalsmagazine.com/features/article/six-how-the-musical-became-a-worldwide-phenomenon.
- Swain, Marianka. "Everything You Need to Know about 'Mean Girls.'" London Theatre, London Theatre, 30 May 2025, www.londontheatre.co.uk/theatre-news/news/everything-you-need-to-know-about-mean-girls.
- Theater, Author: New York. "Beetlejuice Review: A Broadway Musical Adapted from Tim Burton's Comic Macabre Movie." New York Theater, 23 Dec. 2019, newyorktheater.me/2019/04/25/beetlejuice-review/.
- "Mean Girls the Musical." The Northern Light, www.thenorthernlight.org/stories/mean-girls-the-musical. Accessed 6 Feb. 2026.

*Back to the
Table of Contents*



The Effects of Sleep Deprivation

by Celine C.



Photo source: <https://www.bbc.com/news/health-44137559>

Why do you think athletes, or even students with exams the next day sleep early? Of course, this is because they want to be in good condition the next day. They know the importance of sleep. Yes, most people probably get less sleep as they grow up. As we age, we do not need to sleep as much as infants, or kindergartners. It's a natural thing. However, as much as there are people with a healthy sleep schedule, there are also people who do not sleep enough. This is called sleep deprivation. Though many people know the concept of sleep deprivation, they often do not know how much it can and does affect them. So in this article, I will explain the effects of sleep deprivation and what it can do to your body.

Sleep is a very important factor in human life. It takes effect in all kinds of ways, especially in brain activity, the circulatory system, and the immune system. According to Cleveland Clinic, a non-profit academic center located in Ohio, USA, sleep deprivation can cause the following damages on the three parts mentioned above:

- Sleep deprivation slowly damages the circulatory system, giving the person a higher chance to develop high blood pressure and cholesterol.
- Your immune system also gets weaker, giving it less strength to fight off bacteria.
- Not sleeping enough also has a big effect on your memory and learning ability.
-

This source also mentions lighter symptoms that you might get by even just a day of little sleep. These symptoms, such as daytime sleepiness, fatigue, and headaches, are even experienced without being sleep deprived. How long a person needs to be lacking sleep to experience these light symptoms depends on the individual. However, that does not mean it is okay for some people to sleep little, or think they are okay without some sleep. When these fairly light symptoms continue, they can become a bigger issue in your daily routine.

However, these are only the light symptoms of sleep deprivation. Again, the Cleveland Clinic says that as sleeping only for a little while becomes an everyday routine, your chances of getting serious illnesses are increasing as well. These symptoms

often include:

- Type 2 Diabetes
- Stroke
- Heart Attack
- Depression

When it comes to these severe symptoms, your life is at stake. If these symptoms get worse it can really mean death, therefore they shouldn't be taken lightly.

Not sleeping enough also causes serious problems related to your nervous system. Some people see hallucinations, others aren't able to think straight, still others start acting impulsively. You can become clumsier and less aware. When some of these symptoms start showing, you can easily see if the person is sleep-deprived or not. You might even be able to see them not functioning as well as before, and struggling with a poorer quality of life.

So now that you know the symptoms, it would be ideal to find solutions, or healthy sleep habits that can help reduce sleep deprivation. According to the National Heart, Lung, and Blood Institute, one of the world's largest institutes in the National Institutes of Health, these healthy habits can help organize your routine better and help you get better sleep.

- Going to bed and getting out of bed at a similar time, every day, including weekends.

- Using the hour before bed for a quiet time, while avoiding the use of devices with blue light
- Avoiding heavy meals within a few hours of bedtime to let your digestive system rest
- Keeping your bedroom quiet, cool, and dark, and making it an atmosphere suitable for sleep
- Taking a hot bath or using relaxation techniques before bed

As a sleep-deprived person myself, I have tried to incorporate these habits into my life to improve my sleep schedule. I eventually came to the conclusion that one of my biggest reasons for being sleep deprived was often because I used my phone right before I went to bed, and the blue light was keeping me awake even after I had turned my phone off. Though it depends on each person, I can confidently claim that trying these methods will improve at least some parts of everyone's sleep quality and quantity.

Bibliography

"Healthy Sleep Habits." *National Heart Lung and Blood Institute*, U.S. Department of Health and Human Services, www.nhlbi.nih.gov/health/sleep-deprivation/healthy-sleep-habits. Accessed 10 Feb. 2026.

"Sleep Deprivation - Conditions & Treatments." *SingHealth*, www.singhealth.com.sg/symptoms-treatments/sleep-deprivation. Accessed 10 Feb. 2026.

"Sleep Deprivation: What It Is, Symptoms, Treatment & Stages." *Cleveland Clinic*, 2 June 2025, my.clevelandclinic.org/health/diseases/23970-sleep-deprivation.

Watson, Stephanie. "Sleep Deprived? Here Is What Lack of Sleep Does to Your Body." *Healthline*, Healthline Media, 1 May 2025, www.healthline.com/health/sleep-deprivation/effects-on-body.

"Why Is Sleep Important?" *National Heart Lung and Blood Institute*, U.S. Department of Health and Human Services, www.nhlbi.nih.gov/health/sleep/why-sleep-important. Accessed 10 Feb. 2026.

*Back to the
Table of Contents*


The Colors of the Stained Glass

by Lynn U.



Image from Canva

Note from the editor: This is an original story inspired by the Five Goals of our school. This is the second part of the story.

In our previous edition, this is where we left off:

She traced one bench, brushing dust off the armrest. “Grandma sat here when she first found out I’ve been sneaking to this church. She scolded me as I could have gotten hurt, but she also told me that this building is here to remind us kindness still exists, within our hearts, and our job is to spread that kindness.”

I asked quietly, “You think so too?” I felt a warm feeling bubble inside me, a feeling that seemed to soothe the restless thing moving around deep in my chest. “Really?”

The girl smiled. “Yeah, I think so too. ...Hey, come to think of it, I never told you my name! I’m Yana, nice to meet you.”

A few years later...

“It happened last autumn, when the moss crept amongst the pebbles like a green blanket, when the sunlight gently sparkled through the various openings of the withered leaves gently flowing down the surface of the water, when the water grew colder and all the life seemed to simmer down like a ripple fading into silence...”

I wandered into the living room while reading the velvet-red book. Tracing the pages, my mind wandered and my thoughts floated in between the words, lured and lulled into the universe the author had intricately woven like a talented weaver sewing fabric together with a nimble finger and needle.

“Allein...Allein...Allein!”

I was jerked back from my reverie as Grandma tapped my hand. Seeing that breakfast – bread – was ready, I said, “Oh. My bad,” as I closed the book and grabbed the bread from the plate. Stuffing it in my mouth, I mumbled, “I need to go to the library early today.” I opened the door as Grandma said, “Make sure to not overwork yourself.”

I smiled and chuckled as I said, “Overworking is impossible when the job is fun.” I walked outside, yelling, “Tell Yana I said good morning!”

Closing the door behind me, I made my way down the worn-out dirt path. The snow was melting and fading into spring, patches of brown peeking through the blanket of white, the cold air freezing my throat, a hint of humidity creeping into the air.

Sometimes, when I gazed at the snow, my stomach grumbled and an ache seized my arm. The cold days and lonely nights would intrude upon my mind, reminding me of the pain I had endured to live such a peaceful life right now. It felt strange, to always have food in my belly, every day, no matter what. Although we were still relatively poor, because of my job – a librarian’s assistant – we had enough money for a plentiful meal every day. I must also acknowledge how my librarian sometimes lent me bread, which I was glad for knowing how a loaf of bread costs \$5-6 and the usual pay actually is 3 dollars a day. The house was still the same as

all those years ago, on the verge of collapse but still standing gallantly at the edge of the forest. I felt thankful to be welcomed into the family, I felt thankful to get food every day, I felt thankful that I was alive today.

I observed the withered leaves gently rustle on the red-bricked road. Sunlight poured down the block and shadows pooled in various corners. Suddenly, the frigid zephyr sank into my skin and held me bound together as if chains were wrapped around my body. My breath quickened and I tried to calm myself down but I felt panic press around on all sides. I felt the world spin a bit as I held onto a wall for support. ...no...don't think about it...no...don't think about the...cold...the pain—

“AAAAAAAALLLLYYYYYY~!”

I yelped as I froze and yelled, “What?!” I felt an arm swing around my shoulders as Hale smiled, holding my arm and pulling me forth. “Wh...what...?”

Hale opened her mouth, “Ally, Ally, Ally, Ally, Ally! So I was reading this book and it had like 200 characters and like the first one was named Hanasu and you see he was this prince or something and he was married to this princess and that princess's name was Kitohana or something and—and—oh! And then—”

I stammered, “W-w-wait! C-calm down! Let's um, talk at the library. We have time.”

Hale answered cheerfully, “Okay!”

I sighed. Such a bookworm...such a librarian...so talkative...

“Allein!”

Pushing the last book into the shelf, I answered, “Yes?”

Hale skipped over and said, “It's 5 PM already, you should be heading back, here have this! I know it's a loaf, but you've been working so hard this week.”

She handed me a loaf of bread, big enough that I could comfortably cradle it in my arms. It reminded me of when I used to give bread to everyone, but I shook that thought away.

“Thank you,” I answered, and turned to walk to the door. I opened it and a rush of cold wind blew straight into my face as I looked down and saw snow. I'd better get home fast. I held the bread tight against my chest as I took in a sharp breath, freezing cold air flooding into my lungs. I gulped down my fear and shook my head, refusing to let my past drag me down. I turned to the left and walked through the alley, walking back along the path I came to the library from. The house soon came into view as I opened the door.

“Hi—” I paused as a dreadful silence sank into my skin. “...Hi?” I tiptoed in, closing the door quietly as if I might wake some sleeping beast if I were to make a sound. Placing the loaf on the table, I thought, is everyone asleep? ...then why do I feel so... I opened the door to Yana's room and what I saw was an image that burned itself into my brain like fire.

“Yana—!!” I felt tears prick my eyes as I saw Yana on the bed.

Her skin was as pale as winter but had hints of yellow, and from her mouth was a thin trickle of blood. She whispered, “I...I'm...s-sorry...” Her voice was raspy and she breathed in a fragile way that betrayed her pain. She tried to smile but she softly groaned right after. It was the first time I've ever seen Yana so sick, and that made me scared.

“Yana! What happened? Grandma!” I tried to reach out to Yana but Grandma held me back. I tried to push her hand away, but she was too strong. “Yana!” I cried, “Yana—why—”

Grandma said, “Pneumonia. We need medicine. But we can't afford it.” She paused, taking in a deep, shaky breath. “And pneumonia...could become fatal...if not treated.”

The words felt like a joke to my existence, like it was mocking me for how I failed, how I couldn't make enough money to barely support my family even though I had a job. I was a failure of a human. Yana and Grandma have saved me in the

midst of my struggles, yet I failed to give back. I failed them.

“Y...Yana...” I sobbed, right there, on the ground, like some leaking pipe, dented and bent.

From that day on I worked from 5 AM to 5 PM but I still got only barely 2 dollars a day. Hale was relocated somewhere else and a more strict librarian took over her place. She would lock me in the back room if she was disappointed in any way and she would shove me around or slap me to “discipline” me after my “lazy” librarian “softened” me. She said 2 dollars was already generous and that it was my fault this library was failing. Sometimes I fell down the stairs from fatigue and sometimes I felt my vision blur, but I kept on going. I started praying at the abandoned church, that I don’t care what happened to me and that I want Yana to heal from her pneumonia. Yana was tired and stayed in bed all day and I heard coughing from the other room all day. Grandma told me I shouldn’t go into her room as the cause of her pneumonia was some bacterial infection and it could be contagious. Nonetheless I read out loud her favorite books outside her door and I hoped she would enjoy it.

Please...please... please let Yana’s pneumonia heal...please... I clasped my hands together and prayed, the light of the morning dripping in from the windows and the cold breeze twisting and turning around the various benches.

Claaaaaaannnnnnkkkkkkk.....

Following the opening of the door continued careful footsteps as I turned around. A child, around 4, holding a matchbox, shivering. She was small and her dirtied clothes reminded me of myself and Yana when I had first met her. She opened her mouth but closed it out of fear.

When she opened it again, she said, “C-can I...stay here...th-the outside...is c-cold...”

I smiled and said, “Of course, stay as long as you want.”

The child tip-toed to where I was and quietly sat down. She took out her match. The roof creaked. This church is getting old. I hope it doesn't collapse. The girl attempted to light her match. At that moment I realized, I should have been more careful.

A bright orange bloomed out of the tip of the match, which caused the girl to jerk in fear. She faltered and from her trembling hands fell the lit match, which fell on the floor. Flames immediately licked at the floor and spread across the wooden floor. The roof creaked more. I grabbed the girl and yanked her out of danger as rubble fell near where I was.

Fire!

The girl started whimpering as I reassured her, "It's going to be oka--"

Suddenly the walls started creaking, and I realized that this church wouldn't stay standing anymore. There was no water nearby and the fire had spread enough that I couldn't stomp it out. The place Yana and I loved, where she first told me her name, where I made my first ever friend...all gone forever. I felt a lump creep up my throat.

Just then, the girl clung onto me and her emerald green eyes reminded me of Yana.

"...she also told me that this building is here to remind us kindness still exists, within our hearts, and our job is to spread that kindness."

Right in front of my eyes I suddenly realized what was important and needed to be saved. Not the church.

It was this girl.

Not because she was like Yana.

Not because she's like me.

Because she was a human.

A kid.

She had a life.

I had to protect not the physical walls and tiles and benches of the church, but what it represented. Kindness. Passed on through each generation like a treasure, like a folktale. I can't let it die out.

“It's going to be okay!”

I carried the girl as she buried her head in my chest. I'm going to save this kid! I checked to see if I was holding her properly and told her to try not to breathe in the smoke too much. I ran out of the church.

The fire kept going on despite my meager attempts to stop the fire by throwing some snow at the fire. Only after the church was reduced to rubble and debris did the fire die out. The girl sobbed saying it's her fault.

I felt sad knowing the same church would never be there again, that the place Yana told me her name would only be a pile of ashes, but I smiled for the girl and said, “Don't worry, it's not your fault.”

Yana...thinking about her brought tears to my eyes as I took a deep, shaky breath, trying not to cry. What am I doing here? It was my fault that all of this was happening, yet others felt guilty for it. What am I even trying to do? I gulped down my tears as I stood up and said, “You were cold, right? I work at a library, and the library is quite warm. You can stay there for a few nights. Let's go there, shall we?”

The next day. I sorted out the books, holding each one more carefully as I didn't want to get punished by the librarian. The shelves seemed more never-ending than they used to be as I rechecked all the books, checking the cards if the order was right. One of the employees decided to temporarily take care of the girl as she had no family, but I decided to check in once in a while. The doors opened as a customer walked in.

“A...A-Allein?”

Wait, what—

The customer — a man around his 40s, ran up to me and his eyes widened. I

stared at him, confused. “Um, do you need help with any—”

The man grabbed my shoulders. “You’re Allein, right? Don’t you remember me? You gave me food, every day, during the winter! It was a few years ago, but at that time I didn’t have a job and my family was struggling. But because of you, we made it through the winter. After that, I managed to grasp onto a job and somehow now I am living a really comfortable life! I wanted to thank you so much for everything that you have done for me.”

I froze as memory flooded back.

The man had bruises all over his body. Right next to him was a sleeping child, no older than two, grabbing onto his hand like it was the only thing anchoring him to the world...

I only managed to stammer, “I...I was o-only...”

The man smiled, “If you are struggling with something lately, let me know! I have plenty of money now and I am more than willing to spend some of it to give back to the one person that saved my life.”

I felt tears appear in my eyes. I couldn’t even lift my hands, I was so dumbfounded, kindness really did come back in a loop.

“Y...Yana...” I told him all about Yana and her pneumonia. I told him about how I could have done better but could only manage to barely support them. I told him about how I didn’t have enough money to do anything and that it was all my fault.

“Well, you’ve saved my life before. It is only just to pay back that deed,” the man smiled. “I know exactly how to help Yana. Come with me.”

After that he asked me to lead him to my house and I did so. He called over a doctor, who said she needed penicillin. I felt scared all over again after reading the price but the man told me he would cover all the expenses. Through all that, knowing none of the medical jargon, the only thing I could do was hold onto Yana’s hand and reassure her that everything would be okay, everything would be alright. After a few hours, the doctor left, we had penicillin, and we made Yana

take it the way the instructions said it should be taken.

After a few days, miraculously, Yana recovered quickly. Although she was still weak and coughed occasionally, she could stand and move around and smile and talk. The doctor came over again and said she was all right and needed nothing else. When I heard the words escape from the doctor's mouth, I hugged Yana with all the force a person like me could have, as I cried and cried and cried my soul out. Yana laughed and said I was being over-dramatic but she cried too, and we both hugged each other and laughed and sobbed in relief and happiness. Grandma smiled in the back and I could see tears of relief falling from her eyes.

Later, after I finished crying, as the man was leaving and walked out of the house, he pointed to the broken church. "What is that empty space of dirt? Is that rubble?"

I took in a sharp breath as I said, "It...used to be a church. It was abandoned and all, but it was a church. It was where Yana had first told me her name. It helped me through my struggles. ...it was just fate that had started the fire." I gulped, "But it's fine—"

The man replied, "The church was beautiful, wasn't it?"

I paused and stammered, "Y-yes...when the light drifted in from the stained glass and poured all over the ground, it would be in many different colors, and it was very beautiful. It always reminded me of the different aspects of life and the different people you meet along the way."

The man said, "Alright. Then let's rebuild that too!"

His words were not a lie, as soon after that, he had spread the news across the city, encouraging many people to come help him rebuild the church. More and more people came, so much that I couldn't believe it, and they started finding the materials needed to rebuild it. Some went out to get some wood, some were glass blowers who were more than happy to create the stained glass part of the building, some were painters who wanted to express their inner world but never got a chance to. Yana and I helped too when we could, and an architect designed the layout.

“The stained glass...such a poetic representation of life,” the man handed me one of the glass pieces— it was the green one. The gradient from dark green to light green was beautiful, and I stood there staring at glass like a fool. The man continued, “Green. It represents regrowth. Rebirth. Standing up again and again, no matter what happens. Continuing to be kind and beautiful no matter what challenges they face, like a fragile pine tree in the snow shielding the young animals from danger. It represents you, Allein.” He pointed at the empty space in the wall where the stained glass was, and smiled. “Put it there, Allein. It’s for you. Yana has already done hers, she is the yellow one right next to you.”

I took a deep breath. A breeze ruffled my hair. ...thank you. I put the green glass in, making up the last of the beautiful art depicted on the church. The light soon shone through it like a dainty angel drifting down from the sky. Colors soon spread across the floor. I froze, then let out a sigh, deep, full of gladness and content and gratitude. ...Thank you, everyone.

Spring

The rooftop was a vibrant red and the sky was a clear blue. Plants dotted the hills on the side and the inside was clean and renewed. Paintings revealed themselves on the walls and the benches were full of many humans— some young, some old, some frail, some healthy. Curtains and rugs and sculptures helped paint the beauty of the church but what was most notable was the huge, stained glass piece at the front— it covered up the majority of the wall and was with many colors that shone on the floor like fleeting paintings themselves. The church wasn’t abandoned anymore— many people came to it to seek guidance and company through whatever darkness they may be facing. Yana and I came to it often and talked with the people there. Everything was good. Everything was better.

...kindness really does come back in a loop, doesn’t it?

*Back to the
Table of Contents* 

THE STUDENT OUTLOOK

Members

Celine C.

Layla P.

Maya F.

Kaeli S.

Ai L.

Zora S.

Claire P.

Lynn U.

Sponsor: Ms. Shiozawa