THE SPARTAN CHARIOT

VOLUME 3 ISSUE 8 *"FOR THE STUDENTS, BY THE STUDENTS"* APRIL 2026

Spartans Spring Forward

News, Nonsense, & Nice Weather

GOOD NEWS

- ★ Congratulations to Jaleah Carter for receiving a $30,000 Presidential Scholarship from De Paul University in Chicago! This achievement was awarded based on Jaleah's outstanding academic and artistic achievements as well as creativity and character. Jaleah plans to attend in the Fall of 2026 and major in Film
- ★ Adam Juneau, Henrry Jiminez, Manuel Garza, and Isaac Plinski all were selected for 1st Team All District in Boys Soccer. Adam Juneau was selected as the all district defensive most valuable player
- ★ Andray Smith won Track MVP, Camron Robinson won overall MVP
- ★ Kyrin Goins broke the school triple jump record with a jump of 45 feet and 11.5 inches
- ★ Congratulations to the Salmen High School Symphonic Band for earning Excellence Ratings in Concert Performance and Sight-reading
- ★ Genevieve DeBarbieris was awarded the Avery Natal Memorial Scholarship
- ★ Kayla Watson was awarded the Dillard University Test Option Dean's Scholarship of $10,000 a year
- ★ The Salmen Spartans Boys Track Team were crowned the 2026 St. Tammany Parish Champions
- ★ Congratulations to Zoe Smith for winning the girls field MVP and nominated for the "Best girls athlete on the Northshore"

UPCOMING EVENTS

- ★ **April 2:**
  SHS Track & Field Meet @ Covington
  Boys Baseball vs. Carver @ 3PM
  Girls Softball vs. Slidell @ 5PM
- ★ **April 7:**
  LEAP Testing Begins
  Girls Softball vs. Franklinton @ 5:30PM
- ★ **April 8:**
  Boys Baseball vs. Chalmette @ 3PM
  Tennis vs. Chalmette @ 3:15PM
  Girls Softball vs. Pearl River @ 5PM
- ★ **April 9:**
  Tennis vs. Kenner Discovery @ 3:15PM
  Girls Softball vs. Chalmette @ 4:30PM
  SHS Track & Field Meet @ Covington
- ★ **April 10:**
  Boys Baseball vs. Chalmette @ 6:30PM
- ★ **April 11:**
  Saturday Detention/Seat Time
  ACT @ Salmen
- ★ **April 13:**
  Boys Baseball vs. JFK @ 4:30PM
  Girls Softball vs. Mount Hermon @ 5PM
- ★ **April 14-16:**
  Flag Team Clinicals @ 2:45PM-6PM
  SHS Track & Field Meet @ SELU
  Tennis vs. Hammond @ 3:30PM
  Tennis vs. PJP @ 3:30PM
- ★ **April 17:**
  Flag Team Tryouts @ 2:45PM-6:30PM
- ★ **April 18:**
  Saturday Detention/Seat Time
- ★ **April 20-21:**
  ASVAB Testing
  Tennis Regionals @ UNO
  Senior Class Picnic
- ★ **April 22:**
  Senior Counselor Virtual Parent Meeting @ 6PM
  Junior Class Picnic
- ★ **April 23:**
  Sophomore Spring Event
  SHS Track & Field District Meet @ Salmen
- ★ **April 24:**
  Freshmen Spring Event
- ★ **April 25:**
  Saturday Detention/Seat Time
- ★ **April 27:**
  English I/English II LEAP
- ★ **April 29:**
  Mandatory Graduation Practice @ SELU 9AM-11:30AM

Weather Watch with Robbi: Spring

BY ROBBI-RENEE' WILLIAMS



Spring has sprung ladies and gentlemen. April is here, spring break is over, and the end of the 2025- 2026 school year is nearing so those grades better be looking good. After all, we are here to graduate. Conditions this month are warm and humid. By warm and humid I mean hot, 80 degree days with relative humanity levels reaching 73-75% . Besides April's overall warmth, expect a few cool days partnered with scattered rain showers. Five inches of precipitation are expected with rain picking up around Easter weekend where the temperatures will drop to a cool 60 degrees. Due to these temperature contrasts, wind speeds are high with gusts of 10-15 mph blowing through Slidell. Spartans, stay safe through the weather mood swings this month. Contrasts may have you in a jacket with an umbrella one day, then a tank top and jean shorts the next. But that is not something we are not used to. And students, everyone's excited for summer but put your best foot forward academically, the 4th quarter is no time to be slacking.

Autism Awareness Month

BY AMARI WALTON



Autism Awareness Month is the time in April where the community celebrates people on the autism spectrum. Autism affects social skills, communication, and sensory experiences, but it also brings unique strengths like creativity, focus, and problem solving. The

origins of Autism Awareness Month can be traced back to the Autism Society, founded by parents and advocates in 1965. The organization recognized the need for greater awareness and support for individuals with autism and their families. In the 1970s, the Autism Society launched the first National Autistic Children's week, which later evolved into Autism Awareness Month. Schools can make a difference by moving from awareness to acceptance. This means creating inclusive classrooms with supports like visual aids, flexible seating, and sensory-friendly spaces. Teachers and staff can learn strategies to help all students thrive, while peers can practice empathy and kindness. Families are key partners in supporting each student. During this time of the year, there are so many events to do to celebrate, but schools can ensure these events are truly inclusive by providing multiple ways for students to participate and express themselves. Celebrations can be adapted to offer quiet spaces or alternative activities for students who may be sensitive to sensory stimuli, and teachers can integrate students' individual strengths and interests into these experiences, allowing everyone to showcase their talents. Storytelling, art, and music can be used as mediums for students to express personal perspectives, creating moments where differences are highlighted as unique contributions rather than obstacles. Peer-led initiatives, small group activities, and mentorship programs can further reinforce social inclusions while promoting empathy and cooperation. By embedding acceptance deeply into daily routines and celebrations, schools encourage a culture where differences are acknowledged, valued, and celebrated, fostering a sense of belonging and well-being for all students, particularly those on the autism spectrum.



Protect Your "Sacred Temple"—Your Body
BY WALESKA ADRIANO

One might assume that Arabs devote 30 days—spending between 12 and 15 hours daily fasting from dawn until dusk—to fulfilling their religious obligation, thereby commemorating the first revelation of the Quran to the Prophet Muhammad. Well, allow me to tell you that Ramadan is the ninth and most sacred month of the Islamic calendar: a period of fasting (*sawm*), prayer, reflection, and charity, during which healthy, adult Muslims abstain from eating, drinking, smoking, and engaging in sexual relations from dawn until dusk. This practice constitutes one of the Five Pillars of Islam and aims to purify the body and soul, strengthen faith and self-discipline, and foster empathy toward the less fortunate—all of which culminates in the festival of Eid al-Fitr. To pique your interest, allow me to outline when this practice originated, who observes it, and the rules governing the fast. Ramadan was not "created"; rather, it became a central observance of Islam around the year 624 AD—the second year following the Prophet Muhammad's migration to Medina—although its significance dates back to 610 AD, the moment he first received the Quranic revelations, precisely during this month. According to my research into this practice, Muslims fast during Ramadan to commemorate the revelation of the Quran and to feel closer to God—a practice that was formalized in Medina as one of the Five Pillars of Islam, as noted by organizations such as Muslim Aid and OnePath Network. According to scripture, the revelation of God's direct words to the Prophet Muhammad—an event also known as *Laylat al-Qadr*, or the "Night of Destiny"—took place during Ramadan in the year 610 AD. C. Although Muslims were first commanded to fast in the second year of the Hijra (624 AD), they maintain that the practice of fasting does not, in reality, constitute an innovation within monotheism; rather, it has always been necessary for believers to attain a reverential awe of God. This event, in itself, is a source of great rejoicing for Muslims.



During this month, fasting is observed—along with the Feast of Sacrifice (Eid al-Adha)—constituting one of the Islamic rituals most widely recognized by non-Muslims. The fasting of Holy Week, which culminates in Easter, is a time of intense spiritual preparation and penance. For Latin Rite Catholics, Good Friday is a mandatory day of fasting (one full meal and two lighter ones) and abstinence from meat—a practice that often extends through Holy Saturday. Eastern Orthodox traditions observe a stricter and more rigorous fast during Holy Week, often excluding meat, dairy products, fish, and oil. Ramadan is another way to honor God and protect our most sacred temple—our body. Quite apart from other benefits, this act is clearly conducive to mental clarity and brain health. Many practitioners report heightened mental clarity and energy. Studies suggest that it may offer protection against neurodegenerative diseases such as Alzheimer's and Parkinson's. Not to mention that it also promotes autophagy and cellular repair. Prolonged periods of fasting (14–16 hours) activate autophagy—a "cleanup" process wherein the body eliminates damaged cells—thereby aiding in cellular regeneration and longevity; furthermore, it can improve metabolic health, reduce cholesterol levels, and assist with weight management. There are many ways to demonstrate these qualities, but Muslims prefer to dedicate their sacred selves and abstain from all negative behaviors—such as lying, gossiping, and quarreling—in order to foster spiritual growth, self-discipline, and empathy, as well as to reflect the divine through their actions. Self-discipline and empathy are also key elements; by abstaining from food, drink, tobacco, and sexual relations, the faithful experience deprivation, which sharpens their compassion for the less fortunate. Now, do you believe that fasting for 30 consecutive days is an excessively absurd act—setting religious beliefs aside? Or do you think that fasting is fundamental for the human body and brain, creating a strong barrier that combats many ailments?



April Fools Day Special
BY KENDAL THOMAS

You will not believe what happened next…actually, you probably will. It is April Fools! April has always been a month where a lot of things happen but the very first day of April contains laughter and comedy. There are many pranks and jokes people do to each other on this day considering it is the 1st day of the month and that it is known for joking around. April 1st has history to it and is filled with many jokes and pranks you can do on your family and friends. April Fools Day first originated in 1582, in France. At this time, France was switching their calendar from the Jullian calendar to the Gregorian calendar. The new year for France started with the spring equinox around April 1st. For the people who got the news late or failed to change their calendar to know that the start of a new year moved to January 1st and was no longer April 1st, were made fun of for celebrating New Years on April 1st instead of January. The people started pulling pranks on the people that were unaware of it and would put a paper fish on their backs. The fish would refer to as a "possion d'avril," and it symbolized as a young, easily caught fish and a gullible person. On April 1st, there are many pranks and jokes that people do, the most common joke that is done on this day is swapping foods. For example, the toothpaste oreo is where you replace the cream of the oreo with toothpaste and give it to a friend and they eat it. Most people in the United States do this prank on this day, and the person that gets pranked ends up to be very upset and mad. Another prank people do is putting googly eyes on everything in the house and seeing everyone's reaction when they wake up. All in all, the 1st day of April has a strong history and is filled with many jokes and pranks. April has always been a month where a lot of things happen but, the main thing that happens is April Fools Day. I told a chemistry joke in honor of April Fool's but, I did not get a reaction. Get it?





Easter Sunday
BY SARA MITCHELL

“He is risen- joy has come!” On April 5, 2026, Easter Sunday hops into spring, bringing baskets with overflow of chocolate, full hearts, and resurrection. Easter Sunday stands as the core of Christianity- the day of Jesus rising from the dead. The religious significance of Easter is through



representing the core belief in Jesus' victory over sin and death. Christians celebrate the resurrection as proof of eternal life. Church services on Easter Sunday include prayers, sermons, and music. For most, receiving communion on Easter is a symbol of unity with Christ. Past the religious



significance Easter varies across different places in the world. Decorating eggs, a practice with ancient roots symbolizing new life; a popular activity. Easter egg hunts where children search for hidden eggs, and the giving of baskets with treats. The Easter Bunny adds a playful element to the holiday. Easter Sunday celebrates Jesus' resurrection while bringing together faith, hope, and community. Whether through religious ceremonies or family gatherings.

Siblings Unite
BY NOAH HENDRICKS

Why is National Siblings Day important? National Siblings Day is a relatively new addition to the calendar. Why should we recognize these special relationships? Most children spend more time with their siblings over the course of their lives than they spend with anyone else, including their parents. Although there is much focus on the importance of relationships between children and mothers and fathers, sibling relationships are different from parent-child relationships. It is important to remember that family relationships are not voluntary; children choose their friends, but not their parents, nor their brothers and sisters. Emotions between siblings tend to run high and change quickly. Conflict between siblings is very common. It occurs in the vast majority of families, sometimes multiple times in a



single hour, and is the number one reason for discord between parents and children. However, it is important to remember that the value we place on sibling relationships, how parents expect siblings to treat each other, and the roles we take in being an older or younger sibling can differ by culture. In some cultural groups, children spend more time with siblings and feel closer to them than



their friends. In some families, there is a strong expectation for children to be teachers and caretakers to their younger siblings and taking on this role can be a source of pride.Siblings play a key and unique role in child development and behavior. Children’s first experiences with sharing, negotiating, and resolving conflict often occur when they interact with their brothers and sisters. During early childhood, siblings are both primary companions and competitors. When siblings figure out how to get along with each other, they carry those skills with them throughout their lives. For example, compared to only children, children who have at least one sibling tend to have more positive social experiences with their peers from kindergarten through their early school years. Teens who report a good relationship with their siblings also tend to have better peer relationships and fewer depressive symptoms later in life.One area of development where siblings exert a particularly strong influence is in the development of healthy attitudes and behavior. Siblings are four times more likely to smoke if their older sibling smokes, and are twice as likely to drink alcohol if an older sibling does. This occurs despite the influence parents have on these behaviors. Finally, during adulthood, mental health and physical health are related to how people feel about their siblings. Having a close, positive relationship with one’s siblings is a source of satisfaction and support that can last a lifetime

---

National Pet Day
BY ERIN ROBERTS

Each and every individual has found love from either friendships or family members. However, nothing compares to the love and companionship a pet can give, both physically and emotionally. National Pet Day is celebrated on April 11, 2026, in order to give pets the appreciation they deserve. National Pet day gives us a chance to honor our favorite animals but also helps spread awareness to animals still living in animal shelters or who could possibly be sold for adoption. This day was founded by animal welfare advocate, Colleen Paige, to motivate others to adopt, volunteer, or even give the pets a home extra love or play time. Without even realizing, animals play a huge role in our day to day lives, even in the smallest moments. On the physical aspect, pets can help lower cortisol levels, a stress related hormone, and lower blood pressure. Not only that, but coming home to an animal wagging its tail to see its owner can reduce loneliness, and boost your mood and social support. Research is still being developed about the impact pets have on child development, people with mental disabilities and disorders. Sometimes it can be in small moments like petting a dog when you feel sad, or even certain pets who are service animals, and dedicate themselves to being a physical and emotional support to their owner. Regardless, as a pet owner, let National Pet Day be a reminder to love your childhood pet a little more. Rather it’s more playtime, treats, or just simply taking a nap together. Even if you are not a pet owner, spread awareness to any local animal shelters and encourage adoption. It is even possible to foster a pet for a day, just to take them out and make them feel loved. Also donations such as blankets, food, toys, or even funding, can help these animals possibly become a pet to someone one day. Colleen Paige originally started this holiday to spread awareness to animals in the shelter. Before this holiday, almost 13 million dogs and cats were taken into the shelter, not being able to have the chance at a happy home. As of recently, despite still being a lot, 6.3 million pets are taken into the shelter. If awareness and funding continues to happen, the number of animals in the shelter can continue to decrease. Despite the holiday being initially in the United States, it has become worldwide and reminds everyone the importance of loving our pets. So even if you cannot provide funding, reshare posts about any local animal shelters, or just spend more time with your dog or cat at home.





New Orleans’ Jazz Fest
BY JORDAN HARVEY

Where else can you savor a crawfish po’boy, watch Mardi Gras Indians strut, and listen to Grammy winning headliners all before noon? Jazz Fest is the annual ten day cultural event which takes place over the last weekend of April and first weekend of May. This celebration is an essential showcase of the rich heritage of the great city of New Orleans. Jazz Fest started in 1969 when George Wein, the man behind the Newport Jazz and Folk Festivals, was hired to bring the idea of a Louisiana heritage fair to life. The festival was to take place in the daytime where local music, food, and other arts were showcased.and future local music, food and other arts. It also had intentions of being inclusive to all the many cultures of New Orleans including the Blacks, Whites, Creoles, Latinos and everything in between. The inaugural festival took place in April 1970 and only had a turnout of about 350 people. The legendary gospel singer Mahalia Jackson along with

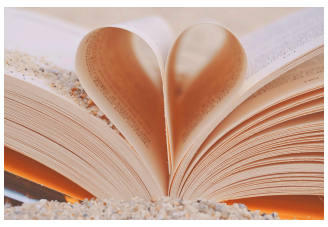


Duke Ellington headlined the show. By 1972, the festival had moved to its destination today, the infields of the Fair Grounds Race Course. This 145 acre site allows for many different stages where there are artists performing simultaneously. The attendance grew as the years went along, and in 1975, there were 80,000 attendees. Also, in 1978, they decided to make the festival last over two full weekends and in 1979, the tenth anniversary, the festival was extended to three weekends long. Along the 90s, an international stage was added, which featured music from Cuba, Haiti, South Africa and others. This decision led to the festival being based on a wider range of genres instead of just Jazz. In 2005, the city of New Orleans faced disaster as Hurricane Katrina devastated the entire City. The 2006 celebration of Jazz Fest was used as a powerful sign of resilience from the community who had just lost everything. It was held only nine months after the hurricane and it served as a homecoming for the residents who were displaced from their homes by the hurricane. Today, Jazz Fest is a global phenomenon as it attracts hundreds of thousands from across the globe. Annually, Jazz Fest generates over $300 Million dollars for Louisiana's economy. It features over 10 stages and has wide ranges of music from jazz to even Hip-hop. They also have their own nonprofit foundation where the proceeds go to preserving music education, culture, and the development of the New Orleans Community. This celebration is more than just music, it is an expression of cultural resilience, community, and the legacy of African American artistry. Jazz Fest has a very strong history including an astonishing attendance of 160,000 in 2001, and a historic post hurricane Katrina show in 2006. This year it is set to put on a great show in the last weekend of April and first weekend of May.



In Honor of Talented Poets
BY ASIA COLEMAN

We should notice the talented poets that are in the world. There are many great things people can learn from poetry. Poetry helps us be more awake, more alive about reality. Poetry is such a wonderful activity to get into or maybe have interest in it. Poetry sometimes is a way in some people's heart because they write poems for a living and make poetry novels and books. For example, there are many types of poetry and structures: sonnet, Haiku, Limerick, Villanelle, Sestina, Ballad, Acrostic. There are also many genre poems such as slam poetry, Ghazal, Dramatic Monologue, Epic, Ode or lastly Elegy. Why should people be interested in Poetry? The reason why people should be interested in poetry is because it could easily suit your interest.



Poetry has many different kinds so who knows anyone could easily fall in love with poetry and how wonderfully crafted it is. From this wonderful article it says, "Poetry encourages us to put words to feelings that we can't otherwise describe," Wytovich said. Poetry can also make you have a better or advanced vocabulary so everyone will wonder how you know so many extraordinary words to your normal everyday vocabulary. Who knows, maybe you can teach your friends new words by reading poetry. Just because you may hear the word poetry doesn't mean you have to read William Shakespeare you could read one of Taylor Quinn poems. To be honest anyone can get into poetry it could be for everyone no matter what you may be interested in there are probably a poem for things you may find interesting in. If you are into sports they have poems about sports here, a title of one "The Meaning Of Sports" by Michael Mandelbaum. Why is poetry important in today's society or why should it be more important? Poetry can create a wonderful way to be able to tell how others feel without being straight up. It could provide a way to connect and empathize with others on a more deep level. Poetry makes people want to open up more freely with someone just about not serious conversations or deeply serious conversations. Encourages us to express ourselves freely and creatively and it fosters a sense of community that is more important than ever. Another site says "It allows us to communicate our fears and passions and joys and memories in a way that preserves them, honors them and lets other people interact and share in those moments too." This expresses that poetry will make you feel more open and maybe able to express yourself in a different light and who knows you might just be interested in poetry just like many others. To draw a conclusion to this article you have read about why poetry should basically be celebrated. We have discussed why people should learn about poetry and why it is important. Another reason why we should enjoy the wonderful art of poetry is because everyone should be interested in it.



This article talks about poetry very deeply from a person who likes poems as well as who could not be without poetry. Poetry is for everyone because they have many topics poems can be about such as hard times, sports, and just being satisfied with life and knowing how to be appreciative. In conclusion, people should really enjoy poetry and maybe get them invested in a poetry novel first than who knows poetry books as well.

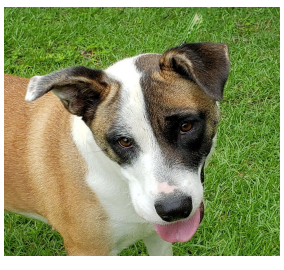
The Significance of Earth Day and Environmental Awareness
BY DENNARD POWELL

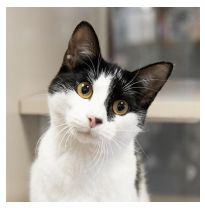
Earth Day, celebrated every April, is a global event dedicated to protecting the environment and prompting sustainability. People across the world take part in activities such as planting trees, reducing waste, and cleaning up their communities. These activities help raise awareness about important environmental issues like pollution and climate change. By educating individuals about the impact of their choices, Earth day encourages people to adopt more environmentally friendly habits and take better care of the planet. Beyond awareness, Earth Day also inspires action and responsibility. It shows that everyone has a role in protecting the Earth, no matter how small their contribution may seem. Simple actions like recycling, saving energy, and reducing plastic use can have a lasting impact when practiced consistently. As the holiday continues to grow, it reminds people that protecting the environment is not just a one-day effort, but a lifelong responsibility that benefits future generations.



Adopt Your New Best Friend!
BY AMIYAH SHANNON

Are you currently looking for a cuddly little friend? If you read Erin Roberts' article about National Pet Day, you might have been encouraged, if so then you are in luck! April 30th is National Adopt a Shelter Pet Day. Therefore, join me in this article to learn about our local furry friends who are currently looking for a home. Before we get to our local friends let's start off with why it's best and important to adopt a shelter animal. Here are a few reasons why coming straight from *Helping Hands Humane Society, Inc.*! Reason one, you save a life. These animals all are helpless and unwanted and by adopting them you give them a second chance at life. That alone can encourage others to adopt a shelter animal which is another reason, you can encourage others to save a life. Adopting a shelter animal also helps stop cruelty in mass breeding facilities. My last reasons include paying less and choosing from a great selection of animals since there are all types of pets there. These are only some reasons there are plenty more! Finally, let's end this article talking about our local animal shelter. Slidell Animal Shelter-Animal Assistance League of Slidell is located on 2700 Terrace Ave with tons of cute animals waiting for a home. One of those animals includes Marigold! She is an adult mixed breed born March 2021. She is described as very sweet and beautiful! Clara is also in hope for a home. Clara is a domestic short hair cat and is very young born May 2025. She is described as "Affectionate, Athletic, Curious, Friendly, Playful, Independent,







Funny" My last animal to show you is Hallow! Hallow is an adult Black Mouth Cur Mix. He is described as "Cuddly, Affectionate, Athletic, Gentle, Friendly, Sweet." These are just a few of the cute animals looking for a home. You can learn more about their story and other animals on the shelter website and/or by going to visit them in person! Unfortunately, this concludes the end of the article about our furry friends. But it does not have to be the end for them. Adopt a shelter pet and save an animal's life! Therefore, if you are ever considering getting a new pet don't hesitate to go to the shelter.

Student Spotlight
BY ADAM JUNEAU

Our story follows Aabrah Abid's journey and dream of being a Tulane attendee and student. Aabrah Abid's strength and perseverance in her school activities has led her to achieve a very incredible achievement of a 40 thousand dollar scholarship as well as an invitation to Tulane's honor program. Aabrah has maintained and grew a 4.0 Gpa and is now currently at a 4.5GPA while also maintaining varsity spots in Tennis and Soccer. Aabrah Abid deserves to be the student spotlight as she is a beacon of hope to all students trying to pursue academic excellence. Aabrah has been an honor student throughout her high school career. She has taken every DE and AP class available and has excelled greatly in them. This along with being a varsity soccer and tennis player makes her worthy of this spotlight. The task of balancing sports, school, and an eventful life outside of school is a very challenging and mentally demanding task. Her attitude and contentment to every thing she does is the reason she has made it so far and makes it known that anybody can do the same. Her dream is to become a pediatric dentist which is a grueling 7-12 year schooling. This means a lot of commitment, education, and hard work will get her through these next few years. No matter what, we know Aabrah can do it and we know she has what it takes. Looking at what makes this scholarship such a great achievement to Aabrah herself and this school is because of the acceptance rate and history of Tulane. The average acceptance rate is 14% with the honors program being an astonishing 9 percent on top of the already low 14%. Tulan was established as a medical college in 1834. It then became the public University of Louisiana in 1847 before being reorganized into a private institution named after benefactor Paul Tulane in 1884. To anybody who has dreams that don't scare them. Look up at the stars and dream bigger and bigger. Aabrah Abid was a dreamer. And now she is an achiever. Among the beauty of the stars. Lets all congratulate Aabrah for accomplishing so much and being enrolled in such an amazing school. We are all so proud of her and are sure many of her peers can not wait to see how much more she will achieve. "Keep your dreams alive"-Aabrah Abid.



Voices of Tomorrow
BY PAIGE REINE

The first year of high school may not always feel like the movie *High School Musical*…or will it? As the school year comes to an end, freshmen are able to finally look back at everything they experienced during their first year of high school. From learning how to balance classes to meeting new friends and joining activities. This transition can be both nerve-wrecking or exciting. Our amazing class of '29 reflects on the challenges, surprises, and memorable moments that shaped their first year of high school. Amari Smith described his freshman year as "great", highlighting how he quickly adjusted to high school academics. As a freshman, you would not expect your first year to be as amazing as you would see in movies or tv shows but it is exciting to hear that we try to give it a shot and make the most of it. "My favorite memory this year was my 2nd hour geometry class during both semesters." This played a major part of his daily routine. Throughout his experiences in the classroom, Amari shared that he has learned what he needs to focus on more as he gets older, showing growth in his understanding of responsibility and priorities.



Did you know?! Amari is part of our Salmen basketball team! Basketball played a major role in shaping Amari's freshman year. "One of my most exciting memories was traveling to compete against other teams, giving me new experiences beyond just something local." We love a little trip across the bridge, do we not? To add on, basketball taught him a valuable lesson about teamwork–never focusing too much on yourself, because when one person does, the whole team can suffer. These bittersweet experiences show just how much students can grow during their first year. They learned to adjust to tougher classes, busy schedules, and a completely new environment. Along the way, they have discovered new opportunities and high confidence navigating through this new chapter in life. One year down, three to go—and now they finally know where most of their classes are.

A Glimpse of School Teams
BY KIERRA MCCOY

Swinging flags and marching in parades, what is the excitement in being on the Flag Team? The Flag Team has been a part of Salmen High School for many years, but what makes it so special? Get to know about the Flag Team and their most accomplished member, Amaya Tucker!! What is a Flag Team? A Flag Team is a performance group that draws attention to not just themselves but the school's band as a whole. Most people call them the "Flag Team" when the actual term for it would be considered the "Colorguard." Members use flags big and small, school colors, and designed uniforms that make them show up better to overseers. Colorguard originated in the military, representing the country's flags but slowly became a part of the marching band traditions. In the 19th and early 20th centuries these flag teams made their way to civilian marching bands to make music and art. What does Salmen Highschool's Flag Team particularly do? The Flag Team has done countless events such as pep rallies, parades, school events, etc. However, to participate in this team; being great academically is a very big asset. Meet Junior, Flag Team member, Amaya Tucker! Amaya is currently one of the newer members and is great at it too. Amaya was asked if she enjoyed being on the team, "I have really enjoyed it. It became a big part of my life that I cherish deeply". Although Amaya has only been on Salmen's Flag team for a few months, she has become one of the best alongside captain Brennyn Maye and co-captains Paige Reine and Makayla Perry. What are Amaya's accomplishments after being on this team so far? "Currently I have A's and a B's in my classes, I plan to maintain and even raise those grades. I've always been on an A-B honor roll since elementary school. Most importantly, I currently have a 3.8 GPA". That is great! Overall, To be a part of this team it takes courage, confidence and patience. Performing in front of lots of people can be frightening but when surrounded by friends, it is a breeze. Amaya encourages students to take a chance and join the Flag Team when there are try outs. After getting to know about the Flag Team, would you consider joining them? The Flag Team does not just swing flags; they maintain their education, leadership and so much more. So consider joining them in the journey for the school years to come. Overall, the Flag Team would love to have more members try out for the next few years. If you would like to join, be sure to sign up and try out when you can!!



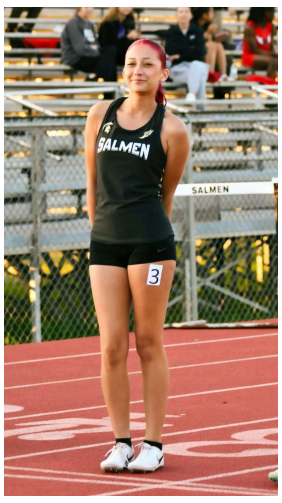


Spartans On The Run
BY AMAYA TUCKER

It is now April and spring is blooming. The sun is shining and the clouds are nowhere in sight. It is the perfect weather to run, right! It has officially been a month since our track team season started. The

team has been working extremely hard since January. Rest assured that all their hard work has not gone unnoticed. Even though the season is far from ending, we can for sure reflect on the team's season so far. After weeks of conditioning, the team has officially hit the ground running. So far, the team has been to three track meets this far and has had multiple wins. Athletes across the all grade levels are stepping up, with returning runners ready to improve their personal records and new members eager to make their mark. A returning member of three years, Braylon Handy, is hoping to break a couple of Salmen High's Track and Field school records. "I'm .9 seconds away from the 400m record and .2 away from the 200m record." Braylon expresses. Braylon has expressed how he can not wait to see the team's chemistry improve and personal records broken. Another returning member of the team for three years, Camilla Veloz, is looking forward to watching her fellow team members grow. Similar to Braylon, Camilla is also hoping to break Salmen High's Track and Field school record. "I am hoping to beat the girls 800 school record this season. I am only a few seconds off and it's very exciting." Camilla says. Camilla expresses how her biggest challenges so far have been her mental blocks. Mental blocks can be really hard to overcome, but Camilla does not allow that to stop her. Her biggest motivator is trying to stay positive for her underman classmen teammates. "They look up to me and I can't afford to let them down." This is what being a team is about, working together and for each other. Susan Gomez, who just joined the team last school year, has been recognized by not only her teammates but also her coaches as well. Susan received "Freshman of the year" last year from Coach Bourliea; for her hard work and dedication to the team. Susan is hoping to hit her personal record and win some medals in her event. Her biggest motivator has been her current teammate, Camilla Veloz, who has pushed and supported her through all her races. Susan also mentioned that the Salmen High community can expect to see a lot of recognition brought to the team. The Salmen High community can not wait to see every single one of their students meet all their goals for the season. Coaches have been working hard with the team. Improving technique and emphasizing endurance and teamwork. Leading the team through injuries and mental obstacles. The girls Track and Field Coach, Mrs. Bourliea has been coaching for twelve years. Her goal for this season is to hope that her girls learn to love running as a sport and believe that the only person they need to beat is themselves. Coach Bourliea believes that a good runner maintains a balance between life and training. The coach has seen great progress in her athletes with making personal bests in jumping, running and throwing events. She is fascinated with athletes realizing many hidden talents they have besides sprinting. Coach Bourliea was asked, what can the Salmen High community expect to see this season from the team. "My hope is that 50% of my girls team can make it to regionals. I have many strong runners, jumpers, and throwers who could even go all the way to state." she exclaimed. This is just the beginning of a wonderful season, and the team is continuing to put in hard work. Progress is destined to be shown. The Salmen High community can not wait to witness how the remainder of the season plays out. Students and staff are encouraged to come out and show their support as the team races toward success. Time is running out! Get it? Because you run in track!





Newspaper Staff:

Waleska Adriano	Dennard Powell
Asia Coleman	Erin Roberts
Noah Hendricks	Amiyah Shannon
Jordan Harvey	Kendal Thomas
Adam Juneau	Amaya Tucker
Kierra McCoy	Amari Walton
Sara Mitchell	Robbi-Renee' Williams

EDITOR: Paige Reine	

Would you like something featured in our next issue?

Email Alexa.Yates@stpsb.org with Salmen news today!

FULL NEWSPAPER ARCHIVE:

https://salmenhigh.stpsb.org/our-school/spartan-chariot-archives



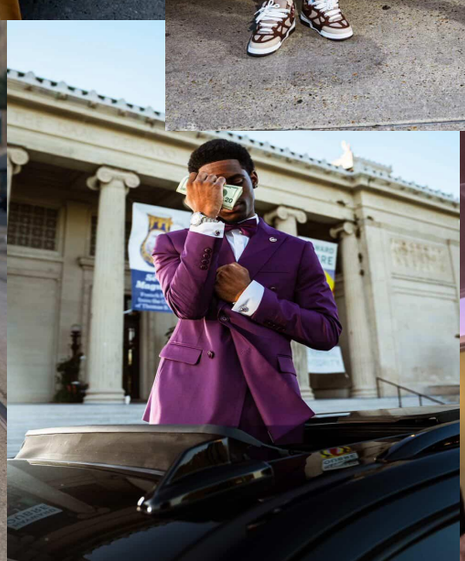


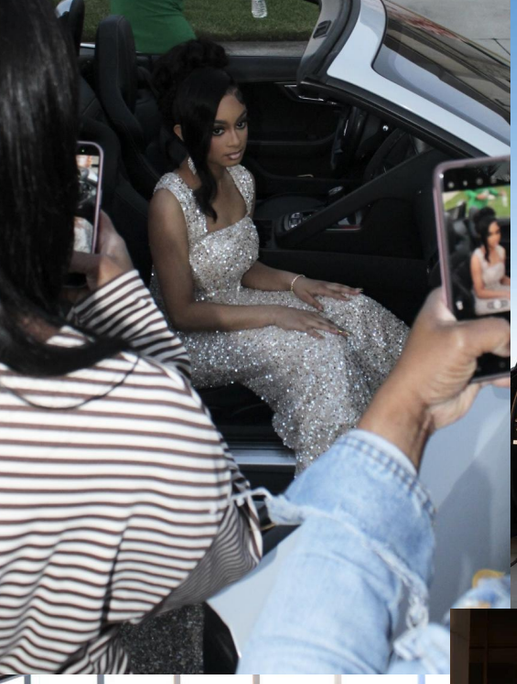
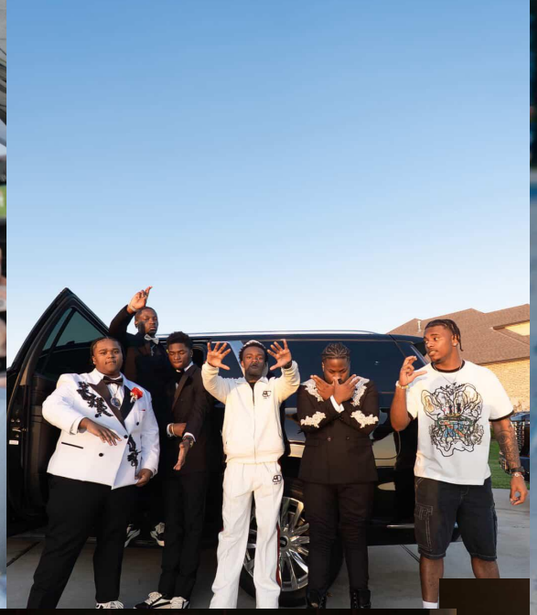
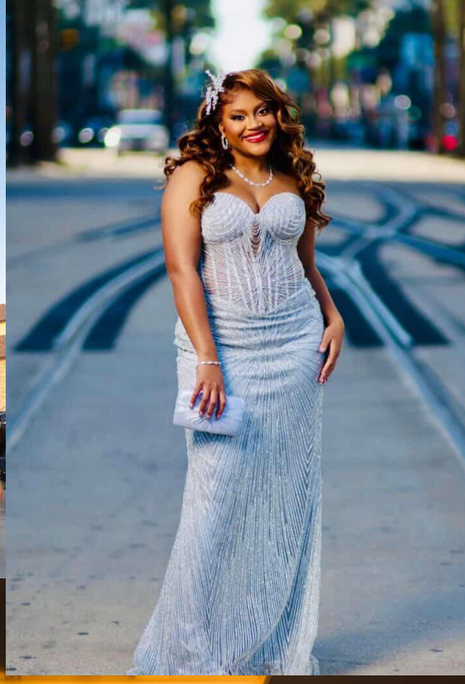


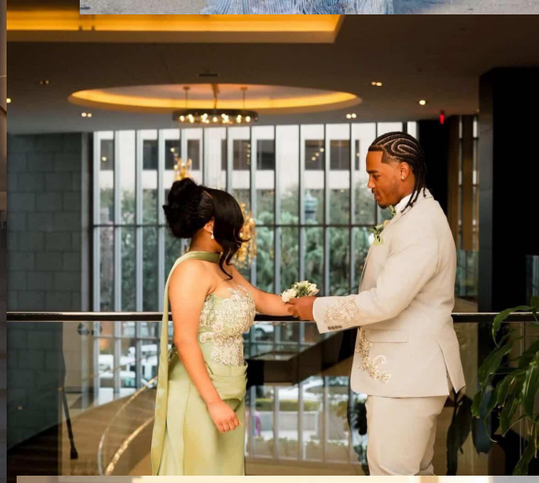



OUBRE
Sèvres
Magnifique

Enrique Louis



















SouthStar
Walk Right In!
LAKERS
23




Ochsner


JESSE "JAY" CARLIN III
GYMNASIUM
SALMEN GIRLS BASKETBALL
Ochsner








DAVIS
23












SALMEN



SALMEN


SALMEN


SALMEN




SALMEN
HDA