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October 2026

The Middle School Newspaper

Sweater Weather and Cozy days: The Ultimate Fall Guide for 2026!

by Aria and Misa



Image from Canva

The 2026 autumn season has begun, and some people will say they're going to spend this beautiful season doomscrolling! There's so much more than the internet, so why not make the most of this season by trying out new shows, recipes, or starting your ultimate hobby era?

TV Shows/Movies

Instead of going straight to your phone after coming home from school, you might as well get a cup of tea, grab some snacks, bundle up in a blanket, and watch some cute autumn TV shows and movies! Here is a list of autumn must-watch TV shows and movies that will definitely get you into an autumn mood.



#1 Gilmore Girls (PG-13)
This cute little show about the life of a mother and daughter is a great mix of romance, comedy, and family drama. Whether you enjoy comedy and humor, or romance and swoonworthy shows, we can all agree that Gilmore Girls is the ultimate cozy show for the fall season!

#2 Vampire Diaries (TV 14)
If you prefer more of a suspenseful drama, then you might enjoy watching The Vampire Diaries. The Vampire Diaries is more of a romantic thriller drama about a love triangle between a popular girl and two brothers who are actually vampires.



#3 Pretty Little Liars (TV 14)
If you're craving for even more suspense and thrill, you might want to watch Pretty Little Liars. Pretty Little Liars is a TV show about four estranged high school friends who team up to uncover what happened 1 year ago, the night when their friend group leader, Alison, disappeared, while also dealing with threats from an anonymous person simply named "A".

#4 Harry Potter (PG-13)
If you have read Harry Potter but have never watched the movies, consider watching the Harry Potter movie series. Harry Potter is about the journey of Harry, an orphan who finds out that he is a wizard on his eleventh birthday and starts to attend

Hogwarts, a boarding school for young witches and wizards.

#5 Dawson's Creek (TV 14)
Another cozy fall TV show is Dawson's Creek, a story about four high school students, Dawson Leary, Joey Potter, Pacey Witter, and Jen Lindly. They experience growing up into adulthood and the highs and lows of high school, while love complicates everything. This story is set in Capeside, Massachusetts, a cute little town with a cozy fall aesthetic.

Autumn Activities
If you're tired of all the screens and schoolwork, take a break with some of these fun autumn activities!

#1 Jack O' Lantern Carving
A classic Halloween and autumn activity. Invite your friends over and make the cutest pumpkins you can. Carving out the inside may be a little messy at first, but you'll be left with the best autumn decoration.



#2 Take a Scenic Walk
Go to your local park and just walk around. Take in the beautiful foliage and the breeze because it doesn't last for long. You can even invite your friends to go with you for a picnic under the trees.

#3 Read

Cuddle up with a warm, fluffy blanket, grab your favorite book, and simply read. Sometimes we just can't bring ourselves to read, and this is the perfect opportunity to shut out the rest of the world and dive into your imagination.



#4 Crochet

Crochet has begun to get popular, and now is a great time to try it if you haven't yet. You can make stuffed animals, keychains, sweaters, or hats. You can practically make anything you want, while having fun and learning a new skill.

#5 Making an Autumn Playlist

Music is so calming and refreshing, and overall just fun to listen to. Start off your autumn by making a cozy, exciting playlist. You can start with Taylor Swift or Olivia Rodrigo, anything you like to listen to.



Autumn Recipes!

As we get closer and closer to autumn, it's time to try out some new recipes filled with cinnamon and pumpkin goodness.

#1 Pumpkin Chocolate Chip Cookies by Jamie Smith - pinterest

Ingredients:

- 1 cup of butter
- 1 cup of sugar
- ½ cup canned pumpkin
- 1 egg
- 1 tsp vanilla extract
- 2 cups of flour
- ½ tsp baking soda
- ¼ tsp baking powder
- ⅓ tsp cinnamon
- 1 cup of chocolate chips



Instructions:

- Mix butter and sugar together
- Beat in pumpkin, egg, and vanilla extract
- Mix in flour, baking powder, baking soda, and cinnamon
- Stir in chocolate chips
- Drop rounded balls of dough onto a baking sheet
- Bake at 175˚C for 11~12 mins

#2 Pumpkin Spice Latte by Maryam - pinterest



Ingredients:

- 1 cup of milk
- 2 tbsp of pumpkin puree
- 1~2 tbsp sugar
- ½ tsp of pumpkin pie spice
- ½ tsp vanilla extract
- 1 shot of espresso
- Whipped cream (optional)
- Cinnamon (optional)

Instructions:

- In a small saucepan, heat (don't boil) milk, pumpkin puree, sugar, pumpkin pie spice, and vanilla extract
- Whisk until warm and well combined
- Brew the espresso
- Pour the coffee into your mug and add the pumpkin milk
- Top with whipped cream and a sprinkle of cinnamon

#3 Cinnamon Roll by Hirudeals - pinterest

Ingredients:

Dough

- 3 cups of flour
- 2 ¼ tsp of instant yeast
- ¼ cup of sugar
- ½ tsp of salt
- ¾ cup of warm milk
- 60g melted butter
- 1 egg

Filling

- Softened butter
- ½ cup of brown sugar
- 1 tbsp ground cinnamon

Icing

- 1 cup of icing sugar
- 2~3 tbsp of milk
- ½ tsp vanilla extract

Instructions:



- In a large bowl, mix together flour, yeast, sugar, and salt
- Add warm milk, butter, and egg. Mix until it becomes soft dough
- Knead on a lightly floured surface for 8~10 minutes until smooth and elastic
- Place in a lightly oiled bowl, cover, and let rise in a warm place for an hour or until doubled in size
- Roll dough into a rectangle about 30~40cm in size
- Spread softened butter filling evenly over the dough
- Mix brown sugar and cinnamon
- Sprinkle evenly over the dough
- Roll tightly into a log from the longer side and cut into 12 pieces
- Place them into an oiled tray and let it rise for 30 mins
- Bake in the oven at 180˚C for 20~25 mins until golden brown
- Drizzle with icing

Halloween Costumes

Don't know what to dress up as on Halloween? Well, here are some cute costume ideas, whether you're going solo, as a duo, or with your whole friend group.

1# Bugs

How adorable will it be to dress up as cute little bugs? There are

so many bugs you can dress up as! If you're going as a duo, then dress up as a ladybug and a bumblebee. There are so many other options, such as butterflies and even dragonflies!



2# Pirates

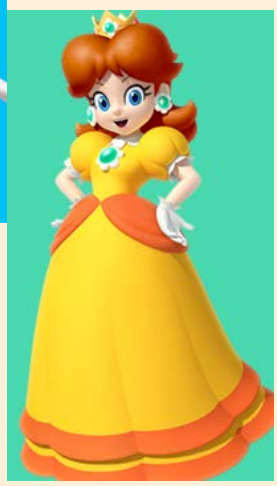
Another cool idea is dressing up as pirates. Get a pirate costume, stack on some gold jewelry, and do smoky eye makeup, and you will look exactly like a pirate. Bonus points if you pair it with leather boots and a belt!

3# Fairies

Make this year's Halloween whimsical and mystical by dressing up as fairies! Get some fairy wings, a magical wand, a dress of your favorite color, and a pinch of pixie dust, and you've got your ultimate magical Halloween costume!

4# Princess Peach & Princess Daisy





How fun would it be to dress up as the ultimate princess duo from Nintendo? Get a friend, and dress up as Princess Peach and Princess Daisy. For Princess Peach, get a pink dress, white silk gloves, and a golden crown. For Princess Daisy, get a yellow dress, white silk gloves, and a golden crown as well. Do your hair, and go all out!

5# Care Bears

The cutest costume for a whole friend group! Assign each of your friends a bear from the Care Bears series, and dress in the colors of the bears. Get some fluffy, bear-ear headbands, and even some fluffy socks to make the costume even more unique!



In conclusion, we hope this gave you inspiration on how to spend your autumn this year, and motivation to start your soon-to-be passion. You can even start baking a new recipe, or start a new TV show right now! Don't waste your time scrolling on your phone, and make the most of this cozy season 🎃🍂🧸🤎

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Original Haiku

by Mira

beach

waves lap on the shore
pale golden shimmering sand
bright warm summer sun

sky

bright clear cloudless sky
stars shimmer in the black night
horizon twilight

clouds

snow white drifting clouds
stormy rainy gray covering
clear blue cloudless sky

cherry blossom

small roseate flowers
sway and wobble in the wind
and drift down to earth

autumn

fiery leaves flicker
as sunlight makes them shimmer
falling in the breeze

winter

frost shimmers like jewels
apricity of winter
infinite blue sky

spiderweb
clinging to a tree
luminescent morning mist
drops of silver water

rain
chimerical clouds
if you look up at the sky
the first drop of rain

universe
nebulas of hues
the infinite universe
where are we in it?

silence
when the birds song ends
there's a moment of silence
that stays your whole life

echo
echoes of the past
whisper across silent caves
eternal fading

nothing
nothing is not black
it is lonely and freezing
you rest forever

ghost
a whisper of breath
when things move without meaning
you are being watched

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Don't Wait, Start Now

by Isabelle and Miki



Have you ever wondered what people do to help stop climate change? How our school contribute to our world? Well, through research and a few interviews, we have found the answer to what is REALLY happening in middle school. This will not only be an entertaining article, but it will also help spread awareness about climate change and how to take climate action in everyday life, in a community we want to keep safe.

From the approximately 85 responses to our Google form, where we have asked faculty and students to tell us what they do for and against the environment, we have collected some pretty interesting information about the good and the bad that the students in middle school are doing regarding climate change.

First of all, let's talk about positive actions. Out of turning lights off after use, turning off the tap when finished , and choosing public transportation when possible, it was "turning off the tap" that the largest number of students, 72.9%, did the most. This is great news because turning off the tap when it's not needed helps reduce water waste and conserves an important natural resource. It shows that students are taking small, but meaningful steps to help the environment. According to the World Resources Institute there are 25 countries in the world suffering from water loss, and droughts. Water is a limited resource, and we should all save it for the generations to come.

However, there are also some areas where students could improve. Some students are taking the car unnecessarily, leaving the water running when not used, and forgetting to turn the lights off when leaving a room. Out of these three things, it was "leaving the lights off in rooms not being used" that the largest number of students, 74.1% did not do. Just like the positive things, these actions may seem small but can affect not only our school but the world as a whole, especially when they are continuously done. This result shows that there is still room for change. Bluence states that we should all be aware that by wasting energy more power plants are used, meaning that we emit more CO_2 into the atmosphere. We all have to be more careful when leaving a room.

So, what are some other things that people are doing to support the Earth? We have asked several people from our school community who have been taking significant actions that make a

positive impact on our globe.

First, Mr. Irving has introduced Model United Nations to our Middle School, allowing students to get an opportunity to learn important skills such as global awareness, critical thinking, public speaking, and more at a young age. Through MUN, students take the role of diplomats, learn about many different global issues, and work together to find a solution. These opportunities often start from high school or even college, but this chance can give us an early start. Not only does this give awareness and support to global issues, but it also gives students an opening to step out of their comfort zone and try new things. We are very fortunate to have a program like this at our school.



Second, Mr. Gray has been teaching Global Issues Network (GIN) club/options for several years. GIN club started at Sacred Heart in 2012. Mrs. Griffiths had the great idea to allow students to travel overseas to take action on global issues. The first middle school GIN conference that our school participated in took place in Singapore. The GIN club started out with just 6 students. Mr. Gray taught the GIN club because it gave Middle School students a great opportunity to help not only inside the school but also people from different parts of the world. After a couple of years the GIN club had close to 45 members. Many people enjoy working on a range of different projects for our school, from minute-to-win-it to simulations and hallway displays, to have students experience

an issue. Additionally, the GIN club has been active not only in the school but also in the wider community, such as by picking up trash at local parks, collecting food for Second Harvest, and so on. Furthermore, the GIN club has sent donations to affected areas of natural disasters, including a Sacred Heart school in Haiti. The GIN Club gives students an opportunity to find and research any issue, share it with the Sacred Heart community, and help with it.

Any action, big or small, from traveling across the world to attending conferences on global issues to taking everyday actions like turning off the light when leaving the room, is equally important if we all do it. If you're running late to class and have a plastic wrapper in your hand, and only see a burnable bin in front of you, would you throw it away there? What if you see lights on in a room, and there is no one inside, do you walk past it? There are eight billion of us on this planet. If we all make the right choice in these situations daily, even though this seems insignificant, it will protect a massive amount of valuable resources and will help the planet significantly. We can't just make all humans do this instantly. So let's start with our school. If you notice something today, care about it. And choose the wise action. Our world can become a better place tomorrow. Don't wait, start now.

We would like to thank some people who have helped and contributed to our article: Thank you to Mr. Gray and Mr.Irving for answering our questions. Thank you to Ms. Shiozawa and Ms. Wilson for revising and reading over our writing. And of course, thank you to everyone who has answered our form.

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Celebrities and Their Zodiac Signs - Match or No?

by Eva and Suri



Image from Canva

Have you wondered if Lebron's "GOAT-ness" is because he's a Capricorn or just pure talent and hard work? You don't have to answer because we are here to tell you, and through this you can find out all about your favorite celebrities and their zodiac signs. We examined each celebrity's personality by looking at their traits and compared these traits to the characteristics commonly shown by their zodiac signs.

Taylor Swift is a very successful singer born on December 13, 1989. She is a Sagittarius, and they are well-known for being adventurous, independent, straightforward, and optimistic (Vogue India). I would say that these characteristics match Taylor

pretty well. First of all, she shows her ability to be independent by making her own decisions and composing and exploring different types of music. According to Grammy, she is the only artist holding the record of most Album of the Year Awards (4). Taylor is also known for openly expressing her feelings and experiences with lyrics in her music. She has also experimented with different styles of music over the years, from country to indie folk to now, global pop. (Grammy)





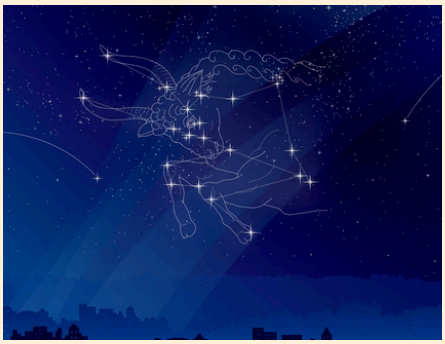




While Taylor Swift is a Sagittarius, **Travis Kelce**, her husband, is a Libra, and their zodiac signs are said to be a good match because both signs are social, confident, and they like to have fun. Libras are known for being social and outgoing (The Old Farmer's Almanac). Travis is an American professional football player who plays tight end for the Kansas City Chiefs in the NFL. He is one of the most successful tight ends in NFL history. Travis was born

on October 5, 1989, making him a Libra. Libras are known for being social, outgoing and good at getting along with others (Astrology). I would say these traits match Travis Kelce. He is known for being outgoing and comfortable around people, often showing his personality through interviews or public appearances. (Newstap). Overall, Travis matches the typical traits of a Libra, and his personality seems to work well with Taylor's Sagittarius traits.





What rings a bell when you hear "**The Rock**"? Some people think of the successful retired wrestler. Others may think of the American actor and businessman. However, if you have no clue about him, you could think he was an actual rock. Some movies that Dwayne Johnson appears in are Moana (voice over), Jumanji, Zootopia 2 (voice over), and a couple of the Fast and Furious movies. You might be thinking, why is he named "The Rock"? The Rock is Dwayne Johnson's ring name. According to IMDb he was born on May 2nd, 1972 making him 54. He is a Taurus. Taurus are known for being stubborn, reliable, and hardworking. For one thing, I think everybody knows Dwayne Johnson is hardworking. He has been in over 40 movies and investopedia says that it is estimated that his net worth is around $800 million! But is he really stubborn

and reliable? According to AOL he isn't the easiest person to work with. Some actors have called him "infuriated" or getting into big fights. On the other hand Jason Statham worked with Johnson on Hobbs & Shaw and called him a "10 out of 10" and a "diamond to work with," noting how relaxed and precise he is. So I guess there are two ways to argue. But is he stubborn? Indeed he is. But not how you think. He wakes up every morning at 4 am to train his body and work out. Men's Fitness says he pushes himself to be the best version of himself, and some people could call that stubbornness.





Some people might be thinking, how is **LeBron James** so GOATED? Is it his training? Is it how he sets his goals? Because if it is, then that means being a Capricorn truly pays off. In case you didn't know, Lebron James is a Capricorn. He was born on December 30, 1984, making him 41 years old. LeBron James is an American professional basketball player who plays for the Philadelphia 76ers. He recently signed a contract with them after spending 8 seasons with the Los Angeles Lakers. LeBron James has won 4 NBA Championships and four regular-season MVP awards. According to Staging he is the NBA's leading scorer and the only player to surpass 40,000 career points. But where do all these achievements come from? LeBron James has been playing

basketball for a long time now. Or it could be because of how he puts in the work? His height and speed surely help. But maybe how he strategized on the court made the actual difference. Capricorns are known for being disciplined and hardworking. He uses his discipline and patience by not rushing plays. Capricorns are ruled by Saturn, according to Electetic Herb, meaning they are known for endurance. With his two-decade NBA career, he clearly shows his endurance. Clearly, Lebron James matches the qualities of a Capricorn.

After taking a closer look at the lives of these celebrities we found that many of them do have qualities that are commonly shown by their zodiac signs. From how they act in their jobs or the way they act in public, there are some interesting connections between their lives and their horoscopes. Apart from all of that, these are just our observations. Do you agree with our observations, or do you think their personalities are the way they are because of their experiences?

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Tips to Learn Languages Faster

by Ayaka



Image from Canva

You're probably learning a language right now, whether it's your first or third. How do you learn it? Perhaps it's classes, textbooks, language exchanges, or apps. As a language learner, you probably want to know the fastest way to learn a language. I wanted to as well. So I decided to collect the most efficient ways to learn. Let's get into it!

In this article, we will use the CEFR language scale. The CEFR is an international language-proficiency scale. There are 6 levels: A1, A2, B1, B2, C1 and C2. A1 is the absolute beginner level, and C2 is the mastery level.

Method 1: Start with the 1000 most common words

When you first start learning a language, you might feel compelled to learn the most obscure words in the language, but that is not efficient if you want to learn the language fast. Sure, it might come up when you're conversing with erudite people in a country where your target language is being spoken, but if you know the German word for 'a group of light that is glimmering on water' (Glanzgewimmel) when you're at the A1 level and don't know how to say 'I live in Japan', it isn't very practical. Rather, learn the 1000 most common words. This lets you have everyday conversations easily. And a tip for learning vocabulary: learn it in chunks. Instead of memorising words individually, try remembering phrases with the new words. This makes it more efficient!

Method 2: Use SRS (Spaced Repetition System)

According to Sanako, the spaced repetition method is a memorisation technique where you repeatedly recall or review materials such as vocabulary and grammar. It is usually in the form of flashcards and works like this: if you cannot remember what the word means, you review the flashcard in one minute. If you are not sure it's firmly planted in your memory, you review it in a day. If you are confident you will remember it, you review it in a week. The best apps for spaced repetition are Anki, Gizmo, Duolingo, Quizlet, and RemNote.

Method 3: Narrow your resources down

Now that you know the most efficient ways to study vocabulary, you're ready to tackle grammar. But don't buy 15 textbooks and

notebooks you won't ever turn a page of. People around me who have successfully learnt another language advised me to instead focus on 2~5 main resources to learn from. If you have textbooks and you're done with all of them, or they have become too easy, you can, of course, look for more resources. But collecting a million different resources and pecking fragments of information from them will make your journey to fluency longer.

Learning a new language takes time, commitment, and effort. But learning the most common words, using spaced repetition, and narrowing your resources will speed up the learning journey.

I hope this article will help you, and good luck!

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Original Poetry
by Mira

hope

hope is the weed that pushes the sidewalk
hope is the bird singing in winter
hope is the sunrise that always comes
hope is the rainbow that may appear only once

small things

like the ant that wanders the concrete
where every crack is a canyon
and the dewdrop that clings to the leaf
before it falls through the air
like the wind that rustles the grass
and nighttime lake moonglades

colors

bright burning scarlet red
honey amber orange
sun golden yellow
verdant grass green
aquamarine blue
deep cerulean ocean
amethyst indigo violet
deep ebony night black

horizon line

as the sun peaks out from the horizontal line
flooding the world with gold
and sets with a blaze of glory
the moon shimmers on the horizon line
the ocean never ends
chasing the horizon forevermore

song

the bird sings its joyful song
as sunshine floods the land
the seabird flies, its wings a shadow
across the shifting sands
the sparrow chirps a jubilant melody
to signal springs begun
the songbird breathes its final breath
for its song has already been song

fire

fulgent blazes
engulf the forest as sparks fly
as flames enkindle more ground
and the inferno fulminates
as embers flicker and die
and the crimson sky fades to black
as the ashes settle
fire

time

time is infinite and forever
it is the clock ticking that never stops
it is an enigma, intangible and melancholic
it is the wind and we the leaf
being pushed forwards until we all fall

fate

fate is the fly in the spider's web
struggling yet already caught
and the river which flows
and can never go back
it is the birdsong before the storm
and it is the first domino in a line of many
slowly moving until the last one falls

sea

as you pass the aquamarine waters
and the light fades
all is an eldritch blur
and all you can see is dark
as you sink into the infinite abyss

grief

as you shake and cry
and the world fades into blurry chaos
there's a feeling of emptiness
as life becomes obscurant

shadow

the obscurant penumbra
in an aphotic room
slowly approaches

death

stygian darkness fades in
and the last rattle of breath whispers through the air
as eyes dull and never open again
and there is a transient moment
where one is on the bridge between life and death
as the pull on one side weakens
and you fall into the darkness
and into endless sleep
black

life

joy
grief
love
pain
run
breathe
fall
die

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Niche Hobbies That Aren't Appreciated Enough

by Yixuan



Images by Canva AI

When you think of hobbies, what pops up in your mind? Probably cooking, reading, learning languages on Duolingo, and there's nothing wrong with that. But fortunately, there is so much more! So read carefully to discover the hidden (maybe dangerous), amazing, new niche hobbies that just aren't being appreciated enough. And who knows? You might keep these hobbies as lifelong interests that can even turn into a job. In this article, you will discover many unfamiliar and strange yet fresh hobbies that you should definitely try out.

Foraging

When people think of hunting, they think of hunting for food like in prehistoric times. But today, we just go to the supermarket to

buy some things and we're done. People rarely think of finding food as a hobby, which is why foraging isn't known to a lot of people. So what is foraging? As shown in "Foraging: A Beginner's Guide" from "Good Food", foraging is an act where you collect wild food anywhere (with restrictions of course) for free with a guide. You could collect blackberries, wild garlic, nettles, and much more. But this hobby comes with some danger. For example, wild chervil (also called cow parsley) can be confused with hemlock, which is highly poisonous. So you would need to hire a reliable guide, and ideally get someone to come with you in case of an emergency. For places you can forage, it would be best to forage in your own gardens. However, in cities like Tokyo it's rare for someone to live in a house with a huge backyard, so it's recommended to go to parks and forests if you go for hikes. But if you are going to go into forests you would have to be with an adult, and not pick too many plants, to save some for animals. In parks, make sure not to pick plants that are at the height of 'dog lavatory height'. It would also be a good idea to check whether you are allowed to take natural things from these areas, as some forests and parks forbid it. Other than that, it is a fun hobby that you should try out.

Vintage Collecting

The next one is vintage collecting. Vintage collecting is the main hobby that leads to other hobbies like collecting old stamps and old watches, but it isn't done a lot since people consider it a "waste of time" or "waste of money." But since vintage is old, the items you collect are usually secondhanded, therefore making it cheaper. People appreciate thrifting like buying old cameras and

and clothes, so why not vintage collecting? Yes, it may seem hard, but according to My Vintage, everywhere you go, there are shops that sell vintage items, and online places like eBay or Mercari that sell secondhand items. And vintage collecting isn't only buying old telephones and watches, it's also acquiring fashion accessories or out-of-date electronics that our generation doesn't even know. To ensure that your collection does not get out of hand, every year, you can check all your items and think, do I need this? Does it still fit my collection? And you could sell the items you don't need or give them away to shops.

Accessory Customization

Finally, accessory customization. The first thing you may think of is fashion. But it doesn't have to be fashionable; it's just a fun hobby that can help you pass the time. This can range from belts with toy cars stuck onto them to bedazzling things. You can start with things around your house like old beads, jewelry, and keychains. And once you actually start to like it, you might want to get a lobster clasp, beads (which are available anywhere from Daiso to Amazon), charms, clamshell bead tips, and jewelry wire. But that's only for bracelets and necklaces, so if you want to customize something like your glasses or computer, you would need beads and superglue. There are really easy followable guides on YouTube and Google, so you won't have to worry about learning it all by yourself. While I was researching websites like Custom Accessories, I found so many different one-of-a-kind attachments like ripping out the front of a remote control and gluing it onto a belt (what?), DIY ties, bedazzling cars, and so

much more! There are also really unique safety pin accessories that you can make so be sure to check that out. And once you get familiar with making it, you could show off, and do much more with those accessories (like wearing them).

To conclude, there are so many hobbies you could try out and discover as a new passion, so why not try one? Close your electronics and go find blackberries, find vintage watches, customize your dad's water bottle, and enjoy the life it was like when you were still a free child (not that you aren't right now). Caution, this doesn't mean for you to stop cooking, writing, or whatever hobby you already enjoy. This is just encouragement to try new things. Even if it seems boring, you could just try. Maybe one day, if you turn this into a job and earn millions of yen, you could come back and think, "thanks Yixuan".

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Cobras

by Iris



Image by Canva AI

A lot of people think that cobras are just soulless, deadly snakes, but there is so much more to them than that. There are about 50 types of cobras, all of which are very interesting with a lot of unique attributes. Some of these cobras are the King Cobra, the Spitting Cobra, the Tree Cobra, the Shield-Nosed Cobra, and the Egyptian Cobra.

The King Cobra is one of the most famous cobras. According to National Geographic, their scientific name is Ophiophagus. Their scientific name is Greek. In Greek, “ophio” is a prefix that means snake and “phagus” means eater, so a King Cobras’ diet also includes snakes. King Cobras measure on average 13 feet (3.96 meters), and up to 18 feet (5.48 meters), making them the longest

venomous snakes in the world. King Cobras are also some of the most venomous snakes in the world, as their venom causes cardiac failure and respiratory arrest as it affects the respiratory centers of the brain. Even though they aren't the deadliest snakes, they can still deliver enough venom in one bite to kill 20 humans or an elephant. But even though they have highly deadly venom, King Cobras tend to be shy and avoid humans as much as possible, only attacking people in self-defence. When attacked, they can lift up to a third of their body off the ground and still move forward. There are 4 separate species of King Cobras: Northern King Cobra (Ophiophagus Hannah), Sunda King Cobra (Ophiophagus Bungarus), Western Ghats King Cobra (Ophiophagus Kaalinga) and Luzon King Cobra (Ophiophagus Salvatana).





Even though the **Spitting Cobra** isn't as well-known as the King Cobra, they are just as interesting. Their scientific name is Naja nigricincta woodi. According to Britannica, they belong to the Naja (True Cobra) genus and the Elapidae family. They gained their name from the ability to shoot venom from their fangs, and depending on the species, they can shoot venom up to 10 feet (3 meters). They can also deliver venom through biting. The Black-Necked

Spitting Cobra delivers a powerful cytotoxic and neurotoxic venom, which causes blindness when it comes into contact with your eyes.



One species of cute and small cobra is the **Shield-Nosed Cobra**. Shield-Nosed Cobras are small nocturnal snakes. Their scientific name is Aspidelaps Scutatus. They are 1.3 feet (40 cm) to 1.5 feet (45 cm) long. They can grow up to 2.2 feet (65 cm). They use their nose scale as a bulldozer to help them forage in sand for food, like small mammals, frogs, and legless lizards. Their venom causes swelling, but it is rarely fatal. However there is no antivenom, so if you get bitten there is no cure.



Finally, the **Egyptian Cobra** is very different in size and deadliness from the Shield-Nosed Cobra, but is just as interesting. According to Britannica, the Egyptian Cobra's scientific name is Naja Haje. They are large and very venomous snakes. They measure on average 5-6 feet or 1.5-1.8 meters, and up to 8 feet or 2.5 meters in length. They eat toads, lizards, and birds. They have a lethal neurotoxic venom. An Egyptian Cobra is thought to have been the snake that killed Cleopatra.

In conclusion, there are many different cobras. Some of them are small and rarely lethal, and others are large, highly deadly snakes. So, cobras are awesome, because there is a huge variety in size and deadliness, from the small Shield-Nosed Cobra to the huge King Cobra and they are just awesome.

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Movies and Television Series that will Fill Your Autumn with Joy

by Catalina and Momoka

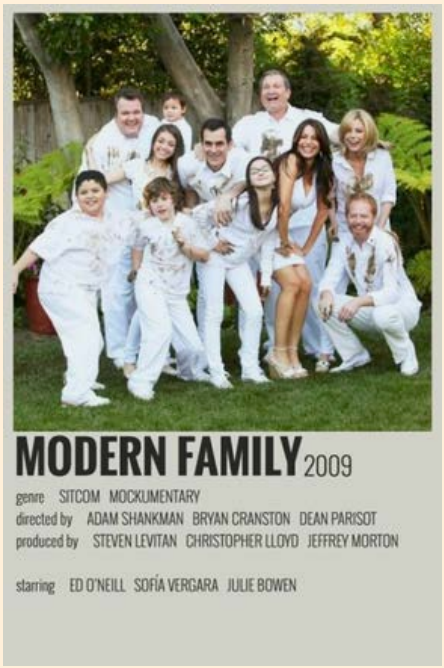


Image from Canva

With the autumn season coming soon, you might find yourself watching more and more things on TV. So if you don't have any shows or movies to watch, you'll most likely spend half your time looking for one. To save you time, here are some binge-worthy shows and fantastic movies that will kill boredom. From 2000s shows, thrilling murder movies, to drama series filled to the brim with betrayal, we have something for everyone. These are some of our favorite shows, so we hope you will enjoy them too.

The first show I'll be reviewing is ***Gilmore Girls;*** some of you might have watched it, but for those who haven't, here's what you need to know. It is a show about a mother and daughter both named Lorelai Gilmore, though the daughter goes by Rory. It is a 7-season show, with another show set 10 years after the original called *Gilmore Girls: A Year in the Life*. In the original show, Lorelai and Rory overcome the struggles of work for Lorelai and school for Rory. It is a great show for people looking for the perfect autumn binge-worthy show that makes you laugh every 5 minutes. If you're thinking about watching it, make sure you're okay with PG-13.





Secondly, ***Modern Family*** is another great show. It is PG-13, so if you're under 13, make sure to check with your parents. Modern Family is a show about an extended family living in America. There are 3 main families: Jay and his wife Gloria, and Gloria's son Manny. Jay's kids also have families: his son Mitchell lives with his partner Cam and their adopted child Lily. Jay's daughter Claire is married to Phil, and they have 3 kids. The oldest is Haley, the middle child is Alex, and the youngest is Luke. This show follows the ups and downs of family life, work, and school. It is a terrific show for anyone who loves funny shows.

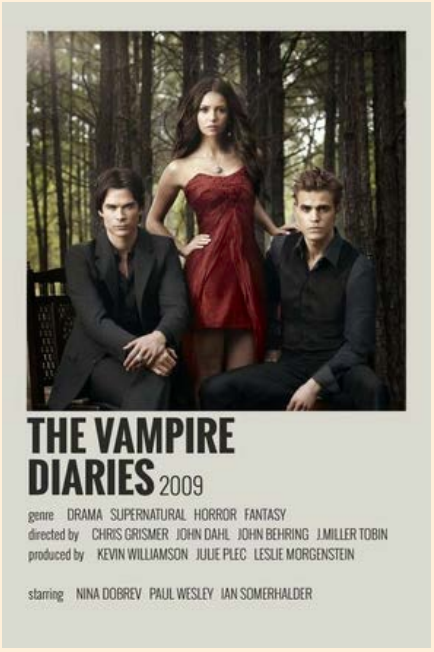
The next movie I would recommend is ***The Thursday Murder Club***. It's also PG-13, so before you watch, double-check with your parents to make sure you're allowed. This movie is based on a book by Richard Osman. It's about 4 older adults living in a luxurious old folks' home. They have a club where they look into cold murder cases (a cold case is a crime that never gets solved), and one day they start investigating a new case that leads to a murder in their town, and their cold cases turn real. Soon their investigation isn't just about the past anymore, and they have to find out who did it before it's too late. If you want a movie to keep you on the edge of your seat until the end credits, this is the one for you.





Next, ***Enola Holmes*** is an amazing movie series. It has 3 movies in total and is a murder mystery. It follows Sherlock Holmes's younger sister Enola, whose mother disappears one day, and Enola decides to find her. Along the way, she meets a boy named Tewkesbury, a lord, and they work together to solve another mystery centered on him while she searches for her mother. She is also on the run from her guardian and her other brother, Mycroft, who is against independence for women. It is a phenomenal mystery movie and worth the hype. If you're interested, make sure you're okay with watching PG-13.

Another show you should watch is The ***Vampire Diaries***. If you are okay with TV-14 and have checked with your parents, watch this. It is about Stefan, a vampire living in Mystic Falls, Virginia, in the US. It follows Stefan as he falls in love with Elena who is a human, but his brother Damon shows up and starts causing chaos by feeding on people. At the same time, Stefan hides the evidence of his species' existence. It also depicts a love triangle between the two brothers and Elena. If you want to watch a romance, action, and fantasy-packed show with 8 seasons, make sure to watch this.





If you're looking for a romance-based show, you should definitely watch ***Xo, Kitty***. It is about a girl who lives in America who is dating a boy in Korea. One day she decides to surprise her boyfriend at his college. When she gets there, she meets him but finds out he is dating another girl. Heartbroken, she decides to break up with him. But soon she finds herself torn between who she truly loves and her sexuality. So if you're looking for a romance, drama-packed show, watch this for betrayal and drama. It is rated TV-14, so make sure your parents are okay with that.

Finally, ***Brooklyn 99*** is another humorous show. It is TV-14, so please check with your parents that they are okay with that. Brooklyn 99 is a show about the New York City Police Department's 99th Precinct, where a new captain joins the department. They catch dangerous criminals but have a twist of humour. The main protagonist is Jake Peralta, a member of the squad. The squad includes the new captain, Captain Holt, Amy Santiago, Charles Boyle, Rose Diaz, Gina Linetti, and Terry Jeffords. The show has 8 seasons, so if you want a long-running comedy, you should watch it.



These are all the shows you should definitely watch in your free time, from murder to romance; the variety is wide, so you can find new top picks. Whether you watch them after school, on the weekends, we hope you can find something you enjoy out of all of these shows.

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Introduction to the *Student Outlook*: Interviews

by Emine



Image from Canva

This is my first year in The Student Outlook, and I wanted to find out more about this club and so decided to write about it in my article. To do this, I decided to interview 2 students who joined this club in the past, and the sponsor of this club, Ms. Shiozawa. I asked the students, Lynn and Kaeli in 9th grade, 4 questions, and 3 questions to Ms. Shiozawa. Below are the questions, and the answers Kaeli, Lynn, and Ms. Shiozawa gave!

Student Interviews

Q1: Why did you decide to join The Student Outlook?

Lynn: Because I used to write a lot before I came to this school, and I found the Student Outlook and I wanted to join, and also because I like Ms. Shiozawa as a teacher too.

Kaeli: I decided to join because I really liked writing, and I really wanted to be able to meet other students in this club. I wanted to get to know other people since I was a new student when I joined this club.

Q2: What is your opinion of The Student Outlook?
Lynn: I feel like it's really fun, and it was the first place where I was able to be myself and share my opinions.I really enjoyed it because Ms. Shiozawa was really nice, and I was able to talk non-stop with other students
Kaeli: I really liked it because when I joined, it was a really small community and I loved how I can write and brainstorm together. I had a great time!

Q3: What was something you really liked about The Student Outlook?
Lynn: liked how I can talk openly, and I also loved writing and being in this club with Ms. Shiozawa because it was very fun. I also liked brainstorming with others to write and communicating with others.
Kaeli: The best part of this club was that I was able to get to know other people and read their writings, and we got to work together, which was really fun.

Q4: What advice do you have for students joining this club in the future?
Lynn: Please don't talk too much like I did and actually work. But it is also important to talk too. Don't be afraid to go for ambitious ideas and actually try!

Kaeli: I'd say, don't put off writing it until the end of the month, and work on your article a little at a time instead of doing it all at once. Also, I would recommend getting to know the other people in the club because it's more fun.

Interview with Ms. Shiozawa

Q1: Why did you decide to start this club?

It actually was an idea from a group of G6 students who wanted to start a newspaper club of their own. They were very enthusiastic and dedicated, and therefore I agreed to be their sponsor.

Q2: What is a thing you enjoyed about this club?

I've always enjoyed reading many articles written by different students. I get to see a different side of a student, and I also learn a lot of new things.

Q3: To people joining this club in the future, what is your message/advice for them?

My advice is not to be afraid of exploring topics that you like or are interested in. You never know when you might find someone who has the same interest, or when you are giving someone a whole new insight about the world. Also, don't be afraid to write in your own style and explore different writing styles.

Thank you so much, Kaeli, Lynn, and Ms. Shiozawa, for your time and for answering my questions. I am very happy with the answers, and I am looking forward to writing a lot in this club in the future!

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THE STUDENT OUTLOOK

Members

Aria

Ayaka

Catalina

Emine

Eva

Iris

Isabelle

Miki

Mira

Misa

Momoka

Suri

Yixuan

Sponsor: Ms. Shiozawa