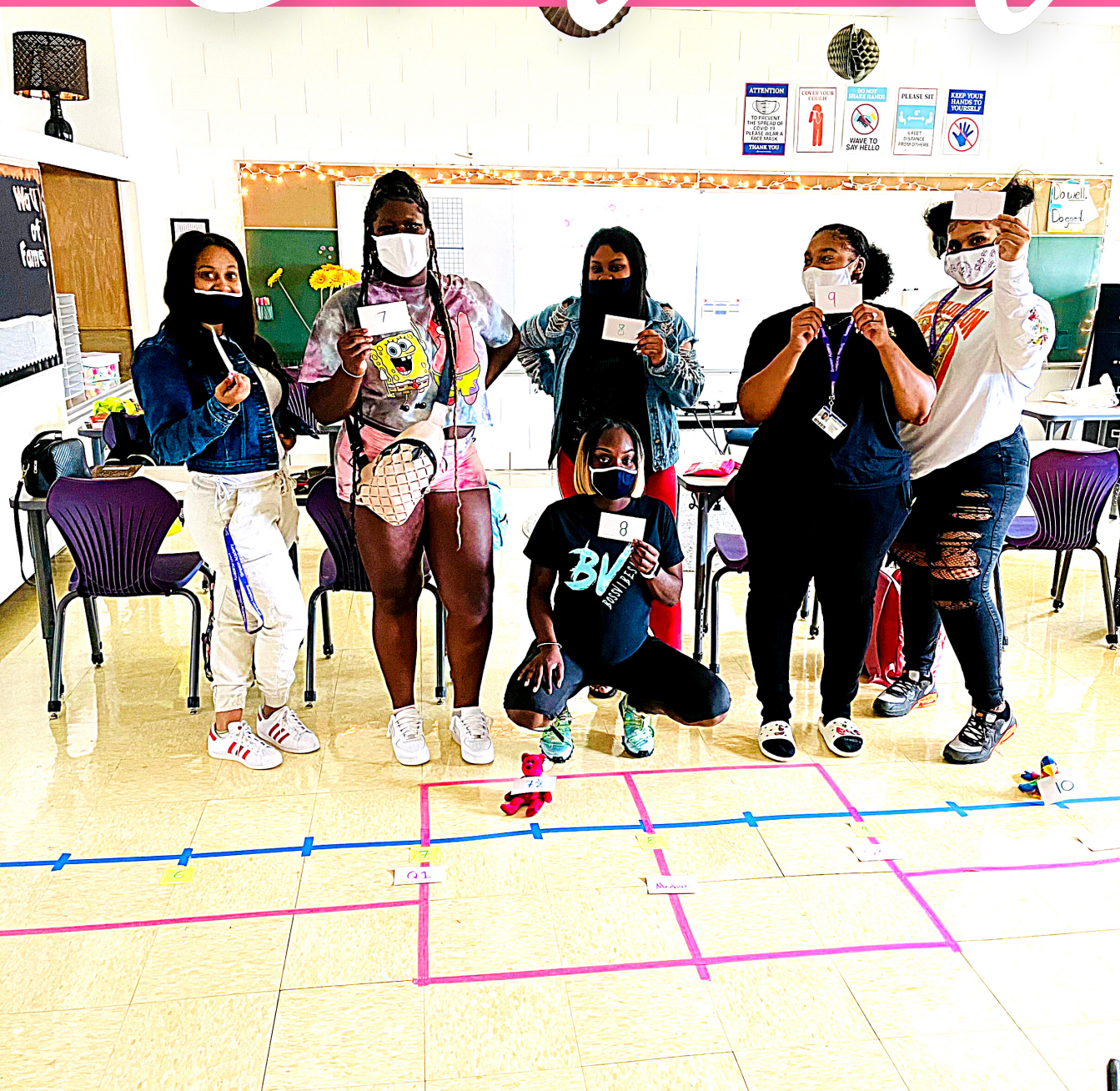


The Simpson Sentinel



ISSUE 1
SEPT/OCT
2021



STRESS

How does stress affect teens?
What can we do about it?

WORK-LIFE BALANCE

Managing work and school,
and motherhood.

PARENT NIGHT

Parent night was a huge
success!



Parent Night

Welcome Back!

We're excited to start the school year with in-person learning. It's a chance to see familiar faces as well as new ones (from the eyes up, at least!) It's a huge change from virtual learning, but we're getting back into the swing of things.

Breaking Bread

Thanks to Ms. CK, all who attended our Parent Night were treated to a delicious dinner! After business was completed, parents, students, and staff had the opportunity to enjoy a meal together and relax, talk and enjoy. Thank you to all who made our parent night a great success!

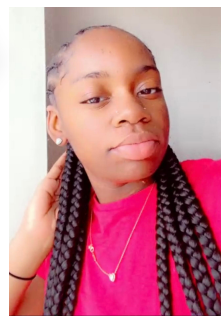
Parent Night

Parent Night was a huge success! It gave parents, students, teachers and staff an opportunity to learn more about each other and our school. Ms. CK presented parents with important information regarding our school budget. Our counselor, Ms. Marsh spoke to parents about the counseling department as well as giving vital information for graduating seniors about upcoming events.





Work-Life Balance



by Xiomaria Williams

It Can Be Done!

Don't you wish there were more than 24 hours in a day? So you could have more time with your baby or just have some time for yourself? I'm a senior and my name is Xiomaria. I have a one year old daughter named Meh'lani. I also work at Footlocker. It's hard having to juggle school and work to be able to get an education for myself while still having to provide for my family and my daughter. BUT IT CAN BE DONE.

I work almost every day after school and sometimes the whole weekend. Trust me when I tell you that I am tired and just wanting to lay in bed all day, but when you want something and want better for yourself, you are going to have the drive and determination to overcome whatever it is that may be in your way.

Don't Give Up!

I know it's hard trying to find a job, believe me. Sometimes you feel like giving up because you fill out so many job applications and you won't hear anything back. That can cause you to become frustrated and annoyed. I worked at a new clothing store that had just opened up downtown called "Primark". I was there from February to July. I quit because I felt as though my work was going unappreciated and I felt they didn't value me as an employee. I was out of a job, I stayed up late nights filling out job applications, hoping and praying someone would call me back for an interview. Nothing. I eventually stopped worrying and stressing myself because I knew when the time was right, someone would call.

One afternoon I was walking with my best friend to the store and my phone started to ring. Normally I wouldn't answer unknown calls but I felt like I needed to answer this phone call. I answered the phone and it was Footlocker calling me for an interview. My heart dropped because I had been wanting to work in a shoe store for so long and here was my opportunity. Fast forward. I had the interview on a Wednesday and early Saturday morning at 9:00 am I got an email saying I had the job. I'm telling you all this to say no matter what DON'T GIVE UP.

Continue being the great mothers you are. Manage your time, create schedules, organize, and prioritize.

Use an agenda to write important things down.

Continue striving for greatness and being the best you you can be. I also want to give you a list of job opportunities so you can also be able to work and provide for you and your little ones.

Jobs Hiring Now:

FootLocker
(Starts Hiring at age 16)
[Click Here](#)

Dunkin Donuts
(Starts Hiring at age 16)
[Click Here](#)

5 Productivity Hacks For Better Work-Life Balance





Embarc Journey

Aquaponics Workshop

Through conversations with Botanical Gardens staff, students learned about botany, the ecosystem, food sustainability, and how to implement what they learn in local urban gardens and farms.

The Journey

Students were exposed to aquaponics and the history of this unique and important type of agriculture. We had the opportunity to plant our own lettuce seeds, using both soil and hydroponic techniques. We even got to take our plants home! Let us know how your plants are growing, ladies!

Embarc Core Values



Curiosity
Leadership
Collaboration
Courage
Drive
Change Agent



Student SIMPSON ACADEMY Voice

Join us, October 22nd!

Ms. Crawford and Ms. Tueros will be guiding our student voice/student council sessions.

Please let us know if you're interested. Let your voice be heard!

Our first meeting will be held on October 22, 2021 in room 215 during the lunch period.

If you are interested in running for student office, or in joining our student voice committee, please mark the date! We'd love to see you. Bring your lunch!

01 Student Council

Students are elected. Student Council gives students an opportunity to develop leadership skills by organizing and carrying out school activities and service projects.

02 Student Voice

Students volunteer. We survey and investigate, taking on projects around the school for improvement.

03 Let Your Voice be Heard!

The Student Council/Student Voice committees often act as one body at Simpson Academy.



Stress: How Does It Affect Young People?



by
*Dashaunna
Stevenson*

According to the site www.aacap.org it says that "Some teens become overloaded with stress. When this happens, it can lead to anxiety, withdrawal, aggression, physical illness, or poor coping skills such as drug and/or alcohol use."

When we perceive a situation as difficult or painful, changes occur in our minds and bodies to prepare us to respond to danger. Some side effects seen in teens with stress are headaches, stomach aches, sleep issues, and educational problems.

Teens may also experience changes in socialization, and negative changes in behavior. Teens dealing with stress should talk to someone they are comfortable with to get things off their chest and try to spend time with the people they love.

More things that teens can do to alleviate their stress is get great sleep at night so that their brains can rest. Put the phone up, take a break from social media and other time consuming things that may take away from your sleep. Teens can also exercise, get out more, talk about it. Teens should make time for themselves, and find fun things to do with family or friends. Using these strategies can also prevent stress.

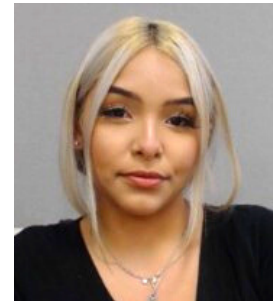
*Talk to
Someone
You Trust*





Saving Money

by Paulina Aguilar



My Own Experience

When I became a single mother, I also became money hungry. I was 16 years old and had to provide for my daughter. I started working at McDonald's. I was happy to finally be able to make some money. After two weeks, I got my first check, I immediately spent it on things I needed and wanted. My mom began to tell me to open up a savings account so that I could start learning how to use my money wisely.

It Adds Up

I ended up opening a savings account. Whenever I would get paid I would take \$40 - \$50 dollars from my check and put it into my savings account. I started off small because when I first started working, I didn't work as much as I do now. I never touched my money from my savings account, so my money started to build up.

I remember opening my bank account app on my phone and I saw that I already had \$1,500 in my savings account. I was very happy and I still continued to save a lot. Now, I am very happy that I opened up my savings account. I feel very independent. I 100% recommend opening up a savings account. It's a good way to learn how to manage your money.

Tips and Tricks

- 1. Set a goal** - Whether it's saving a few hundred dollars for a new phone or a few thousand dollars for your first car, having an actual amount to work towards really helps you to save more.
- 2. Track your spending** - It's a great way to make sure that you know exactly where your money is going - and where you can cut back to save even more.
- 3. Open a savings account** - Keep your savings separate from your spending money.
- 4. Get a job** - It's pretty hard to save if you don't have any income. So getting a part-time job should be a high priority for any teen looking to save money. Even if it's only for a few hours per week, look around your local area to see what job opportunities there are.
- 5. Pay yourself first** - By that, I mean transfer a set amount into your savings account so you're only leaving yourself the remainder to spend until your next pay check comes in.
- 6. Take advantage of discounts using your student ID** - There are a ton of discounts available if you just have a student ID. From clothes to tech to movie tickets to cell phone service, there are a bunch of things you can get massively discounted simply for being a student.
- 7. Spend smart** - If you're thinking of buying something, work out how long you had to work to earn the cost of it.

Quote of the Month:



Find us on the Web!



<https://www.simpsonacademy.cps.edu/>



<https://www.facebook.com/SAYWHS/>



<https://twitter.com/SimpsonAcadHS>

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Would you like to send us a story or have ideas you'd like to see in the Simpson Sentinel?

Send your stories and photos to Ms. Tueros at Gatueros@cps.edu and we'll do our best to feature them.