

The Simpson Sentinel

ISSUE 2
OCT/NOV
2021



BENEFITS OF EXERCISE

Tips for starting a workout routine.

CREDIT CARDS?

Should you use them?

TRUNK OR TREAT!

Students enjoyed a day with their babies!



Trunk or Treat

Trunk or Treat!

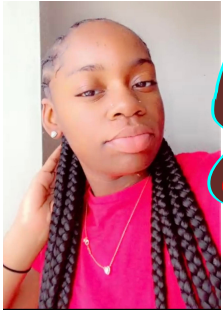
Our first baby day this year was Trunk or Treat day. Students were able to join a variety of rotating activities from crafts to movies, to cookie decorating. We hope everyone had fun!



El Día de los Muertos

Thanks to Mrs. Goutos, our school set up an ofrenda to honor loved ones who have passed on. Students also participated in activities during SEL time.

Credit Cards: Yay or Nay?



by Xiomaria Williams



Advantages and Disadvantages of Credit Cards

Credit cards often get a bad reputation, but the truth is they can be a key financial tool if used responsibly. Teenagers often talk about wanting a credit card and they are going to buy this and that but credit cards can get you into some serious trouble. Luckily to get a credit card you have to be 18 years old, so there is still time to learn about the good and bad of having a credit card. Here are some advantages or good things about credit cards:

Convenience: You don't have to worry about how much cash you have on hand. Remember to keep track of your checking account balance to be sure you can cover what you're buying.

Recordkeeping: A credit card provides a useful record of your spending through your monthly statement and online account. Some credit cards do send year end summaries, though, that can be a great resource when you're doing your taxes.

Low-cost loans: You're getting your paycheck in five days, but there's a purchase you need to make today. You can charge your purchase now and pay off the charge after you get paid. The key here is to make sure you will be able to pay off the charge by the due date.

Build a good credit history: Using a line of credit by making purchases and being able to pay them off on time, will help you get a good credit rating from credit rating agencies, which will make lenders more likely to lend to you and offer you a good interest rate.

Some Disadvantages of Credit Cards

Temptation: Since they're so easy to use, they also make it easy to overspend.

Interest charges: If you buy something and don't pay it off immediately, you will end up paying not only the purchase price but also the interest charge on that item. In other words, if you carry a balance, all your purchases will end up costing you a little more.

Tricky short-term teaser rates: A low interest rate may seem like a good deal, but many people are surprised to find that the rate was only temporary. If you don't read the fine print when signing up for a credit card, you may pay far more in interest than you expected. **MAKE SURE TO READ ANY DOCUMENTS BEFORE SIGNING THEM!**

Credit card fraud: There are a range of fraud schemes that target credit cards. While you can be compensated for illegal transactions on your account, dealing with credit card fraud can still be a time-consuming and stressful experience.

Here are a few advantages and disadvantages of having a credit card that I think will help teenagers and maybe even adults think twice about a credit card or even become a little more responsible with them as it can cause a lot of damage if you are not careful.





Embark Experience

Self-Care Workshop

"Self Care is listening within, and responding in the most loving way possible."

Listening looks like silence, observation, and reflection. Ask yourself, when did I experience tension? When did I feel most supported?

The Experience

Students learned about the Five Dimensions of Well-Being. These include the physical, energetic, mental and emotional, wisdom, and bliss.

Students were asked to reflect and learned both proactive and reactive ways to care for their well-being. One proactive way is to have a morning ritual. Do something every morning that will set the tone for the day, in a positive direction.

Responding can also be reactive. Some tools to use for self-care can include:

- Breathing techniques
- Talking to someone
- Movement such as dance, stretching, or exercise
- Write in a journal
- Spending time in nature
- Do something creative
- Practicing gratitude
- Spending time with pets/animals.



Butterfly SIMPSON ACADEMY Spotlight

An Interview With Our Principal, Ms. CK!

You may not know this, but our fearless leader, Mrs. Sherita Carter-King once worked at KFC. Mrs. CK worked there as a high school student. She also worked as a telemarketer, and at Taco Bell during her college years. Hard work and continuing studies led her to become a Math teacher at Orr High School from 2001 to 2007.

Mrs. CK went on to teach at Chicago Academy from 2007 to 2013. She's also worked at Collins High School as and Phoenix Military Academy.

Mrs. CK is married, with two children. Her son is a senior in high school, and her daughter is in sixth grade. She serves as the Praise Leader at her church as well as the budget director.



Why Simpson?

Ms. CK came to Simpson because she felt as though she could do something amazing for the school as a whole. Simpson Academy is a special place, with many great opportunities for students. Our school has a positive atmosphere, with a welcoming, nurturing culture.

Her experience at Simpson has been a positive, family oriented one, from students to staff, it's a great adventure.

A Look to the Future

Her vision for our school is to become the national model for schools that serve parenting youth, male and female. She's mentioned how she would like to see on-campus housing for students who need it. Mrs. CK is a true leader in every aspect of life. We know that with her at the helm, we can accomplish anything.



Technology: Luxury or Necessity?



by
*Dashaunna
Stevenson*

Cell phones, televisions and computers are they luxuries or necessities?

This generation of kids, students and teens have grown up on cell phones, computers, and televisions, With this being said the internet and electronics have become a basic use of our day lives, and we've gotten completely adapted to it. Unlike the past generations where they did not have cells and television as a option for everyday use, So there wasn't too much social media and internet things going on back then.

Students these days carry their phones everywhere and they have access to social sites. Kids back in the day mostly depended on books, playing outside, and toys as a source of entertainment. From personal experience I know that being born in 2003 cell phones and things like that still weren't too popular so I grew up around my toys and playing outside. I didn't have a lot of access to television either so I would say that I grew up in a good time. A time where there wasn't a lot of technology use which is better for kids anyway in my opinion. I feel like little kids should not have excessive use of technology use/access. Technology should not be a necessity for children at all.

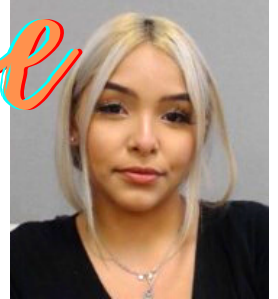
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The Benefits of Exercise

by Paulina Aguilar



Keep it Moving

As teenagers we should encourage each other to exercise for the minimum of 30 minutes a day. Working out at a young age benefits you in the long run. Exercising is not just to lose weight but, it can also help you prevent weight gain, high blood pressure, reduce sport injuries, etc.

Working out at a young age can boost bone density, it strengthens tendons, helps manage stress and increases muscle strength. Overall, working out has so many good benefits that will make it easier for you to stay healthy while being an adult. I encourage each one of you to challenge yourself to work out for the minimum of 30 minutes a day.

Find Something You Enjoy

Although it can be hard to motivate yourself to do it, try your best to do so. Daily exercises can improve your mental health in a positive way especially if you are struggling with your mental health. Working out does not necessarily have to be difficult. If you don't like to run you can go for a walk, you can also try to include light weights in your workout if that is what you enjoy. Yoga would be a good form of exercise if you don't like anything too intense. To include exercise in your daily life you have to do the things you enjoy doing. For example, if you like to dance you should make dancing a part of your daily workout. In fact exercise is more than just lifting weights or running. There are many types of exercise that you can do for instance swimming, yard work (mowing), climbing stairs/ hills, biking, or participating in sports.

Tips and Tricks

1. Identify Your "WHY" - This is a huge part of staying motivated, consistent, and positive when you're first starting to work out. Fitness should be about your own goals and what feels right for you.

2. Invest in some gear - Even if it's just a pair of athletic shoes or comfortable workout clothes.

3. Start Slow - Start by scheduling just two workouts a week—but make movement a daily thing. How many workouts can you realistically fit into your daily life? Work your way up for more consistency.

4. Find a time that works for you - Experiment with different times, seeing when you feel your best and when you're most likely to do it.

5. Try different types of workouts - The best workout for you is the one you'll actually do and enjoy. The number one way to find the best fit for you is through trial and error,

6. Avoid the "too much" trap - Whatever your version of too much, too soon may be, the outcome is often the same: It can burn you out, and you might find yourself dreading your workouts, or even skipping them. So take it gradually, and listen to your body.

7. Have a game plan to make things smoother - Ask a friend to be a check-in partner so you can encourage one another, or prep the night before so you're ready for the next day's workout.

Quote of the Month:

Inner strength/power is a deep, unstoppable belief in yourself. It doesn't depend on the actions of anyone else, and it doesn't depend on your circumstances. Inner strength/power will give you the ability to overcome obstacles and bounce back from failures - because failures are inevitable. You will make mistakes, and there will be hard times. Systems will impact your life. Your resilience comes from inner strength. The inner strength to ask for help, to acknowledge when you mess up, to be proud and inspired when you hit a goal or for just being you.

T. Robbins

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Important Events

- **October 29** - Trunk or Treat
- **November 3** - Day of the Dead Activities
- **November 4** - End of Quarter 1
- **November 5** - Staff Development Day - No classes
- **November 11** - Veterans' Day - No School
- **November 12** - Vaccination Awareness - No School
- **November 15-19** - Spirit Week
- **November 18** - Report card pickup - No School
- **November 19** - Young Lives Thanksgiving Celebration
- **November 24-26** - Thanksgiving Holiday Break

Journalism Staff:



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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.

