

The Simpson Sentinel



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PROS AND CONS
Of Vegetarianism

CSU COLLEGE VISIT
Students toured the CSU campus!

WINTER WONDERLAND
Students enjoyed a day with their babies!

Photo Credit: Ms. M. Marsh



Photo Credits: Ms. M. Marsh, Ms. K. Wright

Winter Wonderland

Winter Wonderland!

Another successful day with our Simpson Babies! Students were able to join a variety of rotating activities and received tons of holiday gifts from our amazing and generous partners. We are so grateful for all the love! We hope everyone had fun!

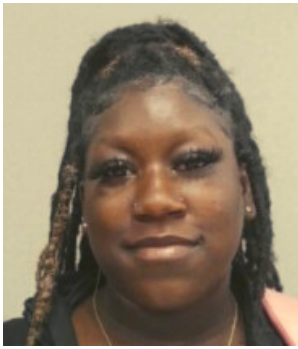


CSU Campus Visit

Black History Month Celebration!

Simpson students toured the Chicago State University campus, and were treated to the Black History Month celebration opening ceremony that included traditional African dance, music, and rituals. We were shown the student housing facilities, and learned about various educational programs and student supports that CSU has to offer. Another successful and enlightening field trip!





by Moharia Grayer



Pros and Cons of Vegetarianism

Advantages and Disadvantages

Pros

- Variety of veggies and fruits
- Good for weight loss
- Increased feeling of satiety
- High intake of fiber
- Vegetarian meet daily protein requirements
- Naturally high carbohydrate diets to support endurance training.

Cons

- Vegan diets can be low in protein and fat
- Being a vegetarian can have common nutrient deficiencies
- Vegans have more trouble achieving protein needs without using protein supplements.
- When dieting, especially in athletes, higher protein intakes are advised to promote muscle retention & recovery, combat hunger, and enhance mood
- Vegans, therefore, need more protein as the protein quality of diet is lower compared to vegetarian & meat-eaters

Vegetarianism is being a vegan or vegetarian. A vegetarian diet excludes all meat. A Vegan diet excludes all meat as well as all animal products, including dairy. No milk, butter, cheese, etc.

It's very important to have a balanced diet. Being vegetarian cuts out some of the food groups. Being Vegan cuts out even more. They do help you lose weight and have less fat or calorie intake. On the other hand, it may cause nutrition deficiencies, and you may have to use supplements.

Ultimately, people need to make decisions about what's best for them and their diets based on personal beliefs, preferences, health, and lifestyle. If you're considering vegetarian or vegan diets, please research or consult with a doctor or nutritionist before making a choice that's best for you.

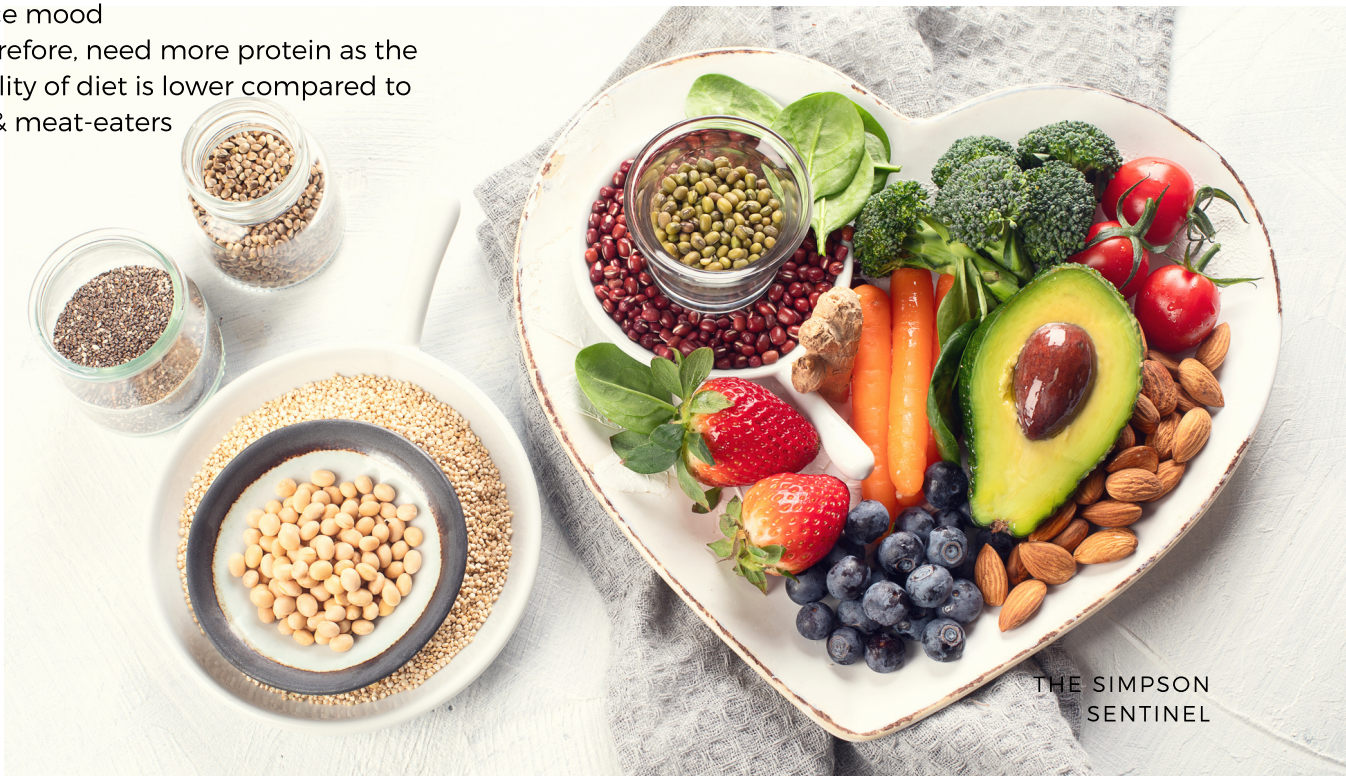




Photo Credits: Mrs. S. Carter-King

Students and staff learned how to do their own head wrap in this one of a kind head wrap class facilitated by Ms. Tammy Gibson and sponsored by The Puddle Project!

According to Ashro.com The African Headwrap or head scarf as it is sometimes called, has stood the test of time and history. Women have been wearing them for centuries—throughout many regions. It is still important to many African American women today.

In other languages, the headwrap is called “dhuku” (in the Shona language), “duku” (Chichewa), “gele” (Yoruba) and “iduku” (isiZulu).

Originating in sub-Saharan Africa, the head scarf was designed using traditional colors and patterns like kente.

Head scarves often told a story of who a woman was. They let everyone know about a woman’s age, marital status or wealth at a glance. They were also used the way today’s accessories are: to enhance a woman’s beauty.

Unfortunately, when African women first arrived in the U.S., the head scarf became a sign of their enslavement. However, as African American women and men began fighting for freedom and equality, the traditional scarf reemerged as a symbol of pride and Afrocentric celebration.



Opinion: Mothers and Fathers



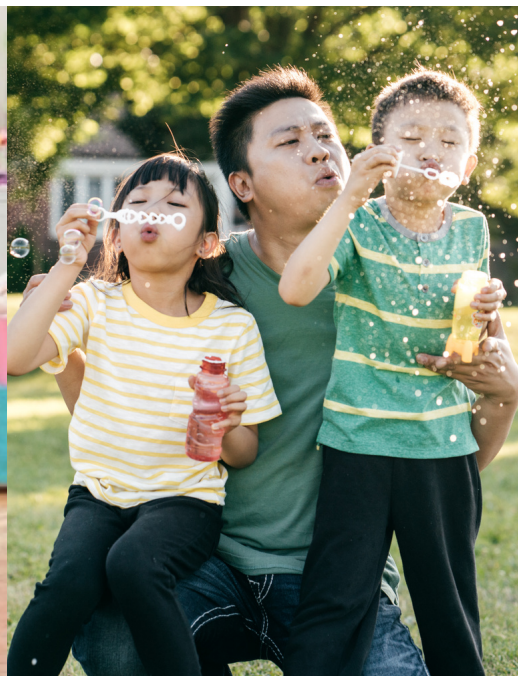
*by Symmone
Price*

Okay, what every parent should know about raising a child. It isn't about you. It's all about your child. When children are young, they are learning every day. They might not know the difference between not throwing your food or not talking back to teachers or us. It's up to us as our child's first teacher, to show them the right way, to be good role-models. Children see us, hear us. They watch what we do and how we act.

Raising a daughter or son by yourself can be hard especially if you're a single mom. Without the presence of a father (or a father-figure), the son might not know how to do certain things as he grows up. That's why I strongly feel a father should be there for their child, even if parents are no longer together. Now, I'm not saying mothers are not doing a great job without the dad in their child's life. With all honesty the dads may not think their sons need them but they will do it only so a mother can teach their son about certain things.

A father may feel uncomfortable at first with any parenting role, such as changing diapers, or feeding, or playing with their kids. But, they can do it. Lots of men do! I just speak from experience. I've seen it happen before where most of the parenting falls on the mother. The fathers always tell or just assume the the mothers will do it - like what if we are not home and we are at work or school, then what will happen? The father will have to step up and help raise the little pea.

Being a parent is no easy job, and no parent is ever perfect, whether you're a mom or a dad, or whether you have sons or daughters. I think that as long as both parents do their best to step up and raise their child, life might go a bit more smoothly.



Quote of the Month:

“

The new year
stands before us,
like a chapter in
a book, waiting
to be written.

MELODY BEATTIE

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Important Events

- **January 17** - Dr. MLK Day, No classes
- **Jan. 24-26** - Semester 1 Finals Schedule
- **Jan. 27** - End of Quarter 2/Semester 1
- **Jan. 28** - Staff Development Day-No School for Students
- **Feb. 1-Feb. 28** - Black History Month
- **Feb. 1** - CSU College visit
- **Feb. 10** - Malcolm X College visit
- **Feb. 18** - School-wide Picture Day/Cap and Gown Measurements
- **Feb. 21** - Presidents' Day; No School
- **Feb. 22** - Onsite Dental Van

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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.