

The

Simpson Sentinel



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FUN WITH YOUR BABIES

Inexpensive things to do with
your little ones.

LOSING A LOVED ONE

Coping with grief.

PARENT NIGHT

Parent night was a huge
success!



Photo credit: Ms. Gutierrez

Ms. Hopkins was not harmed in the taking of this photograph.



Photo credits: Ms. Tueros

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.

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.

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!

BACK
 **TO** 
SCHOOL
NIGHT



Embarc Journey

B.A.A.M Yoga

This teen-focused yoga experience incorporated meditation, music, mental awareness, breathwork, and stress reduction. The class was taught by Yazmin McCamey who started her own business and has been teaching yoga for over six years. We walked out of this day having reached new heights, both emotionally and mentally. Click the link to check out this YouTube video for singing bowl meditation:

https://www.youtube.com/watch?v=unCya_-8ECs

Embarc Core Values



Curiosity
Leadership
Collaboration
Courage
Drive
Change Agent



Hispanic Heritage Month

SIMPSON ACADEMY



Photo credit: Ms. Tueros

Simpson Academy kicked off Hispanic Heritage Month on Friday, September 15 with an information assembly. Students and staff presented history and culture of Spanish-Speaking countries. We all enjoyed a delicious meal together to end the day!

Pilsen

SIMPSON ACADEMY

Crawl



Photo Credits: Ms. M. Marsh

On October 14th we hosted a school-wide trip to participate in our first Pilsen Crawl. The Pilsen Crawl allowed us to explore the historic Chicago neighborhood (Pilsen). It featured various stops, such as the Pilsen Art & Community House, National Museum of Mexican Art, Los Comales and the 16th Street Murals. A great learning experience for all!

Losing a Loved One: Dealing with Grief

by Danijah
King



A partner can pass away at any age...so unexpectedly. It is understandable that few couples consider this before they reach their 30's. It's not something you would anticipate going through at such a young age. So many young men and young women get killed who have someone they planned to spend their life with and who they have children with. Like me.

Simply getting through the grief is difficult. The surviving partner has been given one of the most devastating and emotional shocks of their lives, especially when you include the responsibility of children. Even though it's unthinkable, parents may deal with their partner's loss through practical coping mechanisms.

Find support systems

We all need someone to vent to. We all need someone that we feel comfortable talking to. We all need to get our feelings out somehow, especially after losing someone. How can you do that? There's a lot of things. You can talk to a therapist. You can share your feelings with a friend, or you can even download calming apps to help.

When getting a therapist you have someone to sit there and listen to you, without being judged. They may or may not understand how you feel but will listen to you. They'll give you some coping skills or their best advice.

My Story

The father of my child was killed when he was hit by a car on November 27, 2021. It was devastating and scary just seeing him lying there like that. At the time I was 4 months pregnant with our baby.

There was a party that night and I decided not to go, because I wasn't feeling well, but my boyfriend Kaidon did go. He went, and later on that night he texted me to just come be with him for a bit. I asked my auntie to take me to meet him. We got in the car and headed that way. Kaidon and I were texting the whole time.

All we saw as we approached the parking lot's entrance were two large objects flying. They made a loud impact on the pavement. Although I was unable to see a face or anything else, a voice inside of me told me it was Kaidon. A powerful emotion welled up inside me. I started to panic and yell, "Auntie Krystal, it's Kaidon!" She tried to reassure me that it wasn't him. When I stepped out of the car, I immediately went to my knees. He was there.

I tried running up to him before it was too late but my auntie pulled me back and told me no.

My phone exploded with calls and texts from friends and his family questioning what had happened to Kaidon. I didn't respond.

My phone started blowing up with texts and calls from friends and his family asking if anything happened to Kaidon. I never answered.

The accident popped on the citizens app and that broke me. What it said was "A 14 year old boy was just struck and killed. The person has not yet been identified."

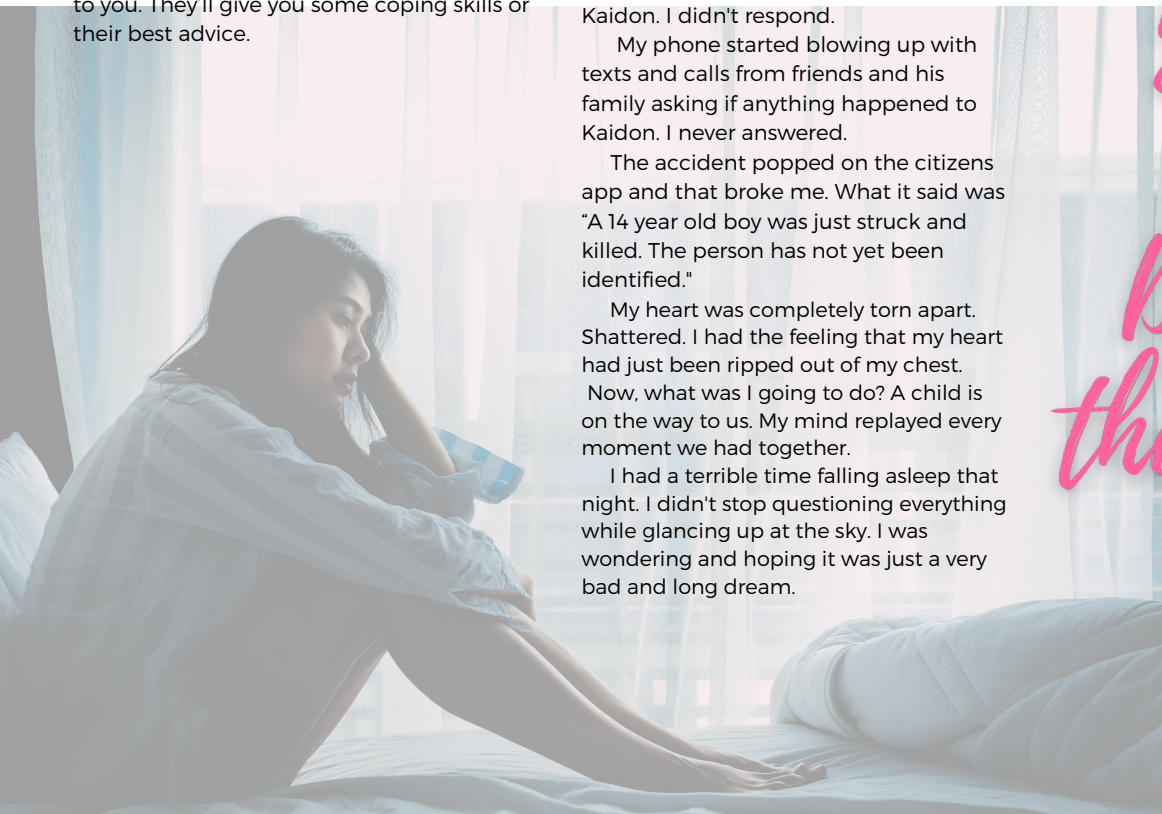
My heart was completely torn apart. Shattered. I had the feeling that my heart had just been ripped out of my chest. Now, what was I going to do? A child is on the way to us. My mind replayed every moment we had together.

I had a terrible time falling asleep that night. I didn't stop questioning everything while glancing up at the sky. I was wondering and hoping it was just a very bad and long dream.

Ways I Coped And Ways You Can Cope too.

- Breathe, everyday take some time to yourself let everything out of your mind, and just breathe.
- Cry. Just let it all out.
- Allow yourself to grieve. Don't try to stop yourself or try to force yourself to get over it
- Talk it out!!
- Take it all slowly. Grieve at your own pace. Don't rush the process.
- Celebrate your memories. Pictures, videos, places, etc...

*Grieve at
your own
pace.
Don't rush
the process.*





Coping with Grief

Seven Things to Remember When Dealing with Loss

One of life's most difficult experiences is losing a loved one. It would be somewhat easier if grief followed a linear path, with stages that neatly fit into boxes. But big feelings can emerge all throughout the grieving process.

While emotions can be consuming, they are not permanent states. Experts share insights into the grieving process and ideas to keep in mind when you feel overwhelmed.

1. It won't feel like this forever. MSK bereavement counselor Kimarie Knowles likens grief to waves cresting and then crashing at the shore. "Part of what people find helpful is riding the wave," she says. "Understand it's coming up, try to find support, take care of yourself, and allow it to go."

2. You can handle it, even when you feel like you can't. It's human nature to want to avoid painful experiences. When we lose someone important to us, we may feel like we won't be able to cope with the pain of grief. But "we only learn about our capacity to handle things by moving through them," says Wendy Lichtenthal, Director of MSK's Bereavement Clinic. When we try to stifle or avoid our feelings, they can come on that much stronger when something triggers them, she says. Making space to experience painful emotions allows us to practice our resilience and grow our own internal resources.

3. Be gentle with yourself - "Grief is exhausting," says Reverend Jill Bowden. She suggests caring for your body during periods of intensive stress. Carve out time for naps, eat nourishing foods, and drink plenty of water. Alcohol and sugar may seem like quick fixes, but they can actually have the opposite effect.

4. Think in cycles, not lines. - If you reach a point where you're feeling good only to feel bad again, it's not a sign that you've relapsed or gotten worse. It's how grief works, and it's actually forward movement. "People will say, 'I was walking down the street and all of a sudden I started to cry, and yet, and I had been feeling calm,' " says MSK bereavement counselor Susan Glaser. "I try to reframe that. Grief is a series of loops. You can circle back to where you were some time ago."

5. Your feelings are normal - "The pain of grief itself is hard enough to tolerate," says Ms. Knowles. "What can make it more challenging is when you or other people around you tell you what you should or shouldn't do." Allow yourself to feel whatever it is you feel: anger, sadness, even relief. The emotions that accompany grief are all valid, adds Dr. Lichtenthal. "Everyone comes to their loss experience with their own story, their own unique context and meaning," Dr. Lichtenthal says. "Whatever they are feeling at a given moment, it always makes sense."

6. Grief can beget meaning - There's no getting over the loss of a loved one. Instead, says Ms. Glaser, you can find ways to incorporate the loss into your life as you move forward. Grief is a natural response to loving someone. Though we all have past experiences that may influence how we see ourselves, grief provides an opportunity to reflect on what matters most to us. Dr. Lichtenthal highlights the importance of connecting to what gives you a sense of meaning to help co-exist with grief. She explains that these sources of meaning are a reason to step out into life each day, despite the pain you might be experiencing. Among these touchstones might be a reflection about the person you want to be in the face of life's challenges. Considering the choices you have in how you face suffering can be a powerful exercise.

7. You're not alone - Reach out to friends and family. Talk to people. Don't hesitate to seek help from others or if necessary, professional counselors and therapists.

From: <https://www.mskcc.org/news/coping-grief-7-things-remember-when-dealing-loss>



Student Voice Elections

Meet the Candidates

Running for student offices this year were Sweetlana Padilla, Zhaniah Warren, Aniya Moore, Iyana Williams, Nevaeh Knowles-Sidall, and Danijah King.

Voting Results

Results were tallied, and results were announced. Congratulations to our 2022 - 2023 Student Voice Committee officers!

President: Sweetlana Padilla

Vice-President: Zhaniah Warren

Sergeant at Arms: Iyana Williams

Upperclassmen Senator: Nevaeh Knowles-Sidall

Underclassmen Senator: Danijah King

Speeches

Each student prepared speeches, and spoke to the student body, presenting what they bring to the school, and the work they will accomplish during their time in office.

After speeches, the panel opened to audience questions.



10 Inexpensive (or free!) Things to do With Your Little Ones

1. Picnic at the Park - All it takes for this inexpensive mommy and me date is to pack a lunch at home and head on over to your local park. This is a great idea for a kiddie date because you get to not only enjoy some outdoor fun with your little one, but you also get to enjoy a nice lunch and watch your child play on the playground afterward.. Some low cost and delicious things to pack for your picnic might include peanut butter (or sunflower seed butter for those with allergies) and jelly sandwiches, chips, grapes, juice, and water.

2. Tea Party - You might want to consider a tea party. This is something you can do in the privacy of your own home, or even go to a tea house to participate in an actual tea party. However, with young children, it is probably a safer bet to just keep them at home and have a DIY tea party. All you need is tea or milk, cookies, and adorable little teacups to have a fun time at home.

3. Movie Night at Home - A super simple kids date night that doesn't even have to cost you anything at all would be a movie night at home. This is a favorite of many parents, some even go as far as to bring a bed out into their living room area so that everyone can cuddle up, put on a good movie, and just have a fun time.

4. Go for Ice Cream - A simple yet totally sweet mommy and me date idea is to go to your local ice cream parlor! This is a short, cheap, and fun date that most kids should love.

5. Spa Day at Home - You may want to consider setting up a spa day at home. Consider purchasing some bath bombs and allowing your child to indulge in a nice relaxing bath, then have a robe and hair towel waiting for them when they get out. Finish off with a mani-pedi where you can take turns doing each others' nails, and you have successfully created the perfect mommy and me date.

6. A Trip to the Museum - This next mommy and me date might require a full day out and a little bit of planning, but it's one that is sure to be worth the trip. Take to the internet and try searching for nearby museums that don't require a fee to get in, most places have at least one of these museums, and it is a date that will be fun and educational for both you and your little one.

7. Yoga - This idea isn't necessarily for everyone, but requires no money at all, little time, and zero planning. If you're looking for something rather easy and relaxing to do with your little one, consider having a Yoga session inside or in the yard. All you need to perfect this date is some relaxing music, a couple of yoga mats, and of course, your little one. Look for YouTube videos that showcase simple Yoga poses, or mommy and me demonstrations.

8. Get Crafty! - If you are a hands-on, artsy type of person then you will want to really consider this. We say go ahead and spend the day at home, whether it be inside or outside, with your little one and get crafty!

9. Go to the Library - This next outing might not be the most exciting for some, but if sitting down and reading together is something that both you and your child enjoy doing, then you might want to consider a trip to the library. Going to the library seems to be a forgotten thing these days, since we now have ebooks and online shopping, but this is an experience that no kid should miss out on. This is a great way to instill the importance and enjoyment of reading.

10. Baking/Cooking - If you enjoy cooking and baking, you may want to get your child interested by helping you prepare a simple meal, or baking cookies or cupcakes. Most little ones will enjoy helping, and you can teach them about safety in the kitchen, or incorporate a math/measuring lesson.

Adapted from: <https://www.moms.com/mommy-me-date-ideas-inexpensive-free/>



Photo credits: Mr. Droz

Simpson Gets Fit!

Simpson Fitness Program

Healthy Choices

We are in the second week of our fitness program. Danijah King took a moment to hit the elliptical with speed, while Ms. Nowlin peddled away holding Kingston who joined us after a while. Mr. Droz took a stroll to increase his steps for the day. Everyone took this time to also talk about what goals they are working toward and how they are doing.

Join Us!

If you are interested in joining our program, speak to Mr. Droz or Ms. Nowlin. Our group meets every Thursday after school from 3:00pm - 4:00pm.

We look forward to seeing you!



Quotable Quote:



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Would you like to send us a story or have ideas you'd like to see in the Simpson Sentinel? Do you have some great school event photos you'd like to share? Send your stories and photos to Ms. Tueros at Gatueros@cps.edu and we'll do our best to feature them. You'll also receive creator/contributor credit!

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