

# SAC NEWSLETTER

October & November 2022 - V2

The Student Advisory Council Exclusive Newsletter is student speech protected by Education Code 48907. Although the district shares the newsletter through its website and email, this is not an endorsement by the district of any views or opinions expressed in the newsletter.

## P. Contents:

### Student Spotlight:

- 2 - SSCE Ambassadors (and special staff member!)

### Post-Secondary Prep:

- 5 - College App Deadlines  
6 - Trade School Options

### Current Events:

- 7 - Red Ribbon Week  
9 - October Celebrations  
10 - Spooky Halloween Facts  
12 - Native American Heritage Month  
14 - Midterm Elections

### Student Resources:

- 16 - LGBTQ History Month & Connect Center  
17 - Mental Health Tips  
19 - SAC Holiday Volunteer Opportunities

### Recipes:

- 20 - Filipino Treats!

### Games and Puzzle:

- 21 - Brain Break



# State Seal of Civics Engagement Ambassador Introductions



Winter Saldana

Hello! My name is Winter Saldana, I am 18 years old and am currently a senior at Health Professions High School. My Civic Seal Engagement Project was on the topic of mental health but specifically social media and the effects that it has on our mental health. Last year I had created a lesson plan about that topic and presented it to my middle school, Sutter Middle and the students' intake and feedback were both fantastic and very positive. I plan to continue to spread awareness this year with a few tweaks of my presentation and hopefully get to present at my high school and other middle schools as well!



Kayleen Nguyen

Hi, I'm Kayleen Nguyen, and I'm a current senior at John F. Kennedy High School. For my project (in a nutshell) I researched and created an award-winning video/short film (The Apocalypse), detailing the effects of climate change and extreme weather events, and then shared it with my community and with workers and policymakers for the city of Sacramento. Additionally, when I reached out to the city I asked about potential solutions.



Yoltzin Espinoza-Ramirez

Hello! My name is Yoltzin Espinoza-Ramirez and I am a senior at the School of Engineering and Sciences. The project I worked on with the City of Sacramento was developing a campaign to bring awareness to homelessness occurring in Sacramento and ways to help serve the community.



**Esperanza  
Booher**

Hey! I'm Esperanza Booher, and I'm currently a senior at Rosemont High School :) I have not yet completed my project, although I'm working towards bringing the problem of light pollution to the Sacramento County Office in an attempt to get ordinances that compact the issue. In the process I hope to kick-start a non-profit I've been wanting to start, Light Up Our Stars, which I hope to dedicate towards providing light pollution friendly lighting to public and private spaces alike, and continue to civically advocate against unnecessary artificial lighting.



**Supporting team member for the SCUSD California  
State Seal of Civic Engagement (Staff Spotlight):**



Dr. Hueling Lee has over 20 years of professional experience in fostering transformative change in the education and private sectors. She is the Executive Director of Authentic Preparation Today (APT), a statewide work group that's been collaborating with the California Department of Education since 2018 to develop and roll-out the State Seal of Civic Engagement (SSCE). Dr. Lee is currently supporting SCUSD to provide student access to the SSCE as a district consultant.

More comprehensive bio:

<https://www.civicseal.org/about-us/staff>

Contact: [hueling\\_lee@mail.harvard.edu](mailto:hueling_lee@mail.harvard.edu)

Calling all current Juniors and Seniors! Would you be interested in serving your community, government, and/or society, and being acknowledged for it? Have you already demonstrated civic knowledge and community engagement? Learn more about the California State Seal of Civic Engagement!

The California State Seal of Civic Engagement (SSCE), marked by a gold seal on the diploma and/or transcript, recognizes juniors and seniors who demonstrate an understanding of civic knowledge and skills through academics, testimony, participation, and reflection. This seal is an opportunity to provide students a greater understanding of student voice and impact within our community and society, and that students not only have the ability to engage with decision-makers around us, but it is our responsibility to do so. It is more important now than ever that students, especially those from marginalized communities, engage and are a part of these civic conversations. It is the goal of the seal to encourage and celebrate this engagement.

If you're interested in challenging yourself civically, or believe you qualify for this seal, please go over the 2022-2023 SSCE application [HERE](#).

If you would like more information regarding the seal, sample projects, help with the application, or have questions, the SCUSD SSCE supporting team and student ambassadors are holding a virtual kick-off on Thursday, December 8th, at 4PM over Zoom. We highly encourage your attendance, even if you may be unsure about the seal!

Zoom link: <https://us06web.zoom.us/j/88230567595?pwd=M0xqd0xsVWdsakdmK3FNbUhMYjB2Zz09>  
Passcode: Q7f2n6



Thank you, we hope to see you at the kick-off, and good luck with your projects if you're participating!



# COLLEGE APP DEADLINES

The information below highlights all of the important dates that you should be aware of as you continue planning for your college journey. Good luck to everyone that is pursuing their dreams of attending college!



## March 2, 2023

- many state financial aid programs (date postmarked)
- Cal Grant also requires submission of a school-certified GPA

## September 2, 2023

- additional community college Cal Grants (date postmarked)



## November 30, 2022

\* there are separate deadlines if your major requires supplemental materials



Some schools have different deadlines - make sure to check the school you're applying to!

## November 1, 2022

- Early Decision

## November 1 and 15, 2022

- Early Action

## January 1, 2022

- Regular Admissions



## November 30, 2022

\* Students who qualify can attend 2 years of community college for FREE



# WHAT OTHER OPTIONS DO I HAVE BESIDES A 4-YEAR UNIVERSITY?

## TRADE SCHOOLS VS. 4 YEAR UNIVERSITIES

For many high school graduates, trade school offers a more affordable and secure path to career entry and professional development than a traditional four-year university. Also often referred to as technical colleges and vocational schools, trade schools focus on specialized job training in high-demand fields, assisting students in finding gainful employment. Vocational programs typically range from eight weeks to two years depending on whether you want to earn a certificate, diploma, or associate degree. Here is a list of the top 10 most lucrative trade school pathways and careers:



TRADE JOB	MEDIAN SALARY 2021	PROJECTED JOB GROWTH RATE
Elevator Installer and Repairer	\$97860	3%
Radiation Therapist	\$82790	6%
Web Developer	\$78300	23%
Dental Hygienist	\$77810	9%
Diagnostic Medical Sonographer	\$75380	10%
Electrical Line Worker	\$74530	6%
Respiratory Therapist	\$61830	14%
Electrician	\$60040	7%
Plumber	\$59800	2%
Mortician	\$58900	8%

4 Year Universities aren't always the right path for everyone. Do some research on what path you would like to pursue!

[CLICK FOR INFO ON LOCAL TRADE PROGRAMS](#)



# RED RIBBON WEEK



Sacramento Unified School District (SCUSD) celebrated Red Ribbon Week during the week of October 24-October 31, 2022. The Red Ribbon Campaign is the oldest and largest drug prevention program in the nation reaching millions of young people during Red Ribbon Week. The theme for SCUSD this year was “Celebrate Life: Live Drug Free”. The purpose of Red Ribbon Week is to present a visible commitment to living a safe, healthy, and drug-free life. The campaign is designed to create awareness concerning the problems related to the use of tobacco, alcohol, and other drugs and to support the decision to live a drug-free lifestyle.

The next page of this column is dedicated to understanding more about the risk of Fentanyl.



[Click here to learn more about red ribbon week activities for students](#)

# ONE PILL CAN KILL

#OnePillCanKill



DEA One Pill Can Kill Public Safety Alert and Awareness Campaign PSA...



From a national health authority >



**FENTANYL WARNING:**

**Counterfeit Prescription  
Pills are Deadly**



[GetSmartAboutDrugs.com](https://www.getsmartaboutdrugs.com)



Watch on YouTube

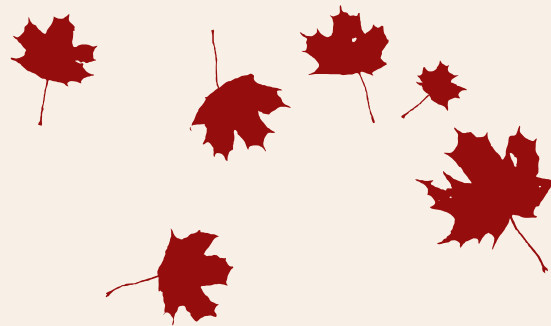
fentanyl are deadly. Be their protector  
be informed, visit [GetSmartAboutDrugs.com](https://www.getsmartaboutdrugs.com)

The only safe medications are ones that come from licensed and accredited medical professionals. Pills purchased outside of a licensed pharmacy are illegal, dangerous, and potentially lethal.  
**#OnePillCanKill** Learn more at [www.dea.gov/onepill](https://www.dea.gov/onepill)



## OCTOBER RECOGNITION

# LET'S CELEBRATE



### Monthly Observances in October 2022

- Adopt a Shelter Dog Month
- Animal Safety and Protection Month
- ADHD Awareness Month
- Bat Appreciation Month
- Blindness Awareness Month
- Breast Cancer Awareness Month
- Country Music Month
- Emotional Wellness Month
- Fair Trade Month
- Filipino American History Month
- Halloween Safety Month
- International Walk To School Month
- LGBTQ History Month
- Native American History Month
- Animal Safety and Protection Month
- National Apple Month
- National Book Month
- National Caramel Month
- National Chili Month
- National Cookbook Month
- National Cookie Month
- National Dessert Month
- National Pasta Month
- National Pet Wellness Month
- National Physical Therapy Month
- National Pizza Month
- National Pretzel Month
- World Animal Month
- World Bullying Prevention Month

### Why is October named after the number "eight"?

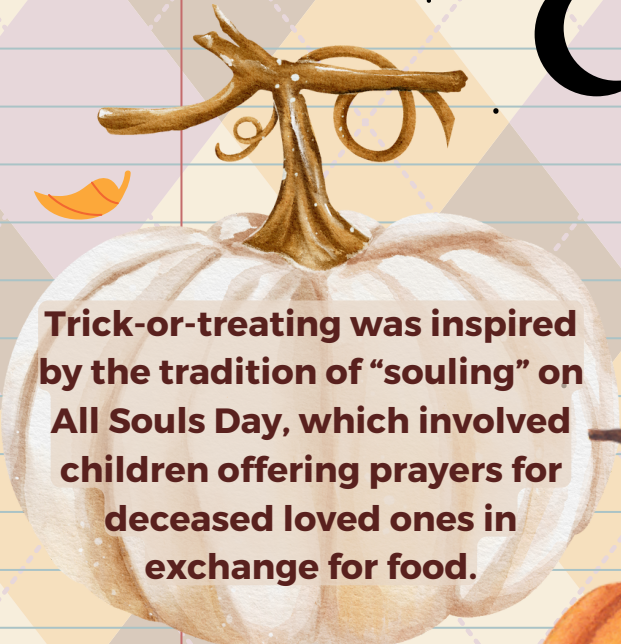
According to the original Roman republican calendar, October was the eighth month of the year rather than the ninth. The Roman calendar was only 10 months long and included the following months: Martius, Aprilis, Maius, Junius, Quintilis, Sextilis, September, October, November, and December. As you can see, January and February hadn't been added to the calendar yet!

Like its neighboring months September, November, and December, the month of October kept its numerical name, even after Julius Caesar expanded the calendar year from 10 months to 12. October entered Old English via Old French, replacing the English vernacular term Winterfulleð ("Winter full moon").

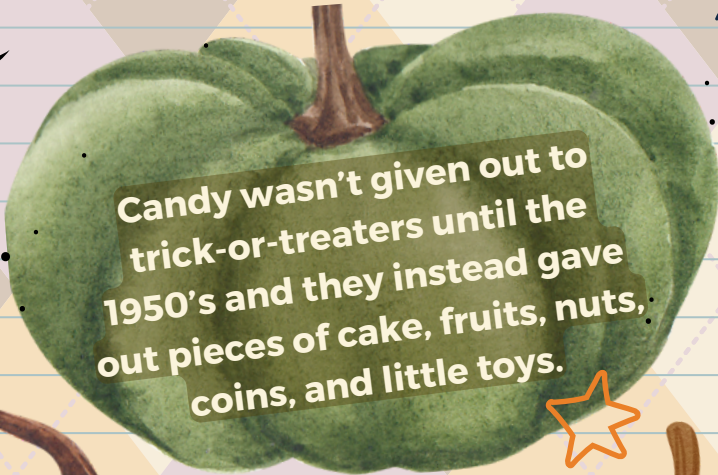


# Spooky Halloween Facts

GRACIE MILLER SEGURA AND YEN TRAN



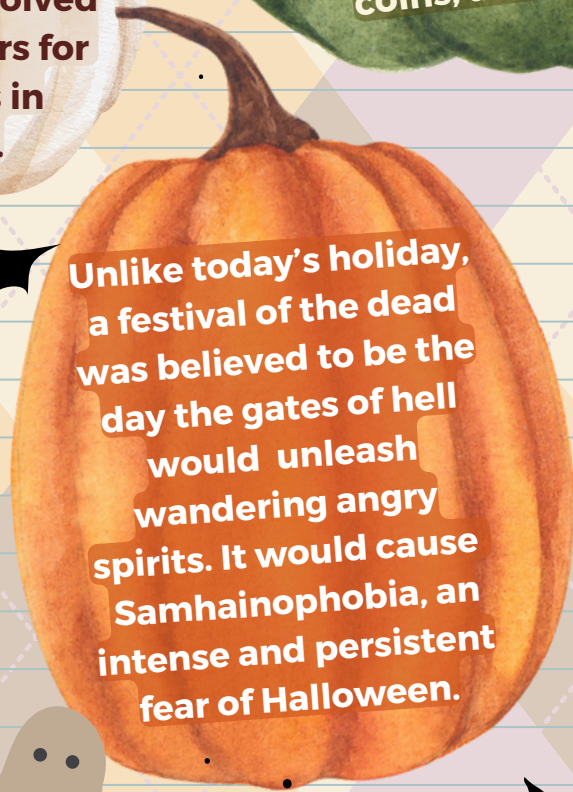
Trick-or-treating was inspired by the tradition of "souling" on All Souls Day, which involved children offering prayers for deceased loved ones in exchange for food.



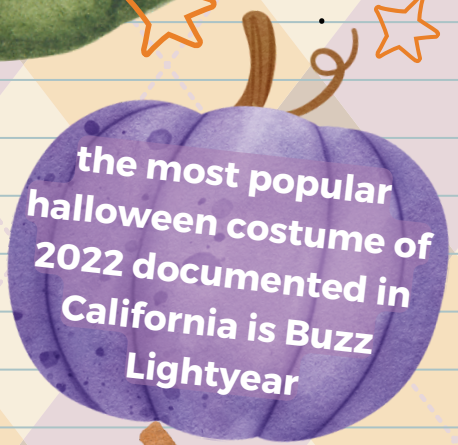
Candy wasn't given out to trick-or-treaters until the 1950's and they instead gave out pieces of cake, fruits, nuts, coins, and little toys.



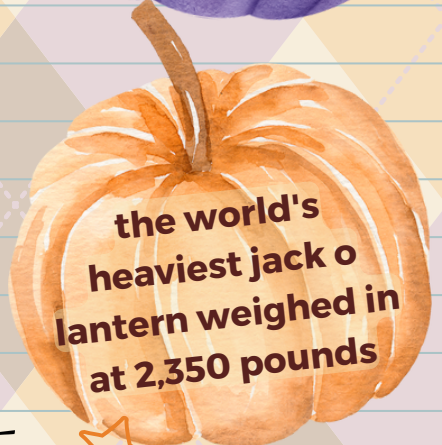
The tradition of Halloween comes from Samhain, an ancient Celtic festival, where costumes were worn to ward off ghosts



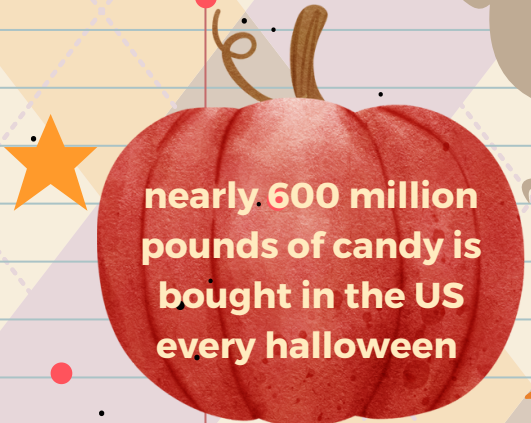
Unlike today's holiday, a festival of the dead was believed to be the day the gates of hell would unleash wandering angry spirits. It would cause Samhainophobia, an intense and persistent fear of Halloween.



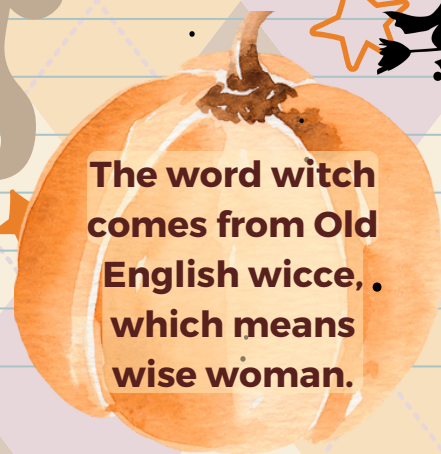
the most popular halloween costume of 2022 documented in California is Buzz Lightyear



the world's heaviest jack o lantern weighed in at 2,350 pounds



nearly 600 million pounds of candy is bought in the US every halloween



The word witch comes from Old English wicce, which means wise woman.



The first jack-o'-lanterns were actually made from turnips



# November

## Days to Celebrate in November

					 1. World Vegan Day
 2. Deviled Egg Day	 3. Sandwich Day	 4. National Candy Day	 5. National Doughnut Appreciation Day	 6. National Nachos Day	 7. Hug a Bear Day
 8. Cook Something Bold Day	 9. National Louisiana Day	 10. Forget-Me-Not Day	 11. Veterans Day	 12. Happy Hour Day	 13. World Kindness Day
 14. National Pickle Day	 15. National Clean Out Your Fridge Day	 16. National Button Day	 17. Homemade Bread Day	 18. National Vichyssoise Day	 19. Play Monopoly Day
 20. National Beautiful Day	 21. National Stuffing Day	 22. Go For a Ride Day	 23. Fibonacci Day	 24. Celebrate Your Unique Talent Day	 25. National Parfait Day
 26. Thanksgiving	 27. Black Friday	 28. Small Business Saturday	 29. National Lemon Cream Pie Day	 30. Cyber Monday	

the spruce

- |  |   |
|--|---|
| Adopt a Turkey Month                           | National Fragrance Month                |
| American Diabetes Month                        | National Fun with Fondue Month          |
| Aviation History Month                         | National Model Railroad Month           |
| Banana Pudding Lovers Month                    | National Gratitude Month                |
| Bladder Health Month                           | National Healthy Skin Month             |
| COPD Awareness Month                           | National Memoir Writing Month           |
| Family Stories Month                           | National Native American Heritage Month |
| Gluten-Free Diet Awareness Month               | National Novel Writing Month            |
| International Bereaved Sibling Awareness Month | National Peanut Butter Lovers Month     |
| National Hip Hop History Month                 | National Pepper Month                   |
| Manatee Awareness Month                        | National Pomegranate Month              |
| National Veterans and Military Families Month  | National Raisin Bread Month             |
| National Adopt a Senior Pet Month              | National Sleep Comfort Month            |
| National Adoption Awareness Month              | National Stomach Cancer Awareness Month |
| National Candle Month                          | No-Shave November                       |
| National Children's Month                      | Pancreatic Cancer Awareness Month       |
| National Entrepreneurship Month                | Prematurity Awareness Month             |
| National Epilepsy Awareness Month              | National Family Caregivers Month        |



# NATIVE AMERICAN HERITAGE MONTH

What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.

One of the very proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian, who was the director of the Museum of Arts and Science in Rochester, N.Y. He persuaded the Boy Scouts of America to set aside a day for the “First Americans” and for three years they adopted such a day. In 1915, the annual Congress of the American Indian Association meeting in Lawrence, Kans., formally approved a plan concerning American Indian Day. It directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to observe such a day. Coolidge issued a proclamation on Sept. 28, 1915, which declared the second Saturday of each May as an American Indian Day and contained the first formal appeal for recognition of Indians as citizens.

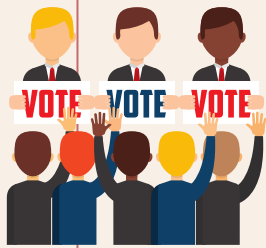


The year before this proclamation was issued, Red Fox James, a Blackfoot Indian, rode horseback from state to state seeking approval for a day to honor Indians. On December 14, 1915, he presented the endorsements of 24 state governments at the White House. There is no record, however, of such a national day being proclaimed.

The first American Indian Day in a state was declared on the second Saturday in May 1916 by the governor of New York. Several states celebrate the fourth Friday in September. In Illinois, for example, legislators enacted such a day in 1919. Presently, several states have designated Columbus Day as Native American Day, but it continues to be a day we observe without any recognition as a national legal holiday.

In 1990 President George H. W. Bush approved a joint resolution designating November 1990 "National American Indian Heritage Month." Similar proclamations, under variants on the name (including "Native American Heritage Month" and "National American Indian and Alaska Native Heritage Month") have been issued each year since 1994.





# MIDTERM ELECTIONS

Caleb Fox

November is here and it's time for another election! On Tuesday, November 8 voters go to the polls to vote for candidates running for Governor of California, Lieutenant Governor, Senator, Congressional Representative, Secretary of State, Treasurer, Attorney General, State Assembly, State Senator, Superintendent of Public Education and SCUSD Board Members among others.

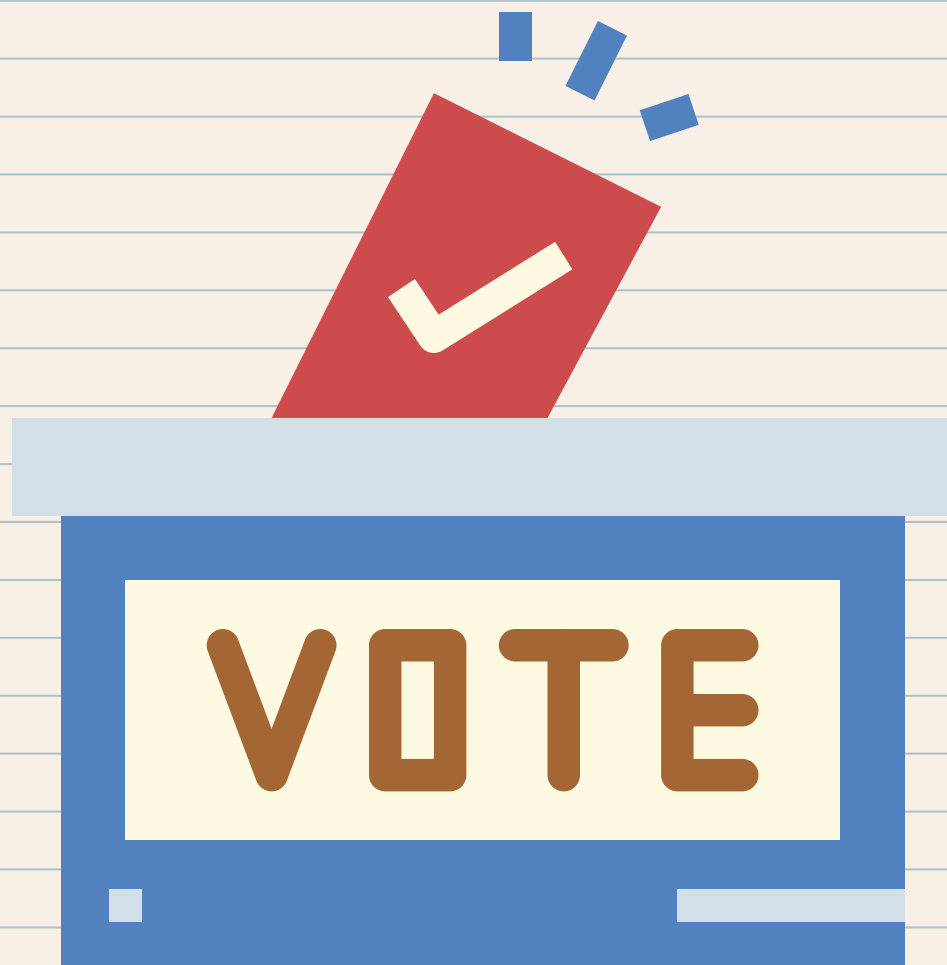
What is also on the ballot this November are various propositions and measures. One such Proposition that impacts students within SCUSD is Proposition 28 which asks voters to provide additional funding for arts and music education in public schools. If passed, Proposition 28 aims to provide additional funding from the state General Fund for arts and music education in all K-12 public schools.

According to the Cal Matters website [www.calmatters.org](http://www.calmatters.org) the measure would require the state to allocate at least 1% of Prop 98 funding - money guaranteed for public schools and community colleges in the state budget - for music and arts education. An estimated \$1 billion set aside for students. Schools with high proportion of students from low-income households are supposed to get more funding. Funding will go for arts and music instructors among other things. If Prop 28 passes students in SCUSD should hopefully see a positive impact in the music and arts programs. Whether you are in the high school marching band, taking art in middle school or are an elementary aged kid learning the recorder or a kindergartener just getting your hands on some art materials this proposition aims to provide us students with more funding.

While most students in the district are not old enough to vote in this November's election, we are able to pre-register to vote once we turn 16. The requirements for pre-registration can be found here:

<https://www.sos.ca.gov/elections/pre-register-16-vote-18>.

Two years from now we will have another presidential election and many of us will have reached the age to vote by then. All elections matter and I encourage all of us to learn about the issues and to vote on matters that will impact us and our future!





# LGBTQ+ HISTORY MONTH & SCUSD CONNECT CENTER!

In honor of LGBTQ History Month we wanted to spotlight an SCUSD department that is doing great work to provide resources and support our LGBTQ students: The SCUSD Connect Center. Here is some info about the services they provide:

LGBTQ+ students face enormous social pressures and challenges that affect their school success, health, and well-being. As a result, LGBTQ youth are more vulnerable to such issues as school dropout, bullying, academic failure, and parental rejection.

SCUSD's LGBTQ Support Services program offers students, families, school staff, and community professionals a centralized source of information and support regarding issues facing LGBTQ students that attend SCUSD schools.

Services include information/referral, short-term counseling, Infinite Campus Name and Gender Update form, and advocacy (e.g. Safe Zone training). All services are confidential and are provided free of charge. **(916) 643-7997**



## Crisis Lines & Resources

### Local Resources

- **(916) 978-0410** Trans Families Sacramento/PFLAG Sacramento (Parents, Families and Friends of Lesbians and Gays): PFLAG promotes the health and well-being of lesbian, gay, bisexual, and transgender persons, their families and friends through support, to cope with an adverse society; education, to enlighten an ill-informed public; and advocacy, to end discrimination and to secure equal civil rights.
- **(916) 455-2391** Gender Health Center: Gender Health Center is focused on providing an accessible therapy and counseling program for the gender variant community.
- **(916) 442-0185** Sacramento LGBT Community Center: The Sacramento LGBT Community Center works to create a region where LGBTQ+ people thrive.
- **(916) 642-9760** Sacramento Area Rainbow Kids: Rainbow Kids is a group of families who gather together for support, education, and community to help raise their transgender, gender variant, gender non-conforming, or gender questioning children (4-18 years old) in a supportive and loving manner.



[CLICK HERE TO CONTACT THE SCUSD CONNECT CENTER](#)



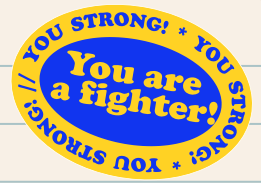


# MENTAL HEALTH TIPS

YEN TRAN

With Christmas and other holidays coming up soon, there's no time like the present to start taking better care of your mental health. Develop something that works for you and have a good mind and an even better time during the holidays. It's already been a busy year for most, especially seniors with their college applications, so getting in a better head space will do wonders for the mind and body. Here are 10 tips on how to get and maintain good mental health. Keep it up all the way till new year and the new you you've been trying to be might be right around the corner.

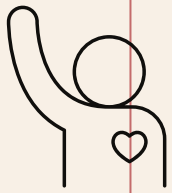
- Connect with friends and family. Being with friends and family can seriously change your whole mental state. You've just got to make sure it's in a positive way.
- Take a break. You'd be surprised how long a person can push themselves without realizing they haven't taken a break. That's why it's important you remind yourself and others to give themselves time to relax from the harsh schedule of both school and life. Just remember not to overindulge and start procrastinating.
- Ask for help. Never be afraid to ask for help. Nobody should ever judge you for needing help, those that do are not people you want around you. Having someone there helping you will definitely improve your mental health.
- Talk about your feelings. It doesn't even have to be with a person, grab something that comforts you and start talking to it. It might be weird but once you get whatever it is off your chest and say it out



loud, you'll feel a sense of relief you've never felt before.

- Do something you enjoy. Taking the time to do whatever makes you happy is a big step towards a better mental health.
- Reflect and move on. We've all experienced failures that we wish we never did but that's okay. Learn from those failures but don't dwell on them. Spending the energy to focus on a failure from the past will only wear you down. Once you've accepted it for what it was, make sure you learn from it and move on with your life. You'll feel much better.
- Take time to laugh. Do what you can to at least laugh once a day. Find funny videos to watch or get into a bad pun off with your friends. Whatever it is, just make sure you're laughing, it'll help.
- Get a good night's sleep. I'm looking at all the people who stay up late, make sure you get some sleep in. It's tempting to want to stay up doing things but trust me, you'll regret it when you have to wake up only a few hours later. Nobody likes waking up with almost no sleep.
- Care for others. Take the time out of your day to do or say something nice to someone. With a word or action, you can make someone's whole day and even week. That feeling of being the reason why someone is happy can raise your own happiness.
- Take a breath. People can go on with their whole day without stopping to just pause and breathe. Take in a deep breath, hold it, then exhale. Do it few times. It's a small thing but small things can change a lot.





# SAC HOLIDAY VOLUNTEER



GRACIE MILLER SEGURA

Fall break starts on November 21st, and during your time off you may be looking for some ways to give back. Here are 5 local volunteer and donation opportunities to give back to your community!



- Run to Feed the Hungry- a yearly marathon on thanksgiving day. You can sign up to run, or help out by working at the event! click [HERE](#) to learn more or to register!
- Gifts from the Heart- an organization that donates gifts to over 3,000 children, disabled adults, and seniors during the holiday season. To donate and learn more, click [HERE](#) or [HERE](#).
- Meals on Wheels- an organization that supports elderly citizens by providing food and a friendly face to their homes. Find out more about them and how to volunteer/donate [HERE](#).
- Teams4Animals- an organization that supports Bradshaw animal shelter, which is a no-kill shelter in Sacramento. Find out how to can volunteer [HERE](#).
- Sacramento Food Bank- volunteer at the food bank to help out by bagging, sorting, or distributing food! Click here [HERE](#) to learn more about and sign up for group volunteering or [HERE](#) for individual volunteering.



# MONTHLY RECIPE

Let's celebrate Filipino American History Month with these treats!



## Mabuhay!

01

How to make Lumpia

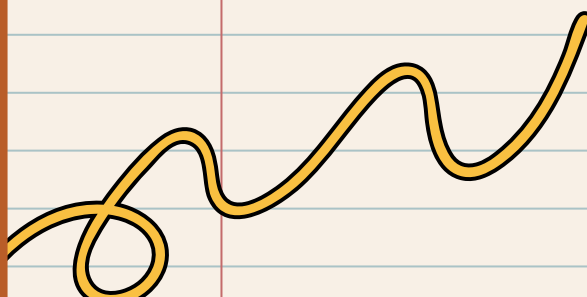
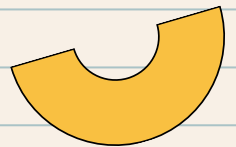
[Click here to learn more about making and cooking lumpia](#)



02

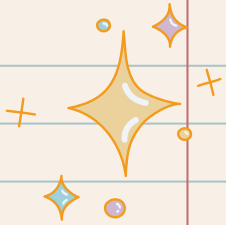
Ube Crinkle Cookies

[Click here to learn more about making baking Ube cookies](#)





# BRAIN BREAK!

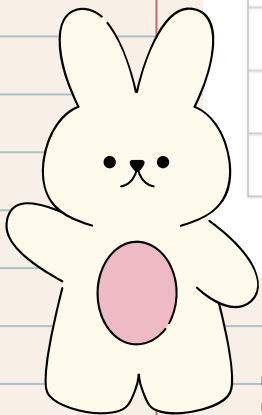


## College Word Search

C	M	D	S	T	U	D	Y	S	M	T	R	O	U
T	L	A	M	T	U	E	O	T	I	K	A	Z	A
T	Q	A	J	I	I	L	O	U	D	R	E	A	D
T	T	U	S	O	N	L	E	D	T	T	D	R	T
L	D	P	I	S	R	O	A	E	E	M	R	O	D
C	E	E	R	Z	I	R	R	N	R	N	O	M	T
O	O	R	G	O	G	N	E	T	M	U	S	L	R
U	T	N	O	R	F	E	T	A	M	M	O	O	R
R	U	L	E	T	E	E	C	O	L	L	E	G	E
S	A	D	O	E	S	E	S	O	N	B	T	N	M
E	N	L	T	A	N	K	E	S	P	O	U	G	O
U	T	E	X	T	B	O	O	K	O	O	T	L	S
G	R	A	D	U	A	T	I	O	N	R	O	E	C
R	O	C	A	M	P	U	S	N	B	M	R	I	S

PROFESSOR  
 UNDERGRAD  
 COLLEGE  
 MAJOR  
 COURSE  
 MIDTERM  
 BOOKSTORE  
 READ  
 ROOMMATE  
 STUDENT  
 TEXTBOOK  
 NOTES  
 CAMPUS  
 CLASS  
 CLUB  
 GRADUATION  
 STUDY  
 DEGREE  
 ENROLLED  
 DORM  
 QUIZ  
 MINOR  
 TUTOR

Play this puzzle online at : <https://thewordsearch.com/puzzle/1279361/>



## SPOOKY RIDDLES:

How do you fix a damaged jack-o-lantern?

YOU USE A PUMPKIN PATCH!

Why didn't the skeleton dance at the party?

HE HAD NO BODY TO DANCE WITH!

Why did the vampire need mouthwash?

HE HAD BAT BREATH!

## ANSWER (FROM LAST ISSUE)

4	3	7	5	1	9	8	6	2
1	9	2	8	6	3	7	4	5
6	5	8	7	2	4	3	1	9
5	6	1	3	9	8	4	2	7
9	8	4	2	7	6	1	5	3
7	2	3	4	5	1	6	9	8
2	1	9	6	3	7	5	8	4
8	7	6	9	4	5	2	3	1
3	4	5	1	8	2	9	7	6

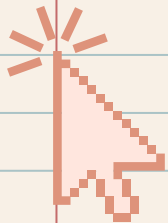


# Want to be featured in our next edition?

Do you have an idea you'd like to see mentioned? Do you want to write your own article? Is there a riddle you're desperate to share?

We want to hear your voice in future volumes! Feel free to contact us :

[studentadvisorycouncil.scusd@gmail.com](mailto:studentadvisorycouncil.scusd@gmail.com)



Or DM us on Instagram  
using the QR code here:

INSTAGRAM

