



## WHY ARE STUDENTS *SO TIRED*?

By Ava Dicrescenzo

Have you ever wanted to sleep in on a school day? Oh well, get up, cause school has always made students get up early. "Why" may you ask? Who knows, but our bodies need sleep, since we are entering adulthood. As scientific evidence indicates, *"that when young people begin puberty, their biological clocks shift; they typically become sleepy later—as late as 11 p.m.—and need to sleep later in the morning to get the recommended 8 to 10 hours of sleep each night"* from the article *"The Evidence on Kids, Sleep, and School Start Times"*.

More and more schools are seeing that their students are busier at night and have not gotten enough sleep. Many students have phones, but are they making the right choices? You may be familiar with specifically, YouTube, TikTok, Fortnite, Roblox, or other social

media... Staying too long on these apps can be harmful to your sleep cycles.

Phones are not the only problem though, as we know, high school students get a lot of homework, and then with sports, chores, and other necessities, it can be a lot! Students also sometimes skip breakfast. This could be for a variety of reason, either to get more sleep, they have no time, they are not hungry or other reasons. Breakfast is the most important meal of the day for a reason. Breakfast can lead you to feel energized till afternoon or even dinner. Not only that, but eating every morning, is beneficial for both health, studies at school, and self-positivity. Don't just drink coffee, eat a snack with it, for starters, take time eating while getting ready for school. This strategy will help you keep awake, do better in school, and healthier.

There are other downsides with not getting enough sleep on a regular basis. What should students and schools do about it? Should we consider later start times in the school day? Should students be aiming to get longer sleep duration? There are truly many factors to consider.



## THAT'S SO RELATABLE... *BEING LEFT ON HEARD*

By Melissa Marrero

Yup, we've all been there before. Your mom or dad calls out to you, you respond, and then... they don't respond back. Now you have to get out of the comfort of where you were at to see what it is that your parents needed, when they could've just yelled it to you! They were able to yell out your name... why can't they yell what they need from you too? It's especially annoying when

they call you down for chores too! Now, not only did you just get out of the comfort of where you were at, but you also have to do something you just don't want to do! (Unless you like cleaning dishes or something...)



## POETRY CORNER: *MY GUMS PINK*

By Anonymous

People say my father had perfect teeth, white and straight  
But his smoking addiction turned them not so great  
Now they are covered with a yellow tinge  
His mouth opens and closes like a loud door hinge

I have his teeth, but not the perfect white ones  
I guess that's the similarity between father and sons  
I have his teeth that are a little crooked  
Being proud of them is something I couldn't

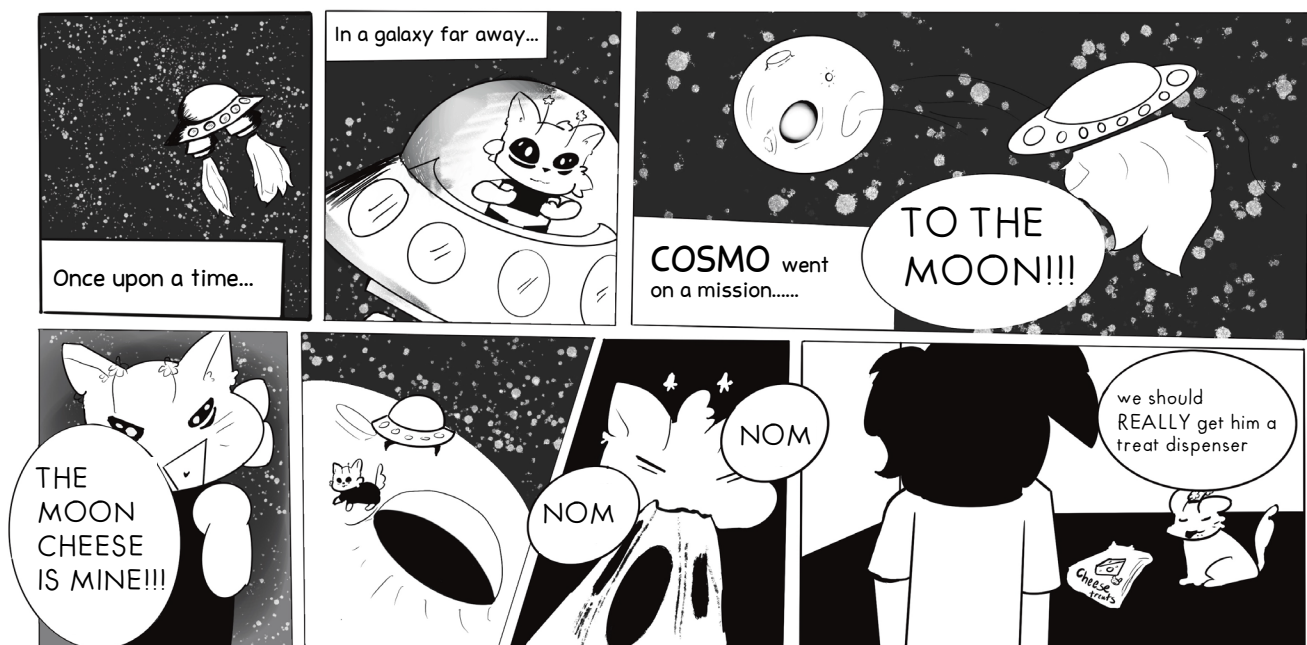
Even though his ugly teeth are the result of his actions, not his DNA  
My canine tooth meets my pink gums like the blue ocean meets the brown bay  
It is embedded by the warm spit I swallow, just like my father  
The father who created me to be such a somber author

It's not so much his DNA that changed me, but it was his actions  
His words are the sole thing that breaks me into fractions  
And even when my life is in a complete thunderstorm whirl  
I still think my dad has the most handsome smile in the world



## OLLIE & COSMO- CHEESY TREATS

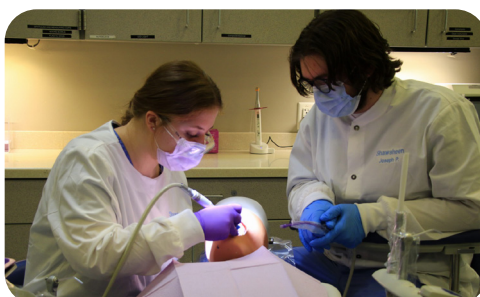
By Onyx Paquin





## COMMUNITY OPEN HOUSE

By Madeline Manning





# TURKEY BOWL!

By Mrs. Stadler

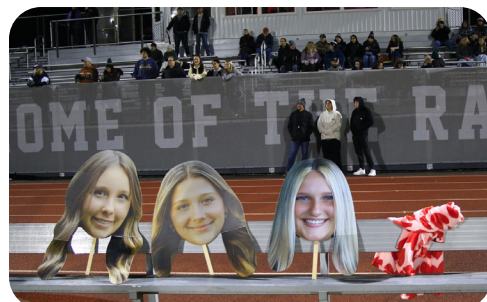
The juniors won a hard fought game with a final score of 28-12. Juniors were led on and off the field by their captains... Francesca Reardon, Valentina Mosquera, Maria Cafaro, Ava Noble and Jailyn DiNuccio.

Outstanding defensive playing by Valentina. She put her body on the line to pull flags and made big plays. MVP of the game was Maria Cafaro who ran the ball well and scored with an unbelievable contested catch in the end zone. Frankie Reardon did her job at quarterback and Ava Noble played aggressive on both sides of the ball. Juniors Adam Caruso, David Viveiros and Chase Kennedy did an outstanding job calling the plays and had a huge impact on the team's success.

By Samantha Fisher and Keira Corcoran



By Madeline Manning





## FALL SPORTS

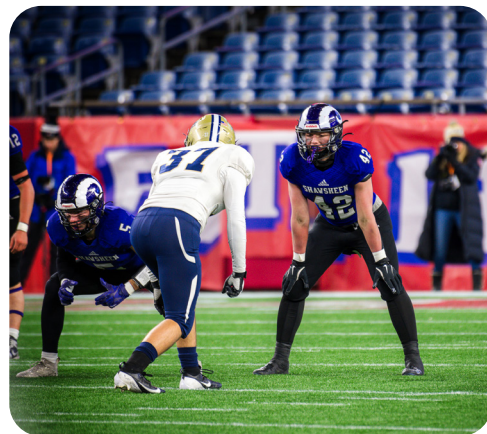
By Madeline Manning





# *SUPER BOWL CHAMPIONS!*

By Ms. Cammarata



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