



FRESHMAN UPDATE

by Milo Jones

What's up guys? This is Milo and I am back with our newest Freshman Update. Winter is an exciting time for freshmen. With only a few exploratory shops left to explore, the pressure is kicking in as people try to raise their grades and improve their skills to get into their first choice shop! Since there's so much happening with shops, a lot of people are left with questions about what's going to happen. So the Newspaper club is here to help! One of the most common questions we have heard from students is: "What happens if I don't make it into my first choice shop?" Although it's not a common occurrence, we all know that getting into the shops we want is a competition, and not getting into your first choice can definitely have some repercussions. However, students who are unable to make it into their first choice shop are asked to meet with guidance. Your counselor will inform you and in most cases will help place you into another shop from your choices. In some cases, there may not be space in your other choices if they are really popular, so it is important to choose wisely. Transfers do happen sometimes, but it all depends on how many others want the shop you want.

Also, some students we have talked to don't have top choices set yet and are still conflicted on what they will pick. If that sounds like you, I recommend going through all the shops you've explored so far and figure out which ones you enjoyed best. Once you've been able to do that, try making a pros and cons list for the shops you picked and see which one is most ideal. It's important to remember that the shop you pick in high school DOES NOT have to be the career you stay in forever! An important thing to note when it comes to shop is that your grades matter. I know we've been hearing this since we started this school year, but it truly is important. Your grades are the main factor in whether you'll make it into your first choice shop. Your grades and behavior are how the school determines your rank and placement when being considered for shops, so keep it in mind as you make your choices. Don't forget to discuss this with your family members, and even stop by to see some of the shop teachers from Exploratory if you have any career questions. Good luck to everyone trying to get their top shop!

BEDFORD MIDDLE SCHOOL VISIT

January 11, 2023



WHAT'S FOR LUNCH?

by Stanley Morgan

When the Newspaper club gets together for meetings, we often talk about things going on in our lives and one Wednesday morning, the ever-important topic of school lunch came up. We thought it would be fun to run a student survey during lunch to find out what lunches are most popular among the student body. After coordinating with Mr. Caruso, we made plans to attend all the student lunches and complete our survey in person, to engage as many students as possible and get more personal input than we would from an electronic form being sent out. We checked with food services make a list of the top seven meals purchased by students. We then asked the students to vote. We received over 200 votes on those top meals, as well as many personal favorites that were not on the list. Nachos overall were the most liked, with 51 votes in its favor, earning approximately 25% of the survey votes. Boom Boom Chicken was a surprising fan favorite, receiving 29 votes despite being a write-in option! One sophomore proudly exclaimed, "This boy LOVES his Boom Boom".

When we were surveying, we received a lot of questions, but one stuck out among the rest. Will this survey make any difference at Shawsheen Tech's school lunch? To give an honest answer, this is one of the reasons we had the idea to do this survey, to see if we could make a difference. We believe that school lunch should be enjoyed by everyone. If we can offer students delicious, quality meals that they love, we can improve a student's day. With working hard all day in academics or shop, lunch is a

welcome break to fuel up and boost our energy. We hope this article makes an impact and encourages Food Services to continue to offer these delicious meals. We all want to make a difference, even small ones. With one small difference at a time, we can all work to leave an impact. And with that impact, we can all change the world.



We are grateful for our amazing food service staff members!

WHAT TO WATCH

The Last of Us is an adapted show based off the video game *The Last of Us*. It airs on HBO every Sunday at 9pm and is on HBO max any time after. It is about a fungus that takes over and causes the world to end. The Fungus takes over human bodies making them infected. The main characters Ellie, a fourteen-year-old girl and an older man, Joel Miller meet in the first episode kicking off a very long adventure. It is set in August of 2023, in Boston. It has been said that episode three is one of the best people have ever seen.

SCHOOL SAFETY

by Alanna Paquin

With the arising number of school crises in our nation it has become more apparent every day that safety protocols are very important to every member of a school community. Learning safety protocols are important for everyone, and it is evident that students and staff must continually improve at drills so they can be more skilled in actual emergencies. Our school is no exception, and the morning of November 9, 2022 was the inspiration behind this article. To refresh everyone's memory, it was early morning during school arrival, when the school was evacuated. By word of mouth, it was rumored to be a gas leak. Rumors spun the situation quickly into misinformation, frustration and blame. However, upon interviewing Principal Cook, we learned a bit more about the circumstances for most of the issues that ensued that morning.

The fact is, the school did not have a gas leak, but simply a smell of gas was reported and warranted an evacuation to keep any students or staff from being harmed by any potential disaster. Originally the evacuation was to take around 5-10 minutes; however, as time went on, the incoming information seemed to change frequently. This is why the students remained uninformed of what they were supposed to do. Whenever the crisis team tried to send out emails to everyone, the plan would swiftly change. What made this especially difficult, was the specific time of the day this happened. Staff and students were arriving to an already evacuated building, leading to

more confusion. Of course, after any crisis, we can all think of ways to improve the outcome. Thankfully, the school's crisis team exists for this reason.

During our interview with Principal Cook we discussed how the crisis team reviews events, and how students can provide their suggestions to administration. Some students may have a trusted staff member they can go to, but for those students who don't feel comfortable going to staff, they can go through the school's Student Cabinet or your elected student representatives. The Student Cabinet meets with the Superintendent and Principal monthly, explaining their ideas and suggestions for improving the school! It is a way to express any concerns or suggestions for improvement in a healthy and more direct way.

In meeting with Principal Cook, we discussed many aspects of school emergencies. Our first topic of concern regarding November 9, was lack of communication as it contributed to the misinformation being spread around by the students, which invoked fear or confusion. This has and is still being discussed with the crisis team. Chaos can be a main disrupter of communication and the main way this is fixed is through practice. Whereas most of our drills have remained consistent, happening during periods 1-4 or 7-8, the school is trying to build up to less "conveniently timed" drills over the next few years. This is also being brought up to the police

department. This is something the school wants to introduce slowly though, because ALICE drills can potentially trigger some individuals. This is about the 4th year of ALICE Drills at Shawsheen Tech so it takes time to become more complex.

Undoubtedly, there are some things that the students should be working on as well to help in emergencies and drills. While one of the main complaints on November 9th was being cold, most students were not dressed appropriately for the winter. Additionally, we made the suggestion of providing warming blankets to Principal Cook, who stated she would bring that suggestion to the crisis team. Fear amongst students caused by misinformation was also another major problem among the students. While this was caused by a lack of information, student gossip created

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SCHOOL SAFETY, CONTINUED

false information, creating rumors that the school was going to blow up. This caused distress in many; so, we ask that students not spread information unless confirmed.

Another thing students can do is to join or become involved with the student cabinet to express

how they believe they can improve the school. School administration listens to the criticism, complaints and advice there, so if there is any particularly reasonable advice to offer, students should give it a try.

To wrap it up, our crisis protocol system is always a work in progress.

Despite the circumstances that may have brought the issues to light, it is being handled by our crisis team, but student voice and participation can help make it better. We encourage you to voice both your concerns and your ideas so we can all be best prepared for anything that may ever arise.

THE SINGLE PERSON'S GUIDE TO SURVIVING ROMANTIC EVENTS

As the Spring passes by slowly, love starts to drift in the air...that's right folks! It's the season of awkward school dances! While some people receive over-the-top, sickeningly sweet "promposals" and invitations to dances, there are others, like me who seem to never receive roses, or get asked out... What time a to be single in high school!

Okay, okay, so maybe I am projecting my own feelings into this paragraph... but it's true! As someone who has no romantic interest in the current moment, I always find a way to scrape by. For those of you who are just as lonely as me, you may be wondering "How do you do it?" Well, you're in the right place, read this and be prepared ... here is the average "Single Person's Guide to Romantic Events."

First, we need to set a few ground rules, in order to endure it:

1. Do not have your friends set you up, if it doesn't work out it can cause drama with your friend.
2. Make sure not to expect too much but stay hopeful. If you do plan on asking someone out, good luck but prepare for any scenario
3. Don't ask out someone as a last-ditch, last-minute effort, that's just ingenuine.
4. Don't meet some random person online. You may never know what that person is like and if they are even safe or a good person.

The best way to truly survive the "prom-pocalypse" it is to adapt to the insufferable, anxiety-inducing environment you are in. You must withstand its natural selection.

In order to adapt to your environment you must:

1. Try to make friends and be friendly to others.
2. If you, like me, have moderate social anxiety, make sure to resolve it to a point first. You cannot get a date if you do not socialize.
3. Ask people out!
4. If all else fails, make a plan to go to events with your friends!

I wish you all the best of luck on your journey! May your future romantic events be as plentiful as they can and may your loneliness be resolved. If all else fails, just remember, there's more to life than wanting to go out with someone to a school dance. The important thing is that you have fun!

Good luck!
Sincerely,

Your Fellow Single Person

BeREAL

by Milo Jones

BeReal, it's one of the newest trending photo apps of our generation and something you should check out if you haven't already! BeReal is an app that allows you to follow your friends and see what they're up to that day. The purpose of the app is to be a sort of time capsule, taking a photo each day and sharing it with your friends to look back on. Each person is given a random time to complete the task each day so you can share the fun and interesting activities you're a part of. BeReal was released in 2020 by Alexis Barrevat and Kevin Perreau. Its age rating is 12+. It's available on both IOS and Android and comes in multiple languages for accessibility to all. So, if you haven't downloaded it already you should do it now and see what you're friends are up to and have fun taking photos!

A note from Newspaper Advisor...

*Just like with all social media apps, it is important to be safe. Never give you private information out on social media. Additionally, what you say and do on social media can be re-shared and can last forever. Behave responsibly. If you see something concerning, say something to a trusted adult.

SKI & SNOWBOARD CLUB

by Lily O'Hearn

The Ski and Snowboard club has met every Thursday since the beginning of January. It is run by Mr. Ryan down in Metal Fab. The club has become very popular in recent years, and any student interested in signing up for next year should talk to him in September. The number of enrollments doubled since last year, there are currently 46 students. The club provides buses that head to Wachusett mountain. If you and your friends love to ski and snowboard, you should check it out next year! More information is provided on the Shawsheen Tech school website under "Clubs and Activities."

THE UNOFFICIAL SPOTIFY OF THE RAMPAGE

Here's what Newspaper Club
is listening to right now.

LIFELESS STARS

by Palaye Royale

VOODOO

by Vundabar

LONELY DAY

by System of a Down

THE OTHER WOMAN

by Lana Del Ray

HOUSE OF MEMORIES

by Panic at the Disco

IRON MAN

by Black Sabbath

WAKE ME UP

by Avicii

WALTZ IN E-MAJOR, OP. 15 "MOON WALTZ"

by Cojum Dip



May 11th and 12th

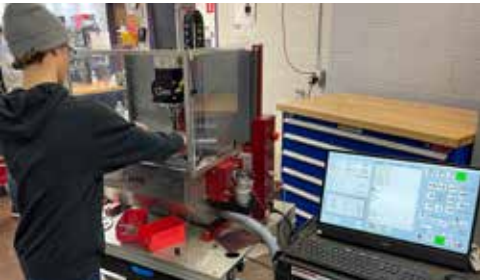
Save The Date!

Come see Shawsheen Tech's Drama Club in **Bye Bye Birdie**



CAREER NIGHT

photos by Kelsey Smith



FRESHMAN DANCE

by Brooklin Schena

Friday, February 10th was the first Freshman dance of the year, and it was one to remember! The decorations transformed the cafeteria with red, pink, and white streamers and balloons! It might have been casual, but everyone was dressed to impress. Everything from the Valentine's-themed backdrop, the color changing lights, and the music that truly made the night! Along with the free pizza too! Everyone enjoyed dancing and laughing with their friends all night long. So, thank you to everyone that came and supported the Class of 2026! Hope to have another dance just as great as this one in the future!



CAMPING OUT FOR MCAS

by Nishtha Lamsal

As Spring approaches, some sophomores are now experiencing a state of apprehension as the MCAS tests draws near. The ELA MCAS is crucial since a high school diploma requires a score of 472 or better. However, there is no need to fear because there was a new MCAS workshop at Shawsheen Tech, called the Rams Academy, and it has been established to ensure that students pass the assessment! Between February 6 through the week of March 20, one MCAS camp was offered two days a week, and the other camp was held each day from February 21 through February 23, over school vacation days.

Offering both camps ensured that as many students as possible could attend. Due to after-school activities like sports, some students would not be able to enroll in the after-school camp. For this reason, they could sign up for camp during the February break. Students could, however, be reluctant to sign up for the February vacation camp, since it would negate the entire purpose of a break, which is to allow for rest and relaxation, rather than to be concerned about exams and therefore they could attend the after-school camp. However, this is precisely why Shawsheen offered the the two workshops! Being prepared is better

than worrying about doing poorly on MCAS. Students will be fully aware of the strategies to employ, the reading skills they need to brush up on, and their overall level of confidence in their English abilities will increase so they can take on one of the biggest hurdles in the 10th grade. Students who attended over February break still were able to receive plenty of relaxation because the Rams Academy did not take up much of the break. The camp's sole goal was to assist students for a few hours, in hopes of raising their MCAS scores, and it may have had a significant impact on many students' futures!

HOLIDAY HAPPENINGS



JOIN US AT NEWSPAPER CLUB!

Meetings every Tuesday/Thursday at homeroom in DVC (505).

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