

September 2022

BACK TO SCHOOL

Student Advisory Council News Letter - V1

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Student Advisory Council Introductions

The Student Advisory Council is a grassroots organization where students from all highschools of SCUSD come together and initiate change in our district. The following students are part of our cohort this school year! Feel free to reach out to us if there are any questions or ideas.



Liam McGurk
he/him, Hiram 11th

I am Native American and Filipino. I am the treasurer of Native Youth of Sac (A native youth leadership for SCUSD). I have participated in AIAS (a Native American summer program to help get ready for college), swimming, and SAGA which is a Sexuality and Gay Allies club that helped others express themselves and figure out who they are as a person. I like to swim, read, and hang out with my friends. My plans for the future are to further my education at American River College and get my AA and become a physical therapist.



Justine Cox
CKM 10th

I am part of CKM's HISP (Humanities and International Studies Program) and VAPA (Visual and Performing Arts). I am also the class of 2025 theater board member for VAPA. I'm also a part of the Women's Tennis Team at my school and last year I was in the cast of my school spring's musical, which I hope to do again this year. I also volunteer at Fairytale Town at least twice a month, and this past summer I volunteered to be a counselor at their summer camp for a few weeks. I also like to bake and cook, especially with my family. I also like hanging



out with my friends around my neighborhood. Besides that, I'm usually doing homework or on my phone. In the future, I really want to pursue an education. I love working with kids and also have a lot of interest in education policy and administration, which is a big reason why I'm a part of this program.



**Jacqueline
Zhang** JFK 12th

Hi <3 Since I moved from Hong Kong to Sac for high school, I tried to get involved in our community by taking up leadership positions. Last year, I was the Student Board Member of our district and I got to work with amazing students to push for change in our community. We focused our efforts on improving sex education, and established a new leadership program related to health education! I've also been in my school's student government for four years. Next year, I am going to be the Commissioner of Fine Arts which is a new position made to encourage art in school.

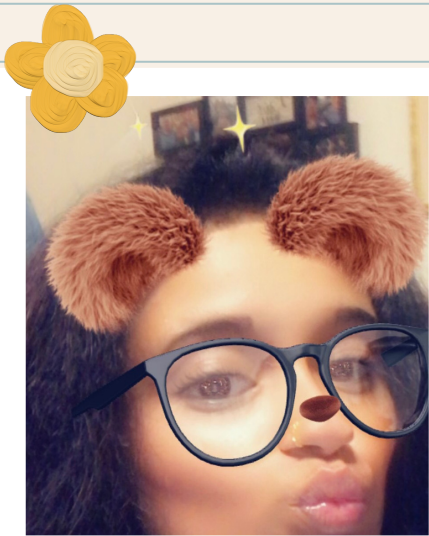
I will try to beautify our school campus and design merchandise for our students. I've also been in MESA for four years and won a Think Tank competition! I'm really passionate about art, so I was part of a zine production as well as co-founded a jewelry/art business with my sister. I like playing games, drawing, reading, and cosplaying! In the future, I plan on attending university for a degree in game design or digital art :)



Caleb Fox
West 11th

I moved here from Washington D.C. when I was three years old. I proceeded to attend Theodore Judah Elementary and have been in the district ever since. This is my second year on The Student Advisory Council. I am one of two Community Outreach Directors at my school who help in the community and organize events such as blood drives and our annual food drive. My main passion is sports. I play a variety of sports but the two that I compete in at West

Campus are wrestling and swimming. I am super excited to continue with SAC and hope that I can make a positive impact on our district.



Sarah Samra
she/her, JFK 10th

In JFK, I am part of the student government that helps with high school rallies or events, etc. I've been part of many clubs and extracurricular activities since the last year of my freshman year. My biggest involvement in school was EQ. I hope to become an EQ ambassador in my junior year of high school because EQ really helps me to have good study habits and good relationships with teachers and my friends. This summer I worked with foster youth members of foster youth handbook rights to add some new rights for foster youth. I like to cook food

from different cultures, especially with my best friend Cailey. I also like hanging out with my friend on weekends. I'm really good at Art because i.m been taking art classes since I was 10 years old. Art is my favorite hobby. Besides that, I'm usually doing my homework or my job. In the future, I really want to pursue higher education. I love working with teens because I'm a teenager too, especially in the future. I really wanted to work with foster youth. I'm really passionate about working with Foster youth. I also want to become a lawyer to advocate for foster youth's rights and needs so they can be successful in life. To be honest I'm a foster youth too. I'm not ashamed of it. I'm not embarrassed but there are some things in the foster system that need to be changed based on my own experience. I really like to see a change in society so that's why I'm part of this program. I want to help students out there who are struggling with their education etc. My biggest goal is to graduate high school early. Right now, I'm taking sac city's college class this year so then I get my associate's degree. The college that I want to go to is Sac State. I really love that college because I work there part-time too with foster youth. I appreciate you all for reading my bio. That means a lot to me. Thank you.



Esperanza Booher
she/her, Rosemont 12th

I'm a current senior and LEAD student at Rosemont High School. I've been a part of many clubs and extra-curriculars inside and outside of school with several leadership positions, including ASB, Blue Crew (a mentorship group), key club, Studio 25 (a media-based club dedicated to Youtube), astronomy club, DJ club, Girl Scouts, and more, but my biggest involvement is in my school's music program. My involvement includes the wind ensemble, jazz band, drumline, and Colorguard (my biggest commitment!), as well as outside youth and honor bands.

I also do pageantry and volunteer at Safetyville and the MOSAC quite often. I love music, astronomy, fashion, and dystopian books. I aspire to major in astronomy and astrophysics (hopefully at UC Berkeley someday!) and it is my dream to work as an astronomer at NASA, helping uncover the mysteries of our universe! I joined the SAC because I believe that students should always have a voice, and I want to specifically represent the students who may struggle academically or may not be in a position that guarantees their concerns/ideas are heard. I'm very excited for the year to come :)



Gracie Segura
they/she, West 11th

Outside of school, I work as a commissioner for the Sacramento Youth Commission. I'm on ASB at West as one of the Rally Coordinators, organizing spirit weeks, games, and themes, and keeping up the atmosphere and environment among the student body. I want to work in the mental health field when I'm older, specifically with teens. I want to specialize in accessible resources such as therapists and psychiatrists, as well as more attainable and reliable ways of getting diagnoses and necessary accommodations to help the day-to-day lives of youths living with mental disa-

bilities. Beyond professional life, I love to listen to music, read, and embroider! I'm an intense insomniac (would not recommend...) so I essentially live off 2 hours of sleep and 5 hour energies every day.



Ren Evans
they/them, CKM 11th

I'm excited to have the opportunity to represent on the Student Advisory Council this year. I am half South Asian, as well as lesbian and genderqueer. I'm also autistic and live with mental illness and some physical disabilities. As a disabled student, a big area of interest for me is advocating for increased accessibility and understanding of disability and neurodiversity within our schools. I am also passionate about making school a safe and affirming space for LGBTQ+ students, and all who feel underrepresented. In my free time, I spend time learning about various social

movements including the mad liberation movement and various other disability movements, as well as queer, BIPOC, trans history, and radical leftist theory. I identify as a communist and believe that dismantling capitalism is the first step to freedom and liberation for all. I have experienced firsthand the detrimental effects of this system that thrives on stripping the people of our autonomy and oppressing the poor and most vulnerable of their power in order to benefit the rich. Engaging in and experiencing mutual aid makes me feel hopeful about the world. Some of my other interests include music, watching live theater, writing poetry, yoga, art, and cooking. I look forward to learning more about and working with our diverse student population and addressing the issues that matter to us as a collective.



Yen Tran
he/she/they, West 11th

I'm a junior at West Campus high school and a tired pansexual. I'm also an officer in NHS and CSF at school. Outside school, I volunteer at my local church which also has a student government I'm part of. I moved here from Vietnam when I was 5 and I'm bilingual, well trilingual if you count the sad amount of Spanish I know. I'm interested in the guitar and have been practicing in my free time. I absolutely love reading and that's what you'll find me doing most of the time, whether it's with an actual book or online. I have a

great interest in astronomy and just overall love learning about space. I also love writing and creating stories, it's one of my favorite things to do when inspiration hits. The same goes with drawing but I'd say I have more talent with writing than drawing. I don't have a particular college or career I plan to pursue yet, I have ideas but none I'm fully committed with. My main requirement is that it's something that I'll have fun with and won't regret pursuing which is why I'm taking my time to explore my options. Whatever happens, I just want to make sure I'm happy :D

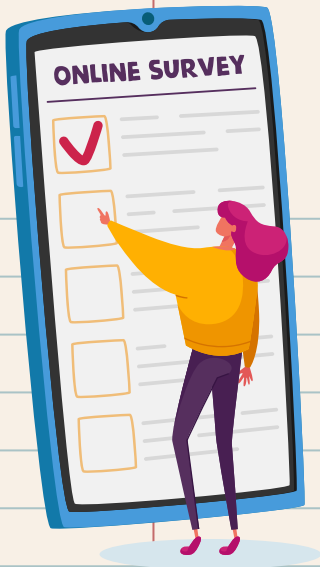


Mi'Bella Gammage
Rosemont 11th

My name is Mi'Bella Gammage, most people call me Bella. I am currently a junior and a LEAD student-athlete at Rosemont high school. I am a part of my school's blue crew which is basically a committee of officers (upperclassmen) on campus that mentor the lower-class men and teach them the ways of the Wolverine. I participate in both track and field and basketball. I love playing sports and being a part of something bigger than myself but without me, it couldn't work. As you may know, AP classes, sports, having a job, and being involved in as many

community services and school activities can be very time consuming, but in my free time I love to be active (working out), cooking/baking, doing hair, and learning how to do just about anything (like nails, drawing, etc.) In the future, I am very dedicated to becoming a neurosurgeon or obgyn. I hope to take about 10- 12 years of college and then be done and successful. In the near future, I hope to attend a four-year college (maybe San Diego State or Stanford.) I really am a dedicated and hardworking person and I hope that one day all this hard work will pay off. I strongly believe in getting out and becoming something bigger than anyone can even imagine and I hope to one day set a perfect example of that!





SAC Youth Voice Survey

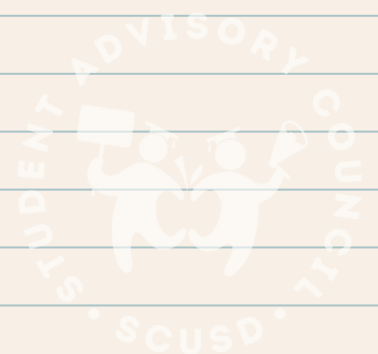
Hi! The Student Advisory Council has created a survey to ask you about your experiences as students.

Every year, the Student Advisory Council develops policy initiatives aimed at improving the lives of students across the school district. The purpose of this survey is to have your student voice and perspectives help lead our initiatives for the 22-23 school year.

Please answer this short survey honestly, thank you for your time!



[CLICK HERE TO](#)
[TAKE OUR SURVEY](#)



TIPS from the SAC!

Coping with new situations

→ Remember, you get a fresh start!

Especially if you're attending a new school, the new school year is a chance to start fresh, and that can be a good thing! Take advantage of it! If there is anything you want to try, anything you think you can improve on, or anything you want to move past from, a new environment with new peers gives you that ability. It may be scary and you may set high expectations for yourself (we all do), but if you take advantage of this chance rather than fear it, I promise you'll be able to make the most out of high school. Just make sure you make decisions with your emotions AND your mind, and try your best to stay out of trouble as trouble can only complicate your new school year.

→ Get to know your school

New environments can be a little confusing and overwhelming, but there is a lot you can do to make adapting to your school easier! Starting out, it'll be helpful getting familiar with the map of your school if you have access to one. Marking down your classes for each period on a map is a wonderful visual aid to help you guarantee you don't get lost and that you feel confident that you're where you're supposed to be. And, if pulling out a paper is too much of a hassle, taking a picture of it and setting it as your phone lock-screen temporarily can be a convenient reference for you!

→ Time management

Settling into your new schedule can be hectic and stressful if you're not properly prepared, but now is the best time to prepare by learning some time management! Utilizing calendars and dividing

your work/responsibilities equally and based on priority can help with procrastination and be much healthier for you in the long run.

→ **Ask questions!**

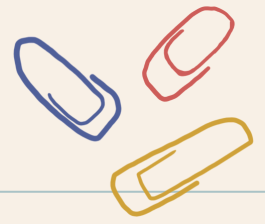
This tip may seem obvious, but more people suffer in silence than you'd think! Asking questions can only do you good, so why not utilize the knowledge of your peers? Whether that be asking teachers/staff, other students, mentors, alumni, or the internet, plenty of other people have experienced exactly what you're experiencing and may be your best tools to help you adjust. And you never know, you may make some friends by asking questions!

→ **Join clubs, extracurriculars, athletics, and electives! Participate!**

One of our biggest pieces of advice if you're seeking new friends and experiences is to join an organized group, or participate in school events! **Shared experiences and interests** make socializing a lot easier, as relatability is one of the best ways to bond with people. Not to mention, so many opportunities can be brought to you if you decide to commit yourself to something! Just make sure you don't overwork yourself, and most importantly, have fun! Don't join something just because you feel like you have to. Being a part of these groups and going to these events should feel rewarding, not like a burden.

→ Finally, remember: **you're not the only one**. Everyone around you is also going through change or something new, and they all probably feel just as nervous about things as you might feel! You're not alone. Fear and nervousness are completely normal! Give yourself some grace, and allow yourself to feel and process any emotions that may come up. And if you put things into perspective, everything you've ever done had to be something new to you at some point. But, it has also become easier and easier later on, until it isn't new anymore!

✓ You got this!



Studying

Find your motivation

- Find the right reason for you to work hard! Whether it is to challenge yourself or to learn new things, it is important to know your goal for studying!

Try to eliminate distractions

- Pre-fill your water bottle, get some snacks, pens, and necessary supplies. Try to avoid getting up from your seat in order to keep you focused! And if you find technology distracts you, put your phone in another room!
- Make a list of what work you must do ahead of time so you don't have to choose during the study session! Break down your to-do list! Instead of having "project" as your task, break it down into smaller parts like "research", "first draft", etc. Then, time it out you don't have to do all the tasks at once.

Efficiency > amount of time used to study

- Studying for long periods of time might not work for everyone! The most important part is to find suitable studying methods for yourself based on your learning style! If you're a visual learner, maybe watching a video is more helpful, etc.

Listen to music!

- Music can be beneficial for focus and make studying feel a little less dreadful. But, make sure it doesn't have lyrics as it may be overwhelming and become more of a distraction, which is the opposite of what we want!

Put on "study with me" videos or have a study partner

- Having a study partner is a popular tip used by college students! But if your friends are a bit distracting, you can try searching for study videos with me on Youtube.

Use extra time in class to study

- As tempting as your phone can be, you're going to want to use the time in class to study and do your homework. It's especially helpful because if you have a question about something then you can easily ask your teacher or a classmate

Take it easy! <3

- Studying is certainly important to do well in tests, but don't forget to let yourself breathe and refresh. Look at the trees outside your window for your eyes to take a break and fix your posture! Drink more water and stay hydrated!

After the test...

- If you are studying for a test, make sure to evaluate your answers after you receive your score! Asking the teacher for improvement tips is a habit that is applicable to college as well.

Good luck with this year's classes,
We believe in you!!!





Sudoku



Did you know sudoku is 数独 in Japanese, which means "number-alone"? That is why the game sudoku has the following three rules.

1. Each **column** must only contain one of each number from 1-9.
2. Each **row** must only contain one of each number from 1-9.
3. Each **block** must only contain one of each number from 1-9.

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

Using those rules above, try this medium-level sudoku puzzle! Have fun, and the **answer will be revealed** in the next issue. :)



RECIPE



Every month, we'll be highlighting a new recipe that is "easy" to make and celebrates the beautiful diversity of our student cultures at Sacramento City Unified School District.

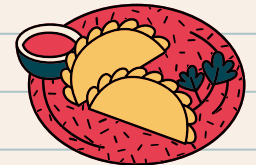
In celebration of Hispanic Heritage Month we wanted to share a simple recipe with you that you can try at home. This month we'll be making empanadas!

Ingredients

- 1 large russet potato, peeled, diced into 1/4 inch cubes
- 2 **tbsp** olive oil
- 3/4 **lb** ground beef
- 1/2 medium onion, grated
- 1 small carrot, grated
- 1 rib of celery, finely minced
- 2 cloves of garlic, minced
- 1/2 **tsp** chili powder
- 1 **tsp** ground cumin
- 1/2 **tsp** ground cinnamon
- 3/4 **cup** beef broth
- 1/2 **cup** peas
- 1/2 **tsp** salt
- 1/2 **tsp** pepper

Crust

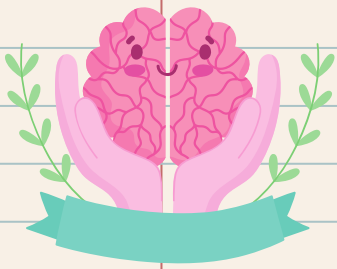
- 2 1/2 **cups** all purpose flour
- 1/2 **tsp** sea salt
- 4 **oz** unsalted butter, chilled and cut into 1/4 inch cubes
- 1 large egg, room temperature
- 1/3 **cup** ice water
- 1 egg, beaten for egg wash



Method

1. **Make the pastry dough:** Pulse the flour and salt in a food processor. Add the butter, 1 large egg and ice water, pulsing until the mixture resembles coarse crumbs. Shape the dough into a ball. Tightly cover the dough in plastic wrap and place in the refrigerator for at least 30 minutes.
2. **Prepare the filling:** Fill a medium size pot 3/4 full with water and bring to a boil. Add the cubed potato to the pot and boil until tender, about 3 minutes.
3. Meanwhile, in a large skillet set over medium, heat the olive oil until shimmering. Add the ground beef along with the onions, celery and carrots. Cook until the beef is browned and vegetables are softened, about 8 minutes. Once potatoes are cooked, drain and add them to the ground beef mixture.
4. Add the garlic, chili powder, cumin, cinnamon and beef broth, cook 1 minute longer until spices are fragrant. Add and peas and simmer over medium heat until everything is fully incorporated and most of the liquid has been absorbed. Season with salt and pepper.
5. Preheat oven to 375°F and place rack into the center of the oven.
6. Remove dough from refrigerator and divide it into 10 equal part—roughly 2.2 oz each. Roll each piece of dough very thin on a lightly floured surface until you have a circle roughly 7" wide. Working with one at a time add a heaping 1/3 cup of filling onto one side of the dough.
7. In a small bowl, mix together the beaten egg with 1 tablespoon of water. Wet a pastry brush with egg wash and dampen the inside 1/4 inch edge of the dough. Fold the dough in half over the filling. Using a fork, firmly press the edges together. Repeat this process with remaining dough and filling and arrange on a parchment lined baking sheet.
8. Brush the tops of each empanada with the egg wash until coated. Bake for 35 min or until golden brown.





Mental Health Resources



SCUSD Student Support Centers and the Connect Center have compassionate, well-trained staff to help students and their families with mental health concerns. This list also contains a variety of community-based mental health resources.

The SCUSD Crisis Response Team is a team of mental health professionals who provide direct support to students and school staff in the event of community or school crisis impacting campus. For more information about the Crisis Response Team, contact [Jacqueline Rodriguez](#).



Youth Mental Health First Aid (YMHFA) is an evidence-based certification training that helps youth-serving individuals and parents learn to recognize the signs of various mental illnesses and/or suicidal ideation. SCUSD YMHFA offers training to any interested staff, parents and guardians, and community members to spot the signs and intervene early.

Suicide prevention & intervention is another area of focus at SCUSD. Read the [Board Policy on Suicide Prevention and Intervention](#), or review official [Suicide Risk Assessment Procedures](#).



IF YOU OR SOMEONE YOU KNOW IS THINKING ABOUT SUICIDE, CALL 1-800-273-8255. IF YOU OR SOMEONE YOU KNOW IS ABOUT TO ATTEMPT SUICIDE, CALL 911.