

Voltage

Science Park High School

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Fitness with Mr. Farley! Mental and Physical Wellbeing During Remote Learning

By Ashley Lourenco

We're four months into the virtual school year, and one goal of the home of the Chargers has been to encourage wellbeing along with good work management, efficient learning, and participation.

Many questions have been floating around:

- How do we stay fit inside?
- How do we cope with the overuse of technology?
- How do we deal with stress?

I corresponded with one of Science Park's Health and Physical Education teachers, Mr. Farley, to get an insight. He's been a teacher here for 16 years and loves to make class engaging and get students healthy.

Q: Do you think once kids are in school we can safely be able to get active? What will Gym/PE look like?

The NPS District is developing plans for physical education classes. Currently, they are not available.



Q: How are you staying safe and healthy at home?

I wear my mask when I am in the general public as well as where required by NJ law. I only eat outdoors at restaurants. I participate in doing yoga

and stretching exercises with my classes on Wellness Wednesdays.

I walk my dog more often during the day. I try to go for additional walks during the day or at night. I try to take a ride on the weekend or after school to get out of the house.

Being at home has allowed me to take care of some house repairs and landscaping after school and on the weekends that I haven't had a chance to get to because of coaching.

I taught the MyPlate Menu Food Guide to my classes during the pandemic. I am trying to integrate the guidelines from MyPlate into my lifestyle.

This has made me more conscientious of what I eat. I have definitely been eating more fruits and vegetables.

Q: Do you face stress nowadays? How do you suggest students deal with stress from being online all day long and isolated?

There is definitely more stress in my life with dealing with the Covid-19 pandemic as well as teaching online. I deal with the pandemic by trying to follow the guidelines issued by the CDC and by keeping up with the latest news concerning the pandemic. Most teachers became new teachers last year at the beginning of the pandemic, including myself.

To deal with the stress of teaching online, I have attended webinars to learn different strategies to use in my online instruction. I like to use breakout rooms in my class instruction. This allows the students to talk to each other. I use breakout rooms at the beginning of class as a Do Now or at the end of class for Social-Emotional Learning.

I miss my students as well as my colleagues. I send texts, email, or call my colleagues to keep in touch. I also like to share resources with them that I find very helpful for classroom instruction.

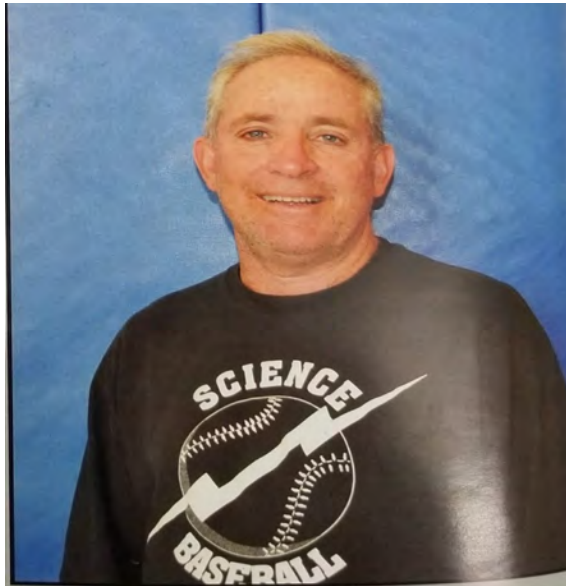
Q: What are your tips for everyone, especially students, on staying fit when it's so easy to be sedentary?

The students seem to enjoy participating in my class on Wellness Wednesdays, where we do yoga and stretching exercises. Because of their interest, I give my students links to various workouts and yoga tapes to do voluntarily at home. As we spend more time indoors, my students will be developing their own workouts that they can do 3-5 times a week.

I encourage them to follow their MyPlate Flip Grids to help them plan their meals with their parents/guardians so that they can have nutritious meals. I also encourage my students to limit their time on the computer by taking one weekend day where they don't turn

on their computers at all. I encourage staff members to try to do the same.

Also, staff and students should take advantage of the SKY programs offered daily online on the school's website.



Q: Are there any changes in the way our online classes or environment is set up that you think could benefit both students and teachers?

I like the A/B schedule and Wellness Day on Wednesdays. Every week I ask my students the amount of time that they spend on their computers a day. I have seen as low as 5 and as high as 13 hours. The majority of my students average 7-8 hours a day on their computers attending class and doing homework. I try to limit my homework assignments.

One thing that I learned about teaching online is that I am always willing to try something new in class, especially when it relates to different types of technology.

My students have become my teachers when I make a mistake on a new learning platform. I also found that students enjoy learning different types of instruction. My advice to everyone is "Don't be afraid to fail when you try something new in class." Wishing everyone wellness!

Webex and Google Classroom

By Elizabeth Ajayi

During these months of online Webex classes, students turning on their camera has become a big issue. Most students always have their cameras on; then there are those students who just never have their cameras on.

Cameras being off disturbs the flow of the class but it is mostly the way teachers react. There are valid reasons for not having your cameras on that is not just "my camera is broken":

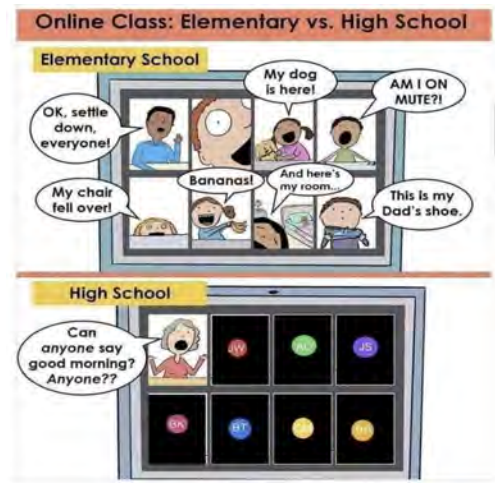
- Some students may have cameras that just don't seem to turn on during Webex meetings;
- Some students' cameras are on but they are just not visible. During some of my classes, we've

had many instances of this case. There are students who turn on their camera but instead of seeing their face you see a big screen of color. Once, a student's screen was green. This student should not get a 2 out of 3 on the student engagement score because of a difficulty that they cannot just fix;

- Some students have family issues. Yes, my camera is working and, yes I would love to turn it on to get a 3 out of 3, but I cannot because what is happening in my background is embarrassing.

Can You Hear Me?

The issue of mics not working has made it very difficult for teachers and students to communicate with one another.



Looking at this picture, which type of classroom would you prefer?

Obviously the classroom on the top. All students are talking with the teacher even if it's not about the topic. This is

what makes a class a class. Not the number of students, or the faces of the students, but the communicating.

Communication comes in many forms. Even if you cannot speak, you can always text. Either way the important thing is that you are sharing your ideas and opinions with the people around you.

Solutions for Effective Online Learning

In order to effectively use Webex and Google Classroom, you need to be able to address these problems in a way that does not disturb the classroom. Webex and Google Classroom go hand in hand. If there is a sincere problem with your camera, you can do the following:

- Alert your teacher so that you do not get a low engagement score;
- Alert the school about your computer problem.

If you are unable to use your microphone during Webex meetings, you should text in the chat:

- Let the teacher know that you are present and listening;
- Let your classmates alert the teacher that you are responding to them in the chat;

- Contact the school so that they can equip you with a chromebook with a working microphone.

Teachers and students working together to make sure other people's issues are resolved can really allow the issues of Webex to be less severe in the classroom. Until we are allowed to return back to school, we should all take part in trying to make the best out of Webex and Google Classroom.

Amy Coney Barrett Confirmed to Supreme Court

By Victoria D Rengel

Judge Amy Coney Barrett was sworn in to the Supreme Court Monday, October 26. Earlier that day the Senate voted on whether or not she was to be confirmed. The vote was 52 to 48. With little time left before the election, this raised controversy on whether or not President Trump “has the power” to still nominate Judges. The left believed that since President Trump’s term is very close to reaching an end he should not appoint a Judge and that he should wait and leave it up to the next President.

Another reason many have argued whether it is right to appoint a Judge so quickly after the passing of another, that being the death of Ruth Bader Ginsburg. On the contrary, the right believed that since President Trump’s term ends in January, he still

had the constitutional right to nominate someone.

The confirmation process can be stressful. First, the president must nominate someone to the Supreme Court. The nomination is then sent to the Senate Judiciary Chair, and then an investigation is started on the nominee. Later on, a hearing is scheduled.

During the investigation, the Judiciary Committee and the Senate ask the nominee anything relating to the nomination. Then the committee must choose whether the nominee is favorable or not. Only if the nominee is labeled favorable is a report sent to the senate. After the report is sent, the senate must vote on the matter. A simple majority is needed to confirm the nominee.



Barrett attended Rhodes College and Notre Dame University. Judge Barrett is a lawyer, professor, and jurist. Barret formerly served on the Court of Appeals, and the Advisory Committee for the Federal Rules of Appellate Procedure.

Applying to College

By Angie Moya

COLLEGE. It can make you feel stressed just thinking about it, but the college application process doesn't have to be stressful if you take the appropriate steps in time.

Research → Plan → Apply → Decide

Before filling out anything online, make sure you have a conversation with your parents/guardians about the colleges you would like to attend.

1. Complete the FAFSA

This is a free application form you need to fill out to receive any financial aid (that you qualify for) from the federal government, to help you pay for college.

First, you have to create an FSA ID, (your parents must create one as well) which you will be prompted to create once you start the FAFSA form.



2. Fill out the Common Application

This is an online application and platform where students are able to manage and send their applications to multiple schools of their choice. All you have to do is fill out the application once:

- Be aware of college application deadlines (rolling, priority, early decision, and early action);
- This year, most colleges will be test optional so you can choose whether you want them to receive your test (SAT/ACT) scores or not.

3. Finalize your College Essay

Your essay is super important! It allows admission officers to get to know you on a more personal level, and can show them how you have overcome any challenges. Your Common App essay will be seen by all the schools you apply to so you want to make sure your story stands out. The main purpose of the essay is to show colleges that you are a well-rounded student who will contribute to the school, so you want to show your uniqueness.

4. Ask for Letters of Recommendation

Some schools require a certain number of letters of recommendation, so you should request personal recommendations from some of your teachers, or your counselor. Try to choose teachers who have had the

chance to get to know you, and who will describe you in a positive light; this will make it easier for them to complete it.

5. Do More Research on Financial Aid

Sometimes the FAFSA isn't enough, and you may need more help covering college expenses. Types of financial aid include grants, scholarships, work study (these 3 don't have to be repaid), and federal or private loans (these must be paid back).

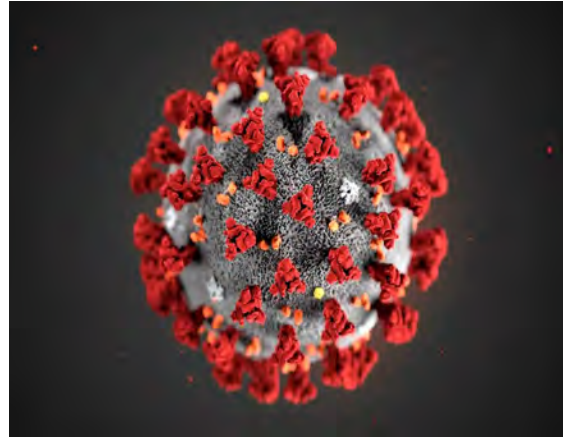
6. Find Out the Cost of Tuition

Tuition and fees vary from college to college so it is important to research the costs. Schools have a net price calculator on their website which can give you an estimate of cost based on a few income questions. Usually the least expensive option is to attend state schools as an in-state student but definitely don't rule out private schools, sometimes they can have better options. Always look towards schools you feel have more value and will offer more opportunities for you.

7. Apply for Scholarships

There are so many scholarships available that students don't take advantage of, including but not limited to, academic achievement, sports, being a first generation student, and being part of underrepresented groups. You can find some scholarships online simply by googling 'scholarships.' Also, there are many scholarship opportunities on the Class of 2021 Google Classroom page.

COVID-19 Updates By Angie Moya



New Jersey has seen a dramatic increase in the number of coronavirus cases since the pandemic's peak in April, and new restrictions are being enforced.

New Vaccine

Companies Pfizer and BioNTech announced that a vaccine candidate has shown over 90% effectiveness in preventing COVID-19 infections. This is a major breakthrough. Still, we must all continue to practice safety measures.

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