

# Roadrunner Express

JAMES RUTTER MIDDLE SCHOOL

## How to Handle Stress and Why It's Important To

By Annaliese Daranykone

Handling stress at home is important for students to do, especially this school year.

Having to deal with Covid-19 and the precautions we have to take because of it is causing stress to be an extremely common feeling this school year. The stress of distance learning is also causing some students to struggle. All that on top of stress that some students are already dealing with for personal reasons can make things difficult.

When someone is

stressed it affects that person's emotional and physical health. Ms. Wang, a teacher at JRMS, says a person who is very stressed is more likely to get sick than a person who is not, so it's incredibly important to learn at least a few ways on how to handle stress. Ms. Wang also says that people react differently to stress and some ways to identify that you are stressed are appetite changes, trouble staying or falling asleep, feeling

sick, having headaches, or feeling tired all the time. Feeling anxious is also a sign of stress, and you may even start isolating yourself from others.

Mr. Perry, a counselor for the Elk Grove School District, says some good ways to avoid and to deal with stress are to do something you enjoy: read a book, watch a favorite Tv program, play video games, chat with friends on Zoom or other social media, cook your favorite meal/snack, do an art project, write, or learn or play

an instrument. Some more ways to handle stress are to write in a journal, talk to someone who you trust about your feelings, play a sport, go on a walk, run, bike, play with your pets, or meditate, Ms. Wang says.

It's important to remember that stress will always eventually pass. Mr. Perry says, "It's not a permanent state of mind, only temporary, and each person will have to deal with it in his/her/their own way - whatever works for them."

## We Have a New Vice-Principal at JRMS!

By: Himani Johal

In October, when Mr. Shackelford took another job in September, and our other vice principal, Ms. Saechao was doing the work of two VPs, the office staff knew that we needed a second vice-principal.

Through a Zoom interview, Mrs. Swift was hired to be our new vice-principal. She officially became a part of our school on January 4, 2021. When asked what it was like getting a new job during the pandemic, she says, "It's a little crazy not knowing anyone. I go into classrooms just to see the teachers and students to

see who they are. I got into education for kids...and everyone is home! So I am very excited to get everyone back on campus." Mrs. Swift is determined to help get everyone back to school!

Mrs. Swift has been working at Valley High School as their Athletic Director for the past five years and has been an Athletic Director for over thirteen years. Her first teaching job was at a middle school. She loves 7th and 8th graders!!

Mrs. Rambo, JRMS principal, says when she first met Mrs. Swift, she was positive

and full of energy. Her history of working with students and supporting them also helped her get the job. Our librarian and yearbook teacher, Ms. Conway, also says that Mrs. Swift was super friendly and easy to talk to. "She obviously wants to be at our school."

Mrs. Swift loves to have fun and build relationships with students! She is ready to get to know you and support you. She advises you to "stay positive. Stay on track and keep moving forward. Make good decisions for yourself. Stay in your lane and do the best you can

each day and good things will come. Be good to those around you. Be kind all day, every day."

Feel free to send Mrs. Swift an email introducing yourself and welcoming her to our school. She's here to help and she is amazing!



## The Daily Bulletin

By Rubi Alcaraz Panduro

Every weekday after third period, Mrs. Poppers records the daily bulletin in her classroom, the bulletin that informs students about school events and national days.

In August, Mrs. Poppers began to record a daily bulletin to replace the school mornings when she would speak to the students over the loudspeaker. Mrs. Poppers usually records these announcements after her third period. She records these by herself by setting up a camera on a tripod. If she is cooking, she tries to get someone to record her.

Mrs. Poppers usually takes announcements that the staff recommend and uses an outline to remember what to say. She features the national days because

sometimes they are important historically, socially, or they are quirky and fun. She also places activities on the Student Activities section of our JRMS website that go along with what she features in the bulletin. Mrs. Poppers does special things depending on the day; for example, if it's a national food day, she will bring that food or she will make it on the bulletin.

Sometimes on the bulletin, Mrs. Poppers features special guests. Many teachers like being on the bulletin. For example, Mr. McLaughlin likes being part of the fun activities and special days that Mrs. Poppers has planned.

The point of the bulletin is for students to be informed about school events or other important information. Many students watch the bulletin during second period, it is available on the Jrms website or on YouTube.

Mrs. Poppers does the bulletin to "try to maintain a sense of normalcy in these crazy, unpredictable times, since I used to read the bulletin at the start of school every day. It provides a daily service to the students and families, keeping them informed of the happenings of the school." Her favorite part of the daily bulletin is announcing the winners and the national days; her goal is to make students happy and smile.

## Turning On Your Camera During Class

By Aliah Delgado Rosales

**Sacramento CA:** Students of James Rutter Middle School are getting more comfortable about turning on their camera when in their workspace in their Zoom class.

A JRMS math teacher, Ms. McFadden, stated that turning on your camera is very important so teachers can see if their students are paying attention in class, being active in communication, and being engaged and focused on the lesson. Ms. McFadden said she would inspire kids to turn on their camera by teaching them why it's important.

Some students who are very shy don't want to turn on their camera and in breakout rooms it is the hardest for them to turn on their cameras. Some students never turn on their camera to greet

their classmates or teacher, but Ms. McFadden stated that she likes when students greet students at the beginning of class. She says she misses her students and being in her classroom, and she also misses the connections and community and she wants to keep all of that. She said that she had one student in quarter 1 that never turned on his camera, but now in quarter 3 he always keeps his video on and now she knows he is learning.

Ms. Werner is an ELA Honors teacher. There are many difficulties with turning on the camera, and one of Ms. Werner's difficulties is, "It's hard not to look at your face and you don't want to be the only one with your camera on and sometimes it feels distracting." Ms. Werner thinks it is important for students to turn on their camera because everyone will get to know each other and it's very hard to get to know each other if we are just staring at black

boxes. Ms. Werner said she would inspire her students to turn on their camera by doing silly games and letting them win prizes if they turn on their camera.

Teachers all agreed with Mr. Payuyao that it is very important for students to turn on their camera because "it builds accountability, trust, and ENGAGEMENT!!!!" Mr. Payuyao would like to help inspire kids to turn on their camera to help them build self confidence and also challenge them to be fully present in class. Many students have a fear of turning on their camera, but Mr. Payuyao said something that helps him turn on his camera is "being a teacher and leading by example."

I believe students should at least try and overcome their fear of turning on their camera by turning it on once in a while. It is very important for students to turn on their camera because it would help the teachers understand better if you need help or are confused.

## How to Find New Hobbies Anywhere, Anytime!

By Alejandro Luna

Finding new hobbies is great to start right now during quarantine because it could bring you happiness.

According to Ms. Fidel, finding new hobbies is important because it's something that you enjoy doing that can help you get through times when you are bored and help you disconnect from screen time on your tech devices. Simple ways to start new hobbies are by thinking of the things that you like. It can also be something new that

you want to know more about or learn how to do.

According to Mr. Payuyao, JRMS P.E teacher, it's important to have hobbies because it provides you with something to do, whether you are bored or tired. Hobbies are a great way to give you something to do and provide you with some joy. He said start by looking for things that you enjoy doing and that make time fly by.

Marcos Escobedo, a JRMS student said, having hobbies has

helped him out during this pandemic and help him keep active while there isn't anything to do. Some of his hobbies include working out at home and playing video games. He chose these hobbies because he found those interesting during COVID 19.

Hobbies make you feel good inside, they make you forget about time, and anything else that is bothering you. Find a new one today!

## Helpful Habits For Zoom Class

By Valerie Moua

At home, many students struggle with participating in and having good habits for their Zoom class in Distance Learning.

Unhealthy habits can cause kids to struggle on Zoom, and can harm them both mentally and physically. Unhealthy habits can involve the lack of sleep and exercise, and going on devices constantly. Doing these things during school days can cause you to feel less motivated and worn out.

7th grade counselor from JRMS, Mrs. Carstens recommended that a good eight hours of sleep is healthy for you. Sleeping for around eight hours can boost your energy and motivate yourself

to achieve your goals for the day. Although this can help boost up your energy and motivation to continue participating in your Zoom class, there can be many distractions in your household.

It is important to have a good environment in your home and keep distractions away during Distance Learning. For example, being in a loud room can be distracting and can cause you to feel annoyed or irritated. Therefore, the best solution is to move to a quieter room with less distractions.

"I think the best way to focus is by turning the camera on so they can engage with the teacher and lesson. That way if

they don't understand, the teacher can answer questions and clarify questions," the 7th grade counselor, Mrs. Carstens also said.

Having good Zoom habits starts from clear expectations. "If students are addressed on how to act, respond, and behave, they will have an understanding of what to do. However, teachers have to model the behavior and lead by example as well," Mr. Payuyao, JRMS PE teacher said. As students first began to do Distance Learning, they were taught about Zoom etiquette so they could have a better understanding of what they were expected to do.

Evelynn Moua, a

7th grade student of JRMS, has stated that early in the morning around 7:20 a.m, she will log into her Zoom class if she has unfinished work or other things to do. This gives her enough time to complete her small goals in the morning and be more awake.

Establishing good Zoom habits will make us more successful. We may never know when Distance Learning will stop but this is an important experience for young students because having good Zoom habits can prepare them to do things that they will experience more in college and work.

## Prize Patrol!

By Cecily Hernandez

Prize patrol is an activity that Mrs. Poppers, Mrs. Bettencourt and Ms. Conway have been holding for the school because of distance learning.

According to Mrs. Poppers, she started the activity and she feels like we should continue. "I want to try to keep our

students connected to school as much as possible. That's why I put things on the Student Activities page almost daily. By having advisory and different contests, we hope to keep you engaged and motivated. I believe going to a student's home shows them we care and we're here. Looking

at a bunch of black boxes can be very depressing and discouraging to teachers and students. Seeing a real person from school I feel makes a difference. "Mrs. Poppers is very much on top of prize patrol. Mrs. Poppers really enjoys the feeling of being connected to students and being

## Creating Healthy Sleeping Habits

By Aastivya Sharma

Distance learning is causing students, and even some teachers to stay off guard with their sleeping habits.

How do you know if you are getting enough sleep? "As a general rule, if you wake up tired and spend the day longing for a chance to have a nap, it's likely that you're not getting enough sleep" (NHS website 7). If you feel like sleeping during Zoom class, it is probably a result of a bad sleeping schedule.

In spite of that, students can try to improve their sleeping habits. For example, creating a consistent routine can help: going to bed at the same time every night, and waking up at the

same time every morning. This will help your body wake up easily in the mornings; "the timing of the body's internal clock can help you fall asleep and wake up more easily" (Division of Sleep Medicine at Harvard Medical School "The Takeaway" 2). Another healthy sleeping habit can be making your room comfortable, and cool. Sleeping in a cooler room may help improve your health, and make you sleep nicely.

According to Professor Michael Decker, Ph.D., spokesperson for the American Academy of Sleep Medicine states to improve our schedule for sleeping, it is better to put technolo-

gy away one hour before bed. Smartphones can make it difficult for us to fall asleep, because devices can interfere with sleep by suppressing the production of melatonin, a natural hormone released in the evening to help you feel tired and ready for sleep" (Sleep foundation).

Healthy sleeping habits can be improved if individuals will try to create it. Roadrunners, this will help you make it into class on time and make you energetic during Zoom class.

*Adopt Good Sleep Habits | Need Sleep. (n.d.). Division of Sleep Medicine at Harvard Medical School. Retrieved February 10, 2021,*

*from <http://healthysleep.med.harvard.edu/need-sleep/what-can-you-do/good-sleep-habits>*

*Can Electronics Affect Quality Sleep? (2020, November 6). Sleep Foundation. <https://www.sleepfoundation.org/how-sleep-works/how-electronics-affect-sleep>*

*NHS website. (2018, June 4). Why lack of sleep is bad for your health. Nhs.Uk. <https://www.nhs.uk/live-well/sleep-and-tiredness/why-lack-of-sleep-is-bad-for-your-health/>*

## Flipping Through the Pages

By Yareli Rodriguez

Today, JRMS yearbook/publications class publishes a school newspaper called "The Roadrunner Express" 3 to 4 times per year.

Our school newspaper is published for students, staff, and parents. "Our school has a school newspaper to help students write for a purpose and an audience, provide real life writing experiences,

keep all students informed, and highlight personalities," said Mrs. Poppers, former newspaper teacher.

Ms. Conway believes that school newspapers are helpful to students by stating, "It's a way to keep our school community informed of the happenings at Rutter. It is also a way to bring our community together. Finally, it's an excellent opportunity for students to learn a different form of

writing."

Mrs. Poppers agreed, saying, "Yes, I think school newspapers are helpful to the students to read and stay informed or entertained, and also to put something into print form, since everything is online. If I want to save something, I print it. If my name was in the school newspaper, I'd save it."

Our school newspaper is always on our school website (jrms.egusd.net) and it is also emailed through Synergy.

## Prize Patrol, continued

By Cecily Hernandez

able to interact with them," says Ms. Conway.

When a student wins a prize, Mrs. Poppers reaches out through a phone call or Synergy, if the student doesn't answer Mrs. Poppers "hunts them down" through their teachers. According to Kaya Brown, a stu-

dent who has won prizes, you can win a Gamestop, Target, Walmart, Starbucks, or iTunes gift cards. The student receives their gift after 1 or 2 days between 1:00 and 3:00 pm.

Ms. Conway delivers the prizes typically to the winners of the mystery teacher activity, she

normally delivers prizes on Mondays and Tuesdays after class, she's been contributing since November. She gets many of the prizes she delivered from Mrs. Poppers. When it's Mrs. Bettencourt's turn to deliver prizes, she sends Door Dash meals to the students.

## Yearbook Pictures Wanted!

By Cassandra Gonzalez

### James Rutter Middle

**School:** Ms. Conway, and her Yearbook/Publication students from James Rutter Middle School want pictures for the yearbook by the beginning of March.

Ms. Conway, the teacher of the Yearbook/Publication class, said that the reason they want these pictures is because "it's so hard to make a yearbook without any pictures. And, our school community wants pictures as a record of this school year, even if it looks different." She also said, "It will be pretty boring if there aren't pictures! The whole point of the yearbook is to be a pho-

tographic document of the year-a year in photos."

Giselle Vazquez, a student at James Rutter Middle School, said that she doesn't know anyone who has sent in pictures for the yearbook, but if she were to send in a picture for the yearbook she would probably take it in her and the theme would have to be "The Best Aesthetic".

Mr. Stan Smith, a teacher at James Rutter Middle School who has been the school yearbook photographer for over 20 years, usually takes most of his personal pictures but if he is in it, his daughter, Annie,

most likely took it. This year, he usually takes his school pictures in his house, his office, or his living room, and most of his pictures have to do with his guitar, except one which he took on his bed with all of his masks around him.

You can send in the pictures by emailing them to Ms. Conway or texting them to the yearbook number, (916) 597-0457. There is no specific way to take the pictures, but they have to be school appropriate. They could be about pets, hobbies, people you are grateful for, and snacks you like.

## How to Get Help with School Work

By Dayanara Chavez

When you need help with school work, what do you do? There are many possible ways to get help.

Ms. Saechao, a vice principal at James Rutter thinks, "If you need help with school work, you should ask the teacher, the one who taught you the

subject."

When would be the best time to do school work? "The best time to do school work is right after school, after you take a little break and get some snacks in your stomach so you have sugar in your working brain. If it's during asynchronous DL time,

then it's more important to work during that time so you can ask your teacher for help if you get stuck," Ms. Saechao added.

To ask for help, you should listen to what Ms. Saechao says; "if you're in class, raise your hand or type in the chat that you need help. If you're at

home then email your teacher. You can also go to tutoring sessions that teachers offer through Zoom".

Should students ask for help? Yes! Students need to ask for help because they could fail if they don't know what to do.

## Film History

By Brian Lugo Renteria

Mr. Young has been teaching Film History at JRMS for 7 years

In Film History, students watch movies about different topics, such as WWI, WWII, segregation, etc. and answer questions about

them. They also do a review and talk about the new theme before watching the movie.

Overall, I think Film History is a great class because it's an interesting way to learn about history without

getting bored. According to Mr. Young, students should join this class because it's fun and easy. A bonus is Mr. Young is a cool teacher.

You can join Film if you're in 7th or

8th grade. You should join Film History because you will learn a lot about history without any of the boring history books.

## Mr. Shrader Plays Dress Up!

By Justin Reyes

### SACRAMENTO, CA:

As many of you might already know, JRMS 8th-grade history teacher, Joshua Shrader, dresses up in a different costume every day for his history classes.

Mr. Shrader says that he dresses up because he wants students to take their minds off the quarantine. He also stated that he wants to take away some of the stress and anxiety that students might have. One of his goals this school year is to dress up every day for class with a different cos-

tume.

"It wasn't until the night before the first day of school this year. Originally, I thought I would just do the first three days. And then I was like, 'Hmmm... maybe I can go a week.' And then it just spiraled from there. Now my goal is to go the whole school year wearing a different costume every day with no repeats. As of today (January 21, 2021) I am at 97."

"Most of the time I don't put too much thought into the next day's costume. I usually just look at what

I have and pick the one that makes me laugh the most." He said he had to go to Lowes and Costco for large plastic storage bins. "I actually have an assembly line of costumes in my bedroom organized by type in different bins!"

An 8th grader, Jaydon Do, said, "I think his costumes are funny, weird, and embarrassing. I know he stores his costumes in a black hole, because after he wears one, he never wears it again, and there's no closet big enough to hold like 5 months worth of costumes."

Another student,

Nash Sanchez Diaz, says his costumes are mainly funny because they're different every day, "but some are really cool."

I think that his costumes are funny. I'd like to see if he manages to dress up with a different costume everyday for the entire school year.



## It's the Wi-Fi Problems For Me

By Niya Coleman-King

Students of JRMS are having Wi-Fi and Internet problems almost everyday during distance learning.

According to the teacher-in-charge at Rutter, Mrs. Bettencourt, "With all the people that are on the Internet, the cables can't carry that much data all at one time. So much data going out at one time makes the Internet slow.

Mrs. Bet-

tencourt also made a great analogy about the Internet: "The Internet is like cars on a freeway; everyone is on the freeway at the same time, and all the cars start slowing down. With all the people on the Internet, it's jam packed; that's why some people get kicked off.

You might be wondering, who fixes the Wi-Fi? "The internet provider fixes the Internet when

it's down; that might be Comcast or AT&T," Mrs. Bettencourt answered.

"I think my Wi-Fi can be slow sometimes because there are a lot of people using it all at once," Cassandra Gonzalez, 7th grade student said. "It gets frustrating when my Wi-Fi gets slow," she added.

If students are having a hard time with Wi-Fi, the school does provide hotspots. "The district Tech Services depart-

ment helps students get set up with hot spots. Instructions are provided and students can call the support line to get help," Mrs. Rambo, JRMS principal, said.

Despite the rough times we are having during distance learning, our Roadrunner students and staff have been resilient throughout it all.