

A uniform idea for Foothill



COLUMN
 By SHARAFENNA WILLIAMS
 fhspress.com Opinion Ed.
 Class of 2013

When you start getting ready for school in the morning, what takes up most of your time? If you're like me, it's deciding what to wear. For our own sake when we were little, our parents or guardians probably picked out our clothes for us. They knew that if we did the picking, we would probably be cowboys and ballerinas every day of the week.

As we grew up and matured, we got a lot more say in what we wore. Now our clothes say a lot about our personalities and who we are and what we like to do. It's our healthy way of expressing ourselves. Having a

School uniforms steal creativity.

school uniform would take away that creativity that some teenagers may not be able to express at home. At Foothill Ranch Middle School, they require a uniform, but that is understandable. They have yet to reach the maturity needed to choose themselves. Why should we be treated like preteens when we're not?

We pride ourselves on being individuals and the fact that no one can be us and we can't be anyone else. Being in uniform, we're not individuals anymore but just another fish in the sea. Everyone looks just like one another and that's not necessarily a good thing.

Being able to dress ourselves gives us a sense of responsibility. It makes us take more pride in ourselves and allows us growth to be successful individuals after our primary schooling is over. Dressing ourselves gives us, say, power and control.

Having that power and control taken away from us will leave a lot of teenagers wondering, "What's the point in getting up in the morning?"

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Control stress by taking the right steps

"I don't like stress because it keeps me from performing my best in school," said senior Chris Murray.

Stress is something that's created when we are in certain situations. Stress can cause people to feel pressured and afraid to make mistakes and many teens don't know how to deal with it. Here are a couple of things you can do to reduce your stress. The first thing is treating your body well. You can do this by exercising and making sure your body gets what it needs.

"My escape from stress is to exercise," said Kelly Chavez, a senior at FHS. The second thing is to relax.

"I usually sing and let it minister to me," said Ta-Janae' Walston. The third thing is to watch

what you're thinking. Your outlook, attitude, and thoughts influence the way you see things. The fourth thing is to solve the little things.

I believe that learning to solve everyday problems can give you a sense of control and it will give you confidence to face the bigger problems later down the road. Last but not least, get some good sleep.

Getting enough sleep helps keep your mind focused and your body in top shape. Sleeping well also helps you to be better equipped to deal with any negative stress that might come your way. So stress is a big factor in high school, but by taking the right steps, teens can easily start to live a stress free life.

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editorial

Allowing students to leave campus could benefit school

COMMENTARY
 By VINCENT NEWMAN
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Should we be able to leave campus? I think we should.

We should be able to leave campus at lunch to go get food. Administrators should allow an open campus because we would try to be good students so we could get our food.

If they had an open campus it would reduce students from skipping classes. I don't think that an open campus is good for everyone. I do not think that freshman and sophomores

with a GPA of 2.9 and below should be allowed.

In the past kids were able to go off campus. We cannot because our school was getting sued because students were getting into accidents and their parents blamed the school.

Mrs. Perry, an Avid and English teacher, thinks closed campus is a good thing. She thinks that an open campus will increase skipped classes and when in school we can be supervised. I contacted our own principal and he referred me to the student handbook, which states:

"In order to keep students

in a supervised, safe and orderly environment, the Board of Trustees establishes a closed campus at all district schools. Students shall not leave the school grounds at any time during the school day without written permission of their parents/guardians and school authorities. Students who leave school without authorization shall be classified truant and subject to disciplinary action."

I can understand why they have that rule but I still think an open campus will benefit us more because we would have better grades so we can go off campus.

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LETTERS to fhspress.com

BLAST FROM THE PAST

When I decided to find my high school on the Internet I was hoping to find things of interest: Tabs to click that would lead me to the history of the school. By the way, I graduated from Foothill Sr. High in 1976. Friends from "That Great Year" have been requesting me on FB. Much time has passed, friends have changed, and we've gotten older. It would have been nice to go the high school website to view the pictures of classmates. This website only focuses on the school as it is presently, as if it had no past. During my four years at Foothill we won a baseball division championship and had numerous athletes that earned the right to be represented on the school website. Why is this site so shallow? Please work to make a more professional site that we all can be proud of.

—Harrison Wilson
 Class of 1976

CST MOTIVATION

If the school will reward students for good scores on the CSTs, then students will be motivated to do better, and the school's academic status will rise.

—Darya (Dasha) Tsakke
 Class of 2013

R-E-S-P-E-C-T

I am proud and I love my school, but there are many problems with the way things are being handled in the office. Students are unhappy. Treat others how you want to be treated. Think of it as your home. If you have guests, you should make them feel at home right? Think about this...

—Stephen Robinson
 Class of 2014

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Q&A

When is an appropriate time for electronics?



"Like at the appropriate time, when you are doing work."
 —Yuriy Dzyuba, Class of 2013



"Between classes and during lunch. Just not during class."
 —David Burke, teacher



"During passing period and lunch because you are basically doing it in your free time."
 —Aja Johnson, Class of 2015

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