

THE COLONIAL

Clay High School, SBCSC • SY 2022/20223 • Edition V



BLACK HISTORY MONTH

And Valentines edition

BLACK HISTORY MONTH

Black History Month is an annual celebration in February for the achievements of African Americans and their central role in U.S. history. The celebration is the brainchild of historian Carter G. Woodson, as well as other distinguished African Americans. In 1976, President Gerald R. Ford designated February to celebrate these people and their achievements. The origins of Black History Month began in 1915: fifty years after the Thirteenth Amendment was created, abolishing slavery in the United States. In September of 1915, Carter G. Woodson and Jesse E. Moorland, a prominent minister, founded the Association for the Study of Negro Life and History (ASNLH), which was an organization dedicated to researching and promoting achievements by African Americans. The organization is known today as the Association for the Study of African American Life and History (ASALH). This organization sponsored a national African American History week in 1926, choosing the second week in February to coincide with the birthdays of both Abraham Lincoln and Fredrick Douglass. The event inspired schools and



Carter G. Woodson



ASNLH, now known as the ASALH

communities to have local celebrations, lectures, history clubs, and performances. When President Ford recognized February as Black History Month in 1976, he called upon the citizens of the U.S. to “seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history. Since 1976, presidents have also designated a theme to go along with the celebration of this month. February 2023’s theme is Black Resistance, which explores how African Americans have resisted the historic and ongoing oppression they continue to face in their daily lives in all forms. Today, Black History Month is used as an opportunity to celebrate the contributions and legacy of African Americans across U.S. history.

BY ROBIN SHEPLEY, 12TH GRADE



DIY VALENTINE'S DAY GIFTS

Although Valentine's Day is a commercial holiday, that does not mean a person has to spend tons of money on their significant other to prove their love. Here are some easy DIY gifts that won't break the bank.

Number one: Countdown to Valentine's Day with Hershey's Kisses. Grab a roll of cellophane from the gift wrap section, a bag of Hershey's kisses, and a roll of string from Dollar Tree. Cut a strip of cellophane lengthwise, approximately four inches wide.

Tie your first bow about one to two inches from the top of the cellophane. Add a kiss and tie a second bow. Repeat this process until you have 14 days of candy kisses.

Number two: Use baking cups to make an edible lollipop flower arrangement. Begin by laying out six regular-size baking cups. Fold four of them in half displaying the colorful side on the outside, and leave two lying flat.

Punch holes in the center of each of the four folded baking cups approximately 1/4 inch from the folded edge. Then make another hole in the middle of the two remaining baking cups. Take one small candy size baking cup and punch a single hole in its center.

Insert the small baking cup onto the stick of your lollipop, the colorful side facing up. Follow that with four folded papers, overlapping a fourth of the baking cup each time to form "petals." Finish by adding the two open baking cups, colored side up.

Using foam paper, cut out two leaves, then wrap the "leaf stem" around the lollipop stick, and secure it with hot glue.

Number three: Turn clothespins into candy butterflies with washi tape and googly eyes.

Add tape to the top of each clothespin, then fill Dollar Tree Valentine's bags with M&M's or another favorite candy. Make your butterfly wings by twisting the bag in the center, evenly distributing the candy on each side. Then clip it with the clothespin. Finish it off with googly eyes and pipe cleaners for the antennae.

Number four: Snickers Bouquet, there are two different kinds. Run a line of hot glue down both the wooden skewers and the snickers. Layer your tissue paper, but make sure it's staggered to create more dimension. Carefully fold tissue paper up towards the bottom of the bouquet. Tie the bottom of the bouquet with ribbon and voila... you've got a candy bouquet.

By Abby Heggler, 10th grade

VALENTINES

DAY

ORIGIN

By Kelly VanDenDriessche

12th Grade

Valentine's Day is known primarily as a commercial holiday that celebrates couples....

However, not many know the origin of the holiday that so many love. Red and pink are highly associated with Valentine's Day because of the connections those colors have with passion and fertility. Valentine's Day has two stories of origin. The first origin story begins with the Pagan holiday Lupercalia. Lupercalia occurs in the middle of February, where Pagans celebrate fertility. According to National Geographics, during Lupercalia "men would strip naked and sacrifice a goat and dog. Young boys would then take strips of hide from the sacrificed animals and use it to whip young women, to promote fertility." Lupercalia was celebrated for centuries before Pope Gelasius decided against it permanently. "Soon after, the Catholic church declared February 14 to be a day of feasts to celebrate the martyred Saint Valentine." The second origin story is connected with the actual Saint Valentines. "By some estimates, there are over 10,800 saints, of which there are more than 30 Valentines and even a few Valentinas." There are two Saint Valentines that could have been part of naming the holiday. Both St. Valentines chose to be executed because they converted people to Christianity and refused to renounce their faith to Roman Emperor Claudius. Both men died on February 14th, years apart. The first St. Valentine refused to renounce his faith in front of the emperor, so he was put under house arrest. In the house he had to stay in, he healed a blind girl's sight and in turn converted the whole house to Christianity. This conversion resulted in his execution.

The second St. Valentine performed miracles like healing physical disabilities. After being arrested for these miracles St.Valentine refused to convert to Paganism and was beheaded. Even though Valentine's Day has always been linked with bonds and fertility, there wasn't a real tie to romance until Geoffrey Chaucer wrote the poem "The Parlement of Foules." In the poem, Chaucer relates Valentine's Day with romance by connecting that European birds start mating roughly around Valentine's Day each year. Shakespeare also made contributions to connecting Valentine's Day with romance.

PRONOUNS IN 2023

What are your pronouns?

As the use of pronouns has become more relevant in society, it is important to be educated in the usage of pronouns and what they represent. Pronouns are commonly used by students.

In the classroom, students should feel welcomed, comfortable, and secure. Teachers should ask students

their pronouns to better understand their identities. A positive development is the normalization of pronouns in general. But not everyone finds it simple to embrace these pronouns. Although an administration or staff member may wish to be helpful, some may be wary of asking for pronouns or choose to completely avoid the subject out of concern for someone's feelings. Teachers need to connect with and understand their students, and pronouns may be a huge part of who a student is. It is important that someone can be who they are and feel comfortable with themselves. Asking someone their preferred name or pronouns is not only informative but thoughtful. Asking someone their preferred name or pronouns prevents misgendering. Misgendering causes oppression and shows that a person's identity is not valued. Pronouns support gender identities and provide students with safe spaces. Bringing up gender identity concerns in class shows that a teacher cares about their students. Students may feel relief when topics about gender identity are brought up; it may make them feel safer speaking up. Students might feel noticed and important. Occasionally, despite one's best attempts, a teacher or staff may misgender a student. Most of the time, pronouns are frequently assumed based solely on outward appearance. It can be hard to break this habit, but one should challenge themselves to get it right next time. If someone misgenders someone with desired pronouns, simply apologize and move on. There should be no outright apologizing or justifying; everyone makes mistakes and learns from them. Once more, put student safety first by taking appropriate action. Students may not feel safe in the classroom having open discussions about gender identity. If true, treating students who identify as gender non-conforming with respect and dignity in the classroom will go a long way toward supporting all students in developing empathy, exploring their identities, and thriving.

I go by she/her

I go by he/him

I go by they/them

By Kaytelin Harrell, 12th Grade

Summer school information is now available! Meet with your counselor to get a form. It must be signed by a parent.



- **Location: Riley High School**

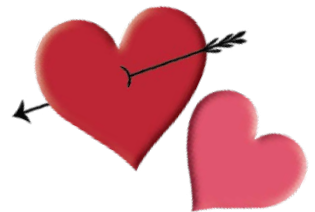
Session I (June 12 – June 30, 2023 = 15 days) Time: 7:45 a.m. – 11:45 a.m.

Session I (June 12 – June 30, 2023 = 15 days) Time: 12:00 p.m. – 4:00 p.m. (Online)

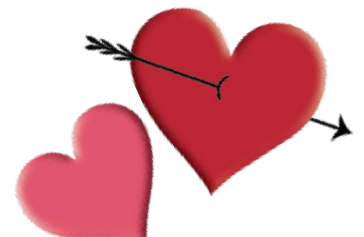
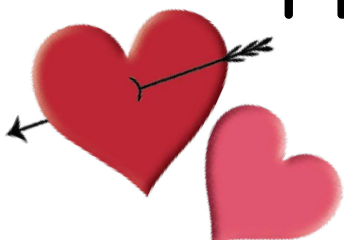
Session II (July 10 – 28, 2023 = 15 days) Time: 7:45 a.m. – 11:45 a.m.

Session II (July 10 – 28, 2023 = 15 days) Time: 12:00 p.m. – 4:00 p.m. (Online)

- **ASVAB testing February 23rd**



SCAN THIS QR
CODE FOR OUR
VALENTINE'S
PLAYLIST



Book Nook



Ms. Schreiber's
Valentine's Reads



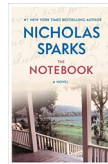
**I'm Not Your Manic
Pixie Dream Girl**
by Gretchen McNeil



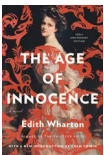
I Am the Ghost in Your House
by Mar Romasco-Moore



When We Were Birds
by Ayanna Lloyd Banwo



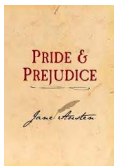
The Notebook
by Nicholas Sparks



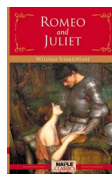
The Age of Innocence
by Edith Wharton



**The Summer I
Turned Pretty**
by Jenny Han



Pride & Prejudice
by Jane Austen



Romeo & Juliet
by William Shakespeare



HATS:

The Controversial Accessory

As soon as students step into the Clay High School building, they are ushered to remove their hats or hoods. Across the nation, hats are banned in the majority of school buildings. However, many students feel entitled to an explanation as to why the accessory is banned on school grounds. Many claim the reason headwear is prohibited for safety reasons. In an article by Healthy Happy Teacher, it is stated that “Hats make it harder to identify a person, which can decrease the safety of the school environment.” However, this explanation raises more questions to students.

Headwear like beanies and hoods don't block facial features like a baseball cap, yet they are still forbidden. Another well known argument is that headwear may have designs that could suggest gang involvement, resulting in arguments and distractions. This argument could also be said for clothing, jewelry, and tattoos. A t-shirt may also contain designs or symbols that may relate to a gang. Some bring up the idea that headwear may distract a student, causing them to fidget with their hat. While this is true, it is also true with a pencil, paper, books, etc. A student who sits for the majority of a day will inevitably fidget.

Some administration and staff claim that headwear has no place in classrooms because it does not benefit the learning environment. However, headwear may benefit a student's focus and concentration. 9.1% (approximately 58 million) of students ages 3-17 suffer from anxiety. To students with anxiety, hoodies or headwear are often recommended. Headwear may benefit the learning environment of a student with anxiety, helping them alleviate common anxiety symptoms and allowing them to learn comfortably.

For decades, wearing hats indoors has been looked down upon. This idea comes from a time where it was more common for men to wear hats while going out. This antiquated sign of “respect” does not have any significance behind it. The banning of hats in a school environment may also “prepare students for the real world” where students will “require a uniform” for their employment. However, that argument holds no importance, as hats are a part of many work uniforms. Headwear is a form of self expression, not an act of rebellion.

By Aydin Dowell, 12th Grade

The page is decorated with numerous light blue snowflakes of various sizes. Each snowflake has a simple face with two dots for eyes and a curved line for a mouth, all appearing sad. These snowflakes are scattered around the central text, with a higher concentration at the top and bottom edges.

SEASONAL AFFECTIVE DISORDER

By Joshua Hodges, 12th Grade

During the winter, many nostalgically remember the joy of celebrating the holidays and spending time with family and friends. While some are celebrating, others suffer during the holiday season every year. Seasonal Affective Disorder (S.A.D) is a type of depression that occurs at the same time each year, typically in the fall and winter months. Researchers say the cause of this illness has to do with the changes in the neurotransmitters in the brain caused by decreased sunlight during the fall and winter months. Symptoms of S.A.D include feelings of sadness, hopelessness, and worthlessness, loss of interest in activities, difficulty sleeping, and changes in appetite and weight. S.A.D does have a few methods of treatment which include light therapy, medication, and psychotherapy.