

PANTHER PRESS

Vernon Middle School

Volume 4, Issue 1, August/September 2021



A LOOK BACK AT THE FIRST MONTH OF SCHOOL

By Miley Posadas-Padron



On Monday, August 9th, almost 600 Vernon Panthers came back to school in person for the first time in over 17 months. Many students were excited, nervous and curious about their first day of school, after being gone for so many months. Students were also fearful about not being able to find their classes and getting lost. Some students were anxious to meet their teachers. Making friends was also a concern for many students, while being restricted with Covid safety rules at the same time.

When students found that the teachers were fun, kind, and sweet, that made them feel relieved. Some Panthers feel challenged to get good grades after being on Zoom for so long.

In my first month of school, I was scared because I did not know how it would be moving from a little school to a much bigger one. I was also nervous because in elementary school I would only have 1 class and now I have 6 different classes. We now have P.E every day, unlike elementary school where we had it only two times a week. Also, we have to change into our P.E. uniforms, which can be uncomfortable at first.

So that's how my first month of school went. In all, I hope that all our Panthers are doing great and doing well in their classes. Also, I hope that you have made new friends and that you will make more throughout the year.

Have a good rest of your year, Panthers!

VERNON AVID BUILDS TEAMWORK TO MAKE THEIR DREAMS WORK

Vernon AVID classes have been busy building *Teamwork* through different activities. A recent competition in Ms. Schneyer's class had students working in four person groups to create the longest paper chain.

They were provided glue, one piece of paper each, and scissors. Each team had to decide the best way to make their chain in the 20 minute time limit given.

Ms. Schneyer, AVID Advisor, said, "I was pleased at how well the students worked together and strategized to complete their team's goal. They showed great perseverance as they worked."

The winning team actually decided to start over after ten minutes. They created the longest chain that stayed together with only ten minutes left.



AVID's Brown Team won including (Left to right): Sebastian Panduro, Jeremy Moreyra, Ebony Rivas Mariscal, and Brandon De La Cruz



STRIVING FOR SUCCESS



Performance is
Our Passion

Positive
Behavior
Intervention &
Support



PANTHER FOOTBALL IS BACK

By Zyla Delgado



Congratulations Vernon's Flag Football Team! Our Panther Footballers are ready for a good season against the other middle schools in the district. For this new school year, we have resumed sports for our panthers. Teachers, staff, and students are thrilled to see our scholars play this year's season. With a team of 24 players, Coach Perry and Coach O'Neil have a lot of options. We hope to get some victories for our school our Panther Football Team!



Coaches
Mr. Perry
Mr. O'Neil
Team Managers
Gesselle Marcial
Olivia Gonzalez

Jashawn Jones
Drake Hunsaker
Audias Ramirez
Jacob Lalalde
Ethan Buchanan
Omar Meza
Joshua Hernandez
Jeffrey Avila

PANTHER PLAYERS

Nickolas Flores
Axel Bravo
Samuel Abajuo
Julian Huerra
Aedyn Camacho
Angel Hernandez
John Jones
Jacob Hernandez
Damien Alvarez
Arturo Cruz
Eric Talamantes
Yamil Barraza
Kevin Flores
Ben Lomeli
Ricardo Ceja
Genesis Marcial



VOLLEYBALL SPIKES AGAIN

By Alexa Torres

Congratulations Vernon Volleyball Team! It is time for this year's Volleyball season to commence. With our team of 14 players, we can't wait to see what lies ahead for the team.

Ms. Rasmussen said, "When I choose players for the volleyball team, I really look for players with good energy, who are excited and willing to learn."

Ms. Rasmussen also said, "A couple goals for this volleyball season are to make our serves the majority of the time and for players to communicate with their teammates," adding, "This year, we will be able to accomplish whatever we put our effort into!" Congratulations to our Volleyball team, we hope for a good season.

Coach-Miss Rasmussen

Team Managers-Amanda Reed, Rosie Gomez & Nayleen Hernandez

PANTHER PLAYERS

Lutiana Eteaki
Audrey Alvarado
Nicole Cervantes
Anthony Peralta
Reyna Guerra
Melanie Castaneda
Ashley Ramirez
Grace Poulava
Alyssa Sanchez
Cameron Secaida
Carina Caballero
Havili Matelau
Justine Sanchez
Esteban Suazo



SAFETY REMINDER

By Marissa Muñoz

Covid-19 is still out there.

Keep yourself safe by wearing masks anytime you are indoors. Don't let your nose hang out.

Students, teachers, and staff should stay home when they have signs of any infectious illness, especially Covid-19, and be referred to their healthcare provider for testing and care.

If you have:

- over a 100 degree temperature
- sore throat
- chills or sweating
- nausea
- extra tiredness
- shortness of breath
- confusion

Check the CDC site for more symptoms.
Stay home if you have multiple symptoms.





PANTHERS HAVE SPIRIT, YES WE DO!

ASB HAS SPIRIT, HOW ABOUT YOU?

By Marissa Muñoz

ASB, the Associated Student Body, is in charge of different activities including Green Team, dances, special events for students, and spirit wear sales. They, the ASB leaders, also host and coordinate a number of other activities that help increase school spirit here at Vernon.

ASB wants to remind everyone that the Green Team collects empty plastic bottles every Thursday, during first period. So don't forget to leave your recyclables outside the classroom door.



Green Team at Work

In September, there will be a class competition for the most recycled items.

Spirit days are the 2nd and 4th Friday of every month, unless there is a special event such as Red Ribbon week or Spooktacular. Mark your calendars to note September 10th is Superheroes' Day because "Everyone can be a Hero!" and September 24th is Hawaiian Shirt Day because "Ohana means family, and here we are all family."

"ASB does a lot to bring a high level of spirit to our school," Mrs. Purcell said. She added, "Seeing kids build leadership skills brings me great happiness, and I think this group of ASB leaders will do wonderful things for our school this year."



Mrs. Purcell,
ASB Advisor

New style Spiritwear is now for sale. Hats and T-shirts are \$10, Sweatshirts are \$30, and T-shirts are available in royal blue, black, and white. Sizes available are Small, Medium, Large, and Extra Large. Spiritwear will be sold every day before school at the flagpole by Mrs. Gomez. Mrs. Purcell & Mrs. Gomez, we appreciate all you do to help our school!



Students Having Fun at PBIS Lunch Activities

SEL LESSONS AND THEMES

By Desire Acosta

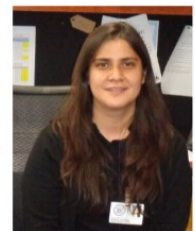
During the month of August, your child's SEL instruction kicked off with positive class team building through virtual group activities.

Students then learned to better understand their emotions and thoughts, and how they influence their own behaviors focusing on the Self-Awareness skills of identifying emotions and accurate self-perception.

The SEL lessons began in 2020, during the pandemic, to connect with students. Teachers and students reported enjoying the lessons and the opportunities for everyone to connect within the class.

SEL lessons were started as a vital part of Vernon's PBIS program. Vernon Outreach Consultant Ms. Huerta, who is tasked with the creation of SEL lessons, thinks that SEL lessons also affect lives in the long-run.

"I chose this job because I believe that it is important to teach kids about how to control themselves. It plays an important role in life to build better relationships with family and friends," says Ms. Huerta, "It helps students to take a step back and resolve choices to make better decisions and gain skills in work and everyday life."



Ms. Huerta
Vernon Outreach
Consultant
909-62405036

But SEL lessons are not only about controlling your emotions, they're also about learning how to express them.

Ms. Huerta wants students and families to know, "I'm here to provide different resources and services. I am here if someone needs anything or needs someone to talk to. I will be here and will always be open to listen."

*Thank you
for keeping our school
clean and safe.*

Head Custodian

Mr. Arias

Custodians

Mr. Reyes

Mr. Arista



E	T	Y	P	A	N	T	H	E	R	S	C	Q	D	L
W	C	B	T	N	V	E	R	N	O	N	U	T	R	J
Q	L	N	Y	H	A	I	D	E	M	Q	D	T	P	I
F	M	S	A	T	S	U	G	U	A	F	I	O	J	G
S	C	A	L	R	K	M	U	S	I	C	S	C	Y	V
N	E	M	D	A	E	B	L	T	R	C	I	S	T	I
D	M	A	T	F	W	V	N	D	B	L	P	G	I	A
Q	P	R	R	J	C	L	E	A	C	Q	L	I	R	T
T	A	D	A	N	C	E	F	S	M	V	I	P	G	B
X	T	C	G	O	P	S	R	B	R	E	N	T	E	N
B	H	B	T	S	W	A	L	F	J	E	E	G	T	R
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Y	O	I	J	O	V	F	Q	L	W	S	B	H	I	F
S	V	C	T	T	C	E	P	S	E	R	I	S	N	X
A	R	S	U	C	C	E	S	S	J	S	S	O	K	B

PERSEVERANCE
 RESPECT
 INTEGRITY
 DISCIPLINE
 EMPATHY
 PRIDE
 TOVAR
 SUCCESS
 SCOTT
 MUSIC
 ART
 DANCE
 DRAMA
 ASB
 PBIS
 SEL
 AVID



Mistakes
 are PROOF that you
 are TRYING



VERNON'S NEW TEACHERS!

By Brianna Valles

Let's welcome Vernon's new teachers! This school year we have some new teachers and staff joining us. Now that we are back in-person this year it's the time to get to know your teachers. Last year on Zoom it was harder to communicate with your teachers, but now that you've returned to in-person school feel free to ask or talk to any of your teachers.

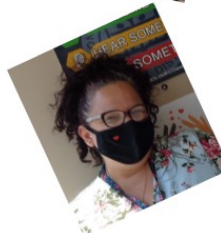
Our new teachers this year are Ms. Birdsong who teaches Study Skills, Mr. Diaz who teaches Science, Ms. Livingston who teaches Social Studies and English Language Arts, and Mrs. Martinez who teaches Math.

When asked what they are looking forward to this school year, Ms. Birdsong pointed out that she's "looking forward to making connections," as well as "letting students know that I'm always here for support."

Mr. Diaz stated, "I'm looking forward to Science projects and activities."

"I'm looking forward to learning more ways to teach Math and I'm always looking for ways to make learning more fun for my students, as well as, creating relationships with my students in and outside of the classroom," says Mrs. Martinez.

Ms. Livingston said, "I'm looking forward to the projects, arts and crafts, and seeing my students' growth throughout the year."



9/7 PERIOD 2 SEL Rotation
 9/8 GAMES: Volleyball/Football
 9/9 GAME Volleyball
 9/10 SPIRIT DAY: WEAR HEROES
 Shirt/socks/hat
 9/10 GAME Football
 9/13 GAMES: Volleyball/Football
 9/14 PERIOD 2 SEL Rotation
 9/16 GAMES: Volleyball/Football
 9/17 PICTURE DAY for yearbook,
 ID cards, & purchase
 9/20 GAMES: Volleyball/Football
 9/21 PERIOD 3 SEL Rotation
 9/24 GAME Football
 9/27 GAMES: Volleyball/Football
 9/24 SPIRIT DAY
 Wear Hawaiian Shirt
 9/28 PERIOD 3 SEL Rotation
 9/29 GAME Football
 9/30 GAMES
 Football
 Volleyball Finals
 10/1 GAME Football
 10/4 GAME Football
 10/7 GAME Football
 10/8 SPIRIT DAY: Wear BLUE
 shirts/socks
 10/12 PERIOD 3 SEL Rotation

Panther Press
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