



The LOGAN Post



FIRST ISSUE - December 2022

New Student Break Center at Logan

By Savannah Masceri
Logan Post Staff Writer

The SAC room is being entirely remodeled. It has been closed off for some time now while work has been done, but we have an exclusive preview of the room to share and details to provide before the room is opened. The SAC room used to stand for Student Assignment Center and was a place for students to complete missed assignments or for students who have misbehaved in class. With the help of a group of teachers and feedback from students, this dull and boring room will now feature comfortable seating and bean bag chairs, sensory toys, a television, music, new lighting, a new title, and more. The room, now called the Student Break Center, is designed to be a safe and calming environment for students to take a break from school work and relax. It is scheduled to begin operating in January, one grade level at a time.

After collecting surveys from students and completing the hard work of looking through all of the suggestions of what the redesigned Student Break Center should be and what it should contain, Mrs. Ternyila, Mrs. Addeo, Mrs. Taylor, Mrs. Pitner, Mrs. Crews, Mrs. Otten, Mr. Ray, Mrs. McAvoy, Mrs. Damminger, and Mr. Turner have been working hard to make the Student Break Center come to life. I spoke with Mrs. Ternyila to get a glimpse of what they are working on and for her to answer a few of my questions.

The Student Voice team met in the SAC room at the end of last school year after completing their student voice project on the issues with discipline at LMS. That is when they realized that the SAC room was not very productive and should be used in a different way to help students. The student voice team is still giving their input for the creation of the Student Break Center.

The school had some students in the summer go to Delsea Middle School and look at the Wellness Room they have there. They combined the Logan surveys and ideas from Delsea to put into our room. They took into consideration what everyone had to say and added most of what people wanted into the room. Unless their requests were repeated, the committee really tried to do everything they could to add everyone's ideas into the Student Break Center. Mrs. Ternyila said she made a wishlist on Amazon in October and it took about a month for everything to be finalized. Once Mrs. Damminger, Mrs. Addeo and Mrs. Ternyila created this committee, other people had additional ideas that really helped to make this room the best that it can be. It seems that Delsea Middle School sure had a big impact on the making of this room. I am interested to find out how their room

Mrs. Ternyila explained that the school was able to fund this project using a government equity grant which provides funding for things like emotional health. I'm sure it was definitely hard staying in the school's budget, but it seems the teachers have managed to. So far they have been meeting their expectations of what they wanted the room to look like.

Mrs. Ternyila also described that there will be a divider separating students in the Student Break Center to relax from students that are working on assignments (the purpose of the old SAC room). Teachers can even go to the Student Break Center to take a break or grade assignments. If I was a teacher, I would definitely want to use that room to rest.

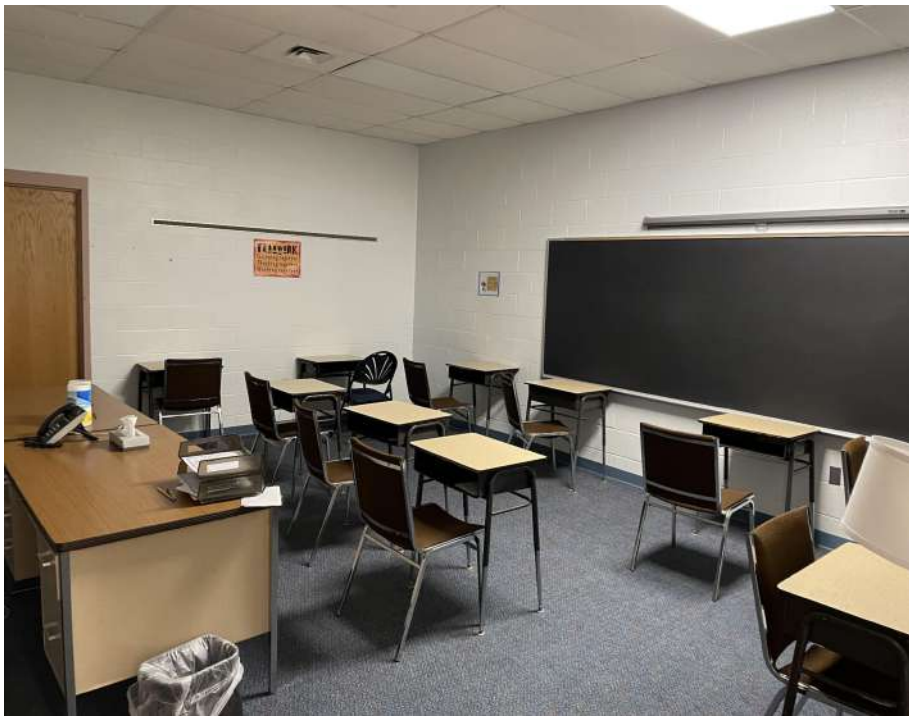
Students will be able to fill out a Google form to request to use the room and explain why they want to be there, and the Student Break Center teacher will call the classroom to let them know if they can use the room or not. I feel that is the perfect way to communicate between the teachers and the students, it is easy and can be done anywhere in the school at any time.

"We are very excited to put the power in the hands of the students and we want them to recognize when they need a break mentally and emotionally so they can make better decisions in class. We really hope all of the students like it and feel comfortable using the room," Mrs. Ternyila added.

All of the teachers involved with the SBC and the students on the Student Voice team have been working extremely hard to make this room a calming, safe, and fun environment for the students to take a break and relax. They have risen to the challenge and have so far made the Student Break Center into the perfect place to get away from a stressful school day.



Before



After (Still Under Construction)



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World News

Qatar World Cup Disaster

By Ryan Callinaro
Logan Post Staff Writer

The World Cup, the largest sporting event in the world, has recently kicked off. However, there have been some problems with the hosting country, Qatar. There have been many controversies over things Qatar has been banning in the cup, scandals and accusations, and harsh work conditions.

To start, Qatar has been accused of planting fake fans in their streets. People are saying Qatar wanted to make the streets more lively for the World Cup, so it doesn't look dead. Fans have spotted other "fans" roaming the streets in groups, holding flags and wearing the colors of various countries.

People have noticed that these "fans" are Qatari. It has also been rumored that Qatar bribed Ecuadorian players to lose the opening game of the World Cup, when Qatar played Ecuador.

There has been a ban on alcohol. The ban was announced only two hours before the first game of the cup. People have to buy drinks exclusively from Budweiser huts far away from the stadiums, and the drinks cost a lot, and are in very small amounts. The ban got so bad that mid game, when Qatar played Ecuador, Ecuadorian fans started chanting, "we want beer!"



There are many other bans as well including religious restrictions, free speech, women's rights issues, and many more. There have also been many human rights issues. Qatar hired over 30,000 foreign workers to build the stadiums. Most workers were from Nepal, India, the Philippines, and Bangladesh. It is said that over 6,500 workers have died in Qatar, along with 37,600 injured. The Qatari government has said that the deaths are "natural deaths" and are not looking any further into the matter.

Qatar is also accused of using forced labor to build the stadiums. The workers had to live in camps, work in scorching hot weather, had to pay recruitment fees, and had their passports taken away. Most workers didn't even get paid. Despite all this, FIFA chose to keep the cup in Qatar.



It has been a disaster trying to find places to put all the people working on and attending the games. There weren't enough hotels for everyone, so Qatar built tents outside of the stadiums where people could stay. The conditions are awful. There is running water, but people are reporting that the water is running brown and is cold. For breakfast, they supply below average meals which include a croissant, a fruit, and a bag of chips.

There is no doubt that this World Cup is a disaster. From human rights issues, to bribery, to strict rules and harsh bans, it is a wonder why FIFA didn't back out of holding the World Cup in Qatar.

National & Local Elections

By Max Lopes
Logan Post Layout/Design Lead

This past month our country held elections, not for president, but instead for many senators, congressmen, governors, and other political positions all across the country, including in Logan. All 435 of the House of Representatives positions and 35 of the 100 Senate seats were up for election, while 36 states held elections for governor. The results of this election have been somewhat surprising based on patterns of past elections. Often the political party that is not the party of the president gains many seats. That was the expectation for the Republican party in this election, and they did gain some seats, but overall the result was somewhat underwhelming for the Republicans.

For example, as many as 30 seats in the House of Representatives were expected to be gained by the Republicans, but instead they gained only 9. In the Senate and among the governor's races the Democrats gained rather than lost seats. In the Senate the Democrats won 49 seats, an increase of 1 seat, while the Republicans also won 49, a decrease of 1 seat, with independent parties winning the remaining 2 seats. In the House of Representatives the Democrats won 213 seats which is 9 less seats than last time while the Republicans won 222, 9 more than last time. There are now a total of 24 states run by Democratic governors, an increase of 2 seats, while 26 states have a Republican governor, a decrease of 2 seats.

Specifically for Logan, Republican Jeff Van Drew was reelected for the NJ District 2 House of Representatives seat, which Logan Township is a part of. Jeff Van Drew supports southern New Jersey's citizens, especially veterans and senior citizens.

ELECTION 2022 RESULTS	Democrat	Republican	Independent
Senate	49 (gained 1 seat)	49 (lost 1 seat)	2
House	213 (lost 9 seats)	222 (gained 9 seats)	0
Governor	24 (gained 2 seats)	26 (lost 2 seats)	0

He says that he's working on cutting taxes for middle class families. According to him he wants to crack down on border security but wants immigrant families to be able to legally become citizens. He also wants to lower college prices as they have been skyrocketing recently. He wants healthcare to be more affordable because all people should have it. He is planning to get more job opportunities for veterans too. Along with trying to get them better education. He expresses a willingness to work on an agreement between parties, and seeks to address issues of vital concern to the residents of his district.

Congressman Van Drew recently retired from dentistry after 30 years of practice in South Jersey. Born February 23, 1953 he has served as the U.S. representative for New Jersey's 2nd congressional district since 2019. Formerly a Democrat, he has been a member of the Republican Party since 2020. Before being elected to Congress, Van Drew held several public offices including fire commissioner, town committee member, mayor of Dennis Township, and Cape May County freeholder. He represented New Jersey's 1st legislative district in the New Jersey General Assembly from 2002 to 2008 and represented the same district in the New Jersey Senate from 2008 to 2018.

In the Logan Township Council election, Doris Hall and Arthur Smith Jr. won as part of the Democratic party. In the Logan Township Board of Education election John Russell, Kelly Mason, and Lynnae Hill were elected. For Gloucester county, Board of Commissions winners were Frank J. Dimarco and Denice Dicarle of the Democratic party, while Democrat James N. Hogan was elected County Clerk.

Holidays Around The World Nov-Dec

By Aidan Hall
Logan Post Staff Writer

In the last two months of the year, many celebrations and holidays take place all over the world. The holidays all have different origins and ways of celebration that make each one unique. Many people around the world celebrate these holidays yearly, and these holidays are a way to connect with people you meet around the globe.

United Kingdom: Bonfire Night - Nov. 5th

Also known as Guy Fawkes Night, this holiday happens every November 5 to mark the failed 17th-century attempt to blow up Parliament and assassinate King James I. People can mark the occasion by lighting a bonfire and going to a fireworks show.

India: Guru Nanak's Birthday - Nov. 8th

Guru Nanak's birthday is in honor of the first sikh Guru Nanak. Sikhs are leaders of Sikhism, one of many religions in India. They believe in meditation upon and devotion to the Creator, truthful living, and service to humanity. Guru Nanak was born November 8, 1469.

Many countries: Armistice Day - Nov. 11th

Armistice day, also going by different names such as Remembrance Day, is celebrated at 11AM, on the 11th day of the 11th month. At 11 AM on this date people stand in silence for 2 minutes to remember the millions of fallen soldiers who fought in World War I.

Japan: Labour Thanksgiving Day - Nov. 23rd

It's a day where Japanese residents honor each other's labors. It is a quiet day in Japan where people spend time with their families. There is a law establishing the holiday as an occasion to respect labor, to celebrate production, and citizens to give each other thanks. Children prepare cards or gifts for people who work to show appreciation. Companies review their accomplishments and congratulate their workers for their dedication.

South America & Mexico: Las Posadas - Dec. 16th to 24th

Las Posadas is a holiday brought to Latin America by the Spanish and adopted in Mexico and Guatemala. During the holiday families dress up as angels and shepherds. Two people dress up as Mary and Joseph, and the Innkeeper in the story of when Jesus was born. The dressing up is accompanied by prayer, music, food, and pinatas.

Many Countries: Hanukkah - Dec. 18th to 26th

Hanukkah is a holiday in which those who follow the Jewish religion celebrate the re-dedication of the holy temple in Jerusalem. The celebration lasts 8 days because the candle in the temple had oil to last one day but it lasted eight. The traditions and things to do during Hanukkah include lighting the menorah, playing dreidel, eating fried food, music, and gelt.

Many Countries: Christmas - Dec. 25th

Christmas is celebrated because of the birth of Jesus Christ hence the part of the name having Christ in it. Celebrations include having family over for dinner, giving gifts, eating desserts such as cookies, and putting up decorations such as trees with lights and other decor.



School News

Directing the Spotlight on Student Teachers

By Cara Yucis

Logan Post Staff Writer

Many of us students here at Logan have had the experience of having a student teacher. I remember when I was in second grade, I had a student teacher in my music class. I remember learning a lot from him, but we also had tons of fun too! We would pretend that the rug was a skating rink, or act like we were catching snowflakes near Christmas time. Although he taught quite differently then we were used to, the whole class would be excited to have him. Student teachers can have a real impact on our experience at Logan, but due to their limited time here at the school, we often don't get to learn much about them.

Currently, we have two student teachers in our middle school: Ms. Graifer who works with Ms. Gattuso in the music room and Ms. Morris who works with Mrs. Ternyila and Mrs. Addeo in their ELA class.

Samantha Graifer is a student at Rowan University majoring in music education. She graduates this December and recently landed her first job as music teacher at a middle school in Delran. She became interested in music at an early age, she played trumpet for fourteen years, and participated in many music clubs and bands. She currently sings in a church choir and teaches the marching band in her school.

The reason she chose teaching as a profession is because of all the teachers that have inspired her along the way. Two of the teachers that really stood out to her were Mr. Gillick, her middle school band teacher, and Mr. Thomas, her high school band director. She said they both were always very helpful, supportive, and always answered her questions when she asked.

She said that she has learned a lot from Ms. Gatusso, like how to run a classroom and different ways to approach different topics in class. She states that she also learned a lot from the students like how they react to different situations. She said that her favorite part about student teaching has been working with all the students and seeing the look on their face when they learn something new.



Kaylee Morris also attends Rowan University and is majoring in K-12 English Education. She graduates in Spring of 2023. She said that she enjoys teaching middle school and would like to stay teaching 6th and 7th grade. She started at Salem Community College where she received her Associates degree. She then transferred to Rowan to complete her teaching degree. She said that she chose teaching as a profession because she loves working with children.

She comes from a big family with five younger siblings, so growing up she's always been around younger kids. She said that some really great English teachers have inspired her, but more specifically she had a math teacher who was really kind. While some of his students gave him a hard time he would let it go and power through. She said that is how she plans to be with her students.

Ms. Morris said that someday she would love to teach in a school like Logan. She stated that she loves the small school community, and it reminds her of a school attended growing up. She finds it extremely important to be familiar with one another and said it makes her feel right at home being able to build relationships with the people around her.

Having a student teacher in the classroom makes it exciting for the students and helps give them a chance to learn new things. I've realized that the student teacher is learning not only from the current teacher, but can also be learning from the students too.

School Events

- December 20: Band and choir winter concert
- December 22: Early dismissal
- December 22: CRPBIS Holiday celebration
- December 23-January 2: School closed (Winter Break)
- January 12: Kingsway open house for 8th grade
- January 13-20: Book fair
- January 16: School closed (M.L. King Day)
- January 18: Group picture day
- January 27: Second marking period ends
- February 14: Jump rope for heart
- February 20: School closed (Presidents Day)
- March 2: Third marking period progress reports
- March 31: Third marking period ends
- April 6-10: School closed (Spring Break)



The Necessity of Recess

By Caleigh Couse

Cuest Student Author, written for Mr. Illi's 7th grade ELA class

Just the other day, while the other kids had an hour long gym class, my class was stuck doing extra math. The way our school works is right after math, two classes have gym and the other two have have health or stay in their classroom and do more work. The reason I love going to gym class rather than going to a different classroom is because in gym we aren't doing school work and you can have fun with people who aren't in your class. However if you don't have gym that day you keep on working without a break. In the article, "How Important Is Recess?", by St. Luke's Penn Foundation, "8-in-10 principals acknowledged that time to play has a 'positive impact on achievement,' and two-thirds of principals stated that 'students listen better after recess and are more focused in class.'" This goes to show that recess is a necessity for middle school students.

During school I wait for the class to end even though the only break is walking in the hallways to get to my next class. I try to walk slower than usual so I can get longer than a two minute break. I go to my locker or the bathroom whenever I can. When I arrive in class some people get in late and the teachers get upset, but I don't blame those students because they just want a longer break. We don't want to go from a math test to writing an essay in a quick four, five minutes. When I don't get a long enough break, the classes feel longer and school becomes more dreadful as the days go on. As students we need something to look forward to, whether that be a free time period, or a recess. With this break you can socialize with your friends, take a brain break, or even just a quick nap. Some of my friends I don't have any classes with, some just one. With this being said, we can only talk during our lunch period, but even then, if one of your friends is buying lunch they are in a long, slow-moving line.

I made a survey for my class and everybody said that they feel drained and bored sometimes if not all the time during class. 57.9% of the students said they feel stressed during classes, and although it's only a little over half way for one class, it means around half the students in the school feel stressed during school. When you're stressed or have something on your mind you can't focus or pay attention during class. Imagine you just had a big test and you're not sure if you're going to pass, then you get to the next class talking about something important for a project you're going to do but all you're doing is thinking about that test. If you don't pay attention at that moment then you will be messed up for that upcoming project. Now, if you had a break before your next class, you wouldn't be so stressed. When I asked my class why a 20 minute break would be necessary, 10 out of 18 students said that it would give them a change to recharge their brains, regain focus, and relax. Other students explained how it would relieve stress, allow them to catch up on school work, and help them calm down instead of getting overwhelmed. In, "How Important is recess?" by St. Luke's Penn Foundation, explains how people benefit, physically, emotionally, cognitively, and socially from recess. In the article they say, "...children often feel overwhelmed and are sometimes paralyzed by school stress and test anxiety. Some children respond to this stress by shutting down and refusing to attend school while others respond by acting out with 'bad' behavior."

As somebody who plays on three different soccer teams, I don't have a lot of free time. And even if I just played on one, those days where I would have practice would be super stressful. When I get home from school I leave for soccer or do my chores, which doesn't leave a lot of time for homework. So naturally it gets really stressful when it comes to homework, however, if i got a 20 minute break I wouldn't have to be so worried about getting work done after school, and if I'm not stressed about work from school, I'll do better during practice.

Having recess in middle school doesn't just benefit kids and their grades, but it also benefits their social skills. Children in middle school need to socialize with classmates as they grow from being a child to an adult. In the article, "Recess: Necessity or Nicety?" by the education world, Susan Meyers explains, "The students get to relate to administrators in informal settings. Says Meyer, "It is amazing what I can find out about a kid [during recess time], or I can connect with kids I wouldn't ordinarily see. Lots of teaching goes on during this time, and I learn too!"

Having recess would benefit so many kids and eliminate stress resulting in better grades, better mental health, and better physical health. Thus why I believe recess should be mandatory in all grades, not just elementary school.

JANUARY 2023

3 – School Reopens
16 - Closed – M.L. King, Jr. Day
27 – 2nd Marking Period Ends
Student School Days – 20

M	T	W	Th	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

FEBRUARY 2023

7 – Report Cards Available
20- Closed – President's Day

Student School Days – 19

M	T	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28			



A First Time Occurrence at the Sixth Annual Turkey Trot



By Mr. Conklin
Logan Post Administrator

One runner’s pace creates a chilly breeze on their face as they look ahead to the open grass in front of them. Their controlled breaths are drowned out by the enthusiastic roar of the crowd looking on in anticipation and suspense. Meanwhile, another runner’s pace creates no such breeze and they look ahead to see the backs of other runners passing them by. The polite encouraging claps of the crowd, which are barely audible over the runner’s desperate gasps for breath, signify the end of their struggle. I was one of those runners at the Turkey Trot this year, and I certainly wasn’t the first one, but I did speak with him.

The Turkey Trot is a Logan Middle School tradition and took place on Wednesday, November 23rd this year. The half-mile run around the back field of the school is a PBS sponsored event headed by Mrs. McCourt and Mr. Floyd. It features a collection of runners dressed as turkeys along with teacher and student runners while the rest of the LMS students and staff cheer them on (and enjoy the spectacle of the scrambling human turkeys and the teachers being beaten by the students...mostly.) This year was the sixth annual Turkey Trot, which serves as a celebration of PBS values, school community, and is just a nice way to enter the Thanksgiving break.

The event has undergone some changes over the years. It was once all teachers who wore the turkey costumes while running (myself included), but that role passed to students in recent years. This year, nine student volunteers suited up in the hilarious outfits and took part in the run: Emily Ault, Floyd Logan, Josh Bertty, John McEntee, Christian Waples, Jayda Romagnoli, Dardyn Fauntleroy, Norah Schank, and Julia Ketterer. One other significant change did occur this year which has never happened in any of the five prior Turkey Trots: a teacher was the first runner to cross the finish line.



Our own Mr. Haslam was that first runner - the one with the chilly breeze on his face, the empty grass in front of him, and the roar of the crowd cheering him on. When asked about his first place finish, Mr. Haslam shared that he was somewhat conflicted before the race. He had placed well multiple times before, including 4th place last year, and felt confident that this year he could win. He had trained significantly for the event with 3 mile runs and has plenty of experience running competitively; however, even though he felt that he could win, he was not sure if he should. Mr. Haslam was hesitant of whether or not he should “go all out” to compete or if he should instead take it easy. It was the combination of Mr. Rhinehart’s encouragement and the inspiration of Mr. Floyd’s competitiveness in the very first Turkey Trot that convinced Mr. Haslam to go for it, and the results did not disappoint.

A true runner, Mr. Haslam effectively paced himself, weaved his way past the quick starters running out of gas, and remained unconcerned with what was behind him. In fact, I asked him how much space was between himself and the 2nd place finisher, and he had no idea (and I certainly couldn’t see it as I struggled my way along far from the front). Interestingly, Mr. Haslam not only predicted that his challenger would be 7th grader Chase Daciw, who did finish 2nd, but Mr. Haslam also had a role in making the challenge even greater. In last year’s Turkey Trot, Mr. Haslam saw Chase perform admirably in the race as a 6th grader before running out of energy, and after the race gave Chase some solid advice on good pacing strategy. That advice surely helped Chase to a 2nd place finish this year and likely made Mr. Haslam’s win even more difficult.

The 1st place award (for students) went, of course, to Chase Daciw. The 2nd place student was 7th grader Charlie Morris, and 5th grader(!) James Lowe finished in 3rd place. Mr. Haslam, I want to thank you on behalf of the teachers for getting us a win and I hope you have enjoyed it - I’m not sure it will last long with all of those runners getting even faster next year!



Restorative Practice Q&A

By Cracie Green
Logan Post Copy Editor

Restorative practice is a program in action here at Logan, but what is this new practice? And is it working for our school? I’ve spoken with a teacher, an administrator, and students about the new restorative practices to get varied points of view about it.

I interviewed Ms. Gervasi, one of our middle school gym teachers, about the new restorative practices. She expressed that she feels it has made a good impact but she is, “hoping it is something that everyone can stick to.” When asked about everyone’s voice in the changes she said that she thinks the teachers could have more of a say, but overall the practices have been working and thinks the admin has been really listening to Student Voice. Finally, when asked about the equity of the new approach she said that the restorative practices are good for teachers who discipline differently and students have different behavioral needs.

Ms. Gervasi’s responses could show that we need to improve the outreach of the restorative practice. I agree with the input from the teachers about certain infractions because you can always use another point of view and the teacher is around the student a lot more. As a student I appreciate that she feels that the restorative practices are working and am glad that she feels the Student Voice club has a say in these rules. I also find it great that these are inclusive rules.

For the administration I chose to speak with Mr. Turner, our new LMS principal. He explained that the restorative practices are proactive steps the school takes to build community, empathy, and respect. This is focused on staff and teachers to make relationships with the students to help them feel safe and a sense of belonging. He also said that the restorative practices help create an “atmosphere of collaboration,” and strengthens communication and trust between community members. He then went on to say that, “in order for students to learn they must have a meaningful relationship with the educational staff.” Some examples of the ways the school supports the restorative practices are: SEL programs such as Sanford-Harmony and Character Strong, practicing mindfulness, student choice and voice in classroom assignments, and mental health/well-being check-ins and discussion circles. When asked about whether or not restorative practice has made a positive impact on the school/student body he replied, “I would say absolutely yes,” and also expressed that data is showing a reduction in discipline issues since October. He says that the school’s climate team worked really hard over the summer to create the new Code of Conduct that includes the new restorative practices. He added that part of the Code of Conduct reinforces the ideas of community building within classrooms and said teachers have seen good results by implementing these new restorative community strategies. Mr. Turner revealed that the violation or infraction that he sees most frequently is, “physical and inappropriate contact (peer to peer).” He also explained that, while he does not have any new ideas for the Code of Conduct at this point, he would like to monitor this year and then analyze our strengths and weaknesses and use that data next year. When asked about whether or not everybody has a voice in the changes, he said that he believes so, with Student Voice speaking for students and the School Climate team representing teachers. (CONTINUED ON PAGE 5)

Advice & Wellness

Stress

Stress. We all feel it at some point in our lives. Whether it's a last second finish to your school project, facing a difficult test, or even in sports. Whatever it is, we hope to have a solution for how best to handle it.

Headspace: A Helpful Tool for Mental Health or an Impractical App?

By Hannah Dougherty
Logan Post Chief Editor

For many people, a new school year means a new year of stress. As we come back to school and begin to fall into our regular routines, it becomes hard for us to adjust. We go from having time to take a break to being swamped with work, tests, and extracurriculars. This leaves little time to focus on a very important aspect of our lives, mental health.

Most students will create ways to deal with some of the stress and anxiety that comes with school. They read, hang out with friends and family, play games, or just relax and decompress. These strategies can work well, but what happens when you don't have the time to see friends, read a book, or play a game? Students can become stuck and even more stressed. Suddenly, they are struggling in classes and becoming distant. This problem is exactly what wellness apps are striving to prevent.

In today's society, the majority of our lives are connected with our phones. So people thought, why not use our phones to help our mental health? Our school guidance counselor, Mrs. McCourt will sometimes recommend wellness apps to students. Although she says you shouldn't completely rely on these apps, she believes they can be helpful when the user makes a conscious effort to utilize them. There are many different wellness apps. All with the goal to provide people with a quick and easy way to deal with stress. The app that I will be taking a further look at today, Headspace, does just that. Headspace was created with the mission "to improve the health and happiness of the world" (Headspace.com). This app uses activities backed with science to help users form healthy habits. Published studies, external scientists, research organizations, and Headspace's own science team have studied the impact that Headspace has had on people's mental health. They found that many people felt it improved their lives mentally and socially. They believed it was improving people's lives.



To be able to fully understand what the app was, I explored the exercises it offered. Once I signed into the app, it gives you options of things to work with. One of the things to do is start your daily path, a series of videos to help in your mornings, afternoons, and nights.

The morning activities consist of breathing and meditation exercises where you begin to focus on different aspects of your mind. The exercise allows you to take a moment and appreciate your surroundings before beginning your day. The morning section also includes a video of real life people discussing certain topics. On my path, I got to watch a video about a group of girls discussing the climate crisis. Their inspirational words help to get you through the day.

During the afternoon portion of my path, I worked on a mindfulness activity. The speaker shared tips for making the afternoon more productive. For people who struggle to keep motivated throughout the day this may be a helpful tool to keep them focused. In the night video, you listen to the white noise as the person begins to talk. You have the option to remove the sound and just listen to the person or vice versa. The ambiance can be helpful when stress begins to affect your sleeping pattern. Aside from the daily path, Headspace has an explore section. Unlike the daily path, explore is designed for specific aspects of mental health. Categories include, meditate, sleep, move, music, and many more.

When asked what a good wellness app needs to be effective, Mrs. McCourt said that she feels it is important for users to have goals and a way to track their progress. Fortunately, Headspace has a feature where you get to see your progress. You see how much time you've put in, and you're able to track your mood throughout the week. By doing this, you are helping to stay motivated on your journey to a healthy mind.

In all, I felt that Headspace was very good and well thought out. The sign in process was quick, the app design was simple and easy to use, and the activities didn't consume your whole day. The app is designed to work with your moods and keep you focused. Mental health can be a hard thing to navigate, but with the right tools, like Headspace, you have the power to control your mind.

By Isabella Ramirez
Logan Post Staff Writer

Stress, something that plagues everyone, everywhere. But, what is stress and how do we deal with it? To even understand how to deal with stress, you need to know what stress is and where it comes from.

Stress stems from the part of your brain called the amygdala. This part of the brain detects stress, it detects biological and emotional stressors. Emotional stressors is something in your environment that is causing you to feel scared or frustrated. While a biological stressor is internal stress felt by the body whether it be an injury or an illness. Without these functions, we wouldn't be able to detect harmful things. These functions keep us safe.

Once our brain identifies stress, our bodies react. We call this process General adaptation syndrome, or otherwise known as GAS, is the term used to describe your body's response to stress. The easiest way to understand more about GAS is to view it as different stages your body goes through under stress. It occurs in three stages which are the "Alarm Reaction Stage" the "Resistance Stage" and the "Exhaustion Stage."

In the first stage your body sends a distress signal to your brain, which then sends a message to the body releasing hormones called glucocorticoids as well as adrenaline which is known as "Fight or Flight." The next stage is the "Resistance Stage." In this stage your body tries to prevent the changes that happened in the "Alarm Stage." Your body is simply trying to recover from the shock from the first stage; your body will remain in this stage as long as you are stressed, you may even revert back to the "Alarm Stage." The last stage is the "Exhaustion Stage." At this stage stress has already put your body through a toll. This stage occurs after prolonged and extended stress. It is the most vulnerable and riskiest stage of stress, here, your body is prone to developing health conditions.

Small amounts of stress is good. Good stress or eustress is a type of stress you show when you are excited. Unlike bad stress there is no fear or threat. This type of stress can occur when you are on a roller coaster or compete in a game. Experiencing something for the first time can also give you this feeling.

Whether good or bad, if you're stressed, it's best to take a walk and cool yourself down. understand why you are stressed and reflect. It's important to know why you are feeling stressed. Some manifestations of stress can be from fear, worry, and the inability to relax.

Asking for help is important when you are stressed. In an interview with Ms. McCourt, she explains that the best way to manage stress is to take care of yourself physically, to get a good night's sleep, exercise, and to eat well. All these things can affect your mental state and your day. Her advice is to always ask for help when needed rather than bottle your emotions up. She says to ask a trusted adult to confide in when asking for help.

Now that we understand what stress is and how to deal with it, we can conclude that stress is in its simplest form a state of emotional and mental strain. Knowing this you will be able to understand it handle it differently.

Restorative Practice Q&A

(CONTINUED FROM PAGE 4)

I asked Mr. Turner about how we are encouraging and promoting the new restorative practices. He responded that we are providing support at staff meetings for restorative practice strategies, implementing new programs ("Child Connection Center" and "Just a Kid" from Sicklerville), and that teachers have been encouraged to utilize Tier One strategies in class. He feels that restorative practices will support equity in the behavioral needs of students and that, "consistently implementing these restorative practices will give the students what they need when they need it." Mr. Turner added that he wants to meet with the Assistant Principal and the school Counselor to create grade level meetings to ensure that everyone knows the objective of these new practices.

Finally, I asked Mr. Turner if the restorative practices the same for all students including those with a 504 or IEP. He explained that right now they are the same for every student including ones with a 504 or IEP, but that modifications and recommendations from the Child Study Team will be strongly considered.

I agree with the idea of adding a grade level meeting to explain these policies. He says that the teachers have a voice but I think we need more student voices along with the teachers. I also feel that consistency is also key when encouraging the new rules and like that these practices are helping students feel safe and feel a sense of belonging in the classroom.

I also conducted interviews with three different students to get their perspectives on restorative practice. All three said that they didn't know what the restorative practices are. When asked about whether or not teachers and staff reinforce the rules and encourage positive student behavior, one said that they all encourage the rules but they only see Mr. Turner rewarding positive behaviors. The other students stated that the enforcement of rules varies from teacher to teacher. Some are very strict and some are more lenient. I asked them each if they feel safe during school hours and they all stated that some student interactions have made them feel uncomfortable at times. Finally, they all expressed that they feel there needs to be more student voices included in the recent rule/restorative practice changes.

These students say that they don't know of the restorative practices. I think we could improve the outreach by making a kid friendly guide. This idea can go hand in hand with Mr. Turner's idea to have grade level meetings. Even though Student Voice is being used for student opinion, I feel that we should reach out to students that aren't just in Student Voice to have a wider conversation.

Reviews

Local Cuisine: Latteria in Swedesboro

By **Haley Pagnotta**
Logan Post Staff Writer



Are you looking for a nearby place to get ice cream? Well then Latteria is the place for you. This local business is owned by Jaclyn Ilacqua and is located on 95 Woodstown Rd. Swedesboro. Latteria is a comfortable place to get ice cream, whether you take your dessert home or decide to eat in. Ice cream is the classic thing to order but Latteria provides much more including pies, milkshakes, coffee, tea, and many other options. Latteria is a cash only establishment and is open everyday except Sundays (and varying holidays) from 3-9pm. With a 4.8 out of 5 star rating, Latteria is one of the most popular places to get ice cream in the area. Their ice cream is homemade and their flavors change often. They are constantly adding new choices and refilling the most popular. Almost every time you visit they will have some of the basic flavors such as chocolate or strawberry, but the rest of the flavors are creative and delicious, meaning you most definitely have never had them before. New festive flavors are produced during the holidays as well. All of the ice cream flavors are created in the same machine, so Latteria cannot assure you that your product will be gluten and/or nut free. They do take precautions but if you have a nut or gluten allergy, I recommend you don't eat there because almost everything is made with either nuts or gluten.

Not only is the food at Latteria delicious, the decor is amazing as well. Walking into Latteria, the walls are covered in hand painted creations. From plants and nature, to animals and people, the vast array of art on the wall will guarantee to fascinate you as you enjoy your tasty treat. Along one of the walls there is a little shelving unit filled with jewelry and candles that are also available to buy.

Yes the food at Latteria is wonderful, but is there enough seating? Will you have to wait or stand? Thankfully, they have the space question covered. There are many tables and chairs set up around the front half of the shop including a long table for bigger groups that eat there. There are also couches and rocking chairs with side tables. So not only is there enough seating, but the seating is also unique and comfortable. Much like their ice cream flavors, Latteria continues to change the setup of the seating to keep things fresh. The setup also includes a small chalkboard and chalk for younger children to use.

Making sure your experience is overall enjoyable and pleasant, may change depending on how you're treated by staff members and the overall environment they create. I bet almost everyone has had a bad experience with a staff member whether it's out to eat or shopping at the mall. I also bet that most people can vividly remember a time where a waitress or receptionist or someone working at customer service has been extremely nice to you and it made your day. The people working at Latteria are not only kind but sanitary as well. Unlike most store owner's that you never see working, Jaclyn, the owner of Latteria, is out scooping ice cream regularly. She takes pride in her business, and it shows in not only the ice cream, and not only the pleasant environment, but also in her work ethic.

Going to Latteria has been and always will be a treat for me. I love getting to see the art when I walk in and to leave with an ice cream flavor that I have never tasted before. Latteria ice cream brightens my day even when I'm feeling down. Whether it's the art or the setup that intrigues you, or most importantly the ice cream, you won't be disappointed with a stop at Swedesboro's Latteria.

Spoiler-Free Review: Star Wars' "Andor"

By **Ms. Kortonick**
Cuest Teacher Writer

The latest addition to the Star Wars galaxy, "Andor" answers the call for a more mature Star Wars story. For years, fans have demanded more projects in the style of the 2016 film "Rogue One," which was praised for its focus on the brutal reality of war, rather than dazzling the audience with a colorful display of blaster fire and spinning starships. It's fitting, then, that the film's spin-off follows directly in these footsteps. "Andor" is dark, tense, and refreshingly honest. The show forgoes action for dialogue, favoring the quiet development of its characters over the spectacle of a space battle. In telling the story of Cassian Andor's rise from self-serving thief to inspiring rebel soldier, "Andor" does something few Star Wars projects have dared to do: it takes its time.

Unsurprisingly, fans quickly took to social media to complain about the show's slower pace and more nuanced storytelling. Yet as the weeks passed, that tone largely changed. "Andor," it seems, will now go down as one of the mostly highly rated Star Wars stories to date. Why? Because it represents, at its heart, everything that Star Wars is and should be. It is a story of hope, revolving around good, kind-hearted people willing to risk everything to leave behind a better world. It extolls the power of ordinary people to make real, lasting social change. It illustrates what it really means to resist, to stand up against injustice, to sacrifice one's own peace in pursuit of some greater good. It is a story of wins and losses, of triumphs and disappointments. Our villains succeed, and our heroes fail. Lives are saved, and lives are lost. That, "Andor" reminds us, is the nature of war.

This is not to say that the show completely distances itself from the fun, rollicking space adventure that audiences have come to expect from a Star Wars series. Several episodes are devoted to a heist, following a scrappy team of unlikely rebels as they embark on a dangerous attempt to steal millions of Imperial credits. Similarly, a mass prison-break brings viewers to the edge of their seats. There is just enough action for the casual fan, and plenty of politics for the most hardcore devotee - and it is this balance that makes "Andor" something truly unique. Just when critics and audiences alike were beginning to question whether Star Wars had exhausted its creative capacity and was falling back on the same old tropes and routines, Andor's message is clear: there is much more to come from the "galaxy far, far away."

"The Bad Guys" Movie Review

By **Savannah Masceri**
Logan Post Staff Writer

Are you in need of a funny and adventurous film to watch? Of course you are! Aren't we all? A Netflix film from DreamWorks Animation Studios called The Bad Guys was released this year, but you might have missed it. If you are uncertain about watching this, it was given an 88% rating from Rotten Tomatoes and has an overall rating of 4.7 stars according to Google. Common Sense Media is a website used to show kids' and parents' reviews on movies. Parents claimed the movie was funny yet educational and was a great, and enjoyable movie for the family. Kids' reviews were very similar and teenage viewers even wrote how they were surprised at how entertaining it was despite being a movie for kids.

After a lifetime of stealing and robbing, Mr. Wolf, Mr. Snake, Mr. Shark, Ms. Tarantula, and Mr. Piranha are finally caught. After the governor, Diane Foxington, said how she felt sorry for them because they have nothing better to do than steal and lie, the group decided to get revenge by stealing the Golden Dolphin that would be awarded to Professor Marmalade at the gala. Unfortunately, their plan didn't work and they were caught. To avoid a death sentence in jail they convince the professor and governor that they have never had a second chance to be good and not to be thieves, so the two agreed that they would try an experiment seeing if the group can become good.

To my surprise this movie was quite entertaining and well thought out. It had a very good sequence of events and twists multiple times that made the movie much more captivating than many children's movies. While I found this film entertaining for myself, I can also recommend this movie to a younger audience, specifically first through fourth grade. If you're looking for a movie that both you and your family will enjoy, this is a good one. It will not only hold your interest, but will keep your parents at the edge of their seats as well. Bottom line, while this movie has some quite cringey characters, this movie has a very clever story that held my interest and was different from your typical DreamWorks movie with an antagonist and a protagonist.



Games & Outreach

Puzzles

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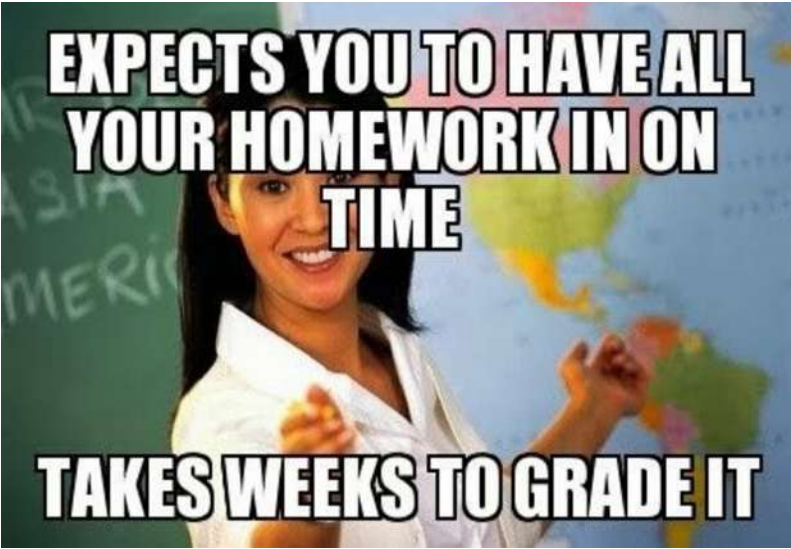
Riddles & Trivia



How are minus zero,
negative zero, sub-
zero, and below zero
all the same?

Check the next issue for the answers!

The Meme Corner



Requests

Story Requests

Do you have an article idea that you would like written in the next issue? A topic that you'd like covered or investigated by our team? Want to give us a tip about an interesting event or story? Email Mr. Conklin with your idea or information and it may just be in the next paper. (No names will be used unless permission is granted)

Advice & Wellness

Do you need some advice or want to submit a question to the writers of the paper? Send Mr. Conklin an email with the question/statement and *The Logan Post* will try to cover it in the next issue's Advice & Wellness section. (Questions & statements would be answered anonymously)