

THE BLACK & GOLD

VOLUME 1 ISSUE ONE

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The Characteristics of Leadership

By Chloe Talplacido

A few years ago, Eric Mabrey started this leadership program within his band. Why? In order for your students to grow as leaders, you must teach them how to be leaders first. But what exactly is a leader?

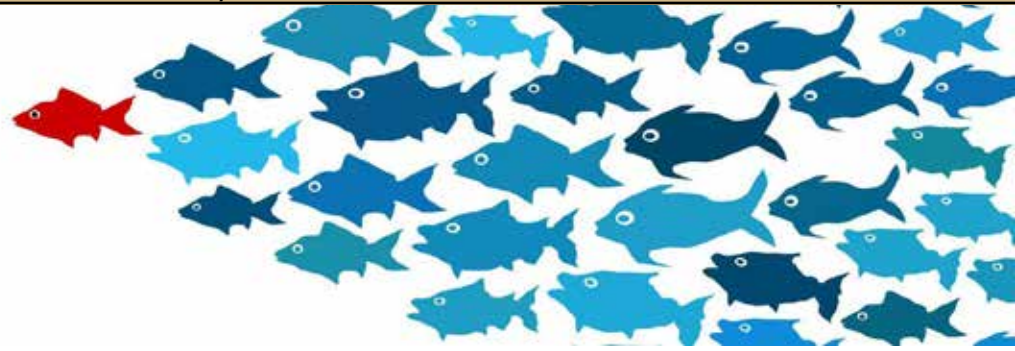
Many people confuse leadership with being in charge. But as military officer E. M Kelly once said, "a boss says 'go', a leader says 'let's go.'" This basically means a boss is someone who tells you what to do, but a leader is someone who does it with you, and guides you Through it, to an ultimately positive outcome.

Another thing about being a leader is that you have to have the right attitude. If you have a negative outlook on things, other people are going to have a negative attitude about said things. A research study from the Heartmath institute

shows that "when you have a feeling in your heart, it goes to every cell in your body, then outward- and other people up to ten feet away can sense feelings broadcasted by your heart. You are either broadcasting positive or negative energy, apathy or passion, indifference or purpose." (matthew Arau, UPBEAT: unlocking your potential)

When you have a positive outlook towards things, you tend to get positive feedback. Others will be more willing to listen if you give them someone worth listening to.

So what makes a leader? I think you'd be surprised if I told you it's not position or power. Being a leader is about encouraging others, building them up and guiding them to victory. The ultimate goal as a leader is to make someone better than you.



To be a leader you have to have what is called a growth mindset. A growth mindset is the belief that our intelligence, talent, and abilities can be grown or developed with persistence, effort, and a focus on learning. You have to embrace effort, struggle, and challenge. It's our struggles, not our strengths, that define us. Being able to get up after falling down, accepting failure as a way to get better, and understanding that mistakes are just stepping stones to victory. A growth mindset isn't an individual thing. You have to remember that other people can grow and learn from their mistakes as well. Being a leader means you help them understand how to fix those mistakes through positive reinforcement.

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Threadz: Olympian's Fashion Club

By Alexandrei Baldemeca



Threadz had an amazing turn out during their first meeting, with a full classroom of people who showed up for the first lesson. The cabinet had planned out a lesson to create beaded bracelets. They provided the lettered beads, colored beads and an elastic string. They allowed people to be creative and showcase their creativity through their own phrase and color design.

Started by junior, Charmane Baliwan, this club works to bring together Olympian High School students who have a passion for fashion and design. Meeting every Thursday in room 506, the club works to create their own designs and products. This month, the club has been working towards making scrunchies, first starting with a

sewing lesson in preparation. At the beginning of each meeting, the club president welcomes new and old students to the



classroom, then gets right into the lesson. While the other cabinet members prepare the supplies for the club members, someone is teaching the lesson, giving the club members a run down of how to create the project of that month.

With Charmane Baliwan as president, Kiersten Aviles as vice president, Frankie Barrios as treasurer, and Alex Baldemeca as secretary, Threadz Fashion Club has been creating lesson plans as well as fundraising to create a fun learning experience for everyone. The cabinet works together to coordinate ways to incorporate creativity and individuality into projects.

The group plans to partner with FIDM Fashion Club to bring scholarship opportunities for students who show a passion for design. They would also like to attend a fashion show as well as host their own by the end of the year. Their main goal is to get students to express themselves through clothes and design. Some projects the club plans to make by the end of the year include: scrunchies, tie dye shirts, necklaces/jewelry, bucket hats, tote bags, pouches, and pocket tees.

Olympian's Fashion Club: Threadz, meets every Thursday at room 506. You can find them on Instagram @olympianfashionclub, be sure to come by and support this club if you have an interest in design and fashion.

THE POWER OF PRETTY NOTES

By Cloe Talipicado

There's been a trend taking social media by storm- the studyblr. A studyblr is an influencer that posts on the topic of studying, homework, good grades, journaling etc. They are known for their "extra" notes and top grades. A lot of people say writing your notes prettily is a waste of time. However I disagree. There are so many advantages to creating your notes to make them more appealing visually. It allows for better focus, better memory recall and it makes them easier to read (both visually and mentally)

Here's some ideas to get you started.

My English notes

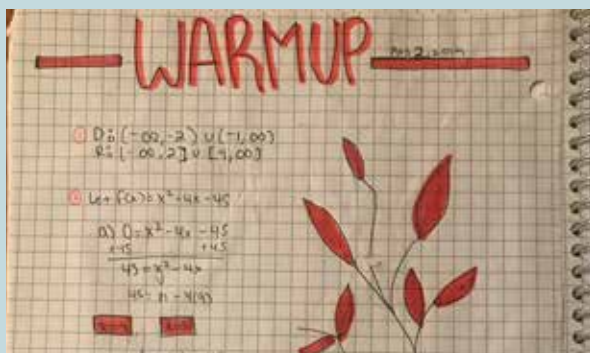
For english I use the color purple for EVERYTHING.

I really enjoy turning my UC statements and short essays into "art" as Mr.Fazio calls it.



My math warm ups

For math I use a bright red. I feel as if it makes my journal a lot more visual for my (least) favorite subject. Math is hard for me, so using a lot of visuals helps me understand things easier. I also like to add art to fill up the empty space.



My AP theory notes

AP theory is my favorite class and it shows. I go all out with my notes in a nice pink, blue, and purple theme. I really enjoy making these notes on blank paper and seeing how much the pink and black contrast with the white.



The April Fools Fiasco

by Bella King

Prologue:

Have you ever made a wish before? You can make a wish on a shooting star, a birthday candle, and even on a four-leaf clover. Read a story about how a high school girl adjusts to her new life in Chester Town. She and her friends go on many adventures while using the power of the four-leaf clover to make all of their wondrous wishes come true. Discover just how far their imagination can go when they attempt to prank their entire school at the April Fools party. Come back to every edition to read more and more about their exciting adventures.

Chapter 1:

It is the beginning of a new month, April to be exact. It is a cool morning with a light breeze in Chester Town. Chester Town is a small town with only 1,500 people. Local shops are starting to turn their Open signs, to mark a new day. The kids are starting to grab their bags and jump on their bikes. The birds are beginning to sing their sweet melodies for all to hear. All of these events marked the beginning of a new month and a new day. Most of these events happened the same way every day, except there is one significant thing that is different in this beautiful morning.

On Darling St. there is a girl walked by herself, a heavy backpack slowing her down. Her wavy, chocolate hair blowing in the wind. The first rays of sunlight shone brightly on her face, The anxiety of going to a new school was making Layla regret every step she took.

Layla is a new student at Chester High school and new to Chester town itself. She used to live in California all the way down near the border, in San Diego. She turned the corner and was met by a large ocean of grass with a small sandy island in the middle where all of the kids played. Connected to this vast ocean was a castle called Chester High School. Layla started her voyage across the field. She was getting close to the island, in the middle, when a cannon fired and a grey ball almost hit her head. Layla quickly dodged the ball and it hit the grass instead. She looked toward the playground. A little kid smiled and waved at her. Layla turned around and leaned down to get the ball. When she reached for it, something caught her eye. In a patch of long green grass, there lay a small, delicate clover.

This particular clover had four small, identical leaves. Each leaf had a light green base with a white line in the middle. It was drizzled with morning dew that glistened in the sun like crystals in a cave. Most people would usually pass it by, guessing that it was just a regular clover, but if you were to look at it closely, you would find that it was a four-leaf clover.

Layla looked at it. and thought 'Nah, that's not actually one, is it?' She blinked a couple of times just to make sure that her mind wasn't tricking her. when she opened her eyes again she was still able to see all four leaves connected to the stem. She slowly inched her hand over to this special clover and plucked it from its spot on the ground. She then picked up the ball in the other hand and stood up. The little boy was standing next to her now and looking at the four-leaf clover.

"What's that?" he asked with curiosity.
"It's a four-leaf clover. It's supposed to give you good luck, but they're very hard to find," explained Layla, as she twirled the clover between her fingers. "Oh, that's cool," the boy mumbled to himself. "I wonder if I can find one?" he mumbled to himself. She nudged him with his ball. He looked up, took the ball and then ran off. With her newfound confidence, she started walking to school once again.

Ring, ringing, ring.

It was time for Layla to meet all of her new classmates for the year. When she opened the door to room 204, she could see a lot of students already sitting in their seats. All of them already knew each other and no one even glanced in her direction.

'Aw man! I thought I was going to have good luck making friends.' She sighed and walked around trying



to find a seat next to a window. 'Yes! I found one' she thinks. She sat down and took off her heavy backpack. This seat was next to the window, but no one else was sitting beside her.

The teacher walked into the room and set his stuff down on his desk. "Good morning class," the teacher said with a sigh. "I am Mr. Jason and I'll be your World Geography teacher for the year. Ok, I assume that all of you guys have your..." Swish! The classroom door swung open and a super tall girl lunged into the classroom panting. Immediately after, the second bell rang. "I... I made it," she said, panting between words. The girl looked up and the teacher looked annoyed.

"Yes, you are on time, but try not to be this loud. Now go find a seat and be quiet." said the teacher in a very serious tone. The girl walked over to the front of the classroom and looked around. Then she walked over and sat right next to Layla.

The girl looked at Layla and whispered, "Hi, my name is Gracia. What's yours?"

Layla felt a small smile growing on her face. Quietly, she said, "Um... my name is Layla."

Mr. Jason continued his lecture on rules, supplies, and more class-related things, but the two girls were not listening to any of it.

They were trying to decide on which of their elementary school teachers was the weirdest. There were two options. The first option was a teacher who had a pet bird in his classroom. The bird would always call him mommy. The other option was this teacher who had a fountain drink machine in his classroom. The principal would always come in to fill her water bottle with Sprite.

The bell rang and the two girls said goodbye to each other before they left to go to their next class. Layla went to her math class and then her English class. The bell rang for the fourth time that day when Layla walked out of her English class. She went through the halls and headed for the cafeteria trying to find her new friend. As she walked, she saw some people staring at her and whispering to their friends.

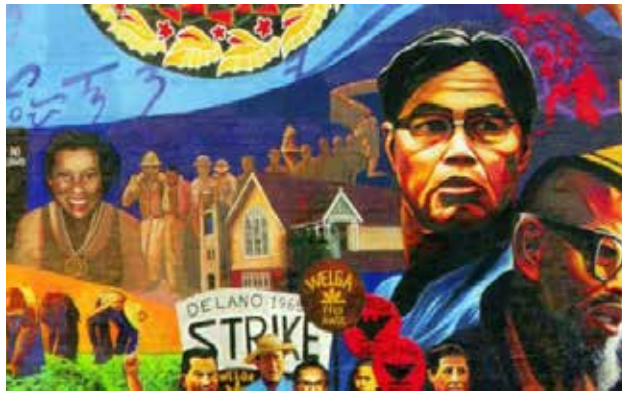
Filipino American History Month

by Desiree Dhawn Adamos

Filipino American History Month, which is celebrated during the month of October, has been widely recognized by students and staff to recognize the hard labor that Filipino Americans have put into America. Here is a recap of the small assembly that was dedicated to it.

The assembly consisted of dances, songs, a presentation on Filipino culture, and even a choral reading. Guest speakers were personally invited to educate students and staff on the history of Filipinos.

How students contributed: The beautiful dances displayed by Olympian's very own Filipino Dance Club emphasizes the importance of Filipino dance and its significance to continuing a traditional Filipino culture. There was even a modern song and dance performed by one of Mrs. Almazar's class periods, entitled "Dahil Sa'yo" by Inigo Pascual. Traditional Filipino songs evoked admiration and occasional laughter from the audience, showing how many Filipinos and those appreciative of Filipino culture can



connect with one another. A powerful choral reading performed by one of Mrs. Almazar's class periods summarizes the pride of Filipinos.

Why do we need Filipino-American History Month?

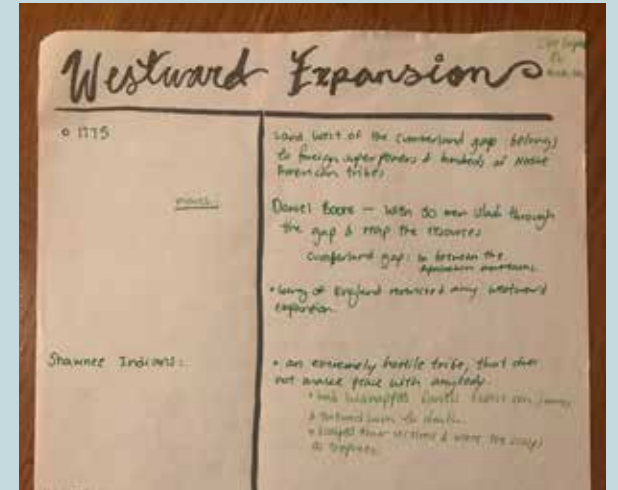
Filipino-American History Month will give recognition to the compassion of Filipino Americans in the past. In today's time, some forget their identity and the importance of their cultures. Having a month dedicated to praising the work of Filipino Americans will give an individual pride in their culture.

THE POWER OF PRETTY NOTES

Continued

My US history notes

I use a green for this class. I really love how my video notes look and experimenting with different color ideas.



My Filipino notes

My Filipino notes uses this sticky note set I got at Daiso. Using sticky notes is a great way to add extra information on the page.

Sports Of Fall

by Desiree Dhawn Adamos and Adrielle Escano

Throughout the Olympian High School campus, many students get involved in activities and extracurriculars in which they are passionate about. Dedication does not go unnoticed, and hard work and perseverance surely pays off. Here are some more quick acknowledgements of some of the accomplishments of our wonderful student athletes this month:

Cross Country

Congratulations to Carter Stuhlmacher for placing seventh out of 100 runners and for Rosanna Javier for placing 12th out of 100 runners! Also, congratulations to the varsity boys for placing 5th out of 16 schools, to the varsity girls placing seventh out of 15 schools, and to the JV girls placing seventh out of 14 schools. Congratulations to Aylette Cisneros for placing in the top 20 out of 230 runners and for Joshua Quinones, Ric Prado, and Daniel Gallardo for placing in the top 20 out of 178 runners! Congratulations to Jacob Juden and Jacob Zaratan for placing in the top 20 out of 204 runners for a 4th place finish in the Frosh-Soph race!

Field Hockey

Our talented lady eagles have persisted as undefeated during the Class tournament! Thank you, goal scorers Kami Signo-Hawkins and Tatiana Boyd for your dedication, and Bella Hurtado and Makenna Harbin for your stunning assists! Thank you to the keeper, Samarys Bonilla and the team's outstanding defense.

Girl's Volleyball; Congratulations to the JV team for earning second place out of 44 teams in the Prime Sports Tournament!

Girls Volleyball at Otay Ranch 9/13 Our girls volleyball team travel down the street to battle the Mustangs of Otay Ranch. The novice and JV teams

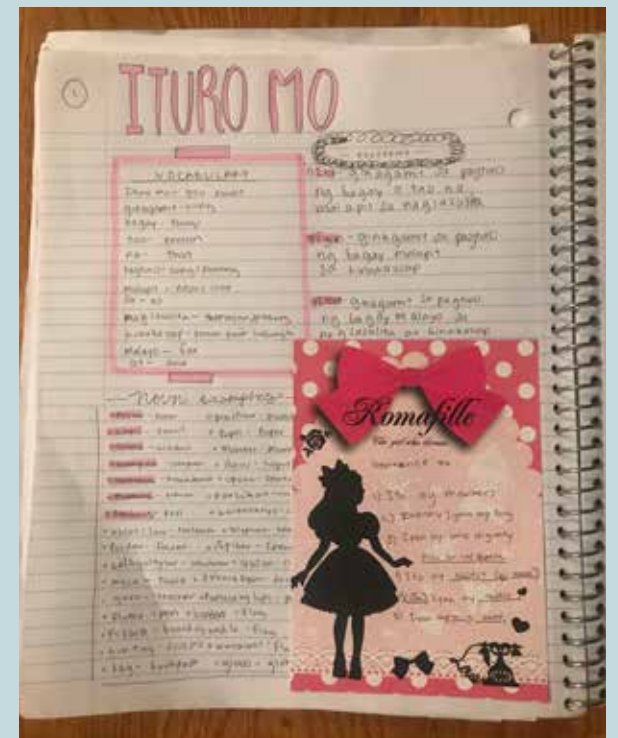
teams played first and beat our rival in 2 sets, while the varsity team fell short in 3. Though they lost, captains Isabella Gonzalez and Quinnlyn Curran lead the team to a close 3 sets with scores of 18-25, 21-25, and 22-25. Currently in their league season, our lady eagles face the Titans of Eastlake on Monday, 9/16 at Eastlake and Mariners of Mar Vista on Wednesday, 9/18 at home, but if you can not make it to these games, you can still support them all October!



On Monday, October 7th, the lady eagles travelled to Imperial Beach to face the mariners of Mar Vista. Starting the day off, the novice and junior varsity teams won in 2 sets. Unfortunately, the varsity team fell in a close game of 5 sets, with set scores of 23-25, 25-21, 13-25, 25-17, 13-15. Leading the way was senior captain Isabella Gonzalez, winning sets 2 and 4. Though they fell short in the 5th game, we are still proud of how they played.

On Wednesday, October 8th, our Olympian girls' volleyball team faced the Mustangs of Otay Ranch here at home. The games started with junior varsity and novice at 3. Both teams got the W against Otay. Now, it was up to varsity to defend the eagles' nest and they did just that. Captain, Sofia Ortiz, lead the lady eagles to victory against Otay in 3 sets with set scores of 26-24, 26-24, 25-16. Congratulations to all 3 levels of our lady eagles and we hope the best as their season comes to an end.

Coaches and athletes: Want to be featured in the OHS Black and Gold? Email us at olyschoolnews@gmail.com for more information.



Multimedia Online Notes

You don't have to have to write on paper to make your notes pretty! In multimedia we use an online format for all of our notes. Here's mine:



Taking pretty notes isn't a "waste of time". It's a way of learning for Visual thinkers and it allows for creativity in a society where useless information is more important than allowing its children to explore the world through their own imagination. I use my "pretty" notes to take pride in my school work and ultimately to get a good grade. Something I wasn't able to do before I found this system. I went from C's and D's to straight A's. And that's the power of pretty notes.

The Characteristics of Leadership *Continued*

By Chloe Talplacido

On Friday August 16, Dr. Matthew Arau of Lawrence University in Wisconsin came to give the band/choir/orchestra kids a seminar on leadership. Arau's philosophy on leadership is "leadership is inspiring and encouraging others to reach their full potential." During his seminar, he had all of us stand up, and he brought out this imaginary ball. We took turns throwing the ball to one another in various ways. One turned the ball into a puppy, another juggled with it. At the end of this exercise, he told us "how we throw the ball, affects how the ball is received." Imagine your attitude as a physical object. The way we treat others, or act toward others directly affects how they're going to act towards us.

Being a leader within the band program my sophomore year was a struggle. I was in charge of the wind symphony and it was probably one of my favorite (although stressful) experiences. I was kind of a mess at leading. It was so hard to try and balance wanting to be a friend versus getting things done. I began to focus on the latter, but then I would feel guilty and start to become a pushover. My weakness as a leader is indecisive-

ness. I wouldn't stick to one thing, instead I let my section run rampant. If they complained about not wanting to play or be at a sectional, I'd cancel the sectional or give them long breaks.

This wasn't effective leadership. I had to mix getting things done while still keeping the energy positive and upbeat. It was a lot of trial and error, but eventually I got it right. I allowed myself to act silly sometimes, and to overall be a friend. This corresponds to the positive feedback I was addressing in the early parts of this passage. The way you treat others is the way they're going to treat you. So by respecting them, I earned a sense of respect myself.

Another mistake I made while leading is telling people what to do. Most people, (including myself) hate being told what they're doing wrong. It hurts their ego. So by telling them what they are doing right and then focusing on things they could do better (notice how I didn't say "wrong") creates a sense of achievement in the follower. I started my section leader journey with "you missed that note", "that rhythm is incorrect," "you

are extremely out of tune." I kept focusing on all the things they were doing wrong instead of all the things they were doing correctly. I was honestly so lucky to be able to lead a section with such talent and to be able to watch them grow not only as musicians, but people as well.

I fixed this later on in the semester. I started not only telling what they could do better, but actually helping them complete these goals. "You're doing really great, but you could fix (insert thing here). By the end of second semester I had 13 amazingly talented individuals, who had a better sense of confidence in their playing, and had a growth mindset. They no longer focused on what they couldn't do. They knew mistakes were just a way to get better. And best of all, they also strove to be better on their own.

So in conclusion, leadership is the ability to bring others to their full potential. To be a good leader you must have a positive attitude, encourage others, and always remember there's room for growth in everyone; including leaders.

Why We Need to Reform The Education System

By Chloe Talplacido

Students sit in a class they hate, learning things they don't need in order to pass a test that's going to get them nowhere. Why? Because that's the way the American education system works.

A few weeks ago, a teacher of mine gave us an assignment. It was to come up with a current political movement and to come up with solutions. I choose something that's always been important to me, my education. Together, my partner and I came up with a list of eleven things we thought should be reformed.

1) Demolish the standardized test

A test that every student takes, and helps colleges see if you're a qualified candidate for their school. Seems like a good idea right? Unfortunately not. You see, when standardized tests were introduced they eliminated intellectual curiosity. By learning things to pass a test rather than to actually LEARN them, you take away the effectiveness of our school systems. When you have a standardized test, students begin to cram. They learn techniques to single out the correct answer, based on clues in the question. However, this doesn't promote thinking individuals. If the correct answer is already on the test, then how are we to test whether or not we know the answer?

2) Increase teachers pay

In my opinion, teachers are the lungs of our society. They deserve to be paid as much as doctors do. But since that is not possible, they at least deserve to be paid a livable wage. The average salary for a teacher is 53,000. That's not enough. The education system is our most valuable asset as a country, and therefore deserves to be treated as such.

3) Take away the classes that aren't useful

(i.e advanced math classes should be an elective) and replace them with life skill classes (i.e home ec, finance, leadership, current affairs)

I think every American student would agree with the following statement: We are not prepared for life. I have no idea what I'm doing. I can't cook for

myself, I don't know a thing about finances, and I have no clue what's going on in the world. If we taught our children to be responsible adults, teach them what a credit score is, tell them what benefits they should get in the workforce, show them ways to change the world, then our economy would strengthen, we'd have solutions to our problems. If we taught our children to be innovative thinkers, in the next generation we'd have a better society.

4) Less emphasis on a four year college

A four year university is a must. Without it, you're going to have a hard life. You're never going to make any money, and you're eventually going to be homeless. That's the mindset of many American students and parents. They look down on retail employees, and labourers. But there is nothing wrong with working for a living.

5) More programs for students

Schools have been cutting programs that don't align with society's new STEM standard. If it's not a core class then it's not needed. Students will disagree with you. Imagine going to a school for eight hours a day, learning things that you don't need and then going home and doing no homework. Imagine a school, where there's no creative output, no music classes, sports and clubs. And then tell me that you want to be there, that you're going to be excited about learning. You can't.

6) More funding to extracurricular activities

Studies show that students who took part in extracurricular activities (particularly music) are better in the workforce. They have team skills, they take an innovative approach to problem solving, they are hard working and driven. So by funding these programs, you're funding the future.

7) Shorter school day/year

The American school system has one of the longest school days, and school year. But studies show no direct correlation between a longer school year and test scores. In fact, those with shorter school days, and longer breaks actually have higher test scores on average than US students.

8) Longer breaks during school

Sitting in a classroom listening to the teacher drone on about random nonsense isn't a good idea for the generation with the shortest attention span. Taking breaks in between lessons, allows for more refreshed students, and a willingness to learn.

9) Better school lunches

This is kind of a no brainer. If you wouldn't eat it, why would you feed it to your kids?

10) Bring back creativity in the classroom

Classrooms suffer a lack of creativity. They took away creative writing, poetry, and replaced it with a format for an argumentative essay. I'm drilled to a system that gets me an A. We took away projects and replaced them with essays, and in doing that, we took the fun away from learning.

11) Less homework

We are told that we have to have 300 hours of community service in order to get into a good school. We have to be in clubs and sports. And then we have 4-5 hours of homework per night. How are we supposed to have time for anything? I have friends who forget to eat, and don't sleep because they are so focused on their homework. Cheating on homework has exploded through the school systems everywhere. The finish school system is the best in the world, and they don't give out homework.

12) Later start to the school day

Teens need 10 hours of sleep to function. How are we supposed to do this when we have to get up for school at six in the morning, and most teens don't finish their homework until 2 in the morning. No wonder we're prone to mental breakdowns, anxiety attacks, and just the overwhelming feeling of stress