

# Editor-In-Chief's Note

Dear Readers,

Did you recognize this cover as a Verdadera issue, or was our title lost in the schedule's flurry of activities and due dates? Have you also lost track of something in your schedule lately?

In the beginning of the school year, we saw petitions in our Facebook feeds to push school back by an hour to align with teenage sleep/wake cycles. At our November issue topic meeting, our advisor noted that much of the buzz came from parents rather than students, and that the district would consider making schedule changes if many students suggested it. We looked around the room and realized, hey, we take opinions and publish them. Seems only natural that a student opinion publication devote some attention to this topic.

We would like to remind everyone that we (editors, staff, and advisor) intend Verdadera to be a widely available, safe platform for anyone to voice any opinion without fear of being harassed or shunned for it. We hope that readers will respect each other's opinions and seek to understand rather than undermine.

Thank you, Gloria Zhao & May Cui

P.S. Please do not try to guess who wrote which article.

## Further Resources

#### Organize and plan your time/schedule effectively with: http://bul*letjournal.com/* **Plan your sleep accordingly with:** *http://sleepyti.me* Read about why sleep is so important and vital to your routine: http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/why Getting Things Done: The Art of Stress-Free Productivity by David Allen motivates and help strategize your time. Use the Pomodoro Technique to get work done well and quickly with: http://tomato-timer.com Read a general description about it on Wiki about it: https:// en.m.wikipedia.org/wiki/Pomodoro Technique

| MONDAY / FRIDAY |                                 |              |
|-----------------|---------------------------------|--------------|
| 1               | 7:35 - 8:25                     | (50)         |
| 2               | 8:30 - 9:20                     | (50)         |
| 3               | 9:25 - 10:15                    | (50)         |
| BR              | 10:15 - 10:30                   | (15)         |
| 4               | 10:35 - 11:25                   | C 10.100 (A) |
| 5               | 11:30 - 12:25                   | 10000        |
| L               | 12:25 - 1:10                    |              |
| 6               | 1:15 - 2:05                     | 5            |
| 7               | 2:10 - 3:00                     | (50)         |
|                 | WEDNESD/                        | Y            |
| C Col           | 7:35 - 9:05<br>laboration - Tea |              |
| 0.00            | Late start for st               |              |
| BR              | 9:05 - 9:20                     | (15)         |
| 2               | 9:25 - 11:00                    | (95)         |
| 4               | 11:05 - 12:40                   | . (95)       |
| L               | 12:40 - 1:25                    | (45)         |
| 6               | 1:30 - 3:05                     | (95)         |
|                 | FLIP BLOCK                      | DAY          |
| 2               | 7:35 - 9:10                     | ) (95        |
| 4               | 9:15 - 10:50                    | (95)         |
| BR              | 10:50 - 11:05                   | (15)         |
| 6               | 11:10 - 12:45                   | (95)         |
|                 |                                 |              |

## Monta Vista Bell Schedule

|        | TUESDAY                   |      |
|--------|---------------------------|------|
| t.     | 7:35 - <mark>9</mark> :10 | (95) |
| 3      | 9:15 - 10:50              | (95) |
| BR     | 10:50 + 11:05             | (15) |
| 5      | 11:10 - 12:45             | (95) |
| L      | 12:45 + 1:30              | (45) |
| 7      | 1:35 - 3:10               | (95) |
|        | THURSDAY                  |      |
| 1      | 7:35 - 8:20               | (45) |
| 2      | 8:25 - 9:10               | (45) |
| Tutor  | ial 9:15 - 9:45           | (30) |
| 3      | 9:50 - 10:35              | (45) |
| BR     |                           | (15) |
| 4      | 10:55 - 11:40             | (45) |
| 5      | 11:45 - 12:35             | (50) |
| L      | 12:35 - 1:20              | (45) |
| 6      | 1:25 - <mark>2</mark> :10 | (45) |
| 78     | 2:15 - 3:00               | (45) |
|        | RALLY                     |      |
| 1      | 7:35 - 8:20               | (45) |
| 2      | 8:25 - 9:10               | (45) |
| 3      | 9:15 - 10:00              | (45) |
| R      | 10:05 - 10:35             | (30) |
| BR     | 10:40 - 10:55             | (15) |
| 4      | 11:00 - 11:45             | (45) |
| 5      | 11:50 - 12:35             | (45) |
| L      | 12:35 - 1:20              | (45) |
| 6<br>7 | 1:25 - 2:10               | (45) |
| 63 -   | 2:15 - 3:00               | (45) |

Taken from Monta Vista School Website

#### opinions

I CAN'T FUNCTION IN THE ent MORNINGS EVEN ON LIKE 9 HOURS OF SLEEP SO I JUST END σ UP ALWAYS DOING POORLY IN St 1st PERIOD

1: not satisfied

Some of my teachers only teach 3 periods Student and they often leave before I can ask them questions during lunch. This forces me to ask them during brunch where there isn't enough time to answer all of them since other people come too, or during tutorial, where I can't get my other questions answered. More tutorials  $\sim$ please! Also, I'm pretty much asleep during first period so a pushback on the start time would be amazing.

I'm okay with it...but I would much rather  $\infty$ start a little later because I don't want to have to wake up at 6 every morning just to get ready for school. Middle school started at 8:20, so why can't high school start around the same time? Not only would the transition between middle and high school be easier, it would be easier on the parents (though not necessarily on the traffic).

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intended purpose.  $\overleftarrow{-+}$ 

I am satisfied for the most part, but I think Student there should be 2 tutorial days. A lot of other schools in our district have 2, 45 minute tutorials. I believe that we should have 2, 30 minute tutorials, one on monday and one on thursday. This was already discussed and voted on last year, Ц, but never taken in to action.

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Ident

I believe last start is incredibly helpful, and the blocks, although long and sometimes unbearable, do have their advantages. However, there should be one more tutorial because as it is, most of our tutorials are spent doing things such as fire drills or presentations

Other schools such as Homestead gets to have 2 late starts, and I think that is very beneficial to the students, because late start days allows students to de-stress and ACTUALLY

- get some sleep that they deserve.
- Also, I think there should be tutorial on Monday AND Thursday (because we need time to refocus and ask ques-
- tions on the numerous amount of homework that we've
- $\square$ received for the weekend. But I mean it'd be GREAT if we
- 0 didn't get homework over the weekend, because in Sarato-
- ga High School, teachers are not supposed to give home-
- ent work to students over the weekends.)

## How satisfied are you with Monta Vista's current schedule?

and aren't always being used for their

### opinions

I think it's fine, but I would еn prefer if school ended earlier because after lunch, I cannot р Π stay awake so in my opinion, I think school mornings are fine, S but it'd be nice if school ended a little earlier.  $\infty$ 

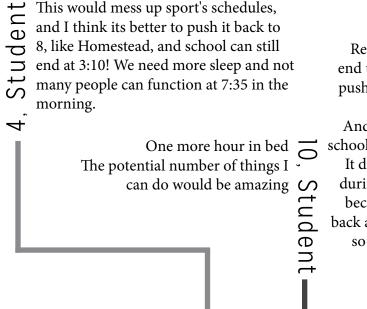
## 10: very satisfied

#### opinions

- Student
  - schedule back by one hour. I think a lot of people are saying that we're supposed to get more sleep by doing it, but in reality, our entire sleep schedule will only get pushed back by one hour, because we get home an hour later, so we'll be all our activities and homework up to one hour later as well. By having our schedule remain the same, people also have more times for activities in the afternoon. For example, people who play sports already have to leave seventh period earlier sometimes. If we were to push the entire schedule back by one hour, they'd have to leave seventh even earlier and possibly miss the entire period instead of just half it.

There's not really any point in pushing the entire

- I think this would not make a
- ent difference in student's sleep schedule
- as students would stay awake longer σ
- Stu and at the same time extra curricular
- activities after school would be
- prolonged and end extremely late,
- $\aleph$  messing up a perfectly good cycle we have in place.



### l: no

Student

I don't think school should be pushed back because it causes us to end school at 4. A lot of students here have other extracurriculars that they have to do and it'll be too hard to keep up with our work. I don't think there's really any difference between starting at 7:30 and 8:30 because everything before 9am will still be too "early" for all students (as they would complain). But ending at 3 and ending at 4 would be the bigger problem in my opinion.

Students would feel more stressed because getting home later with the same amount of work to do will cause students to sleep later; if you think about it it's totally ineffective because students will lose more sleep and be less productive coming home later. I think if we really want to take care of this problem, teachers should actually USE the conflict calendars and actually lessen the amount of work they give us instead of "worrying" about why we're so tired everyday.

That would be quite harmful to me. As an after school athlete, there are some days where I'm already missing school for games starting at 2 or 3, and then I would have to miss most. As it is, I sleep U quite late because of practices, and with  $\mathcal{O}$ school ending an hour later, everything will be pushed back an hour as well. d I'd rather have more time to relax after ur to spend in the morning. school than an extra hour to spend in

I'm all for starting school at 8:30 because biologically we can't function at 7:30, but I'm not sure if I want to stay in school until 4...also it would be hard for kids with siblings at Lincoln/Kennedy. I feel it would be better to start at 8 and end at 3:30. so pushing the entire schedule back half an hour. 4 is too late to end school.

## How would you feel about pushing the entire schedule back by 1 hour?

### opinions

Regardless of when we end school, we're going to end up staying up until 1, 2 in the morning, and by pushing the schedule back by an hour, we'll be able to get a little more sleep.

And why start so early...businesses are 9-5, middle schools are 8:20-2:50, so why is high school so early? It detracts from our ability to be effective students during first period and often into second and third because we had to wake up so early. Being pushed back an hour works well with our circadian rhythm, so we will be more awake during first period and therefore the rest of the day.

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### 10: yes

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### submissions

#### Student Satisfied With Current Schedule

While it may not seem like it at first, the Monta Vista schedule perfectly molds into a typical student's psychological behavior. For example, I often find that I'm more focused during the morning due to the "start-of-the-day effect", where the renewed feeling of starting anew lengthens my attention span. Conversely, I find that later in the day, my focus begins to detract and my attention span shortens. This is due to the "burning out effect", where the start effect begins to wear out and I find myself checking the clock on a more common basis. The early schedule also permits me to commit more time to extracurricular activities and also provides more time to "cool down" after school and finish homework. And since the early schedule demands that we arrive to school shortly after waking up, I'm able to more accurately calculate the times that I should fall asleep at.

#### Student

#### Satisfied With Current Schedule

As a fresh freshman last year, I felt that a free first was a really great addition to my schedule. I felt that with the free first I was not pressed for time to get to school and I could stay up later to finish my homework. Not to mention the Tuesday late starts were pretty great too! I was also able to spend time with my friends before school started to just relax instead of worrying about the test I had in 2 periods, although most of our conversations would lead to that. Overall I felt that the timings of Monta Vista, especially with a free first, really made my first year all the more enjoyable!

#### Student Unsatisfied With Current Schedule

I think the time school starts is fine, and I don't have a problem with it. However, I think school ends too late for someone who has all 7 periods. I would prefer to have a 0 period and then have a 7th free, just because if school ends at 3:05, it doesn't leave me a lot of free time. With the amount of homework Monta Vista provides it's students with ( about an hour per subject, around 5-7 hours per night), it leaves me with almost no time to do anything else other than study.

#### "I love sleep. My life has a tendency to fall apart when I'm awake."

#### Student

#### **Unsatisfied With Current Schedule**

School starts too early in the morning; it is hard to get up early to get to school.

Also, for sports, you basically need a free seventh period because many varsity teams start practice at 2:30 and you'll miss that period so much for games.

We should have a schedule where we only go to each of our classes 3 days a week for 70 minutes. That way we can take 7 classes with sports, and get enough sleep. (school would go from 8 to 1:45 with a lunch break)

#### Student Unsatisfied With Current Schedule

Block days are just too long. Makes sense in some classes like science where you do labs, but lots of teachers just play videos to fill the time, and nobody pays attention by the end.

#### Student

#### **Unsatisfied With Current Schedule**

We need additional tutorials. Some of my teachers only teach 3 periods and I can't get help from them after school or at lunch. However, if I go ask them during tutorial, I don't have enough time to get help from other teachers. Also, it would be nice if school was pushed back half an hour because I'm pretty much asleep during 1st period ;\_\_;

#### Student Unsatisfied With Current Schedule

I appreciate tutorial, block days and rally schedules but I dislike how early our school starts. I feel that school should start around 8 am or so and end at 3:10. Lunch should really only be 30 minutes long on normal days, but thats just my opinion.

#### Daily Struggles\* Student

Literally every single morning is a struggle for me. My mornings are meant to be relaxing but the constraints of the school schedule make me make unhealthy compromises. I wake up "late" everyday and rush into shower, waking up with a really pissed attitude, skipping breakfast, because I have no time to unwind. I bike to school, and I have asthma. Partly because of my time management, I always end up sprinting and I live 3 miles away. By the time I reach school I'm nearly fainting. The first ten min of first period are me catching my breath, wiping my dripping nose, and gulping all the water in my bottle down my throat. The next 20 min are me trying to catch up with everything I missed due to my exhaustion, feeling crappy inside. By lunch I still feel the emptiness inside my stomach because I skipped breakfast, but I don't feel hungry , just a sense of pain, so I skip lunch too. By the time I'm home I'm exhausted, and end up taking a nap that has no place in my super pack schedule waking up at 3-4hours later. Ruining the rest of my workload causing me to stay up until 1-2 am everyday just to finish it. 7:35, is way too early. It's affecting my hunger and my sleep patterns. Not good.

#### "Better three hours too soon than a minute too late"

### submissions

### staff articles

## **Online** Classes

I'm an old-fashioned learner. Modern techniques for teaching include being more hands-on, doing projects over papers, and pushing group discussions rather than individual work. I, for one, (and probably the only one) absorb the most information from an enthusiastic lecture, with the teacher taking up a topic with us, all sidenotes and long-winded tangents included, and throwing curveball questions at us. But whatever your learning style might be, make sure you understand it before you start thinking about online classes.

The best argument for online classes is that they mold to your schedule and available time. And I definitely see this as a plus point, especially if you need last-minute credits, want a refresher on a subject, or just want to dabble in something new. For example, a friend of mine, now a senior, took a computer science class over this past summer. He's going to be a computer science major, but he hasn't taken an official class in the subject since sophomore year. This is a great use of an online class! It caters to an unpredictable summer schedule (and you don't need to wake up for a 7:35 AM class!), and to someone who already has experience in the area. But can you imagine taking a computer science class for the first time ever, online? You would have an entire new language spewed at you through a screen. How well would a computer be able to understand the nuances of your questions? And when we're talking about CS for the first time, there are going to be a lot of questions! (Personal experience.) Or taking a biology class and trying to understand the difference between Acetyl-CoA and Coenzyme A in the Kreb's cycle? (Not sure I can answer this one either.) Or getting advice on how to write a better paper on your novel?

I'm not saying it's impossible, especially if the online class involves access to an actual teacher on the other side of the screen. I'm aware of the many nuances for and against online classes. For me, nothing can really replace being able to talk to other people in my classes, and even more so, my teachers, and hear their input on various topics, especially when it comes to complicated ideas, polarized issues, or just an introduction to something I've never experienced before. All I'm trying to say is, don't choose online classes for the sake of scheduling, because you won't realize the value of your teachers and classmates until you don't have them. — Gayathri Kalla

## Schedule Survey Results

#### 96% of respondents attend MVHS Gender:

70% Female 28% Male 2% Preferred not to Answer

68% Want a Delayed Schedule 32% Other

#### **Cupertino HS**

Regular M T F, Block W Th 17% Like 39% Somewhat 44% Don't Like

#### Lynbrook HS

Regular M, tutorial T F, Block W Th 34% Like 40% Somewhat

26% Don't Like

#### Monta Vista HS

Regular M F, Tutorial Th, Block T W 20% Like 43% Somewhat 38% Don't Like

### special feature

### What Changes Do You Want in the Schedule?

#### Fremont HS

Regular M, Block+Tutorial T W, Block Th F 24% Like 20% Somewhat 56% Don't Like Homestead HS Regular M, Block+Tutorial T Th, Block W F 35% Like 35% Somewhat 30% Don't Like

# About Verdadera

Verdadera, meaning "truthfully" in Spanish, is a student-run publication at Monta Vista High School which was initiated by Hung Wei, a Monta Vista parent herself. She envisioned a place where students, alumni, counselors, teachers, administrators, and even parents could freely express their thoughts on the controversial and challenging issues within the Monta Vista community.

The goal of Verdadera is to initiate an honest conversation between parents, students, and everyone overall. It can be hard to come to terms with feelings that students may not directly vocalize or even understand to begin vocalizing; therefore Verdadera serves as a platform to provoke opinions, thinking, and understand the change we all wish to implement.

We collect submissions from students, interview alumni, talk to parents and counselors, professionals, and much more. Verdadera strives to provide a 360 degree view of our reality and we hope you can help us achieve this.

Enjoy reading!

# Staff Members

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