



Vista Grande High School | Spartan P.R.I.D.E – October 2021

Message from the Principal

Welcome back from Fall Break! I hope you all are rested and ready to finish off the Fall Semester with great success! Believe it or not, these next few weeks are going to fly by and next thing you know we will be leaving campus for Winter Break. My name is Ms. Beechum, and I will be stepping in as Interim Principal of Vista Grande High School after Mrs. Cole’s retirement on October 1st. I previously held the position of Assistant Principal, and I am excited to step into this new role as Interim Principal and continue serving the Vista Grande community. Let’s finish off 2021 Spartan Strong!

Sincerely,
Ms. Beechum
Interim Principal

October-21						
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17	18	19	20	21	22	23
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31						

November-21						
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Monthly VGHS Quiz

Answer the questions below and send your responses to jwalther@cguhsd.org for a chance to win prizes! Prizes will be awarded to VGHS students only.

1. True or False... You can take CAC English classes here at Vista Grande?

- a. False
- b. True

2. Who teaches Marketing?

- a. Mr. Inojosa
- b. Ms. Horsley
- c. Mrs. Semore
- d. Ms. Kortsen

3. Who teaches Early Childhood?

- a. Ms. Rains
- b. Mrs. Semore
- c. Mrs. Yeo
- d. Miss. Clemons

4. What does the R in Spartan P.R.I.D.E stand for?

- a. Responsibility
- b. Resilience
- c. Resonating
- d. Respect

5. Which school guidance counselor is in charge of the students who's last name begins with letters A - C?

- a. Miss. Khan
- b. Miss. Sipes
- c. Mr. Del Cid
- d. Mrs. Jimenez

6. What does the E in Spartan P.R.I.D.E stand for?

- a. Energetic
- b. Efficient
- c. Excellence
- d. Ecstatic

**September Quiz
Winner: Destiny
Gastelum!**

Student Spotlights

Conor Sullivan

What grade are you in? 12 Grade

What school event are you most looking forward to this year? The event I am looking forward to most would be the homecoming football game.

What is your favorite TV show or movie? My favorite movie is American Gangster.

What song would you recommend for people to listen to right now? Family Ties – Baby Keem

You can only eat one food for the rest of your life, what is it? If I had to eat only one food for the rest of my life it would be chicken wings.

Instagram or Snapchat? Snapchat

If your life was made into a movie, what actor/actress would you want to play you? I would want Toby Maguire to play me.

Where is your dream vacation spot? Hawaii

Destiny Gastelum

What grade are you in? 10th grade

What school event are you most looking forward to this year? Homecoming

What is your favorite TV show or movie? Tangled

What song would you recommend for people to listen to right now? I'm Still Standing – Elton John

You can only eat one food for the rest of your life, what is it? Hash Browns from Denny's

Instagram or Snapchat? Instagram Destiny_Gastelum

If your life was made into a movie, what actor/actress would you want to play you? Emma Watson

Where is your dream vacation spot? Italy.

Lourdes Jimenez

What grade are you in? 11th grade.

What school event are you most looking forward to this year? Prom

What is your favorite TV show or movie? Coco

What song would you recommend for people to listen to right now? Any Drake song.

You can only eat one food for the rest of your life, what is it? Birria Tacos

Instagram or Snapchat? Instagram

If your life was made into a movie, what actor/actress would you want to play you? Jennifer Aniston

Where is your dream vacation spot? Spain.



Staff Spotlights

Mrs. Scull

What is your position at Vista? ELD Teacher

How long have you worked in education? 38 years

Where did you go to college? Indiana University

Where did you grow up? Indiana

One thing you could not live without. My kids.

All-time favorite TV show or movie? Sophie's Choice.

If you were not working in education, what job would you have? Social Worker or Counselor.

You can only eat one food for the rest of your life, what is it? Saag Paneer.



Mrs. Jimenez

What is your position at Vista? School Counselor

How long have you worked in education? 20 years.

Where did you go to college? Undergrad: U of A and Grad: NAU

Where did you grow up? I grew up in Eloy, aka E-Town

One thing you could not live without. Tortilla Chips

All-time favorite TV show or movie. The Mindy Project.

If you were not working in education, what job would you have? Architect or Interior Design.

Where is your dream vacation? Espana

You can only eat one food for the rest of your life, what is it? French Fries and Cake.

Ms. Ryan

What is your position at Vista? I am the Student Service Coordinator and 504 Coordinator.

How long have you worked in education? 29 years; 2 as a teacher, 2 as a special ed teacher; 8 as a ESS Director; 2 years as a Vice Principal, 17 years as a Principal. Now ESS Coordinator.

Where did you go to college? Ottawa University and Northern Arizona University

Where did you grow up? I have lived in Chandler, AZ all my life.

One thing you could not live without. My husband, kids, and grandkids!

All-time favorite TV Show or movie. Sound of Music (most musicals)

If you were not working in education, what job would you have? Broadcasting.

Where is your dream vacation spot? Bahamas or a Cruise to Alaska

You can only eat one food for the rest of your life, what is it? Juicy Ribeye.



Mr. Scheeler

What is your position at Vista? Social Studies Teacher, Student Council Teacher/Sponsor, and Social Studies Department Chair.

How long have you worked in education? 15 years – 2 at Union and then transferred to Vista when it opened and have been here since.

Where did you go to college? Indiana University

Where did you grow up? Chesterton, Indiana

One thing you could not live without. Oxygen, H2O, Food, Warmth, Sleep, Eliminating waste, and Pain avoidance. Real answer: My wife/best friend and son.

All-time favorite TV show or movie? TV: OZ, Deadwood Movie: Mad Max, Dredd, Demolition Man.

If you were not working in education, what job would you have? Something with Psychology

Where is your dream vacation? Greece

You can only eat one food for the rest of your life, what is it? Asian Cuisine – Is this answer cheating?



VGHS Athletics:

September Sports Schedules

Cross-Country:

10/15 – Chandler Relay Invite
10/22-10/23 - Mt. Sac CA. Invite
10/27 – Home Meet Senior Night

Volleyball:

10/5 – vs. Combs
10/6 - @ Walden Grove
10/7 - @ Poston Butte
10/12 – vs. Apache Junction
10/19 - @ Coronado
10/21 - @ Combs
10/26 – vs. Poston Butte
10/28 – vs. Cortez (Senior Night)

Varsity Football:

10/1 - @ San Tan Foothills
10/8 – vs. Amphitheater
10/15 - @ Sierra Linda
10/22 – vs. Washington
10/29 - vs. Yuma (Homecoming)



Class Spotlight

Student Council

Teacher: Mr. Scheeler

What is your favorite part about teaching this class? All the students are excited every day to do what they can for the school. There is never a dull moment.

What do you believe us the most important topic/skill students learn in this class? There are so many things to choose from. Learning when to lead and when to follow, event planning, time management, dealing with adversity.

Why should VGHS Students take this class? Student Council is the class to take if you want to be part of something that is bigger than yourself. So much of what we do is for all of Vista Grande and when you leave here, you just know you made high school more enjoyable for everyone.



CTE – Early Childhood Education

Teacher: Mrs. Yeo

What is your favorite part about teaching this class? My students are the best part of teaching this class. Also, every day is something different. We have so many opportunities to do fun things. One day we could be doing vocabulary and the next day we are creating an activity for the preschoolers to accomplish.

What do you believe us the most important topic/skill students learn in this class? We really learn how amazing humans are... from the moment we are form we are growing and changing. We also learn the importance of setting a good foundation for learning with children from the time they are born.

Why should VGHS Students take this class? We get to make a difference in a preschooler's life. Helping them with social and emotional development. Hopefully are preschoolers leave our program loving school and ready to learn.

Student Wellness Center

Today's vaping problem is real: Vaping is on the rise among teens. More than 5 million U.S. youth currently use e-cigarettes. Many kids think vaping is harmless, but it can have serious health consequences. The graphic below provides information on Teen Vaping along with resources to use if you or someone you know needs help quitting.

Facts About Teen Vaping



Most **e-cigarettes, including the popular Juul brand, contain nicotine**, the same highly addictive chemical in regular cigarettes.

More than **one in four high schoolers** currently use e-cigarettes.



Teens are more susceptible to nicotine addiction than adults because their brains are still developing.



Many e-cigarettes used by teens are **shaped like USB sticks, pens, or even watches**, which makes them **easy for students to hide at school.**



Despite what some kids think, **vaping is not safe.** In fact, one Juul pod contains **as much nicotine as a whole pack of cigarettes.**

Kids who vape are more likely to **start smoking cigarettes.**



A recent outbreak of **serious lung illnesses** linked to **vaping products**, including e-cigarettes, has affected thousands of people, including healthy teens and young adults.



Some e-cigarette aerosols contain **chemicals, such as formaldehyde**, that can **cause cancer.**

Help Quitting

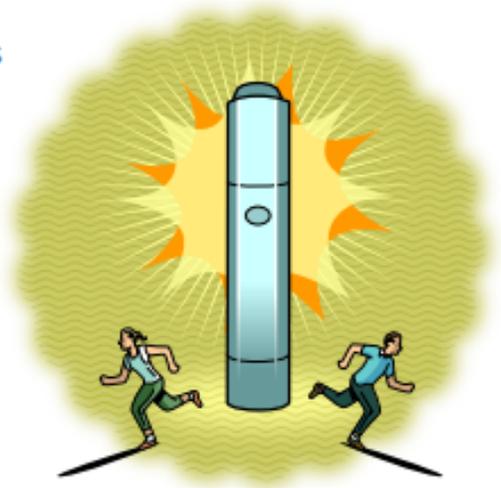
Teens may not know the signs of nicotine addiction. Ask for support from others. Remember: It's never too late to get help.

Signs of Addiction

- Cravings to use e-cigarettes or other tobacco products
- Feeling anxious or irritable
- Continuing to vape despite negative consequences
- Going out of one's way to get e-cigarettes

Getting Help

- Talk to your family doctor about treatment options
- smokefree.gov
- CDC Quitline: 1-800-QUIT-NOW
- For Young People: Text "DITCHJUUL" to 88709
- For Families Helping Young People: Text "QUIT" to 202-899-7550



Ways to Say No

Some teens say they vape because their friends do—either to feel cool or because they're afraid to say no. Here are four ways to handle the pressure.

- **Say a simple "No, thanks," or "Nah, that's not my thing."**
- **Change the topic** ("Hey, are you going to band practice today?").
- **Walk away and do something else.**
- **Talk with a friend, parent, or trusted adult.**

Parent Tips: Healthy Habits at Home

The environment in your home plays a big role in your child's decisions. Keep it healthy to help kids avoid harmful habits.



- **If you smoke or vape, try quitting.** Teens report that one of the top reasons they try e-cigarettes is because a friend or family member uses them. Share the reasons why you want to quit, and ask your family for their support as you start your journey.
- **Establish a tobacco-free home.** Don't allow smoking or vaping in your home. Make sure to ban smoking and vaping in your car too.
- **Steer clear of smoking and vaping in public places.** Avoid restaurants, parks, and other locations that allow people to smoke or vape.
- **Set family health goals each week.** Take a walk together around the neighborhood, try a new vegetable each week at dinner, do one-minute yoga stretches together, or challenge everyone to drink more water. Working as a team keeps it fun!



POSITIVITY RESPECT INTEGRITY DETERMINATION EXCELLENCE

October Focus: Dressing for Success

First impressions are important, and whether it is right or wrong many times a person's first impression is based off what they are wearing. Dressing for Success can have a big impact on many aspects of your life. From creating good first impressions to improving confidence, it is scientifically proven that dressing to impress has a major impact on students. No matter what job you take in the future, dressing for success will look the same, even if the dress code changes.

- Wear clothes that make you confident, this leads to more **positivity** in your life.
- **Respect** yourself and wear clothes that make you feel good, not clothes that might make you popular.
- Show **integrity** and wear clothes with **positive** messages or branding.
- Be **determined** to dress for success every day.
- Dressing for success is shown to have a **positive** impact on student grades leading to **excellence** in the classroom.

September Spartan Ticket Winners

Khyliasia Casillas	Adalee Rangel
Jasmin Mejia	Richard Salas
Ariel Delsi	Isac Torres
Ayden Mallery	Luis Martinez
Eduardo Aviles	
Sebastian Larios	
Melina Amado	
Alize Cotman	
Ethan Taracena	
Leonardo Amador	

Spartan Health Tips of the Month

Physical Health	Mental Health	Emotional Health	Behavioral Health
<p>Get enough sleep. Most teens need between 9 and 9 ½ hours of sleep every night. Many average only 7 hours. Sleep has a strong effect on your ability to concentrate and do well in school.</p>	<p>Try to maintain a good relationship with your parents/guardians. Remember that they want what is best for you. Try to see where they are coming from when they set rules.</p>	<p>Accept yourself. If you feel like you have low self-esteem or poor body image, talk to someone about it. Even just talking to a friend can help.</p>	<p>Drive Safely. Motor vehicle crashes are the leading cause of death in U.S. teenagers. Always wear your seatbelt. Avoid riding in a car full of other teenagers. This can distract the driver and make an accident more likely. Never get in a car with a driver who has been drinking.</p>