

Headlight



Written by the students of Marblehead High School for our school and community

2016-2017 Issue

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Outdoor Classrooms

Lilly Tapper
Reporter in the Field

Do you wish there was an easier way to get good grades? Well there is! Just change the location in which you learn. Many studies have shown that outdoor education has increased school performance. According to www.livestrong.com, fresh air allows you to take longer and deeper breaths, which means that more oxygen is getting to the cells in your body. This benefits students, because more oxygen in your cells means that you will feel happier, healthier, and more alive. All of this can help students to be more attentive throughout the day, and not feel the urge to fall asleep during class. Students and teachers are indoors for many hours during school, and possibly many more afterwards. Students remain inside during clubs or doing homework after being inside for six hours. Just thirty minutes in the fresh air each day can prevent bone diseases in the future. Classes at Marblehead High School are fifty-six minutes long. If a class was moved outdoors, students could gain plenty of fresh air in just one period. Moreover, fresh air would reduce stress because it contains phytoncides, a chemical that helps decrease stress symptoms, such as high blood pressure. According to www.huffingtonpost.com, the stress level of high schoolers (5.8/10) is far above the healthy stress level (3.9/10).

Outdoor classrooms provide an opportunity for students and teachers to enjoy the benefits of fresh air during the school day. My plan is to create an outdoor classroom at Marblehead High School to give students and teachers more opportunities to go outside, as well as to earn my Gold Award, the highest award a Girl Scout can earn. It is a sustained initiative that engages volunteers and takes 80 hours over two years to complete. The project has to address a root cause of an issue and be sustainable, so the issue that my project is based off is the stress many high schoolers experience. The stress level of average high schoolers is 19% higher than what a normal stress level should be. I want to try to improve this number.

Installing an outdoor classroom at Marblehead High School is, what I believe, a simple solution to stress relief. There are so many different activities that people can do in order to reduce or prevent stress. Meditation and mindfulness, along with exercising, sleeping, and eating, are just a few ways to deal with stress. But, there is a common theme among these methods: they require extra effort. You have to find time or take time out of your busy schedule to complete these tasks. An outdoor classroom is different. Learning outdoors allows students to continue their daily routine of learning, while enjoying stress-reducing benefits. Students can work on a worksheet, while their body works effortlessly with nature to reduce their stress.

Plans are currently underway for Marblehead High School's very first outdoor classroom to open this spring. An Outdoor Classroom Club has been created to get this project started, and also sustain it after it is constructed. If you are an interested MHS high schooler, join my club! It is held in A204 every Thursday after school.

What's Going on in Venezuela?

Sophie Mae Berman, Junior
Reporter in the Field



Images Source: Marco Bello/Reuters

In September hundreds of thousands of Venezuelans marched in Caracas, Venezuela, campaigning for the electoral council to hold a referendum so that citizens could decide whether to oust Nicolás Maduro, the current president. The country is "currently experiencing its worst economic depression in 200 years, with soaring crime rates, and a shortage of basic goods." The national electoral council has "put off" the referendum since this past March with the hope that voting will be delayed until January, in which case Maduro's vice president would take over his position until the end of his term in 2019. An earlier referendum date would require new presidential election polls. Maduro has refused to admit to charges of corruption and the "economic struggle" the country faces. Many citizens protest Maduro's decision not to acknowledge that there is a crisis and declare a state of emergency, as supplies from international aid organizations cannot enter the country. Manager Jesus Seguías of Datin Corp, a polling firm, estimated that 34% of Venezuelans (1,258,000 people) would attend the march in September. In October the opposition held mass protests and a twelve-hour strike. The government publicly warned that any business participating in the strike risked being expropriated. The government's history of harsh response toward protestors has made mobilization and involvement a challenge in the past years. In 2014, police met an opposition protest led by López, Antonio Ledezma, and Maria Corina Machado with violence, "leaving 43 dead."

Venezuela is undergoing a difficult recession as a result of its failing state-led economy and the recent drop of oil prices. Seeking to improve the country's economic downfall, Maduro, on November 17th, stated that Venezuela would begin to use \$2.2 billion from a Chinese credit line to increase oil output by partnering with the Chinese National Petroleum Corp. The country's state oil company will seek to increase production by 277,000 barrels per day. Maduro said that output increases have been planned at the Petrojunin, Petrozumano, and Sinovensa joint ventures.

Draining the Swamp

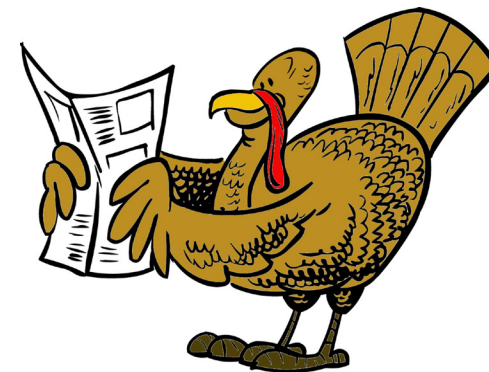
Emma Szalewicz, Sophomore
Reporter in the Field

To continue their several-year winning streak, Marblehead Senior Girls won the Powderpuff game against Swampscott this Saturday at Piper Field. The first points were scored by a 66-yard line run by Olivia Eddy, followed by a field goal from Kelly Morrison that gave Marblehead an extra point. A few minutes later, another touchdown was scored by Eddy, and another point was scored by Morrison. At half-time, the score was 16-0, with Marblehead in the lead. In the third quarter, Montana Joyce threw to Jenny Norcross and scored another touchdown for the Magicians, with an extra point scored again by Morrison. The score at that point was 23-0 Marblehead. Swampscott scored a touchdown, moving the score to 23-8. Finally, in the fourth quarter, Ellie Ronan threw to Jenny Norcross for a touchdown, and Morrison followed with another field goal. Swampscott scored one more touchdown, but they couldn't make up for Marblehead's gain. The final score was 30-16. Congratulations to all the Marblehead Senior Girl Powder Puff Players on their win!!



Photography: Kate Hertz, Junior

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we're thankful for
print journalism!



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Happy Thanksgiving!

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