



## Spotlight On: 2018 ADL Youth Congress Event

Shelby Casimir, Senior Reporter

The Anti-Defamation League (ADL) held its annual Youth Congress on Friday, April 13th. A group of Marblehead High students went to experience a day of powerful speeches, activities, and workshops. The conference brings together 1500 students and school staff from all of the New England area. The goal is to work on solving social issues in the country. The event gave us the tools to succeed with tearing down areas that suppress people, like ageism, weightism, racism, sexism, homophobia, and classism. The conference is the catalyst to continue the fight in our own communities.



From left to right: Deanna and Mya Cook

The day was met first with speeches from Deanna and Mya Cook, twin sisters who received disciplinary actions for just having braids at their Malden Charter school. Both are student activists who strived to create an inclusive, nondiscriminating dress code at their school, and to create an improved school community on inclusiveness of their Blackness. Their speech touched my heart, not only being a Black girl and a high school student, but overall their experience with being an activist in their community was parallel to what I continue to do in the Marblehead community.



From left to right: MHS student Nia Guzman, Brittany Packnett, and MHS student Crystal Aguerro

The keynote speaker was Brittany Packnett, an unapologetic social activist who was very prominent during the Ferguson Protests. She is also an educator, a writer, has a substantial social media presence, and, most importantly, is a daughter to St. Louis Ministers. Her interactive, funny, and influential speech grasped the essence of what social activism is. Brittany Packnett taught

us the building blocks to becoming a leader and shared some racist experiences she had when she was a high school student as well. She was able to command those racist experiences into her own story and transform that into true activism. Packnett left me wanting to do more in the Black community and beyond.

I was asked to be a Peer Trainer this year, leading a group from five schools and (about 40 high school students) in an ADL-created workshop. Workshops are fully run by high schools students. Representing Marblehead High School were Kenneth Bufford (Senior), Ben Collette (Junior), and me. For nearly two hours we worked with students; our primary focus was to give them tools for success in their communities. At first, naturally, it was hard for the students to open up to tell their stories, but as we continued with more interactive activities, the students opened up more than I imagined. One freshman student opened up about how she confronted her bully, another sophomore student opened up about confronting the sexism she receives in her class, and another student learned how to combat racist remarks that her peers make.



From left to right: Peer Trainers Ben Collette and Shelby Casimir

Last year I was a participant in the ADL workshop, and this year I was running it. It was one of the most eye-opening experiences I've ever had. It made me want to continue to do workshops like this as I move on to the next chapter of my life in college. As we were giving tools to the students to dismantle injustice at their schools and communities, it gave me the tools to really reach a breakthrough with kids experiencing social injustices as I have. I will definitely miss being apart of the ADL Youth Congress next year.

## Quote of the Week

*"STAY AFRAID, BUT DO IT ANYWAY. What's important is the action. You don't have to wait to be confident. Just do it and eventually the confidence will follow."*

- Carrie Fisher

## MHS Boys Lacrosse vs Beverly

Kate Lothrop, Senior Reporter

Marblehead Battle Beverly @ Piper Thursday April 19. Marblehead had a solid victory of 12-4 against long time NEC rival Beverly. Catch the Boys Thursday @ 4:30 against Danvers @ Piper Field.



#28 Will Cruger fights back for control of the ball.



#15 Finn Keaney looks for an opening while scoring.



#14 Christian Penkrat looks for an open player to pass to.



The boys huddled up listening to Coach Wilkens

## Sleep Deprivation: The New Smoking?

Jillian Lederman, Sophomore Reporter

The life of a high school student is a messy combination of exams, extracurriculars, and expectations. For many students, there is a constant pressure to participate in the "authentic" high school experience, which usually includes some mixture of sports, theater, volunteering, work, parties, or just hanging out. The time that is not spent engaging in such activities is often occupied by studying for tests and completing homework. As April vacation concludes and finals and AP exams draw ever closer, it is important to investigate the inadequate amount of sleep that most high schoolers are getting and the adverse effects that they are suffering as a result.

In my high school experience, I have met very few people who consistently sleep for at least eight hours every night, which studies have shown is the bare minimum for teenagers to function best. While sleep is often disregarded due to school obligations, it is sometimes by choice. Even on nights when students have very little homework, many will voluntarily stay up late reading, playing video games, or watching television. There are clear consequences to this approach.

A significant number of students at Marblehead High School, myself included, regularly drink coffee just to stay awake during school hours. Many fall asleep anyway. During first block, students are almost always groggy and unresponsive, and several of them can be seen with their heads on their desks throughout the day. Numerous studies indicate that sleep deprivation adversely affects students' grades, their day-to-day lives, and even their mental stability. The question remains: is there a way to fix this, and if so, how?

This April vacation, I embarked on several college tours at universities throughout New England. As in high school, students in these academic environments often do not get a healthy amount of sleep each night. At one university, the tour guide, who was also a student at the school, described her experience taking a class entitled "The Psychology of Sleep." Throughout the course, she learned in depth about the psychological effects of sleep and how receiving very few hours per night can significantly impair one's mental state and performance in school. She then resolved to squeeze at least eight hours of sleep into her schedule every night, a feat that she has accomplished ever since and one that, according to her, has drastically improved her quality of life and ability to meet the expectations of the university.

This student's experience affirmed my belief that making sleep education more widespread will significantly increase the average number of hours of sleep for teenagers. Ignorance has been a central theme of negative trends in the past, including smoking, excessive drinking, and exposure to radiation, all of which people participated in because they were not aware of any reason not to. We, as students, simply have not learned about how important sleep truly is. Just as it caused millions to quit smoking in the 1970s, more widespread education will likely increase test scores and lower rates of depression among students as they learn just how much they have been hurting themselves and their long-term prospects through sleep deprivation.

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