

# THE WEEKLY DOG

## Pro/Con: School Uniform Policy

BY DARNELL GOSSETT,  
STUDENT CORRESPONDENT

Reasons why students should be allowed to wear what they want

In the Saint Louis Public School (SLPS) district many schools have been enforced with a dress code. At Sumner High school the dress code includes khaki pants and white (freshmen) gray (sophomore) black (junior) and burgundy (senior) shirts. But what I have to argue about is how a student should be able to wear what they want. “Why?” you ask, because what some students wear is how they express themselves. Saying “that’s too inappropriate” can lower a girl or boys self-confidence depending on what the situation is. And by some teachers or even the principal saying it every day to students, it makes them wonder when they go out, “Do I look inappropriate?”

Now let’s take a quick detour on the dress code and talk about learning. If a student is pulled out of class for what they are wearing they could miss out on studying, learning, or even a test. I personally don’t like the dress code because a lot of my ‘dress down’ clothes are how I express myself. And a student can be expressing themselves in different ways--one could be their hair but the list goes on and on. One piece of evidence that I have is how on January 30, 2020 a student got pulled out of class and she was told to change because she was wearing a khaki skirt that was “too short” and she missed out on half the lesson. In conclusion, this is why I think that all schools in SLPS should not have a dress code.

## Black History Month Movie Review: *Selma* and *Harriet*

BY MS. FOWLER TESTING COORDINATOR/READING TEACHER

Fresh Start Academy students engaged in Black History Movie Reviews & a Lesson Plan/Trivia constructed by Mrs. Evonne McDaniels and Mr. David Vincent.

On February 20<sup>th</sup> students reviewed the movie *Selma* which depicts how Dr. Martin Luther King Jr. marched from Selma to Montgomery, Alabama to procure voting rights for African Americans. On

February 26<sup>th</sup>, students reviewed the movie *Harriet* which portrays how Harriet Tubman's courage and escape from slavery helped to free hundreds of slaves and changed the course of history in America. Students completed a trivia challenge to help recall Black History facts. Students also enjoyed a popcorn bar & soft drinks.



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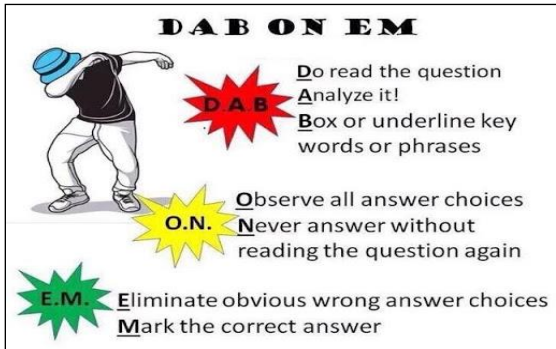
BY MS. FOWLER, TESTING  
CORRDINATOR/READING TEACHER

Many students go through test anxiety before a test. For students who struggle with test anxiety, a bit of pre-exam nervousness turns into feelings of worry, dread, and fear which can negatively impact test performance. On Friday, January 31st, Dr. Deborah Carter, the *HISSET Chief Examiner & Test Coordinator* of Harris-Stowe State University visited Fresh Start Academy. She gave students expert advice, strategies, and tips on test taking and overcoming test anxiety. Beyond that, the test-taking strategy entitled *D.A.B. O.N. E.M.* (which was named after the dance craze made famous by football player Cam Newton) is another excellent test taking tip that has been utilized in schools across the country.



Dr. Carter presents about testing anxiety

Additional exemplary test-taking resources can be found at [www.educationcorner.com](http://www.educationcorner.com) & [www.veritasprep.com](http://www.veritasprep.com)



PRO/CON

School Uniforms

BY NATEL KNOX

Why school uniforms are beneficial for high school students

Uniforms may not be the most stylish or comfortable thing to wear, however they do reap some benefits. Uniforms help our school look like a unit. It gives Sumner a professional and united feel. Wearing our uniforms is like wearing the school on our backs. When people see a Sumner student they will know because we are dressed for success.

With everyone wearing the same thing, no one can be picked on for what they might be wearing. Uniforms also prepare us for a world where certain careers require a uniform and id every day. I do not agree that a student’s clothing should be a distraction in the classroom, but if everyone is wearing what they’re supposed to wear, no one gets pulled out of class, no one misses a lesson.

If you have an opinion about an issue that effects students here at Sumner High, ensure your voice is heard and submit an article for the newsletter! See Mr. Maguire or Ms. Alimayu for more information.

Sumner Creed

I believe in the ideals of good citizenship both in my school and in my community. I resolve to obey the laws of this school, to respect its traditions, to be respectful and obedient to my teachers, to be courteous and kind to my schoolmates, to do my work as thoroughly as I can, to be punctual in attendance, and clean in mind and body.

Sumner’s Mission Statement

- Our mission is to provide a college preparatory academic program that challenges all students to reach their maximum potential. We will provide an environment of excellence, responsibility, and diversity that fosters intellectual, social, and technological skills accomplished through professional development, structured learning experiences and parental support.



SCIENCE CORNER

MS. WILLIS, SCIENCE DEPARTMENT CHAIRWOMAN

Sumner Bulldogs,  
Testing!!! Testing!!!! and more testing. I understand you are so burnt out. I get it. However this is a mandatory requirement for high school students. Since you have to complete these assessments here are some tips to help you with this tiresome requirement

1. Get plenty of sleep. It is important to be well rested.
2. Eat a good breakfast (no snacks/junk-food it'll make you sleepy)
3. Be aware of whatever anxiety you're feeling
4. Relax.
5. Do your best!!!!!!

You can do this!!!!!!! I have faith in you!!!!!!!  
Ms. Willis  
Science Department Chairwomen

Mark your calendars for the upcoming events & assessments:

Feb 27-March 5: Upcoming Practice EOC Biology Testing  
March 6: Suits 2 Success Senior Boys Photo Shoot and Luncheon  
March 16-20: Spring Break  
Village Safe Space After School Program (See Flyer)  
Parent Teacher Conference March 9<sup>th</sup> and March 11<sup>th</sup> 3:15-6:30

Black History Science Fact

Have you watch the movie Hidden Figures? Actress Taraji P. Henson played a woman by the name of Katherine G. Johnson. Who was this remarkable woman? Katherine G. Johnson was born in White Sulphur Springs, West Virginia, on Aug. 26, 1918. Mrs. Johnson loved going to school when she was young. At the age of 13 she was attending the high school on the campus of historically black West Virginia State College. At 18, she enrolled in the college itself, where she made quick work of the school’s math curriculum and found a mentor in math professor W. W. Schieffelin Claytor, the third African American to earn a PhD in mathematics. She graduated with highest honors in 1937, had a B.S., degree in Mathematics and French, and took a job teaching at a black public school in Virginia. Katherine Johnson's knowledge of mathematics was instrumental in the return of the Apollo astronauts from the Moon to Earth. NASA used **Katherine's math**, and it worked! NASA sent astronauts into orbit around Earth off her calculations. Mrs Katherine G. Johnson died on **Feb. 24, 2020** at 101years old. Thank you Mrs. Katherine G. Johnson for your contribution to Science and Math. We salute you for Black History Month.

SUCCESSES FOR OUR SATURDAY SCHOLARS

Congratulations to the following students participated in the 2020 Saturday Scholars Program at Washington University School of Medicine: Michael Evans and Damond Vaughn. The Saturday Scholars Program provides an annual forum for high school students, particularly from the St. Louis Public Schools and a number of county schools, to learn about human anatomy both in a lecture and lab environment, while interacting with Washington University medical students.

The program consists of a three-hour human anatomy session on five consecutive Saturdays in February and March. Each session includes a lecture conducted by medical students on a system of the human anatomy (respiratory, cardiovascular, digestive, renal and reproductive systems), followed by a lab. High school students are required to present a research project to their teachers and family members at an awards reception that

Science Quote of the Month Ponder on this!!!!!!!!!!

“We’re the only people on this entire planet who have been taught to sing and praise our demeaning. I’m a “B” word. I’m a Hoe. I’m a gangster. I’m a thug. I’m a Dog. If you train people to **demean** and **degrade themselves**, you **oppress** them forever. You can even **program** them to kill themselves, and they **won’t** even understand what happened.” - Dr. Frances Cress Welsing

Test taking tips for parents

- **Make sure your child does all their homework and reading, this will help your child prepare for the test.**
- **Encourage your child to space out their studying and homework so they won't have to cram the night before**
- **It is ok to be anxious about your child's test, but keep cool around your child so they don’t get anxious too.**
- **Encourage your child to do well but don't pressure him/her. You may stress him/her out. It is important for your child to stay relaxed for the test.**
- **Keep a positive attitude about tests.**
- **Provide a quiet, well lighted area with little distractions to help your child study efficiently.**
- **Mark down test days on your calendar so you and your child are both aware of testing dates.**
- **Make sure that your child gets enough sleep the night before the test.**
- **Ensure that your child eats a healthy breakfast and avoid heavy foods that may make him/her groggy and avoid high sugar foods that may make him/her hyper.**
- **Make sure that your child gets up early enough so that he/she will be on time to school.**
- **Let your child relax for a few hours before bedtime, it can be stressful for a child to study all night.**
- **Talking about the test with your child can relieve stress about test taking.**
- **If your child is struggling on their tests, talk to them about it and meet with their teacher to find out the best way to help your child.**
- **Praise/reward your child when they do well on a test or for their hard work preparing for a test.**
- **Encourage them to do better if they don't do well.**
- **Review the test with your child after they have taken it and go over any mistakes they have made and make sure that they understand what they did wrong and how they can improve for the next test.**

takes place on the last Saturday of the program. Congratulations to Michael Evans and Damond Vaughn for taking the challenge to participate in a rigorous program.





The Ville Community Development Foundation - STL  
Presents

**VILLAGE SAFE SPACE  
AFTER SCHOOL PROGRAM**

**FREE**

Snacks & Dinner Provided Ages 14 -21

**SUMNER HIGH SCHOOL**  
4248 Cottage Ave St. Louis, MO 63113  
Program Dates: Feb. 2020 - June 2020  
M-F 3:00pm-10:00pm

**Activities**

Gardening & Global  
Ecological Studies  
Nutrition and Diet  
Holistic Health and Wellness  
Educational Enrichment  
Chess  
Leadership and Critical  
Thinking Skills

Career Training and Job Readiness  
Creative and Expressive Arts  
Martial Arts and Boxing  
Cultural and Community Engagement  
Mental Health Support and Drug  
Counseling  
Much More...

Other locations:  
Northwest High School  
Clay Elementary  
Hickey Elementary.

Each program location operates  
under an MFLC (Missouri Faith  
Leadership Council) Initiative

For more information or to enroll in  
the program please contact:  
Melanie  
(314) 325-2792  
vcdfstlsafespace@gmail.com



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