



How Volleyball Helps Improve Attendance / P.12



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Pride, Blessings and Gratitude/ P.2

# Outstanding!!

*MS390 Students Shine in our school, city and nation-wide*

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# Pride, Blessings and Gratitude

Principal Andrea Varona

Every morning I get up with a deep sense of gratitude for the opportunity to serve as your principal, which is one of the greatest honors in my life. The opportunity to lead such a distinguished group of devoted and committed teachers that bring out the best of our children, is indeed an incredible privilege.

Day after day, I am deeply touched by the impressive high-quality work our students produced - that's a blessing. The children are the blessings of every family, with that in mind, our committed teachers and staff work with parents supporting our students in their educational journey.

We have many, many stories of outstanding student achievements.

We are sending 141 students to different New York City High Schools.

Among them, there is **Wilson Ortega**, who secured a spot in the highly competitive Lehman College Specialized High School, please read his poem on page 6. Our dual language student, **Ian Nieves**, managed to win both the Math Tournament and the Spelling Bee; please read his piece on page 3.

Imagine **Héctor Pérez** who went all the way to Texas to a National Chess Tournament, to give our school the sev-



enth place among all middle school chess players of the country.

And, what about **Bryannah Rivera** and **Savannah Castro**, chosen to partic-



Wilson Ortega

ipate in the International Social and Emotional Learning Symposium. Another example of student achievement, is our team of committed student-journalists who produce MS390 Times.

As this, my first school year serving as your principal come to an end, I must confess how much I enjoyed the journey. With ups and downs, good days and others not so good, I have learned a lot about myself personally and professionally. In this process, all of us, parents, students, teachers, staff are learning and developing together.

Learning, is a life-long experience; At 390 we share, feel the pride, and are grateful for our blessings.

## The SHSAT : It's Worth The Journey



Mrs. Janet Smith

Each year, thousands of students city wide complete the Specialized High School Test (SHSAT), hoping to secure a coveted seat in one of the nine specialized high schools. For some students, the journey becomes a family affair, where parents start exposing their kids to preparation programs as early as the 5th grade. While the pandemic has done "a number" on the drive and stamina of many of our youths, the prospect of doing

well enough to be placed in a specialized high school has not waned.

As the effect of the pandemic is still evident in the deportment of many students, MS390 continues to find ways to motivate students and have them frequently reflect on their hopes and dreams, guided by the second habit, "Begin with the End in Mind". With this habit in practice, 15 of our students completed the specialized high school test in November 2022. We are overjoyed that one of our students was offered a seat at the High School of American Studies, Lehman College. Another student has a pending offer,

contingent upon successful completion of the discovery program this summer.

I am an educator who also wears the hat of a mother, and I believe that a public high school education in a specialized high school is an asset in securing an accelerated and rounded level of education for our teens, and I would love to see more parents buy into this journey, especially among disadvantage/minority students. Over the years, families of MS390 have proven that when there is a strong home/school connection, the sky is the limit. With this fact, we are hoping to see more parents seeking and securing SHSAT

resources for their children beginning in the elementary grades. When this is done, the content is often embedded in their practice by the time they are ready to sit the test.

At this juncture, I wish to encourage all of our students to try the SHSAT path, with a commitment to synergize, focus, study and be consistent. Come on and join the journey! You will realize that with the right attitude and team work, you will experience a metaphorical apartment complex of interconnect-edness, where "no one is an island", and the common goal is "everyone succeeds"!

MS390 Times is the voice of the students at Middle School 390, in the Community School District 10 in The Bronx. Our school is located at 1930 Andrew Ave, Bronx, NY. 10453 our phone number (718)583-5502 our e mail: 10x390@schools.nyc.gov.

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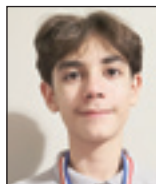
Andriena Kumha  
Ian Nieves  
Makafue Akorli



*Outstanding:*

# Ian Nieves Wins Spelling Bee and Math Tournament

*Here is what he said about The Math Tournament Experience*



**Ian Nieves**  
Class 807

The mathematics tournament was on April 1, 2023. I first heard of the tournament when my teacher suggested it to me. Initially, I did not want to go to the tournament because I learned that the tournament would be on a Saturday. My parents and my teachers convinced me enough to go to the tournament for a new experience and to test my math skills.

At the tournament, my expectation was that we would be on stage with a large crowd answering questions on a small whiteboard, but it was quite the opposite. I felt nervous but also curious of how the competition would be. There were only two people on my team; just my friend Djibril and myself, while the other teams had 4 or more members.

Working with my teammate was fun, although we had to complete over 30 questions in 30 minutes, only being able to work on one question at a time, making the task more stressful, but we tried our best and answered as many questions correctly as fast as possible. Some questions were more difficult than others, but we didn't stop, and we worked diligently.

The competition consisted of an indi-



## Spelling Bee Winners!!!

From the left, first place Ian Nieves, Second Place Priscila Clemente and third place Irving Guzmán. They all won computers and other electronic gadgets..

vidual section and a group section. In the independent section, we had to answer about 30 questions in five minutes; many questions were easy but some took much longer to answer than others. I received an award for 3rd place in the individual



section. I was somewhat shocked that I received a medal and it was very unexpected for me. I would not complete again, unless the event is prepared differently, since my friend and I waited hours to compete a 40 minutes round.

Some advice to the future 6-8 graders who may be invited to next year's tournament is to prepare yourself for a long wait if you decide to go, and try something new; you never know what may happen!



Bryannah Rivera and Savannah Castro, chosen to participate in the International Social and Emotional Learning Symposium, held in New York City.



Héctor Pérez (703) is the seventh best middle school chess player in the United States. He went all the way to Roundrock, Texas, to the United States National Middle School Chess Tournament, organized by United Chess Federation, and he won the 7th place nation-wide.



Brianna Washington - showing off her class core subjects in a brochure.



# Hydroponics: The Future of Farming



**Ms. Jennifer Hernández**  
Science Teacher

Principal Robert Mercedes and Ms. Guillermina Ceballos approached me 2 years ago, about participating in a hydroponics lab program. My first thought was “What’s a hydroponics lab?”. To answer this question, I along with math and science teachers were sent to the High School of Food and Finance in lower Manhattan to get a first hand look at this unknown lab.

We were met by Dr. Philson from Cornell University, the man who not only invented hydroponics farming, but whose invention revolutionized farming worldwide and whose invention is used worldwide like at Disney World.

Dr. Philson taught us before we can become plant parents, we must learn why plants grow the way they grow, how to grow a plant with a purpose and how to make sure our plants grow healthy. Hydroponics farming is simple. Instead of using traditional farming methods to grow crops in soil where the necessity for growing space, light, and nutrition is limited and scarce, why not use what we know about the water and nitrogen cycle to grow crops vertically, without the need for soil, and a consistent light score.

With hydroponics farming we can grow over 250 plants within 3-5 weeks depending on the crop. The rules are simple. You place a blooming seedling that has been propagated (preplanted) in rockwool into one of the vertical stands.



Spread 8 propagated plants on one vertical stand, make sure the light is adjusted to its energy can be absorbed by all plants, feed the plants and in a month you have an organic, healthier, longer lasting crop.

I took what Dr. Philson taught us teachers and taught my students how to be proud plant parents. Students in various 7th and 8th grade classes got to plant a blooming seedling into the vertical stands. Students learned how to feed the hydroponics stand with a special formula for the plants. Students named their plants. From Alfredo to Ice Spice to Baby Yoda, the list goes on and on. As

students learned about hydroponics farming, some of mine were also learning about photosynthesis, the process in which plants use water, carbon dioxide, and light energy to make oxygen and glucose.

Students, while excited, questioned how plants could grow without soil. I explained what Dr. Philson taught the teachers, if you know what nutrition plants need, you can feed it to them directly without the need for soil. I also showed them pictures of what Dr. Philson grew in his hydroponics lab to show it is possible. I taught my students the trick my mom uses her plants to grow, talk to your plants with positive affirmations.

Students saw me talking to my growing basil plant, Charlie, saying good morning, today you’re going to have a great day, and they all thought I was crazy, until they saw that Charlie was growing. Students began to bone rush into the lab at the start of science to say hello to their plants. Any student caught disrespecting someone else’s plant were reprimanded by having to greet all the plants and say a positive affirmation to each plant. Students saw over the cross of 5 weeks their plants grow from seedlings to large bushels of lettuce and basil.

They tracked their growth by measuring their plant, taking photos, and even noticed when the plants started to look like they needed to be harvested. In the end we grew 54 crops. Students got to take the plants out of the stand, eat them,



and take them home. It’s been two weeks since we harvested our plants and I have students everyday asking me when we are going to plant more crops.

MS 390 has the benefit of having 2 stands currently in the science lab, which means students will be able to grow over 500 plants in the span of a month. Our end goal is to have an exclusive hydroponics lab next to the main office. Our plan is for students to learn the future of farming, to help address the food crisis and help maintain access to organic affordable foods. Hydroponics farming is not something that we only do in science class. It affects all subjects and areas of life. I hope my students take what they learned about how to be a plant parent and make something good out of it





# Poetry Nourishes your Soul



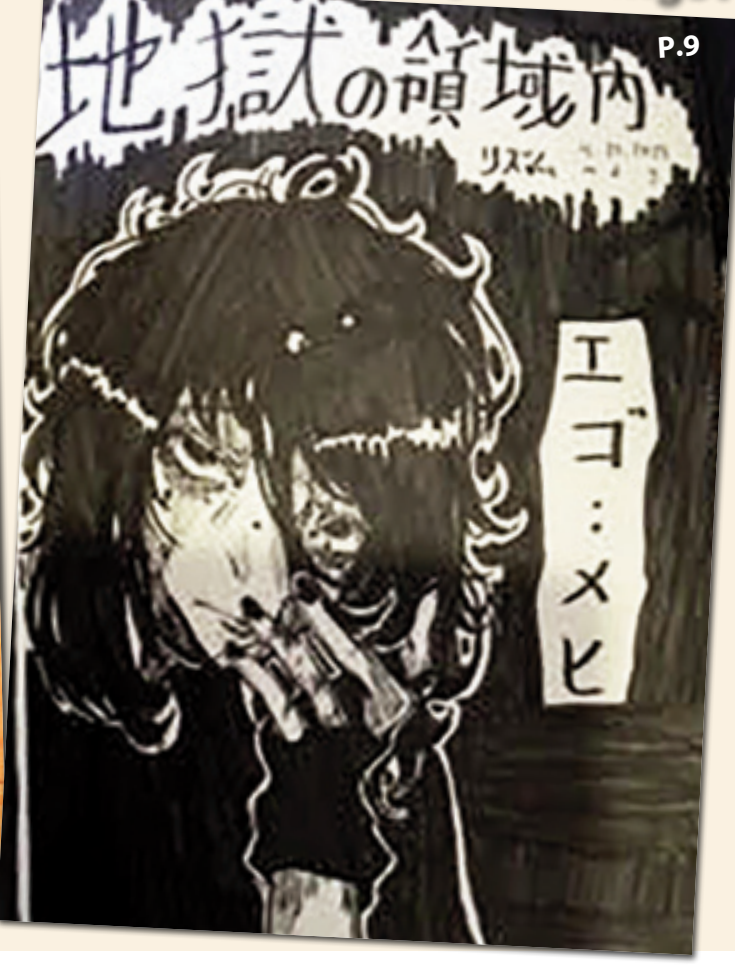
## The Joy of Cheerleading

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## What's Behind My Drawings?

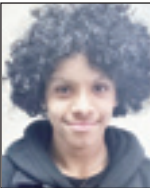
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# Poetry Nourishes Your Soul

## Mother of beauty



Lowell  
Vanderhost  
Class

I know the mother of beauty  
like a movie  
She's pursues me  
although she can get a little moody and groovy  
I still see the beauty.

As strong as a river,  
and pretty as a picture  
She'll always deliver  
and is a great forgiver  
In order to simmer.

They fall in love with mother  
So they began to hug her  
To recover while they stutter  
I know the mother.



Bryannah  
Rivera  
Class

## His Bald Shiny Head

His bald shiny head gleaming in the light.  
The story evolving, allowing me to rewrite.  
His stocky build and big ole heart.  
I wonder if he's able to see all the love he sparks.

He's become part of me like one of my limbs.  
Never leaving me like the first had done.  
With all his support I manage to strive.  
Even though it does indeed get dense sometimes.

At times I wonder what it'd be like  
To have my "real dad" by my side  
This phrase holds no weight  
As I grow each day

My dad is my dad, no matter what  
Even when he's driving me nuts  
My love for him is unexplainable  
Our relationship is irreplaceable



## ~His smile



Aja  
Tucker  
Class 802

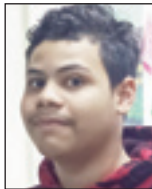
His big smile has  
always remained a form of comfort.  
When I start to feel down  
whenever I begin to frown  
He has a certain way of always being around.  
His advice is always so precise  
I've never had to think twice.

Whenever I complain,  
Or stress out about my pain,  
he'd always find a way to make me feel better.  
His big smile has become a warm light,  
that had traveled with me through stormy nights.

His smile has become  
a reflection of his perfection,  
and his advice has been  
a reminder of his progressions.  
My dad has always been amazing  
His smile was always so embracing.



## Somewhere Just Like Home



Wilson  
Ortega  
Class

Somewhere just like home, is what I call this place  
The warm embrace of the sun on my skin  
In a place, I call home.  
As I roam I feel the gentle breeze tickling my skin  
Within I feel memories arise of good times  
This place truly is just like home.

In this place, I feel the hope of the people I trust  
As they entrust me with their love  
Above all else, I value them the most  
In this place that we call home.  
This place I used to hate is now my home  
The home that makes my heart turn to gold.

Old memories roam in my mind  
Both joyful and sorrowful  
Yet I still thank the heavens for this experience  
For I know that this place is where I belong  
And for that, I will always love this place  
The Dominican Republic

# and Enriches Your Spirit

## The Theater -Movies of my life

While I have things that interest me, movies are at the top. Whether it's a comedy, action, drama, comic book, a sequel, the theater is where I go to watch.



**Erik  
Cadmilima  
Class**

My first movie, if I remember correctly, was called Monster trucks, released in 2016. All I remember is some sort of animal with squid arms controlling a blue monster truck

The animal's name was Creech But the movie was probably full of nonsense yet, I had the wrong speech.

Looking back on some movies on streaming, I wish I would've seen them sooner, Joker, The Batman, Guardians 1 and the three creeds, to me these were late bloomers.

Looking at it now, there's some good picks for me, Mutant mayhem from TMNT, Guardians 3, and Rise of the beasts. All these are watches for me.

While there are some watches I do have some skeptics, pope's exorcist, Renfield, and the flash, I'll Give them a chance.

Although I'm more focused on comic books or action or animation, I'm trying to have some diversity. Horror, comedy, drama, or

just anything in the lines, when they release, if i'm "hooked" it's my time.

To me the movie theater is a friend but not just any.

## Waves



**Tiana  
Pastriana  
Class**

*A day has passed in an instant  
the blue sky transitioning to  
a comforting orange as the sun sets  
making way to night  
As everyone gets ready to leave  
I still find myself feet-deep in the sand  
watching the waves their  
soothing hypnotizing motion*

*does perfect job of captivating me  
and seemingly me alone  
I never found myself caring too much  
about the sight in front of me  
when I was young  
the ocean was just something  
that was there but even still  
I always felt it's call  
I would stare at it for a few seconds at it  
but doing no more than that something else  
always caught my interest even  
when I was inside of it  
I still didn't recognize its beauty until now  
I curse myself for not looking  
for one second longer, for only noticing now  
but I'm glad I saw it's natural wonder  
All things must come to an end  
though my mom's call snaps  
me out of my trance...  
and despite my longing  
I turn away comforted by the fact  
that I'll get to see it again  
Until next time  
my beautiful blue waves  
until next time*



**Helen  
Alvarez  
Class**

## Mily Rocks

My other half, my peanut to my butter  
My bubble to my bath, my smile to my face  
You always keep me straight  
I love your every trait and all our museums dates



**Bryant  
Morante  
Class**

## Home

A land where there is passion is Mexico,  
a paradise so nice  
You don't have to think twice  
With beaches white as snow  
Mountains towering like a rainbow,  
food that will make your mouth  
into a fiesta

The people, so friendly, a gracious host  
Their warmth and kindness,  
a true delight  
Makes every moment spent here,  
feel so right.  
There's music in the air  
And people dancing without a care

So, I'll raise my glass to Mexico,  
standing on a leg like a flamingo  
with gratitude of love  
And thank the stars above  
For giving me the chance to see  
The beauty of this land so free  
My beautiful, Mexico

Even in the worst rate  
You will always make it great  
The love I have for you is unimaginable  
It's even unfathomable

We're like two peas in a pod  
And I wouldn't give that up for anything  
You are my right wing  
My everything, I love you so much, my mily rock!



# The Joy of Cheerleading



*Hello everyone!*



**Andriena Kumha**  
Class 802

**M**id 2022, a student from class 803 told me that she wanted to initiate a cheerleading team. I became interested right away, because we did not have a team in our school. I did not hesitate to try out because I wanted to try this new activity. I made a commitment to attend the try-out for a week, until I got selected to be a part of the team.

When I heard about the possibility of cheerleading at the math tournament, I was excited and nervous at the same time because the team has never performed outside of the school. Also, we did not have a lot of

time to prepare the routines, but we persevered anyway.

On the day of the tournament, we were all dressed up in matching uniforms, with high spirits for this new experience. Of course, the team and I were nervous, thinking about all the ways we could mess up while dancing, because we made all the routines in a week. My nervousness got no better once we had to make an introduction for the award announcer, "Big Action", on the spot, including making revisions and practicing a lot. Once it came to the time of being onstage before the crowd, I actually felt more relaxed knowing I was with my team. While dancing, we definitely messed up a few times, but we did great after considering that this event was so last minute. What kept me centered was my trait

of being a perfectionist; wanting to do everything perfectly even though that's not always possible.

My teammates inspire me to stay professional even though we do have lots of disagreements. Also, being a member of this team has motivated me to preserve through any predicament. I feel like this because the team has a lot of times where we've had to come together in stressful situations and push through.

As I prepare to graduate before long, I think I could see myself doing this activity in high school. I genuinely enjoy dancing / cheerleading and wouldn't mind continuing to do it. To wrap up, a message for the future members of the 390-cheer team is to be consistent and don't let drama get in the way of your team.







## What's Behind My Drawings?



**Mia  
Sache**  
Class 802

When it comes to my artwork, I strive to do my best. These drawings showcased what I've been doing throughout my 8th grade, and the improvement I've had. I believe that art has meaning, even if you don't think it does and I can tell you from my experience. If I hadn't thrown out so many papers of scrap drawings, I would've been able to make a yacht out of paper, with engines and everything. But yeah, I just wanted to show my drawings from 2023 to showcase my drawing skills and deeper thoughts of the world.

*Mia Sache*



**WANT TO BE A TV PERSONALITY?**  
**Join the Newspaper Club**  
 Your First Step to become a Media Celebrity





## Career Choice Essay



**Saniyah  
Stewart**  
Class

**D**o you ever wonder about what you will choose for your future career? Well, I am aiming to become a Graphic Designer. Hi!!! My name is Saniyah Stewart, and I am currently in the sixth grade. Drawing is one of

my hobbies,

I would love to choose it as my career in the future.

Being a graphic designer is my dream, because I love art. To me graphic designing is very calming and creative, and it includes two of my favorite things like; drawing and technology. In my opinion; I feel like it's something everyone should love to do, as an expression of themselves. I also feel like it's a career I won't get tired of, because it's fun and I feel like my spirit is at

peace. On the other hand some people think drawing is a waste of time, because they look at it as just a hobby, however I look deeper into how life changing it can be. To make this happen I have to proceed to have good grades and practice with the time I have at home. If I work hard for it; I definitely will become a graphic designer.

With the help of my family and friends; I would definitely accomplish my journey as a graphic designer, because they are my support system. My mom will provide materials for me, my sister will help me get better at drawing and I'll succeed.

In conclusion, based on everything that I've said, I would like to become a graphic designer, because it is fun, creative and calming, and I would love to show the world my work one day. I really hope this essay entertained and inspired the reader.

## Dissociative Identity Disorder



**Taisha  
Nuñez**  
Class 802

**D**issociative Identity Disorder (DID) is a complex mental health condition, this disorder is identified by the existence of multiple personality states. DID also known as multiple personality disorder is usually a result of

trauma such as sexual or physical abuse, this disorder is used as an escape or to distance themselves from the trauma they have faced.

With DID every personality state you have has its own unique way of thinking and behaving, they may contain different names, characteristics and even history. The personality may be a fictional character or one even made up by the host themselves.

DID can cause you to have amnesia (memory loss) of people, personal information or events. It can cause you to feel detached yourself causing an identity disturbance, the world around you can feel fake and distorted.

You can experience black-outs, altered consciousness, self-destructive behavior and mood swings. DID was seen as a rare disorder, but it appears to be more common than believed. Many individuals with DID still face stigma and discrimination, making it difficult for them to receive the care and support they need.

The lack of understanding and awareness of DID among the general public and medical experts is one of the most important obstacles faced by people with the disorder. This frequently results in a wrong diagnosis and the wrong kind of treatment, which worsens the individual's symptoms.

### But there is still hope.

We can comprehend and support people with DID better with greater study and instruction. We can aid those who have DID in establishing a sense of self and regaining control over their life by providing a secure and caring atmosphere in which they may discuss their struggles and receive therapy.

In conclusion, dissociative identity disorder is a complicated illness that affects a large number of people all over the world. We can better care for and support those who need it most if we have a better knowledge of the disease.



## This Is Why You Should Visit Ghana



**Why go to Ghana? You should go there because the people there are very friendly. Ghana has many coastal places as well as many beaches, Ghana used to be very rich in resources. Ghana had gold, diamonds, rubies, and more until it was stripped from them by people. Ghana's first name was 'Gold Coast'.**



**Makafue  
Akorli**  
Class 702

**B**ack in the old days of Ghana the women cut their hair for school and if not and they play with their hair they would get something called a "Flog" here is a picture of it.

The name for this picture is called an sjambok. They use it to teach the kids a "lesson" but today schools in Ghana don't use it only if the parents give consent to the teachers. To hold the kids the teachers call kids from the higher grade to hold the person down like this on a table where the teacher would proceed and use the sjambok on the person.

Ghana has many different foods but



I'll list two: Fufu (A sticky dough with a light soup), Jollof rice (a rice that turns light brownish-red rice mixed with stew or a certain type of thing.)



# GameWorld



**Ethan  
Castillo**  
Class 702

**H**ello again! During the past many Christmas games during that time of year, this article shall show you some!

One game that is very popular is "God Of War Ragnarök" this game continues the series of God of War. The main character Kratos is a half Greek half god that comes from Sparta. The main objective of this game is to fight the Villain Asgard and to commence the war that ends all wars. In this game there are four different weapons you can obtain in the game the four are: Leviathan Axe, Blades of Chaos, Draupnir Spear and a shield these weapons are pretty cool.



This is the Leviathan Axe. This axe is Kratos's main weapon in the Game God of War (2018)

Another game is Pokémon Scarlet and Violet this game introduces a brand new generation of Pokémon Generation 9.

This game adds brand new Pokémon and a new functionality you can do it is similar to Dynamax from Pokémon Sword and Shield it's called Terastalizing. Terastalizing

Upon using the move Pokémon turn into a crystalline version of itself. The phenomenon can make a Pokémon's moves and type. Each Pokémon has a Terastral type that they can change into when necessary. After you progress

In the game you get one of the Pokémon. depending on with game you have you either obtain Koraidon for Scarlet and Miraidon for Violet. These are the exclusive Pokémon to this game only.

The last game we will be talking about is Kirby And The Forgotten Land.

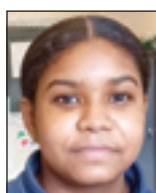


This game is about Kirby thrust into a post-apocalyptic world where he must save his beloved Waddle Dees and his new friend Elfilin. Kirby can make his copy ability increase in strength and agility. It also adds a new look and power! It's is called Copy Ability Evolution. Kirby can also swallow cer-

tain items to become them. In my opinion the car transformation is the funniest one! While playing the game you will come across many obstacles and enemies who stand in your way as you come across the final boss Facto Elfilis. This game is great for all Kirby fans and adorners around the world.



## How Technology controls our lives



**Aja  
Tucker**  
Class 802

**M**ost of today's high-demanding jobs were created in the last decade. How important is technology in education, and our daily lives? The pandemic is proving and showing why technology is a major and important part of teaching and learning as the use of technology is more prevalent in school's curricula. The constant use of digital learning tools in and out of classrooms increases student engagement and helps teachers improve their lesson plans and the daily workload. The use of technology tools helps students improve on building current skills, and skills for the future since many of the jobs in this gen-

eration and century are centered around technology.

Virtual classrooms were a big part of our daily lives during the pandemic. The use of technology created more inclusive learning environments and made it accessible for kids and teachers that needed it. Parents were able to join in too and be a part of the learning environment.

Technology access though is an added concern for teachers, students, and families. Although, it is helpful for disabled students, not every school district has the resources to provide students with a laptop or an iPad and the internet could also be unreliable for homes; some families were unable to use the hotspot internet given. While some students may thrive in an online setting others may not, some might be missing out on an added factor

of clubs or sport activities that needs to be done face to face. Using technology consistently for school in an online setting could prove to be challenging; especially the concern of some students cheating. Many students show a boost of confidence when working behind a screen since many kids don't like to socialize, the same can't be said for other students since many of them may miss the factor of socializing with friends.

Despite the challenges it's important to look at the benefits of technology in education, including the effective learning that can be done in the comfort of our homes. The tech-learning integrated into the school systems does have its drawbacks but with a new techy-generation and future careers, technology proves to be helpful in many ways.





# Volleyball Improves School Attendance



## How the Volleyball team came into being?

Well, we had a group of students that were not very comfortable getting up early in the morning to come to school. We talked to them to find out what was going on with them, and they explained. Then we offer them to put together a volleyball team, so they can come to school to practice before the classes. Now they come every day, improving our attendance numbers and by the time the class started, they are ready, able and willing to sit down and learn.

Volleyball entices them to come to school, help them burn out their energy and by the time the classes begin, they are relaxed and ready to learn. It is working out exceptionally well.

## How is the team doing?

### MS 390 VOLLEYBALL TEAM “GOATS”

This group of students are eager and passionate to learn the sport and have adhered to our policy and goal to promote academic achievement, attendance and behavior while adapting to the rules of volleyball, a highly competitive sport. Thus, the success of this sports program involves health & wellness and promotes physical attributes.



## What about the students, how are they doing?

Our volleyball team has shown commitment and dedication in arriving to practice early prior to the start of the school day and they even attend after school clinics which we call “educational meetings”. These gatherings provide our students with the tools, strategies, behaviors and discipline practices to learn the sport while displaying teamwork.

## Is there a broader goal behind this??

Our vision is that players will be given the opportunity to learn the game of volleyball at the highest possible level, while simultaneously learning the important life lessons of teamwork, commitment, time management, sportsmanship and dependability. Our players will come to know the importance of giving their best effort to the things that are important to them and carry forward the values we share for the betterment of the rest of their lives.

## Please name some of the direct personal benefits the student get

Also we instill love of sport, teach team work and cooperation as a member of a competitive volleyball team. We promote discipline, mental and emotional education so that our children focus on learning this beautiful, competitive sport and thus reach high school with a basic knowledge of it.