

How to Be a Successful YouTuber



By Student Reporter: Yamil Figueroa

There are many ways to become popular on YouTube and have many subscribers.

Firstly, it is important to **share** your videos. Other people can then share it to other social media outlets such as Twitter, Facebook, and Messenger so you can have more views and get more subscribers.

Secondly, it is important to **collaborate** with other YouTuber's and make content together. After that, share your video to get more subscribers.

Thirdly, it is important to **monetize** when you can. Monetize means to make money from your videos. If you have 1000 subscribers, you can monetize by having personalized advertisements. A person can also donate money to your channel or a YouTuber can ask subscribers to donate to the channel. A YouTuber can insert links and end cards to promote a YouTube channel as well.

Finally, it is really important to keep making videos so your Youtube channel stays current. Using these strategies will help you gain subscribers and become a more popular YouTuber.



Student Reporters:

- Laney Basso
- Jae Bishop
- Yamil Figueroa
- Naseem Kaous
- Bryan Mei
- Ralph Ryan

Faculty Contributors:

- Reena Ribalt, speech therapist
- Victoria Bruscella, speech therapist

Using the **Writer's Revolution** method, we completed "Sentence Summaries" & "Quick Outlines" to write the complex sentences and paragraphs in this newsletter! Happy Reading!

Video Games: How much is too much?



By Student Reporter: Ralph Ryan

People of all ages play video games, but how much playing time is too much? There are many ways that video games can affect your life and health. On average, some kids play video games for more than 48 hours during the week. Some players even stay up throughout the night. Such behavior can affect your sleep, which can lead to being tired and unfocused the next day. This can greatly affect your day at school. If you are tired and unfocused at school your grades may drop. Playing video games for too long can lead to eye straining, which may make it harder to fall asleep. People who sit and play video games all day may experience weight gain because they are not as physically active as they should be. Many people play video games, but too much video game time can have a negative effect on your life and health.

Movie Review: Star Wars: Rise of Skywalker



By Student Reporter: Bryan Mei

Characters: Kylo Ren (Ben Solo), Rey, Luke Skywalker, Poe, Finn, Emperor Palpatine, Princess Leia, Lando, C3PO, R2D2, BB8

Movie Length: 2 hours and 22 minutes

Director: JJ Abrams

Budget: 275 Million U.S. Dollars

Release Date: December 20, 2019

Summary: The First Order is trying to destroy the galaxy, while Rey is training to become a Jedi. Emperor Palpatine mysteriously returns from the dead. During that time, Finn, Poe and Rey go on a mission where she finds out the truth about her parents and grandparents. On the mission, Rey finds out that she is the granddaughter of the evil Emperor Palpatine. They end up confronting Palpatine and on the planet of Exegol, Rey fights against Palpatine. Rey uses two Skywalker lightsabers and with them ultimately kills Emperor Palpatine and ends up dying in the process. Then, Ben Solo (Kylo Ren) uses the Force to save her life. When Ben does this, he sacrifices his life and dies, while Rey lives. After this tragic part of the story, the Resistance destroyed Palpatine ships and the First Order. The Resistance celebrated their win against the First Order. The movie ends with Rey visiting Luke Skywalker's hometown. Rey buries the lightsaber and constructs her own yellow lightsaber. The last scene of the movie shows Rey being asked what her name is. She answers, "Rey Skywalker."

Overall, I thought this movie was a great end to the Star Wars movie because it had good characters and a strong ending for the Star Wars franchise.

Free Mindfulness Resources



By Student Reporters: Laney Basso and Naseem Kaous

Many students struggle with their mental health. There are many factors that can cause stress which can negatively affect a student's everyday life. While some people may not know, there are many free services on the internet and on our smartphones that can help improve our psychological well-being.

One free resource is YouTube. On YouTube there are many outlets that can be used to calm your mind and uplift your mood. Meditative Mind and ZenLifeRelax are two channels that have many videos that students can use to help improve their well-being and mental stability. Students can listen to these videos at anytime during the day.

Some other free resources that students can use are Headspace and Calm. Headspace and Calm are apps that can be downloaded onto your smartphone. Both apps offer some free access to meditations and other outlets that can be used to clear your mind. For those students who are really curious about meditation and relieving stress, Headspace has a paid subscription which is discounted for students (Headspace for Students is \$9.99 for the year).

If you want to take control of your mind and well-being meditation is an easy ticket to being a master of your mind, mental health and stability. Meditation can drastically change your mood and your perspective of people and your life and make you a happier person too!



OPINION: What Age is a Good Age to Get a Smart Phone?



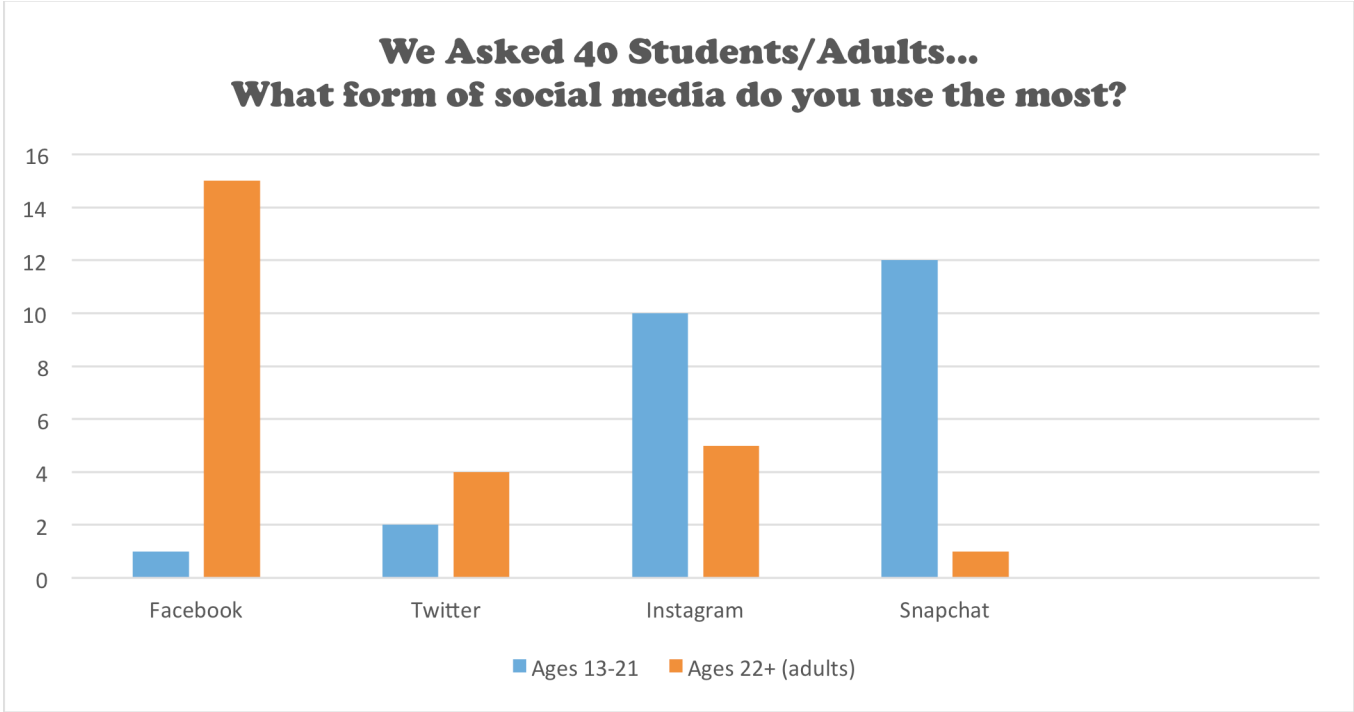
By Student Reporter: Jae Bishop

I think that a good age to get a smartphone is 13. I think this because it’s illegal for people under the age of 13 to be on social media and the like. At 13 years old, that same child is more responsible for their belongings too. This is also the age where kids start going out on their own, and start hanging out with friends outside of school without parent supervision. Any younger and they might not be able to handle the online world. Any older, and they might be laughed at for not owning a phone. If a parent needs to get in contact with their child, a flip phone is good for that.

Technology and Mindfulness

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 O R M N Q E U I J L H A S T I
 P A I A O K Y T H P E H E I J
 T S N W E M R H U H M C M K E
 X P D E F I E D G O H P A T C
 D E F D V N M N G N Y A G O O
 S T U N M S R M O E O N O K M
 V A L V H T J L L H I S E A P
 I T L L N A O U K A P X D L U
 D I N H U G S V Y I C I I X T
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 O E S O I A M O V I E Q K X R
 C M S U I M K O O B E C A F R

TECHNOLOGY MONEY
 COMPUTER
 YOUTUBE
 INSTAGRAM
 FACEBOOK
 SNAPCHAT
 CELLPHONE
 IPHONE
 MEDITATE
 MINDFULLNESS
 VIDEOGAMES
 TIKTOK
 CALM
 MOVIE
 VIDEO



Interpreting the results

Among 13-21 year olds, Snapchat was the most popular social media outlet.

Among 22+ (adults), Facebook was the most popular social media outlet.