



Be Your Best Self

On August 12th, all students at Potter Jr High started the 2024-2025 school year, but during summer break, we all got too used to sleeping late that it is so hard transitioning into the regular routine! I am going to give you ideas on how to be more energized at school, and be ready for the day. I'm sure you hear this a lot and are tired of it, but it's because the top thing that will make you energized in the morning is sleeping early. I recommend an 8:30 or 9:00 PM bedtime. To make it more realistic though, I would say around 9:30 or 10:00 is ok. I understand it sounds early, but it will help you so much in the morning. Better sleep can make you more energized, productive, and focused the next day! The next thing to help you during the day is to resist the snooze button and just force yourself to get going. I know that it is so tempting to stay asleep, but you have to just do it. Personally, I think the hardest part of the morning is getting up, but the more you contemplate, the less likely you are to actually get up. To add on to that, right when you wake up, I recommend washing your face with cold water. Now, the last thing that can help you be energized in the morning is eating a nutritious, healthy breakfast. There are almost never-ending benefits for eating a good breakfast. It keeps your weight healthy, boosts energy, promotes heart health, controls blood sugar, etc. I hope this helps with the new school year and now you can be your best self for the rest of the school year. By: Grace Campbell

P.E.

It's a new school year and everybody is getting their locks, lockers, and P.E clothes. The seventh graders are getting their locks on 8/21, and the eighth graders are getting their locks on 8/23. The students will also be getting their P.E clothes the following week, 8/26 - 8/30. The students won't be changing out in their P.E clothes until 9/4. You must also follow the rules in P.E which are, no hats, necklaces, rings, earrings, and no gum! There will be an assignment or task given to you on the board when you walk into the locker room. In P.E you will have to do 4 different types of runs that will alternate every week. You will also learn how to play basketball, ultimate Frisbee, soccer, volleyball, and more, which later on you will be tested on. By: Lev Becker



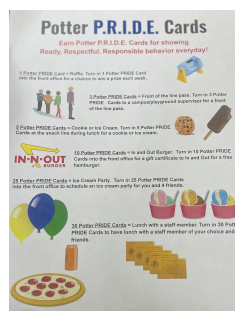
Incoming 7th graders might be feeling nervous about the new PE routines, but once you get used to it, it becomes part of your day. Remember to follow all PE rules when you are in the locker room so that our school is a place where everyone can learn!



Respectful, ready, and responsible students and staff demonstrate these traits inside and outside of the classroom every day!

Expectations

The expectation for all PJH classes is to be respectful of your classmates and your teacher. You should always take your hood or hat off when you enter a threshold, make sure you always have a charged Chromebook, and don't slam your supplies on your desk. Also, no cell phones in the classroom because they can affect your learning. Always keep cellphones in your backpack. No gum in the classroom, and if it helps you concentrate you can have a private conversation with your teacher after class. Some rewards for your behavior are: you can get Potter Pride cards and if you get a certain amount of them you can get rewards such as gift cards and having lunch with any staff member you want. In conclusion, make sure you stay great in class so you can get rewards. By: Daniel Mendez



All About Potter

Some of you Sevies and new students might be interested in Potter's history and what's going on this year; I'll do my best to tell you all about it. Potter Jr. High School is named for James Elmer Potter, an exemplary citizen of Fallbrook in the early 1900s and Fallbrook's first Superintendent of Schools.

This year, 831 students are attending Potter (and counting). There are 419 Eighth graders and about 412 Seventh graders. We have about 38 full-time teachers. This makes the estimated ratio of students to teachers, 22:1!

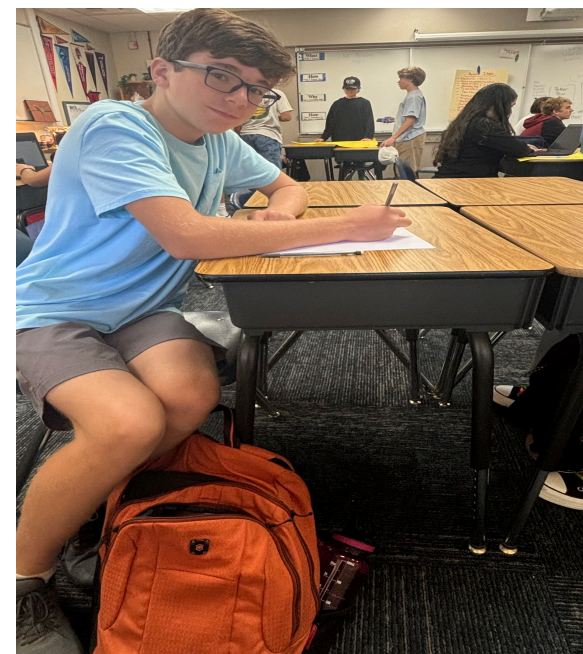
Potter also has Clubs that will be available to join once the club rush takes place. Last year, there were many clubs like Homework Club, D&D Club, Cartoon Club, and more. But clubs aren't the only activities that the school provides; sports are another option if you want to be physically active. For the boys it's basketball. For the girls, it's volleyball and basketball. For Co-ed (both genders) it's field hockey, cross country, and soccer. Clubs also have sports like boys and girls rugby and lacrosse. After reading this, I hope you learned something interesting in this article. By: Allan Curley

Non-Negotiables

A new school year is here, and everybody has new classes. However, with new classes, there are new expectations. Your teachers probably all have a "Non-Negotiables" sign in their class. This sign demonstrates what you are not allowed to do no matter what excuse you have. Campus-wide, the Non-Negotiables are: no cell phones, no hats or hoods, and no gum. Your teachers probably have new expectations too. Here at Potter, we also have the three R's; Be Ready, Respectful, and Responsible. Being ready means to come to class prepared with whatever materials are required in the syllabus. Being respectful means to treat your classmates, your teachers, and most importantly, yourself with respect. Finally, being responsible means to make sure you have a charged Chromebook, your Potter Binder, and something to write with when you walk into class. Thank you for reading. By: Aidan Quinn & James Russel

First Week

Every August marks the beginning of a new school year. This is where we all will spend the next 9 months until it's summer again. Some of us have been going to school with the same people we've known for our whole lives, but for others it's the opposite. This might be a whole new school with new people, new classes, new teachers, and maybe even a new town. Whatever your backstory is, we are all doing the same things: icebreakers, "Get to Know Me" worksheets, and "All About Me" essays. It can get repetitive, and honestly kind of annoying at times, but soon enough we will all get back into the routine of the school year. In the blink of an eye, it'll be Halloween, then fall break, then winter break, and after a couple more months it will be summer again. This year will just be a memory that some of us might shove to the back of our minds, and others might hold close to our heart. Whatever the case is for you, remember that everything happens for a reason, even if you don't think so. By: Sofia Carboni



"Don't you wish that summer could last forever? Doesn't it feel so short, and you think back to those great memories, waiting for next summer? In a way it doesn't have to end so quickly. Sometimes it's all about your mindset, and how you think about everything. -William Daniels

From Summer to School

Everybody had a blast during summer. Starting back's a big change from being able to do whatever you want like video games, binge shows, or go shopping with friends. Now it's sitting in a classroom for hours having to listen to teachers and do classwork. Let's see what people think about transitioning into school again and how they like Potter Junior High this year. Ximena Palomino, a 7th grader says, "I was prepared. I like Potter because it gives me more room to grow." However, some people aren't as ready to end summer vacation. Julia Juan, another 7th grader, was one of those people, and she said that she misses sleeping in but she still likes Potter because, "It feels shorter." Many other students here on campus say that Potter is better than their old schools. Carlos Garcia says, "The transition was good, and Potter is better than Live Oak." He also said he likes the food. We also got the adult perspective. Mr. Scott said, "It's good because I can get back to work." Mrs. Laura says, "The transition is good because I was tired of being at home. I like Potter because I like working with kids." Overall students and faculty have many different perspectives but whatever they are they will hopefully have a great year at Potter Junior High. By: Hailey Manion and Xenia Pinkney

Endless Summer

Don't you wish that summer could last forever? Doesn't it feel so short, and you think back to those great memories, waiting for next summer? In a way it doesn't have to end so quickly. Sometimes it's all about your mindset, and how you think about everything. You could think of school as an extension of summer! For example, you could think of school as a camp where you learn about new things for 36 weeks. If that feels a little bit too long, then try thinking of it as many different camps over a span of a few weeks. Some of you readers could like school better than summer. If you find that you enjoy school more than the summer, don't sweat it, you're probably not alone. School is just a place where you learn new things, and where you get to meet new people. Use these first few weeks to get back into the groove of school, and work your hardest. Although school has started, summer's not over until you say that it's over. Whether it be now, in a few months, or never, summer can last forever if you work your hardest and try and have fun doing it! By: William Daniels

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Top Teachers

Who are the favorite teachers and subjects at PJH? The top three teachers based on student polls are Mr. Afonso, Mr. Stock, and Mr. Person. I asked students who picked one of the three teachers why they chose them. A few students said that they find them nice, funny, and interesting. I asked Mr. Afonso how he felt about being the top favorite teacher. He replied, "It makes my heart happy because I care so much about my students. Spending time with them is the best part of my life!" Also, most people who took the poll picked their elective as their favorite subject in school. The other top subjects are math and P.E. By: Zoe Guzman

Getting to Know

Mrs. De Alba

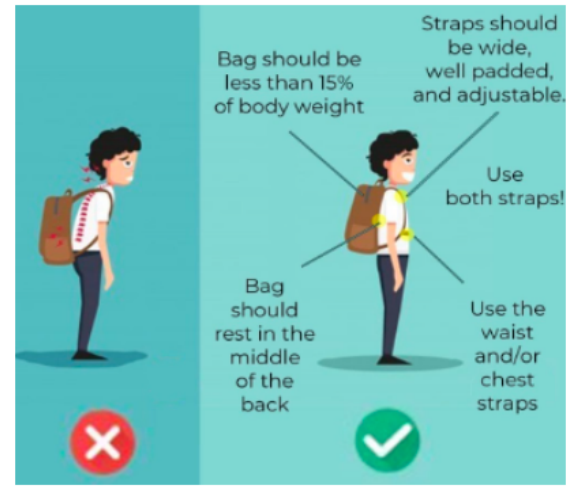


Mrs. De Alba is the Integrated Math teacher here at Potter Junior High. I wanted to know why she became a Math teacher. She said, "I really like math. It was the easiest subject for me." Is math easy for anyone else? I then asked, do you enjoy teaching integrated math? She responded, "Yes, because it is more difficult and it's more challenging than the normal 8th grade math. [I like] seeing the kids improve on their math skills." Who else likes improving their math or other skills outside of school? I then asked, what has been your favorite memory of teaching? Mrs. De Alba answered, "It's not just a memory, but when the kids say I get it, and when they get it, it makes me happy!" De Alba has been a teacher for 14 years, 10 years in Mexico City and 4 years here. She said, the most difficult thing she ever taught was, "CPCTC, Corresponding parts of congruent triangles are congruent, is hard for the students to understand." I then asked, what's a fact you know about math? She responded, "A guy, Pythagoras Of Samos, made a religion about math and with that the Pythagorean Theorem was made. It wasn't Pythagoras who solved it, it was some else, but others gave credit to Pythagoras." Who knew someone would make a religion based on math? I then asked what her favorite school has been so far. She said, "So far I like how this school year has started." Finally I, I asked, what is a fun fact about you? She said, "I've been to 7 different countries." By: Heaven Baez.



Lunch Favorites

"Uh, my favorite lunch item? Oh orange chicken and rice," said by Robert White. "James Russel likes breakfast for lunch. "It's the chicken nuggets with the free hot Cheetos," replied Sofia Carboni. Lucy Mitcheltree loves tamales! "Uh, probably chicken. I like chicken," said Callum Syeenhad Harnett. "Um, probably wings," replied Elin Gangnath. Lev Becker loves Aidan's carrots! Isaiah Escudero likes the cereal. "I think my favorite lunch item is the cheeseburgers," said Alan Curly. Finally, Jordyn Means adores the ice cream! By: Jaxson Schuman and Lorenzo Hendon



Backpacks

School is back and so are people's heavy backpacks. Many students carry their whole life in their backpacks and just deal with the heavy weight. While it's helpful to have everything you need right on your back, you could develop early back problems. Around 70% of kids carry massive backpacks to school affecting their posture. Slowly but surely, you'll develop shoulder, back, and neck pain that could be long-term. It could change how you walk and reduce your balance by putting pressure wrongly on your back, making you lean forward in an unnatural position. A way to fix this is by distributing the weight on your back by carrying books, binders, etc. in your arms. Instead of carrying three books in your bag, substitute them for only one book or use digital books to lessen the load in your bag. Your backpack's correct weight or max weight should be 10-20% of your body weight. Numerous people may think that a hefty backpack will make you shorter, but surprisingly, it doesn't. It's best when your backpack is closer to your back, and has many pockets. A padded back and large straps on your bag are comfy, and some backpacks have chest straps that many people don't use because they think they look silly. They do great wonders when you use them though, like relieving strain on your shoulders. Rolling backpacks were never really a trend, but what was good about them was you could avoid pain on your back and shoulders. However, walking up steps or rough areas is difficult with rolling bags. All in all, carrying heavy loads on your back is unhealthy so please follow these tips. By: Abigail Espinoza



Labor day, also known as Workingman's holiday, is a national holiday that celebrates the hard work and dedication of the people that live in the U.S.A. Labor day is the first Monday of September. Labor day isn't just for the adults, it is also for the children. The children get a 3 day weekend. The first Labor Day was on September 5th 1882. This special holiday was first declared on June 28th 1894, and then became a symbol of hard working men and women of the country. During this time, the families that are off work and school usually go out and spend some quality time with their families, and loved ones.

By: Angel Castro

Teacher Travels

Summer break isn't just a break of school for students but also teachers. Some teachers like to stay home, but others like to travel and explore new places. Here are some places PJH teachers have traveled this summer: for Ms. Hunts birthday, they visited many places including the UK, such as London, England, Scotland, and more. Mrs. De Alba and her husband went to Spain and did lots of sightseeing. Mrs. Seaux got the chance to go to Hawaii and visit family. She also flew to Tokyo and met up with Mrs. Srinialac. They ate ramen and visited Tokyo Disney together. Mrs. Srinialac traveled throughout Asia to South Korea, Japan, Thailand, and Laos having lots of adventures along the way, including Mount Fuji! Mr. Person went to Mexico City, Oaxaca, and Costa Rica where he got to see sloths in their natural habitat. Ms. Carre went to Canada where she was amazed by the Hockey Hall of Fame. Niagra Falls was cool too! (She's a big time hockey fan, in case you didn't know). Mr. Ramos went to the beach during the summer as well as river rafting, went to Utah to visit family and visited national parks. Mr. Burrows and Mr. Afonso also traveled throughout Europe. Ask your teachers and staff to tell you about their summer and travel stories! By: Lucero Amparn



Summer Olympics

The United States performed really well overall in the 2024 Summer Olympics held in Paris, France. They won 126 medals in all, more than any other country.

On August 11th, team USA went against team France in the basketball Olympics. During this event, basketball icon, LeBron James, got dunked on by a French player named Guerschon Yabusele. Team USA still won the game 98-87 and got their 8th Olympic gold medal. Knowing this, I think that even though it was a close game, they still managed to pull through and win the finals which makes me wonder what else the team is capable of.

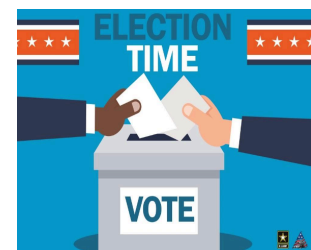
Also, in the gymnastics competition, Simone Biles got her OWN 8th gold medal and won the women's gymnastics. Out of all the categories, Simone Biles got a silver medal in women's floor, fifth place in women's balance beam, and got 3 gold medals in the other categories, including her team's gold medal in the Women's Artistic Team All-Around.

Additionally, an American runner won us the 100 meter gold medal. Sydney McLaughlin-Levrone set the world record of the fastest women's 400-meter hurdle for a woman. She in fact broke her own previous world record.



In other non-athletic Olympic news, Snoop Dogg came to the Olympics! He came to do some commentary and also he held the torch for team USA. He had a lot of funny moments, but during a badminton match he showed off his knowledge and said "As you see, it don't stop 'til the casket drop. They rocking and rolling." Snoop Dogg said a lot of funny stuff though other than that.

Team USA did super during the 2024 Summer Olympics, dominating in many sports. Let's all just hope we can do it again in the Olympics 2028. By Vincent Ciardullo



Election Time

Here is what's going on with the 2024 election. Joe Biden stepped down from the run for president and lit the way for Vice President Kamala Harris for the Democrats. Those who are running for president include VP Kamala Harris, former president Donald J. Trump, Robert F. Kennedy Jr, Cornel West, Jill Stein, and Chase Oliver.

The Democratic National Convention (DNC) an event that helps the presidential candidates gain their political party's support is underway. At the DNC, the democrats have chosen to support Kamala Harris for president. The opposing party, the Republicans, have chosen Donald J. Trump as their pick for president. An attempt was made on his life this summer while he was at a rally in Pennsylvania. This will be one to watch with these two running against each other.

Incidentally if Kamala Harris is elected, we would have our first female president in U.S. history. Election day is Tuesday, November 5, 2024. Whatever be your party loyalties or affiliations or you are independent, stay tuned as history unfolds before our eyes. By: Jacob Green



Potter Sports Tryouts

Have you wanted to start a new hobby or sport lately? Well you're in luck! Sports tryouts are starting soon. The first tryouts will be volleyball and cross country. Volleyball tryouts start Monday, August 26th at 3:30pm. These tryouts last until 5:30 and go until Wednesday. Volleyball is a team sport with 12 players and 2 managers. You build friendships and learn teamwork skills. Cross country is also starting soon! Tryouts begin August 22nd-August 23rd and last from 3:30 to 5. Make sure to bring your own water bottle and towel because it's gonna be hot! Last year cross country won the championship and both JV and Varsity volleyball made it to the championship. By: Lucille Mitcheltree



Stanley Obsessed

Around the world, these Stanley cups have been admired and sought after. Trendy society has bought millions of these quenchers in a short period of time, but what actually made the Stanley quenchers so popular? It could have been the amount of different colored cups, how it fits in a cup holder, contains a handle, or perfect straw. It could be, but that's not quite it. The Stanley brand is a 111 year-old company, and it's thermal flasks have been more of a camping product. Hydroflasks and Yetis were the trend before until... a woman named Danielle Marie's car caught fire, but she still had her Stanley cup in the car with ice. Somehow, even though the car was on fire the cup wasn't and still had the ice in it. Danielle Marie made a TikTok about the Stanley cup still "surviving" after the fire. The company for the Stanley quenchers saw that video and gave her free Stanley cups and bought her a new car! In conclusion, it's incredible how one woman can change everything for a company by just an accident that happened. Stanley is still going strong, and selling their cups to this day. By: Isabella Monge Jimenez



7th and 8th graders in PJH Ballet Folklorico at their first school performance of the year.

7th Grade Perspective

According to our information, many 7th graders are loving Potter so far and looking forward to their school year here! Daniel Mendez seems positive saying, " I like Potter, it is cool." Another 7th grader named Liam Roach said he loves Potter, but the lunch lines are too long! According to Julian Ruiz, he says Potter is pretty good and he likes it better than his elementary school. Giana Cannizzo stated, "I like it but the lunch isn't that good." Mikayla David says that she likes Potter so far but she is afraid of the locker rooms. Xavi Montillo said he "loves Potter and has no concerns at all." He's very positive! Jonathan Leon likes Potter and likes how the classes feel quicker. Bentley Gladding states that he likes Potter but he doesn't like the buses. Although there are positives and negatives, most of our 7th graders are on the good side of Potter, and are liking their experience and looking forward to the rest of the year! Shae and I both think Potter is amazing and we can't wait to get to know some of the sevvies! By: Shae Traner and Elin Gangnath

The Comic Spot By Adelyn Wilson

