



# Blue Lightning Blast

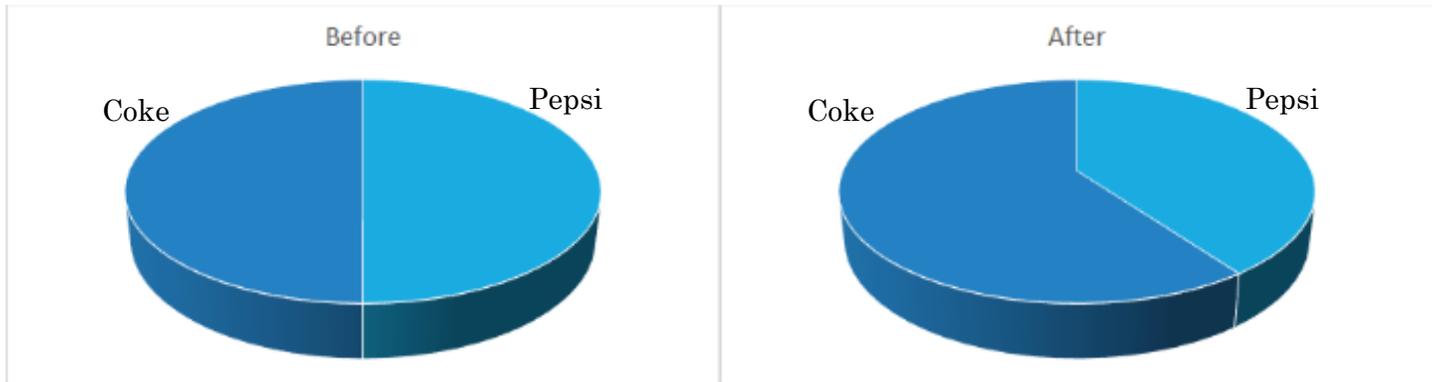
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## Pepsi VS. Coke: The Great Debate

One of the biggest rivalries in the beverage section would definitely be the rivalry between Pepsi and Coke. We surveyed some of our SJS faculty and staff members to see what they liked without tasting the drinks, and then tested their opinion in a taste test. The results were surprising and more than 50% of all the people surveyed switched their opinion after the blind taste test.

**Actual Numbers:**     *Before-* 50% Coke , 50% Pepsi                     *After-* 60% Coke, 40% Pepsi



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## 10 Tips to Enjoy Your Homework, & Getting it Done

Homework includes assignments given by teachers. Many students find it hard or confusing at times. Here are ten tips to make homework fun for you and others.

### 1. Work on it with a friend/friends-

Ask friends if you can work together, you then can get your work done and enjoy time with your BESTIES.

### 2. Get in a comfortable spot with a blanket-

If you sit in your room, or the living room, grab a blanket and start your homework in a comfortable way.

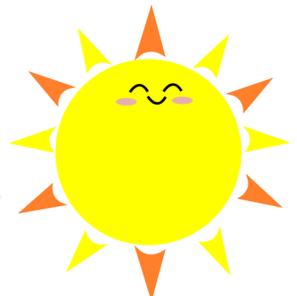
### 3. If you are doing math reward yourself every time you complete a question-

If you don't enjoy math, have a snack with you. When you get a problem completed, eat a piece as a reward.

### 4. Put on quiet music in the background-

If you enjoy sitting in a quiet room, but sometimes maybe too quiet, pick up your phone and play some quiet music.

(Story Continues on Page 2)



## The Statistics of Bullying

### Effects of Bullying

- Students who experience bullying are at increased risk for depression anxiety, sleep difficulties, and poor school adjustment
- Students who bully others are at increased risk for substance use, academic problems, and violence later in adolescence and adulthood
- Compared to students who only bully, or who are only victims, students who do both suffer the most serious consequences and are at greater risk for both mental and behavior problems



- Students who experience bullying are twice as likely as non-bullied peers to experience negative health effects such as headaches

### Effect on Kids with Disabilities

- Only 10 U.S. studies have been conducted on the connection between bullying and developmental disabilities, but all of these studies found that children with disabilities were two to three times more likely to be bullied than their nondisabled peers. (Marshall, Kendall, Banks & Gover (Eds.), 2009).
- Researchers discovered that students with disabilities were more worried about school safety and being injured or harassed by other peers compared to students without a disabilities (Saylor & Leach, 2009).
- The National Autistic Society reports that 40 percent of children with autism and 60 percent of children with Asperger's syndrome have experienced bullying.
- When reporting bullying youth in special education were told not to tattle almost twice as often as youth not in special education (Davis & Nixon, 2010).

## 10 Tips to Enjoy Your Homework... Continued



### 5. EAT or drink hot Chocolate, tea, etc.-

So many people love hot chocolate and tea, why not drink something while doing homework. Maybe even pick up a bag of your favorite snack...who doesn't LOVE FOOD.

### 6. Do your Homework outside and enjoy nature-

Sit on a park bench at the park, or in a high scenic area. The sounds of nature will sooth you and you will be very relaxed.

### 7. Spend time with your pet-

Pick up your pet and let them sleep or sit next to you while doing homework. Then you won't want to get up because of the fact that you LOVE YOUR PET.

### 8. Do more research on the topic you are studying-

If you study more of the topic, and look at pictures that relate, you will be more interested, knowing lots of outside information.

### 9. Take breaks to exercise or watch a show, then get right back to work-

When you take breaks your mind can wonder and you won't get too stressed with all the work you have.

### 10. Understand that after you finish your homework, you can have fun and use the rest of the night YOUR WAY.-

If you understand that when you finish you can watch TV or play a game, homework will be more fun.

## 5-Star Reviews: *The Incurrigible Children of Ashton Place*

*“Of especially naughty children, it is sometimes said: “They must have been raised by wolves. The Incurrigible Children actually were.” (Wood)*

Miss Penelope Lumley is not an ordinary governess. She is a recent graduate of Swanburne Academy for Poor Bright Females, and has been hired as a governess at age 15. Her students are not ordinary either.

Alexander (age 10), Cassiopeia (age 4 or 5), and Beowulf (somewhere in between), were raised by wolves. After being

found in the forest of Ashton Place, the Incurrigibles began being tutored by Miss Lumley, their quirky new governess. Miss Lumley embraces her task of taming the Incurrigible children, but can she succeed in teaching the Incurrigible Children table manners and socially useful phrases time for the Ashton’s Christmas Ball? Also, who are these three children, and how did they come to live in the vast forests of Ashton Place? And why does Old Timothy, the coachman, lurk around every corner?

This is an absolutely amazing book! Told from the perspective of Miss Lumley, *The Incurrigible Children of Ashton Place: the Mysterious Howling* tells the charming story of Alexander, Beowulf, and Cassiopeia Incurrigible. This book is a must-read for anyone who loves a book filled with mysteries, humorous characters, and a slight bit of random poetry thrown into the mix!

## Special Thanks

Thank you to the following people for helping with our second edition of the 2015-2016 Newspaper Club:

**Assistant Chief Editor:** Donato Fiorentino

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- All of St. Joseph School!



Interested in Joining Newspaper Club for the Third Edition?

**Come to our weekly meeting!**

**When:** Every Friday  
**Time:** 2:15PM—2:35PM

**Where:** Mrs. Palmer’s Room



## Letter from the Editor

Twice a week Newspaper Club comes together and holds an inspirational meeting that includes a lot of creative minds coming together and putting together some wonderful ideas. Whether we are discussing various fundraising efforts, pitching new column ideas, or simply discussing an issue, the entire team comes and works together quite effortlessly. Through fundraising, writing, and editing the club members really showcase their wonderful talents in every issue. Thank you for your support for each and every issue as our club continues to flourish.