

Jaguar Trivia:
 What year was the first public high school established in the United States?
 Answer on page 2

THE JAGUAR Journal



Your place for Jaguar News

September 2019

Email us at: thejaguarjournal@jacksonsd.org

Welcome Back Jags!

By Principal DiEugenio



Welcome to the 2019-2020 school year. The staff and administration at Jackson Memorial want to welcome our students whether they are newly arriving Freshman, new to the district or returning for another great year. The beginning of the school year always holds such excitement and promise: seeing old friends, and making new ones; meeting your new teachers, and saying hello to last year's. With the new school year comes

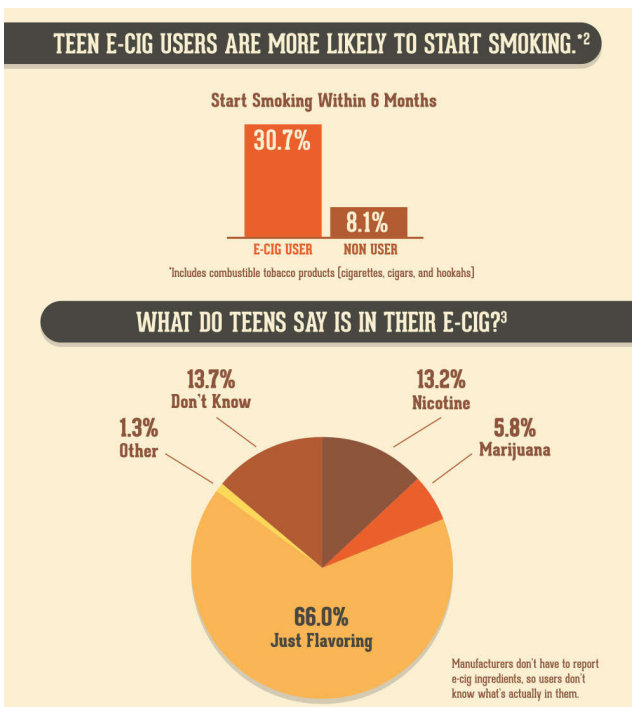
great anticipation. This year we recommend trying some extracurricular activities and seeing what fits best for you. Take part in school functions, be involved. Listen to the announcements each day for important information. Also, keep your eye out for the newest edition of the Jaguar Journal to stay on top of school and local news. It's time to get ready to learn and experience new things.

Did you know that our school is recognized nationally and one of the top high schools in the State of New Jersey? Search the web site Niche for more details and a comparison of schools around Ocean and Monmouth County.

Coming into the new school year, we do have expectations for our students. Please be sure to read our handbook and familiarize yourself with the policies that are in place to keep you safe and happy. Most importantly, we ask that all students treat their peers with respect and you should also demonstrate respect for all the teachers and staff of the school.

Remember, that this building is not just a school, but it is our home and should be treated as such. Let's walk down these hallways to a great year filled with learning new things, working together and having a lot of fun.

Just as each new year is a fresh start, we always look towards an exciting fun-filled learning experience for all of our students, so let's make it happen together. Best of luck to all for what is going to be a great school year. GO JAGS!!!



From the National Institute on Drug Abuse. For more information go to drugabuse.gov

A New Generation is Getting 'Hooked' - Don't Let It Be Yours!

Vaping has been in the news a lot lately, and most of the news is bad-especially if you are young. Five deaths are currently connected to vaping and there is a rash of mysterious illnesses connected to vaping that are putting people in the hospital with serious lung disease. Officials count 450 U.S. cases of potentially vaping-related illness spread among 33 states and one territory. One study suggests that there are 14 million e-cigarette users in the US, and over half are under 35 years old.

E-cigarettes have been around for about a decade and were originally marketed as a method for cigarette smokers to quit smoking. They all contained unflavored liquid tobacco. But as companies saw a new market-young people-tempting new flavors appeared designed to entice them to try smoking. Many kids didn't even realize that their vapes contained tobacco;

they just liked the taste.

In states where marijuana is legal, THC oils and additives became increasingly popular. But the danger is that there is no regulation on these products. Users buy bootleg devices with added chemicals in unknown quantities and don't even realize the risks they are taking. There are cases of users ending up in the hospital on respirators after only 24 hours of vaping.

We can't wait for the government to take action on these products before we realize that the health risks are just not worth it. Teenagers are being manipulated into believing these products are harmless, and the opposite is true. Vape oils affect the mind and body, and science can't even predict the long term effects. Don't allow yourself to use a dangerous product that is making some people billionaires.



**Girls Soccer
 Off to a Hot Start!
 5-0**



Stress Management for High School Students

By Ms. Kearney, MC, SAC

With a new school year comes new pressures and demands. Here are a few tips to help ease back-to-school stress.

Identify your triggers: If you know your triggers, you can be proactive and plan to avoid or minimize their impact.

Learn your stress signals: People experience stress in different ways. From difficulty concentrating and making decisions, to feeling angry, irritable and tense. Gauge your stress signals.

Plan ahead: Although we can't always plan ahead, when we do, it helps us avoid feeling pressured, rushed and/or overwhelmed.

Eat healthy: Limit caffeine, eat healthy whole foods, don't skip meals, and drink lots of water.

Get physical: Yoga, Jogging, walking, biking, and sports all help to combat stress.

Sleep: You'll be better able to

cope with stress if you are well rested. Try to build in time for 7-9hrs. each night.

Write it out: Use journaling to release emotion, sort out your thoughts, and clear your mind. Try relaxation techniques: Deep breathing, meditation & mindfulness. There are many free smartphone apps available to guide you.

Take a break: Make time for yourself and the things you enjoy. Read a book, listen to music, and/or spend time with friends and family.

Reach out for support: Supportive friends and family can improve your ability to manage stress. If you continue to feel overwhelmed by stress, talk to a trusted adult. Here at JMHS, the Student Assistance Office has an open door policy. Any student can request a confidential appointment with Ms. Kearney.

Additional Resources:

2nd Floor: 1-888-222-2228 Call or Text

NJ Hopeline: 855-654-6735

Crisis Textline: 741741 Text the word START to connect National Suicide Prevention Lifeline: 800-273-8255

Anxiety/Self care Apps:

Anxiety Free

Free Relaxing Sounds of Nature Headspace (Android)

HelloMind

Inner Balance

Moods

Nature Sounds Relax and Sleep

Relax and Rest Meditations

(Android)

Self-Help for Anxiety Management (Android)

Sleep Time (Android)

Stop Panic & Anxiety Self Help

What's Up?

The Worry Box

JMHS Club Calendar 2019-2020

All clubs will run between 1:40-2:15 unless stated

Club	Room	Day	Teacher
AP Art History	401	TBA	Mrs. Bobbie Allaire
Art	402	Mon	Mr. Albert
Chess	214	Wed	Mr. Williams & Mr. McDonald
Computer Science	116	Mon	Mrs Kirschenbaum-Perry
Dance Club	C. Gym	Wed @ 2:15	Mrs. Nolan
DECA	Map Room	Tues	Ms. Fecak and Mrs. Scott
Drama Club	401	TBA	Ms. Bott
FBLA	204	e/o Wed	Mr. Chris Nye
FCA	524	Thurs	Mrs. Gonzales, Mrs. Alvarez, Mrs Spieler
FEA	216	Mon	Mr. Freeth
Glee Club	407	Mon	Mr. Robertson
Interact Club	Map Room	Thurs	Mrs. Holm & Mrs. Mitchell
International Thespian	401	TBA	Ms. Bott
Jaguar Alliance, LGBTQ	518	Thurs	Mrs. Regan
Jaguar Buddies	619	3rd Tues	Ms. Young & Ms. Marvin
Jaguar Journal	520	Weds	Ms. Regan & Mr. Apa
Jackson Views Lit. Mag	404	Thurs	Mrs. Stolzenberg
Jazz Ensemble	405	Tues & Thurs	Mr. Diaz
Jazz Lab	405	Tues	Mr. Ficarra
JMHS ACappella	407	Mon, Weds	Mr. Robertson
JTV	TBA	TBA	Mr. Noble & Mr. Ferone
Key Club	Auditorium	Wed	Mr. Ken Pate
Math Honor Society	145	e/o Thurs	Mrs. Bunce
Math League	145	3rd Tues	Mrs. Bunce
Mock Trial	505	TBA	Mr. Fantasia
Musical Design	401	Jan-March	Mrs. Allaire
Musical Stage Crew	401	March	Ms. Singer and Mrs. Allaire
National Honor Society	145	Thurs	Mrs. Bunce
National Art Honor S.	400	TBA	Mrs. Stallone
Social Studies NHS	Map Room	Wed	Mr. Slaweski
Jag PA	Guidance Office	2nd and 4th Wed	Ms. Stenta
Science League	509	TBA	Ms. Feldstein
Science NHS	133	TBA	Mr. Tuminero
Ski Club	TBA	Jan-March	Mrs Totin
Student Council	Map Room	Mon	Mrs. Holm & Mrs. Mitchell
Tri M Music HS	408	TBA	Mr. Ficarra
Ukulele Club	144	Thurs	Mr. Harrington
World Language	609	Wed	Mrs. Mousavi & Mrs. Mitchell
Yearbook	202	Tues	Ms. Ventrello

Testing Schedule 2019-2020

SAT 1& 2:

Saturday, October 5th 8 A.M

Saturday, November 2nd 8 A.M

Saturday, December 7th 8 A.M

Saturday, March 14th 8 A.M (SAT only)

Saturday, May 2nd 8 A.M

Saturday, June 6th 8 A.M

ASVAB Testing:

October 22nd, 2019- JLHS

October 23rd, 2019- JMHS

PSAT/NMSQT- 11th Grade:

October 16, 2019

Pathways Accuplacer Test:

December 17th, 2019- JLHS

December 18th, 2019- JMHS

PSAT/NMSQT- 10th Grade:

March 4th, 2020

Advanced Placement Testing:

May 4th-

AP US Gov't Politics/ Physics C Mech/ Physics Elect/ Magnetism

May 5th-

AP Calc AB/ AP Calc BC

May 6th-

AP English Literature

May 7th-

AP Chemistry/ AP Physics 1

May 8th-

AP US History/ AP Computer Sci/ AP Studio

Art

May 11th-

AP Biology/ AP Environmental

May 12th-

AP Spanish Lang/ AP Psychology

May 13th- AP English/ AP Music Theory/ AP

Microeconomics

May 14th-

AP Macroeconomics

May 15th- AP French Language/ AP Statistics

Ask Jade

Dear Jade,

I'm a Freshman at Memorial and I want to learn how to make friends and just do my best this year. Do you have any advice?

- Nervous999

Dear Nervous

Being that I am a Junior this year, and have two successful years of high school under my belt, I can give you some advice on how I survived my Freshman year. First once you feel settled in, try to talk to your teachers to get to know them and build a relationship with them. This helps, especially with your junior and senior years, for college applications and job recommendations. Also, go to as many school events as possible and just try to get involved. You'll start to meet people and make friends; this helps to become more sociable. I can say this, JMHS has a lot of things to offer to make your time in highschool enjoyable. Don't stress too much, if you need help ask, do your work, and most importantly have fun.

Thanks for reaching out. Good luck this year.
Jade

If you would like advice from Jade, send your inquiries to thejaguarjournal@jacksonsd.org, with the subject line Ask Jade.



Back to School Night
September 19th at 7 P.M.

Welcome Back, Parents!

Trivia Answer:
1821 in Boston