

The Jaguar Journal is back from its hiatus. Keep an eye out around the school for the next issue's QR code.

Thanks for reading everyone!



Are You Being Kind To Yourself?

By Lauren Rangel

The teenage body is a mystery that is often ignored. Teens are constantly being put under stress and copious amounts of pressure, but do teens even know why they handle things the way they do? The answer is almost always no, teens are made to believe that they should be held to the same standards as adults even though they are completely different! In this article we will be exploring the sleep cycle, diet, and social life of a teen, and talking about why teens and adults are so different in every way!

Sleep is so important during teenage years but it's often overlooked that teens aren't built to abide by the same schedule as adults and even smaller children. The teenage brain and body is at a stage much different from one fully developed, yet teens are expected to wake up at 5:30 and warned that if they don't sleep for eight hours they will damage their health. Here's what the adults don't take into consideration, the circadian rhythm that teens have. After puberty the circadian rhythm, which is how a organism changes, physically, mentally, and behaviorally in the span of 24 hours is heavily changed. The time which teens begin to feel tired and the time in which they are comfortable waking up is now pushed back to much later.

Neurology Live did a study on this, stating "... research shows that teenage and adolescent sleep patterns are hormonally influenced, and not behavioral quirks, rebellious statements or decided attempts to fit in socially." The way in which teens act is often judged by behavior and people think a child who sleeps in too much or goes to bed too late is rebellious or a bad teen but its proven here that it's not always the case, as a matter of fact, it's almost never the case

because usually it just hormones.

Now that the sleep cycle of a teen and the norms of sleeping have been established let's dive into the eating habits of a teen. The way people eat varies depending on culture, age, and the environment that they are in, however looking at how most teens eat you'll notice a couple of patterns start to form. Did you know that around 75% of teens in a study done by the American Academy of Pediatrics, said they did not eat breakfast?

Most teens don't feel hungry in the morning which is a huge red flag to doctors considering that we're told that breakfast is the most important meal of the day. The study was done before and after Covid-19, proving that the stress of the pandemic on teens might have worsened the eating habits we read about now. These habits are a direct effect of stress. Interestingly the study also happens to show that females typically eat much less and consume less water than males. Stress of social standards and the stress teens are put in every day can cause them to lose appetite and feel less hunger. On another scale some teens feel even more hunger from the stress and this can often lead to bad relationships with food. Teens are never really taught what is and isn't a good relationship with food, so many just think that not eating or overeating is normal.

A teen's social life is a subject often avoided by everyone who isn't a teen. Parents, teachers, guidance counselors, and most other adults in a teen's life will avoid talking about a their social life. This is not because they don't want to, but because teens are often avoidant of speaking

about it. Under amounts of stress from school and from their relationships with family members teens also have to fit specific standards set by their peers in order to fit in. Teens are taught that being in a relationship and having large groups of friends makes you "better at being a teen". The pressure that often goes unnoticed is the one parents and teachers set by telling kids they need to do things a certain way in order to have "the high school experience".

Teens are taught to fear growing up and will often do things that could or will harm them because they want to feel like they experienced this thing that their parents often tell them about. All teens feel a need to fit in, it's a natural instinct and it makes them do things that they know they should not or act in ways they don't particularly like. Aside from the pressure that schools and jobs put on them they also have the pressure of parents, peers and themselves.

Ask yourself, "Am I being kind to myself?" because chances are that at some point your feelings are rejected or ignored. Pay attention to how you are feeling mentally, physically and especially emotionally. We are young, and sure, our brains are not fully developed, but our feelings are still valid. Learn to be a little nicer to the mind that guides your body because chances are, you're not irresponsible, you're not a bad person, and you're not bad at growing up. You are just still learning to navigate the world. There will always be pressure from school, or families, or friends, but make sure that you are doing what's right for you.

Take care of yourselves, Jags!

Seasonal Affective Disorder

By Madison Celeste

As the seasons shift and the school year progresses, many individuals are finding their mental health is impacted in ways they might not expect. The initial excitement of the new academic year is gradually replaced by the dreariness of winter, which can lead to a decline in productivity and overall well-being. Understanding these changes is vital for maintaining mental health during this challenging period.

Many people experience what is often referred to as the "mid-year blues" or burnout. This phenomenon typically manifests a feeling of low motivation and energy, peaking around December and January when thoughts of holiday breaks dominate our minds. Recognizing and addressing these feelings is crucial, and employing effective techniques can help combat this seasonal slump. Here are six strategies to help navigate this challenging time:

1. Let Go of Goals: It is okay to reassess your goals to ensure they align with your current circumstances. Adjusting your expectations can relieve pressure and help you regain focus, allowing for a more realistic approach to your

aspirations.

2. Talk it Out: Sharing your thoughts and feelings with friends or family can provide much-needed support and clarity. Engaging in open conversation can lighten emotional burdens and foster deeper connections.

3. Seek New Sparks: Instead of forcing motivation, consider exploring new interests that excite you. Engaging in activities that ignite your passion can rejuvenate your drive.

4. Stay Active: Regular exercise of the mind and body is a powerful mood booster. Incorporating movement into your daily routine can enhance your energy levels and improve your overall outlook.

5. Surround yourself with Positive people: spending time with uplifting friends can enhance your mood and create a supportive atmosphere.

6. Practice Self-Compassion: Be kind to yourself. Recognize that it's okay to feel down at

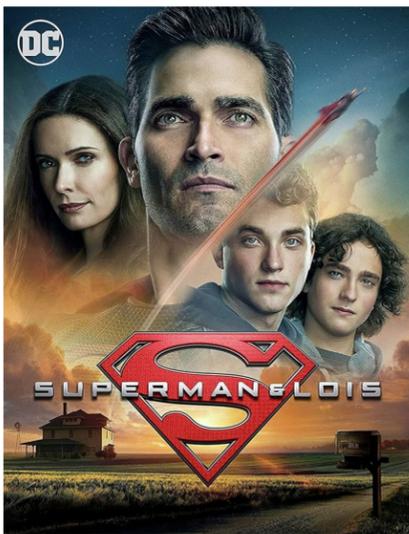
times and allow yourself the grace to navigate your emotions

It is essential to recognize the impact of the world on our mental health. By understanding and incorporating techniques to combat the effects, we as a society can take proactive steps to maintain their well-being. Embracing flexibility, seeking support and focusing on positive habits can help us all navigate these changes with resilience and hope. It is normal to experience ups and downs – what matters is how we respond to them.



Superman and Lois Series Review

By Mr. Apa



On December 2nd, Superman and Lois has come to an end after a four season run, thus officially ending the CW's Arrowverse for good.

While this series was not technically in the same universe as shows like Arrow, The Flash, or even Supergirl-- the show that first introduced Tyler Hoechlin's portrayal of the Man of Steel-- it is Arrowverse adjacent.

Superman and Lois was, in my opinion, the strongest of the CW superhero shows. It follows Hoechlin's Superman/Clark Kent and Elizabeth Tulloch as Lois Lane as a married couple navigating family life with their two teenage boys Jordan, played by Alex Garfin and Jonathan, played by Jordan Elsass for seasons 1+2, with Mike Bishop taking over the role for seasons 3+4.

While on the topic of the cast, let's talk character portrayals. Starting with my least favorite character of the series, Jordan Kent. Jordan, a character who has no roots in the comics, is shown to have a history of depression. He tends to be overshadowed by his brother Jonathan who is the more popular of the two. While I can completely get behind this character, the actor Alex Garfin, takes a while to grow into the roll. When the series begins, Garfin is just not that great of an actor. It's not until midway through season 3 that I stopped minding him and actually began to root for him... sadly, by season 4 the show has

come to an end.

The other Kent son, Jonathan, who is a character from the comic books, was shown to be a star athlete, and popular among his peers. Not only that, he was a good brother and son... if anything, he was a bit too perfect. But, the character Jonathan as played by Jordan Elsass had a certain charm that could not be denied. When the show picks up in season 3 though, Mike Bishop takes on the role of Jonathan. While the two actors have a very similar look, it took most of season 3 to finally accept the change of actor, because Bishop just didn't have the same presence as Elsass. But, he grows on you.



For the world's most famous intrepid reporter, Elizabeth Tulloch does a decent job as Lois Lane. Where she shines is when she and Tyler Hoechlin play off of each other. But for a show called Superman AND Lois, I found that I cared much less

about her storylines than I did the rest of the cast. I can't figure out if this was the fault of the actor or the writing. Or, maybe I just preferred Erica Durance's Lois performance in the show Smallville.

And finally, out of the main cast, we have Tyler Hoechlin as Superman/Clark Kent. To be frank, Hoechlin's performance was the main reason I would have continued to watch this show if it ran another five or six seasons. Hoechlin turns in one of the best performances of a live action Superman. I'm not about to break down my thoughts and feelings on other portrayals, but I

will explain why I think this one is so good.

Hoechlin captures the essence of the Man of Tomorrow, but he also captures the sort of dorky innocence of Clark Kent as well. Introduced in 2016 on the show Supergirl, Hoechlin's presence as Superman was there from the start. He oozes the good natured spirit of hope and warmth that you want from Superman. And while so many people who don't truly understand the character find this sort of "Boy Scout" feel to be hokey, there is nothing hokey about Tyler Hoechlin as the character. He manages to maintain that good nature, while also being able to bring out the intensity needed to fight threats to the world, Smallville and his family.



While I won't go into specific storylines that the show saw, I will tease some of the characters you'll see: Bizarro, Doomsday, Lex Luthor, Steel, Superboy, Krypto and others from the mythos. If you have an interest in Superman, I do recommend watching it for yourself. Superman and Lois ran for four seasons with a total of 53 episodes. Like all television series, it had its ups and downs, but as an overall series, it was quite good and the best the CW had to offer. After the most recent portrayals of Superman, this one seems to really get the character and who he is.



Mean Girls Jr: A Jag Stage Players Production

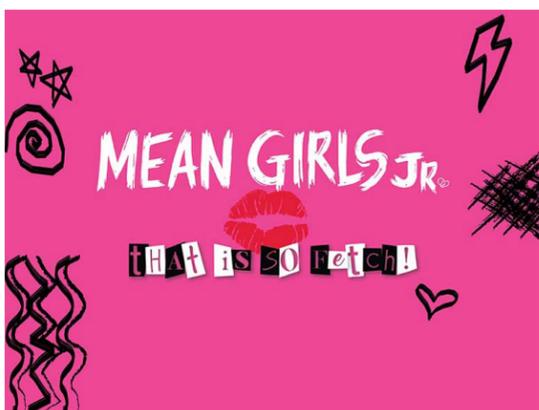
By Giselle Hubbard

for the first time. She feels that she'll finally get away from wild animals and be around people her age when she soon realizes that teenagers are wild animals. It's a lighthearted cautionary tale; the junior version being perfect for all ages.

Rehearsals for the musical started in September, and opening night was November 21st. In those 3 months, the cast rehearsed almost every day after school for hours working on their craft. Considering most of the cast were either freshmen or new members of the club, being in a high school production was a very different experience for them. "This was much harder than I had anticipated..." one student said, "...I didn't realize how much needed to be learned. From what part to sing, to what you wear, and even where you stand. Everything felt so foreign to me." Despite how much work the drama club put into this production, the cast had an incredible time putting on this performance.

The audience was electric as well. Their cheers were loud, they laughed at jokes, and generally had a great time being there whether it be

students, parents, or even other staff members. Overall, the production of Mean Girls Jr. was a great experience for the Drama Club, and they can't wait to put on their next show this Spring, Shrek the Musical.



Mean Girls is a musical loved by many and has become very popular over the years. It is also one that many students can relate to, which is why Mrs. Larsen felt that this would be a great show to put on this fall. The cast had a great time performing it, the stage crew had a great time creating sets and moving things, and the abundance of audience members that came enjoyed watching it.

For those who don't know, Mean Girls is a musical that takes place in a high school. The story follows the main character, Cady, a girl who moved from Kenya and is going to public school

