

Francisco

Home of the Rams

STUDENT MEDIA

the student newspaper

Calendar

December 21
Start of Winter Break
🎆🎆🎆🎆🎆

January 7
Back to school
😊😊😊😊😊

January 11
Francisco Volleyball @ King
🏐🏐🏐🏐

Regular high school apps due
🎓🎓🎓

Links and Reminders

Check your grades and what you need to catch up on. Also another way to check homework.
portal.sfusd.edu

A newer updated version of school loop! Look for different materials that are listed on the website: help with school, courses, and information about the Beacon Tel-Hi afterschool program!
fms-sfusd-ca.schoolloop.com

Have a tip? Want to submit something for the newspaper or the yearbook? Let us know!
franciscocomedia.weebly.com



The Grab and Go Cart

Megan D, Kaya S, Andrew G

The grab and go cart is a type of breakfast cart that started on Tuesday, December 11, 2018. In the cart, there are bagels with cream cheese, yogurt and granola, french toast sticks, pancakes, fruit, and milk.

On Wednesdays, the cart comes out from 9:20am to 9:50am. For the rest of the week the cart comes out from 8:40am to 9:10am.

People who thought of this idea were the principal and vice principal. This was for the people who are usually late and don't have their own breakfast.

The Grab and Go cart is located in the lower yard by the stairs to the upper yard.





How many hours of sleep should you get?

Christian P.I & Steven Q.

Studies have shown that teenagers 11-16 years old should get around 9-12 hours of sleep every night and should be eating 1 hour prior to their sleeping time. If teenagers get hungry during the night, they should not resort to heavy foods. They should eat light foods such as apples, a snack, or small amounts of warm milk.

Winter Holidays

Roan M & John Y

The 2 major holidays that a lot of people know of are at the end and beginning of the year. Those holidays are Christmas and New Year's.

Did you know that in North Korea, instead of celebrating Christmas, they have to celebrate Kim Jong Un's grandma who was born on Christmas eve? And in Japan, for Christmas they eat KFC chicken!

Other winter holidays include Kwanzaa, Hanukkah, and the Lunar New Year.

Endangered Marine Animals

Lola H, Adam B, Yan Ki Z



The odds of being killed by a shark in the U.S. are 3,748,067 to 1. In the US, on average, one person dies each year from a shark attack.

Marine mammals are an important part of the ecosystem. They are part of a food chain and without them certain species would overpopulate, and other species might die without being able to hunt for them. Also, we are balancing the population of the animals so we kill enough to survive but we shouldn't kill too much. The population of Steller Sea Lions has dropped by more than 60% because of natural and human threats since the 1960s.

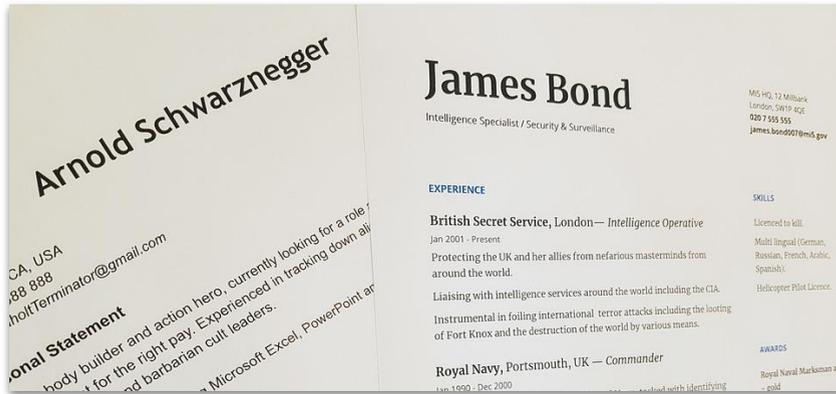


There is a small porpoise called a Vaquita and it's population is 30. Its main threats are commercial fishing, habitat loss, and pesticides. They have very few natural predators so their decline is almost entirely the fault of human intervention. Did you know Vaquita is spanish for little cow? They are considered the most endangered marine mammals on the planet. They are only 1.4 meters long. In 1997 there was only around 1,100 of them. This was already considered to be endangered, but in 2008 the population dramatically dropped to less than 800. Now there are only 30 individuals in the world.

Sadly, there are also only 10,000 to 25,000 blue whales left. The population was once about 239,000, before whaling was a thing. Blue whales are about 29 meters long and their maximum weight is about 173 tons. Their life span is about 80 to 110 years and they are endangered but their population is now growing.

How can we help protect the ocean? We can start by watching what we are using, like plastic and styrofoam.





How to make and write a good resume!

With good advice from Zachary W and Karen L

After middle school, you would start thinking about what your future will entail. Your future consists of getting a job, so now is the time to start getting work experience. When getting a job, you will need a resume so that the person who is thinking of hiring you can see why you deserve the job that you are applying for.

A resume should include what your education level is, your skills, your work experience, any accomplishments, and anything you do in your free time. You can make your own design or have one provided for you, a template. For the Francisco Media Staff, we used templates that were on Google Docs. We're pretty sure you guys are familiar with that! I, Karen, used Serif to make my resume. I, Zachary, used Swiss.

After you've chosen your template, you need to start thinking about what to put on the resume. What experience and skills do you have? Experiences to put can include sports you play or volunteer work. For example, experiences we've put on our resumes include being a Francisco Media Staff member and being a Francisco Track Runner. You can add your own categories too. This is optional but you can make an "About Me" section where you put in your hobbies, what you like, etc.

For skills, you can put what you are good at. If you are good at math, you can add that in. If you took musical instrument classes or went to Chinese school, put that down too! There are many other things you can put on it, so think about it! If you can speak a language, add that into your resume. In Francisco Middle School, they give you awards or certificates if you are in a sport, have a 4.0 GPA, etc.

Remember to update your information every time you want to get another job, so that you can add new information. It is helpful to prepare yourself around this time so that you can get ahead of the competition. Hopefully this helps you and encourages to do make a resume!



Track Season Starts February 19

Christian P.I & Steven Q.

Official track practice starts on February 19. Turn in your physical to Ms. Anderson if you want to tryout for the team. If not you can't tryout, practice, or participate in track meets. Most track meets for Francisco are hosted at Washington High School, Kezar Stadium, and Lowell High School. All-City trials and finals are all hosted at Kezar.



Winter Break and 2019 are Close!

Christian P.I & Steven Q.

2019 is close! As 2018 comes to an end, a new year starts! So at midnight before January 1st, make sure to have some new year's resolutions and party/watch the new year turn! Travel, enjoy time with your family, or camp at home drinking some nice hot chocolate with fluffy marshmallows!

Why There Should Be a Big End of the Year Field Trip

Kathy C, Mitzumi S, Jacky C



The eighth grade should have a very fun field trip at the end of the year because we deserve it. And I know many students wouldn't really like to go to a picnic while knowing that other schools get better field trips than us. I feel like a good field trip is much needed at the end of the year after finishing 3 years of middle school. This field trip to a very fun place should only be for 8th graders because we just finished a whole 3 years of middle school. It would only be fair for the 8th graders to vote on where to go because some of us could disagree with others.

To make the field trip happen, 8th graders can do fundraisers like bake sales every morning to help raise some money for the field trip. When we are raising money together, there is a more likely chance that we will reach our goal. Some other ways to make money is to sell Francisco themed items to tourist at Pier 39.

The field trip should happen before the day we graduate middle school but towards the end of the year. After we graduate, we aren't going to want to come to school, so for the 8th graders to go on a big field trip, it's better for it to be before graduation.

The bbq field trip is really fun the first time in 6th grade, but again we don't want to go to the same place and do the same thing over again. We feel like a bbq beach party isn't enough to celebrate our finishing of middle school. Instead, we can go to a new place as a whole 8th grade and enjoy the day there. But we can't do this alone. We need all the 8th graders to get together and help, and maybe if we all get together, we can make this happen!

So encourage your friends to do something to raise money for the field trip and if you have any ideas share them with your teachers or the student leadership team!

