

# NBMS NEWS NUGGETS

*Bi Monthly Newspaper*

**BY STUDENTS FOR STUDENTS**

*Inside the Issue*



## BREAK TIME!

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## COUNTING SLEEP

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## HALLOWEEN

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## PLAYOFF BOUND SOQUEL KNIGHTS IN DIVISION IV PLAYOFFS

*by Leo Hagedorn*

After a year of adjustment, Soquel has made it once again to the playoffs. After starting with two losses, they won seven in a row to claw their way back into contention and have a shot at winning the regional Division IV playoffs. They had almost gone unbeaten two years ago and made it to the playoffs but lost to end their run early. This time, Soquel is going for it all again on Friday night.

After a week off, Soquel beat Gonzalez in a defensive game before beating Gilroy in a thrilling game, 21-16. A late-game comeback for Monterey on homecoming night gave the Knights a scare, but they pulled through by one point, 21-20. They then took to the road again,

crushing Soledad and beating Carmel, both opponents getting nowhere on the Soquel defense. On senior night, a second-half comeback by the Knights wiped a 13 point lead by North Salinas to win, 36-27. Finally, Soquel played unbeaten Santa Cruz in the legendary Stump Game, but the Knights were blown out, 40-6.

Finishing their season 7-3, Soquel is now the only Santa Cruz team to play a playoff game at their home field. They will be playing Las Lomas at 7:30 on Friday the 12th. It is now win or go home for the Knights, but they are only three wins away from winning the regional Division IV championship.



## BREAK TIME! GRAB YOUR LUNCH AND GET A TABLE BEFORE THEY'RE ALL TAKEN

by Kathleen Ettinger and Lila Dakkuri

The time has finally come for the break to start and everybody is rushing to the tables, blacktop, or cafeteria line. Of course, during the break, there is always a way to keep yourself entertained. Whether it's talking to your friends, playing basketball on the blacktop, or playing football and soccer on the field, some kids aren't as active as others. Lynaea Vallet spends her break talking to friends and eating at the lunch tables, but some kids aren't getting their heart rate up and exercising.

There are a few opinions about this, but Lynaea Vallet states, "I think people should get more exercise during the break because we don't have P.E every day, and some kids, as soon as they get home, lay in their beds and aren't active."

Although there aren't that many kids who are active during break, there are lots of other students who are enjoying themselves staying active by playing basketball on the blacktop and playing football and soccer on the fields. There are many other activities that are as active as those sports that students play.

"It depends because if you eat at the break, then you'll be more active and have more energy, and if you don't eat then you won't have as much energy," says Lynaea Vallet.

## COUNTING SLEEP STUDENT SLEEP SCHEDULES ARE SURPRISINGLY OKAY

by Poima Whinnery

Almost all of the students at NBMS go to bed at 9:00 PM and wake up around 7:30 AM getting an average of ten hours of sleep. A little over one-half of the students thought they were getting a healthy amount of sleep, from eight to ten hours.

"I think it's a healthy sleep schedule, and especially because I have a medical condition, I have to be aware of how much sleep I get, but I don't know how much other people care; Most people can go for a while without sleep." Alex Pounds, when asked if she thinks her sleep schedule is healthy. Considering we just got back from summer and online school, it is a little surprising because most students didn't wake up at 7:10 AM every day during the summer. In fact, most students were going to sleep at midnight during lockdown because they had fewer responsibilities and didn't have to wake up until 8:00 AM. On the topic of lockdown, most students only took ten to fifteen minutes to get ready because they didn't have to care about their appearance. On the other hand, now that we're back in in-person school, students now have to, at least sort of care, about their appearance because people can actually see them.

Some students get five to seven hours of sleep by sleeping at 11:00 PM and waking up as early as 6:40-7:30 AM. Students often wake up in the night at least once every two days, which might be because they were anticipating something, like homework or other assignments that are due.

"Yes, my alarm is set for 7:00 AM, and I hit snooze about twice," said Jaid Lucero when asked about her alarm.

## HALLOWEEN

by Lila Dakkuri and Kathleen Ettinger

Did you dress up for Halloween? Before the halloween assembly we made a poll and asked, "Are you dressing up for the Halloween costume contest at school. If you are dressing up, what are you going to dress up as, and are you dressing up by yourself or with a group." The first question was: "Are you going to dress up?" Out of 218 responses, 35.8% were not sure if they would dress up, 38.1% said yes, they were going to dress up, and 26.1% said no, they were not going to dress up. Most people did dress up. The second question was: If you are dressing up, what are you going to dress up as? A lot of people said idk or nothing. The most popular ones besides nothing and idk were a fairy, a pirate, Scram (Ghost Face), a sports player, and a devil/angel. The third question was: Are you dressing up by yourself or with a group? 72.9% said they are dressing up by themselves, and 27.1% said with a group. There was a school wide assembly at the end of the day on Friday. It was the first time the whole school had gathered since the locked down had happened in March 2020. Ms Hadreas was the MC with help from Mr. Broadhurst. Categories were Funniest, Scariest, Best Impersonation, Most Creative, Best Pun, and Best Group. Teachers and staff judged and prizes were handed out by student council.

## INSIDE STUDENT COUNCIL

by Kai Wolsbeck

Student Council is the group that plans student activities. They can support contests, lunchtime, and after-school activities. Potential student council members have been meeting for several weeks now. The student council meets weekly during Flex period each Thursday. Special meetings may also be called on some Mondays. So far the group has discussed ideas for upcoming activities like decorating classroom doors, potential dances, and other activities for the students. Once officers have been elected, each Flex class will be invited to select a representative who will attend full council meetings. If you have ideas about activities, become a Flex class representative and respond to surveys that the Council posts in the NBMS Student Announcements Google Classroom.