



## The Bathroom Sensation That's Sweeping the Nation

Now that we're free of Valentines Day (technically, though the clearance sales will disagree), let's talk about what other things make February a special month! Let's also remember to love ourselves and the people around us, Cougars – even if its hard, you're important and loveable too.

### Black History Month

Valentine's Day tends to overshadow the other important aspects of February. Designated by a man named Carter G Woodson, February is also Black History Month, so here's some facts for you.

- During this month, educate yourself on history. Many history classes here only scratch the surface of this nation's history, so it's always useful to do your own research.
- Originally, only the second week in February was designated as a "history week" in 1926, coinciding with Abraham Lincoln's (Feb 12) and Fredrick Douglass' (chosen as Feb 14) birthdays.
- In the 1960s, the week evolved into Black History Month on college campuses because of the growing civil rights movement.
- During the civil rights movement, the man behind the revolutionary *Brown v Board* decision was a lawyer named Charles Hamilton Houston. Houston passed away before the case was decided, but he played a major role in organizing it all.
- Black Muslims played an important part in American history, with well known names like Malcolm X and Muhammad Ali.
- George Washington Carver developed a large amount of modern innovations, including a crop rotation technique, which led to him developing alternate uses for surpluses of crops like sweet potatoes and peanuts.

### How Homework Helps

I know that most everyone hates homework, and I do agree that we have too much homework, but there is a reason why it's given out in the first place.

First of all, homework helps us review what we just learned in class. By practicing more by ourselves, it lets us figure out and more quickly apply new concepts in our lives and future work.

It also teaches us how to manage our time. How to balance time for homework, extracurriculars, sports, and time to ourselves, as well as the little things that pop up whenever, like when your mom wants to do something as a family, for instance.

It also hones our self-regulation skills beyond time management – stress management, goal setting, self reflection, and delayed gratification. If we did not do our homework, we would struggle to understand the test material, and then we would struggle with the test, and get a lower grade. However, with homework, our understanding is enhanced and helps us to get a better grade. We set our goals, reflect on what we know already and work on the things we don't, and get the delayed gratification of a better grade on the test, and a better grade in the class, which evolves to better opportunities in college, and so on.

Homework also lets us learn by ourselves, without relying ONLY on the teacher. Teachers are meant to start our learning, yes, but we have to work hard to further it. If you only learn with the teacher, you probably won't be able to apply your skills to your work without your teacher.

### Upcoming Events

Monday 2/19	Tuesday 2/20	Wednesday 2/21	Thursday 2/22	Friday 2/23	Saturday 2/24
President's Day Winter Sports Start!			Academic Council (11:40am) Principal Candidates Meet & Greet @ Cafeteria (5:30pm)		Chest Tournament @ Vista Ridge High (8am)