

# VEGAS VALLEY ADVENTIST ACADEMY

## CALENDAR

Jan. 15  
MLK Birthday (NS)  
Jan. 16 -19  
MAP Testing



## THANK YOU!

-IZAIAH COPCA

This Christmas VVAA, started a new tradition that had food and music. We had different types of food and multicultural experiences with different types of foods and music. The student association sold smores. We had a photo booth where families took pictures. That night was cold but we had heaters and fires. Vegas Valley Adventist Academy would like to give a special thank you to those who participated with serving food and setting up everything and putting everything back .

## LIVING HEALTHY, HEALTHY LIVING

-JAMES W. GILLEY

So people want to live healthier lifestyles and may even want to live more so they are ways you can for example becoming a farmer and growing your own food instead of relying on the resources of GrubHub and Doordash is better because then you'll grow and know the hard work of making your own food and thus becoming healthier, more active and knowledgeable. Even though plants are very good for you and are better than eating meat it doesn't mean those who do eat meat are unhealthy. You can have good nutrition and eat meat with a based and healthy diet. Sleeping a lot improves activity and performance levels especially since you are active and are not dead-tired. Good sleep and more sleep are conjoined. Take a nap in the afternoon, maybe wake-up early then you will be more productive and can be efficient in daily tasks and exercises. Yes social media is a way to text friends and show people what you're up to but instead of doing that you can be out exploring or doing things that can benefit you more than just sitting down on your phone for 5 hours straight. Go out, try new things, go on hikes, practice the religion of worshipping God and just be curious.



## NEW YEAR'S RESOLUTION

-JOSHUA M. SILVER

With the start of a new year, many people often partake in "New Year's Resolutions". As you may know, these are essentially statements/resolutions to continue or start beneficial practices. Eating well, exercising more, and doing well in work/school; you probably have heard of these ones before. If you want to make resolutions, there are a few things you should do. First is setting realistic and measurable goals. Let's have better grades as an example. Getting better grades is realistic, but what kind of grades do you want? If you have 2 Cs, you can set a goal to bump them up to a B at least. The next steps you should take is setting reminders to study or do homework, setting time to do that, and being consistent in what you're doing. These can help bring your New Year's Resolutions to fruition.





### THE IMPORTANCE OF SELF AWARENESS -CALLIE SAMANIEGO

What is self-awareness? Self-awareness is the ability to recognize one's mental state, including thoughts, feelings, sensations, and intentions. Self-awareness is important because it helps you be aware of your thoughts and feelings. It can help you avoid making mistakes. When you are self-aware, you are aware of your facial expressions and your thoughts and feelings. Self-awareness can also affect those around us. If we have an unhappy or negative look on our face, it could make someone feel like we are upset with them. Another reason self-awareness is important is that a lot of the time people do not take the time to understand themselves, and they make bad decisions that can have negative consequences. So make sure you practice self-awareness! Pay attention to the tone of your voice and your body language. Take deep breaths and ask yourself if you are acting in a way that is positive towards the other person. It will make more of a positive impact on those around you and even more importantly, it will help you feel more positive about yourself!

### HABITS TO STRIVE FOR GREATNESS -YESEL GONZALEZ

Many tend to have new resolutions for the year and goals after the Christmas and New Year holidays. However, here are eight habits that can help start the high school year the right way.

The first habit is getting enough sleep. Many students stay awake late with their phones and on social media, and others with consoles gaming until late in the night.

The second habit is to eat a good breakfast. A good breakfast is the best way to start the day so you're not on an empty stomach and have the energy to concentrate in classes.

The third habit is getting your schedule before the school year begins. Visiting your counselor's office to look at your schedule and make any changes necessary is the best way to prepare before a semester starts.

The fourth habit is getting organized the night before. Being organized and ready is a great way to reduce anxiety levels, so having your clothes and supplies prepared by the door will help.

The fifth habit is to set notification alarms. Setting an alarm helps keep you on schedule for important events and waking up on time.

The sixth habit is to focus on your academics. Good study habits are an excellent way to prioritize and balance to get work done and have activities to do with friends.

The seventh habit is to get help from your teachers and counselors. Your counselors and teachers want you to succeed and help, but only if you ask for assistance, and that is easier than turning in work with a bad grade on it.

The eighth habit is refraining from participating in too many activities. You can join the clubs you enjoy, but if you don't have good grades, you may be unable to enter and focus on those grades.

### PLAY OFF DREAMS BEGIN -ROBERT CASTRO

Now we are heading into the final week of the NFL with only 1 Wild Card spot remaining in both divisions. Week 17 did still have some playoff clinching games and upsets. In Indianapolis, Indiana the Colts beat our hometown Las Vegas Raiders 23-20, which resulted in the Raiders being eliminated from playoff contention. Speaking of the AFC in Baltimore, the Ravens destroyed the Miami Dolphins 56-19. With this win the Ravens clinched not only the #1 seed in the AFC, but they also get a bye week, and home field advantage in the playoffs. After this impactful win, Odell Beckham Jr. of the Ravens reflected on this season by saying, "This is the best team I've ever been on." The Ravens have been on a roll this season, I can definitely see them playing, and beating the 49ers in the Super Bowl.

In the NFC, the Philadelphia Eagles took a massive loss to the Arizona Cardinals 35-31. With a win the Eagles would have took the #1 seed in the NFC with the same benefits as the Ravens. But instead the San Francisco 49ers took advantage of this and now they are the #1 seed in the NFC. Both divisions are getting tense with two spots standing to finalize the 2024 NFL Playoffs. Make sure to tune in to Week 18 of the NFL, and support your team to make the playoffs, and if not support any other team you will like to see in the playoffs.

### QUOTE OF THE WEEK

"Winners never quit and quitters never win."  
- Vince Lombardi

### SILLY GILLEY

Why did the football coach go to the bank?

To get his Quarter-back!

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