

## New student ID rule goes into effect today

Today marks the beginning of a new era in the dress code at G. Ray Bodley High School as all students are now required to wear their student ID badge. When five-week reports arrived in the mail this past weekend, they included a letter from Principal Parkhurst explaining the addition of I.D.s to the dress code. In the letter she informed parents that as of Wednesday, October 16, all students are required to have their ID visible at all times.

Adding I.D.s to the dresscode is a safety precaution by Mrs. Parkhurst and the GRB administration to ensure that all persons seen within the school do, in fact, attend the school. In light of recent school shootings and other such incidents, The goal is to reduce the likelihood that something of this nature could occur at G. Ray Bodley High School.

The lanyards and I.D.s are scheduled to be distributed today during guided study hall attached to a lanyard. Students are not necessarily required to use the lanyards that the school supplies, but Mrs. Parkhurst does ask that students help keep the school safe from a very real threat by following the new dress code and displaying identification at all times.

A similar plan met with student resistance at the start of the 2012-13 school year. This time around, however, students will receive discipline points for a failure to comply. Last year Mrs. Parkhurst, worked along with members of Student Senate and the class officers for each class and came up with a new dress code for the high school. Some of the changes were met with resentful feelings from students who felt it unfair and targeted toward the female population of the school. In the meantime one of the biggest changes was almost completely ignored by much of the student body.

Mrs. Parkhurst requested that students have their student I.D.s on at all times while in the school. This request caused a bit of discomfort and displeasure among the student body. She attempted to impliment pun-

ishments for those who refused to wear visible identification, and then tried to reward those who complied by displaying their identification. Students are being urged to

help the transition go over much better simply by following the new rule. Anyone with specific concerns or questions please should contact Mrs. Parkhurst. *By Dawson Samson*



HOPE Club members Shakeemah Hordge and Kaitlyn Kinney recently appeared on WSYR's Bridge Street program to talk about their club's involvement with the local Make-A-Wish program. Pictured from the left are Tonja Babich, Shakeemah, Kaitlyn and Chris Brandolino.

### What's happening at G. Ray Bodley High School?

**Seniors:** prom and baby pictures must be turned in by Nov. 5 for use in the Fultonian Yearbook. Give pictures to Mr. Senecal in room 228.

**Physicals** will be available Oct, 16, 22 and 23. Make an appointment in the nurses' office.

**Anyone trying out for basketball cheerleading** must have a current physical or they will not be allowed to participate. Schedule yours today with Mrs. Blount in the nurse's office.

**Spanish Club** members participating in the November 1 field trip must turn in their money to Senora Piraino by the end of the day today.

**HOPE Club** meets every Monday in room 119.

**Future Business Leaders of America** meets every Monday in room 116.

**Fultonian Yearbook** meets every Tuesday in room 102.

**GRB Journalism Club** meets Wednesdays in room 102.

**Teen Writers Group** meets in the LMC on Wed. Oct. 16 at 2:30. Register in advance with Mrs. Scalfaro.

**Juniors:** it's time to register for the **October 19 PSAT exam**. See Mr. Ascenzi in the guidance office for more information.

## Opinion

# Data says that high school starts too early

By Alexis Lastra

Take a look inside a high school classroom. You will most likely find a teacher at the front of the class and students sitting at their desks. Look closer and you might notice a familiar trend: many of these students are not paying attention. Instead, they are dozing off or even completely asleep. Today, an overwhelming majority of high school students are not getting enough sleep. This lack of sleep is a serious problem, especially as students are doing more than ever with their time.



They come to school early, spend hours listening to teachers and taking tests, then run off to practices and meetings, and come home to be faced with even more work. And the homework load these days is not light as teachers assign hours worth of homework each night. Our nation's teenagers require just as much sleep as they did when they were younger, and they are not getting this much needed rest. Most kids need at least nine hours of sleep per night in order to function properly. Yet the period of this nine hours shifts as a child gets older.

After puberty, the body's internal clock changes so that it is difficult for teens to fall asleep before 11pm. So even if a student falls asleep at eleven, he or she would need to sleep until at least 8am to get a full night's sleep. Considering the time at which most high schools in this country begin, those nine hours are being cut short. Few high schools start after 8 am. However, there are schools that have paid attention to this research and pushed forward the start of their school day.

In schools where the start time is after 8:30 in the morning, the faculty and staff believe that there has been a real change in their students. They note that the students miss class less often, pay more attention in class, perform better in class, and report lower levels of depression. These changes are clearly not just coincidental. The researchers of these studies say that the results are quite significant and that more schools should consider pushing up their start times.

Another issue is the time when standardized tests are given. Most of these tests are given at 8 am, which can, in fact, hinder the performance of otherwise intelligent kids. Out of all of the times in the

school day, 8am results in the poorest scores, since the brains of the kids are not fully functional at this time. So exactly how much sleep are teens in our nation getting? Over 50% of high school students report that they sleep seven hours or less each night, and about one in five get less than six hours. And 82% of both middle and high school students said that they woke up tired and unrefreshed, and more than half had trouble concentrating in school. These statistics are overwhelming.

We are making it much harder for kids to learn by forcing them to wake up so early. And the consequences of not getting enough sleep are severe. The short-term consequences include bad moods, a deterioration in learning ability, being weary and less alert, having to expend greater effort to learn, and an increase in skipped classes. All of these are common symptoms visible in high schools across the country.

More specifically, the loss of REM sleep (rapid eye movement) may result in memory loss, a decline in information processing,

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increased irritability and anxiety, decreased socialization and humor, mental fatigue, decrease in creativity, and a decline in the ability to handle complex tasks. And with consistent lack of sleep, the effects become more serious. The long-term consequences can range from being misdiagnosed with ADHD, to diabetes, serious sleep

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**Welcome back  
students!  
Have a great year**

**Reflections**

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of GRB Journalism**

# Many factors contribute to senior shutdown

By Dawson Samson

Over the course of four years, students go through core classes, electives, college prep courses, and even gym thrown in with all that. Each class presents a new challenge and new opportunities to learn, but some students can become overwhelmed by everything expected of them, and over time lose interest in putting in their usual level of effort for classes they might believe are “unnecessary” for what they want to do later in life.

With this breakdown of motivation reaching its peak by senior year, dropping classes and settling for the bare minimum is common among the most devoted students. The question is, is this attitude really something worth developing right before heading off to college?

College can hit everyone differently. For some, it’s a big awakening that helps them realise that they will have to work much harder to achieve what they had in high school. For others, that big awakening is nothing more than just another challenge that they have to overcome, and they dive into it head first. In most cases, it pays off to be that second person, and persevere through life no matter how tedious and overwhelming it may get. However, what is really important, is what most seniors are thinking when they decide to take it easy for their final year of high school.

Stress is another factor involved with students deciding to drop classes. Like anything else in life, school is stressful, especially in recent years with a larger push from the outside world on students, and a constant influence from people around them telling them they need to be perfect just to get into community college. This isn’t necessarily true for everyone.

The majority of the senior class is also affected by the recent shut down of the United States Government. If the government is allowed to give up, why can’t we? Now more than ever, “reality” is being pushed in the faces of students, and more often than not, it does nothing more than add unnecessary stress and worry to already burdened teens. Constantly being reminded of this “reality” is not really helping anyone.

Finally, the complete misunderstanding adults have for teenagers is yet another weight piled on. Teachers often do not have much understanding for students, or do not perceive that just like them, students have lives outside of school. Incomplete school work, missed deadlines, missing class, all of this is cause for teachers to



reprimand students. In some cases, however, scolding students for such things is almost entirely insensitive. For a group of people who have more than just school to worry about, being made to feel guilty for not going above and beyond just makes them lose interest in school even more.

With all of this being added on top of the hormones rushing, dealing with personal relationships, and transitioning into adulthood, it is amazing more people do not just give up altogether. What is even more amazing, is how well students seem to cope with all of it and stay sane. Often times, students are not given the level of credit they deserve for balancing as much as they do.

Making decisions is not something that can be taught in school, and some people just need to learn from their own mistakes. When a student drops a class, or misses an assignment, rather than being talked down to, or admonished for their mistakes, they should be met with firm support. It is okay to let students know that what they did was not the best choice, or that they may fail if they do not complete that project.

Ultimately, no one can say what goes through the minds of today’s students, or even GRB’s current graduating class. Regardless, teachers and parents alike can help make this already difficult process easier simply by being there for their students and children, and giving them adequate support. At the end of the day, if someone fails, it is their own fault, but adding insult to injury doesn’t help anyone.

## Sleep deprivation

(from page two)

problems, rebelliousness, cigarette smoking, depression, heart disease, obesity, and even a shortened life span.

Consequently, tired teens are more likely to get behind the wheel when they are tired, leading to accidents caused by simply not getting enough sleep. Drowsy driving is a major cause of accidents among adolescents. But many school administrators are hesitant to change school start times. The major reason seems to be because of bus schedules and after-school activities. Schools are worried that they will have to buy new busses or spend money in other ways.

In fact, some schools that have changed their start time have switched start times with their corresponding middle or elementary schools, easily avoiding this problem. Another counterargument is that if school starts later, then school must get out later. Getting out of school later is a positive consequence. Ending school at 2:30pm doesn’t really make sense. First of all, kids have more time in between when they get out of school and when their parents get home, which can lead to unproductive behavior. Also, kids who drive home would be less likely to get into an accident due to fatigue. Then there is also the question of whether this trend is only a problem in the United States. However, similar research has been found all over the world including Brazil, Italy, and Israel. This goes to show that the sleep-wake cycle of adolescents is a biological, rather than a cultural phenomenon. Teens all over the world need the same amount of sleep, and they need it at the same times. Yet, it seems as the whole world may be turning a blind eye to this serious topic.

### Quote of the day:

“The only way to do great work is to love what you do. If you haven’t found it yet, keep looking. Don’t settle.”

*Steve Jobs*

## Sports



## Win lifts Raiders to .500 record

The long drive to Cortland was more than worth it for the Lady Raider soccer team on Thursday when the girls ran past the Tigers 3-1. Improving their mark to 6-6-2 on the season, Coach Beckwith's squad followed up a 1-0 win over Mexico by adding to Cortland's woes of a 1-10-2 season.

Sydney Gilmore shot the Raiders in front 1-0 before Hailey Carroll and Sarah Halstead added second half markers. Dishing out a pair of assists was sophomore Callie Beckwith. Goaltender Hunter Hartranft yielded just one goal. The girls are back in action on Thursday when they play host to Homer in a 4:30 JV, 5:30 varsity match-up. *By Jimmy Martin*

## Ready for winter? Your car may not be!

Central New York is an area where the weather sometimes has a mind of his own. It could be sunny one second and a snowy mess the next. October is here and the question every vehicle owner should be asking themselves is, "is my truck/car ready for upstate NY's unpredictable weather?"

Like so many things, getting your car/truck ready now can lead to a smoother winter. No one wants to be out there in the subzero temperatures fixing something that could have been done back when the weather was nice. Checking your antifreeze can be one of the most important checks on a vehicle. When you check your antifreeze it prevents important engine parts from feeling winter's wrath.

Windshield wiper fluid should also be examined, as road salt and grime can make it almost impossible to see out of a dirty windshield. Another important check is to make sure you have reliable tires that can grip the road. Having bald tires could lead to something as small as a fender bender and not being able to stop, or skidding into a ditch because of the lack of grip and control. If you cannot do these winter vehicle maintenance changes yourself, they can be done at your local registered motor vehicle maintenance shop.

*By Steven Gilliland*

The Fulton girls volleyball teams will be hosting a Dig Pink game on Thursday against Skaneateles with JV action starting at 5 pm. The teams are hoping to raise \$1,500 dollars that will be donated toward breast cancer research. Donations may be made by visiting: <https://www.side-out.org/cb/campaigns/campaign/7402>

## This week in Raider Sports

**Today:** Cross country @ Freedom Meet (4:15-Jamesville Beach).

**Thurs. Oct. 17:** Girls soccer vs. Homer (JV-4:30/V-5:30); Vball vs. Skaneateles (JV-5/V-6:30).

**Fri. Oct. 18:** V football @ Carthage (6:30); Boys soccer @ Whitesboro (4:15).



Going someplace cool? Take

# RaiderNet

Daily

with you and get your picture taken for this year's Fultonian Yearbook feature

**"Where in the world is The Raider?"**

## Seniors take note!

Prom, baby pictures and senior portraits from outside sources are due by Tuesday, Nov. 5. Give pictures to Mr. Senecal in room 228.

Keep in touch with the Fultonian Yearbook by liking us on Facebook. Free yearbook drawing at 200 likes!

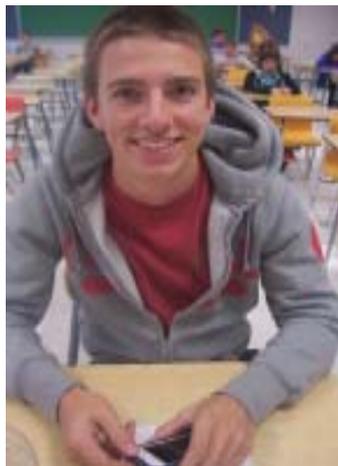


## What Is Your Greatest Weakness?



"Ice Cream."

Mr. Charles



"Halloween Masks."

Matthew Nelson



"Junk Food."

Mrs. Wilmot



"Kryptonite."

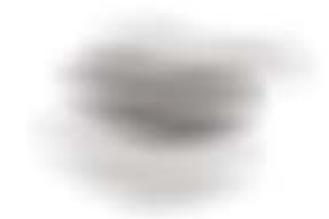
Chance Porter

# Meteorology and you

By Carson Metcalf



**Today:**



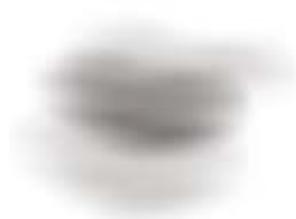
Mostly cloudy with rain showers. High 70.  
Record high: 82 (1962).  
Avg. high: 60.

**Tonight:**



Rain showers. Low 50.  
Record low: 28 (1994).  
Avg. low: 41.

**Tomorrow:**



Mostly cloudy. Chance rain. High 58.  
Record 81 (1980). Avg. 60.

*Former GRB student and current SUNY Oswego sophomore Carson Metcalf is an aspiring Meteorologist and the creator of the Central New York Weather Center @ [www.centralnewyorkweather.com](http://www.centralnewyorkweather.com) Look for his daily weather forecasts for Fulton on RaiderNet Daily.*