

## Dealing with Everyday Stress

By CARINA GEIST

Everyone deals with stress. Just think about what you're doing today – school, homework, sports maybe. Sometimes it can feel like there's no time to stop and relax. And with something to do every day, you can't always try your hardest at everything. The question comes down to 'what do you do?' There are a few steps you can take to make it easier.

**Step One: Stay Calm.** When you feel like the work is piling up and you're too busy doing other things to do it, make sure to relax. Make a plan and act on it.

**Step Two: Stay Organized.** Make sure to write down all the things you hope to get done. Be efficient and prioritize.

**Step Three: Have Downtime.** When you have free time or are done with your activities, always do something you enjoy. Be it a video game or a trampoline session or playing a musical instrument, always have downtime doing something you love.

If you follow these steps and get your work done, stress should decrease. After all if you get your work done and do things you enjoy, there's no need to stress!



Image courtesy hot92and100.com

## Benefits of Healthy Eating

By ELLA ROSENBLATT

Eating healthy can help you and your body in many ways. An interesting fact about eating healthy is it decreases heart disease, certain cancers, and gallbladder disease. Also, eating healthy makes a difference in sport performances, and helps to give you additional energy. Eating healthy provides benefits to your brain as well as your body and it helps protect your gums and your teeth. Studies show that physical activity stimulates the brain chemicals which often leave you feeling both happier and more relaxed.

There are lots of healthy recipes that you can make at home so you can avoid eating out at fast food restaurants. Most of all eating the right foods helps us work and function properly throughout our day and

if we don't eat the right foods you can gain weight or be at a higher risk for many diseases. For these reasons and more, always be aware of what you eat and stay healthy!

Here are some healthy and tasty recipes you can make at home:

**Peanut Butter Banana Waffles**

- ✓ pop some waffles in the toaster oven (of course with adult supervision)
- ✓ spread peanut butter on the waffles when they're done toasting
- ✓ place some sliced banana on top

**Protein Peanut Butter Balls**

Mix together the following ingredients:

- ✓ 1 cup of dry old fashioned oats
- ✓ 1/2 cup peanut butter
- ✓ 1/2 cup mini chocolate chips (optional)
- ✓ 1/3 cup honey or agave nectar
- ✓ 1 teaspoon vanilla extract
- ✓ 1 tablespoon chia seeds (optional)

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## The Sierra Shark Bits Team Is Graduating this Spring!

Do you have what it takes to be the new Editor-In-Chief?

## Does your family want to be a publisher?

It's time for the current Shark Bits team to step aside and let a new team take over. We need your help to keep this student-run paper going!

Want to know more about what it takes to be the editor of Shark Bits and how publishing works each month? Email us for all the details at [sharknewspaper@gmail.com](mailto:sharknewspaper@gmail.com).

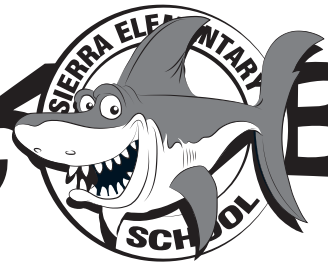
We'll sit side-by-side for the last couple issues to make sure the transition is smooth and easy. We know you are up for the challenge!

## What's Playing (cont'd)

Another song that's really popular at Sierra is called 'Sugar,' by a band called Maroon 5. The video to this one shows the band showing up at a bunch of different weddings in Los Angeles. The bride and groom don't know the band is coming so they end up getting the surprise of their lives!

A song that is a little less popular, but still well-known is called, 'The Hanging Tree.' Jennifer Lawrence sings this song in the movie, The Mocking Jay. The genre of this song is folk. It's a little sad, but so is the movie, which was awesome!

My personal favorite song is called 'Happy,' by Pharrell Williams. I like it because it makes me happy every time I hear it, and being happy is a great way to live your life!



## What's Playing in Sierra Students' Ears

By ANNA GEMMA GIORGI

My friends listen to a lot of different kinds of music, but their favorite is pop. I think kids my age like pop because it's really upbeat and fun. It's great to listen to at any time of the day because it puts you in a good mood and gives you energy.

The song that most kids in my class like best is called 'Uptown Funk' by Bruno Mars and Mark Ronson. It's a really fast pace song that has a super catchy beat. You can put it on your iPhone and wake



Anna Gemma Giorgi - Shark Bits Reporter

up to it in the morning. There is also a cool video that goes with it where you get to see the artists dance.

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## March Brain Teaser

What 5-digit number satisfies the following requirements?

1. No zeroes
2. First two digits are the same
3. Fourth digit is twice the first
4. Last digit is twice the third
5. Sum of all digits is 18

**Know the answer?** Email us at [sharknewspaper@gmail.com](mailto:sharknewspaper@gmail.com) to be entered in the drawing to be this month's brain teaser champ!

Several students, including **Jake Tyberg**, correctly answered 'sponge' for last month's riddle:

*I have holes in my top and bottom,  
my left and right, and in the middle.  
But I still hold water. What am I?*

Last month's teaser from Brain Food Riddles

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## Hey Sierra Students – Ever Considered Tennis?

By BIANCA WELCH

Baseball, soccer, and softball seasons are here, and with all these sports going on families at Sierra tend to forget about tennis! Tennis is a sport that is played all over the world year round. What is cool about tennis is that both boys and girls play it all of their life. I personally have played tennis since I was five and my goal is to play on the Del Oro High School tennis team.

Stretches and drills are one of the most important actions in tennis to help agility and your overall way of playing. There are many drills to help your skills and strokes.

Did you know that there are two different ways to play this unique game? The most common way to play is singles. Singles means that you and your opponent are the only

ones on the court playing the game. On the other hand doubles is a way of playing that requires two people on each side of the court switching off to serve and start the point/game. Personally with my tennis experience doubles is a more fun way to play, but singles would be fun for people who like to be independent.

There are a bunch of events in this game just like most sports. Tennis is not as easy as most people think it is. Some strokes include forehand, backhand, volleys, serves, and drop shots. Forehands and backhands are what you call groundstrokes. They



From atp-wikia.com

are the most commonly hit strokes in the whole game. Forehands are powerfully hit with one hand, typically with the hand you write with. On the other hand, backhands are hit with two hands, normally with the hand that you write with in control. Volleys are a short but hard stroke to get back. This stroke is hit by going up to the tennis net and hitting the

ball softly making it a drop shot, hard for your opponent to hit back making them lose the point.

In all tennis is a wonderful sport that helps your agility and the muscles in your body. In my opinion the best part of tennis is keeping your body healthy while you're having a great time on the tennis court.

If you are a student at Sierra wondering what sport is right for you I hope this helped you decide what you want to do. I totally recommend this sport for open-minded thinkers at our school. If you get on the tennis court I promise you will not regret it!!!

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Happy 9<sup>th</sup> Birthday Sami!

Happy Birthday Papa Grant!  
Love, Carina & the cats

Daylight Savings starts soon!  
Remember to change your clocks on  
March 8<sup>th</sup>.

## Catch a Leprechaun!

By LAUREN BERNARD  
& ALEXIS BEAN

The key to catching a leprechaun is having a good trap. To build a trap you should have the following things: green grass (that is their favorite food); building blocks (or anything that you can build a small house out of); and anything else that you think a leprechaun would like. Usually if you have a good trap, a leprechaun will leave you some gold coins (not all of them are chocolate!), an assortment of candy, and if you are lucky, you might get the leprechaun's signature or a photo of them. Some things that we have gotten include:



Photo courtesy teacherblog.com

Zhu Zhu Pets, Skittles Candies, gold coins, signatures, pictures, backpack key rings, Reece's Peanut Butter Cups, and many other things. We hope that this guide to build a leprechaun trap is useful and that you have a good Saint Patrick's Day!

Sponsored by the Welch Family

Thank you to everyone  
who helped to make this  
year's Annual Auction a  
huge success!



Want to send a shout-out?  
Contact us at  
sharknewspaper@gmail.com

## What's Happening ~ March 2015

Minimum Day (12:20pm dismissal) .....Monday, March 2

Family Reading Night (6-7pm) ..... Wednesday, March 4

PTC General Meeting (6pm) ..... Wednesday, March 4

Talent Show (6-8pm) ..... Thursday, March 5

Talent Show (9-11am) ..... Friday, March 6

Minimum Days (12:20pm dismissal).....Monday-Friday, March 9-13

Parent / Teacher Conferences .....Monday-Friday, March 9-13

Book Fair ..... Monday-Friday, March 9-13

Lunch with a Loved One (11am-12:30pm) ..... Wednesday, March 11

6<sup>th</sup> Grade Field Trips to Spring View..... Tues & Wed, March 17 & 18

Spring Break (no school)..... Monday - Friday, March 30- April 3

Friday, March 20<sup>th</sup> – Spring Equinox



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