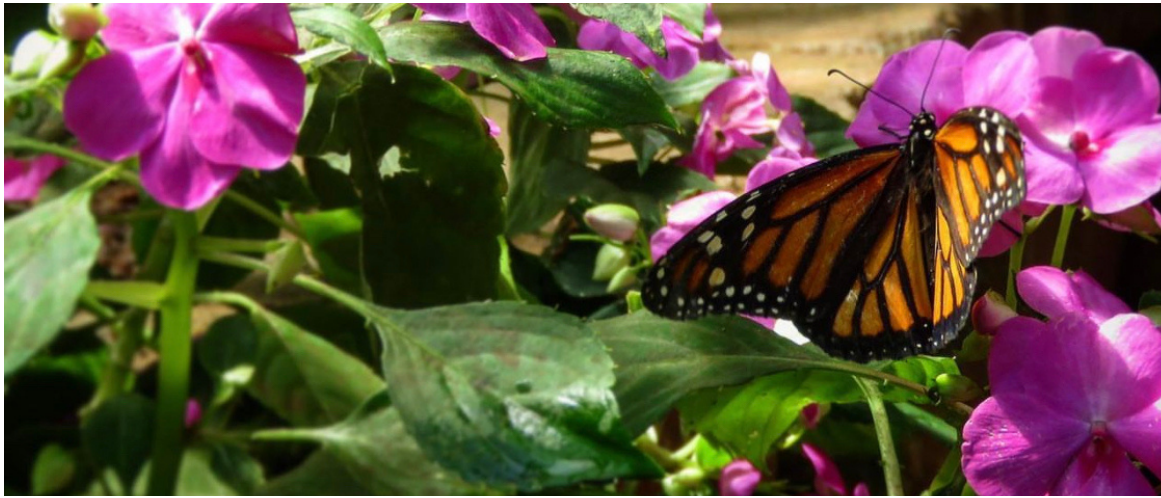




THE CHARGER POST



Déjà vu is a fascinating phenomenon that has puzzled scientists, psychologists, and philosophers for centuries. The term "déjà vu" is French and translates to "already seen." It describes the feeling of having experienced a current situation before, even though it is objectively impossible. The experience of déjà vu usually involves a sudden, intense feeling of familiarity with a new or unfamiliar situation, place, or event. This feeling may be accompanied by a sense of disorientation or confusion, as the person tries to reconcile their current experience with the feeling of having already lived it before. There are several theories about what causes déjà vu, but none of them have been definitively proven. One possibility is that it is the result of a glitch in the brain's memory system. In this theory, the brain is momentarily unable to distinguish between new information and information that has already been stored in long-term memory, leading to a feeling of familiarity with a new situation. Another theory suggests that déjà vu may be related to the way the brain processes sensory information. In this theory, the brain processes information from the senses in two different ways: one consciously, and one unconsciously. Déjà vu occurs when the unconscious processing system detects a match between current sensory information and a past experience, triggering a feeling of familiarity. Despite the many theories about what causes déjà vu, it remains a mysterious and intriguing phenomenon. Some people experience it frequently, while others may never experience it at all. While it is often associated with a feeling of eeriness or strangeness, many people find the experience fascinating and exciting, as it seems to hint at the possibility of a deeper, more mysterious aspect of the human mind.

Spring Break is over and we're back in school. All we have left from the break are the memories, so we asked some Chargers what they did during their time off!

Here are some answers:

"I had a HOSA competition. I had a lot of fun because I attended with my friends and we did a lot of fun things!" said one Charger.

"I went camping with my family and my friends" answered another student.

And finally, the last person we asked said "I went to D.C with my family".





Stress Awareness Month

Think about the last time you were stressed. Was it recently? A long time ago? Was it because of a test? Or a presentation? Does the mere thought of recounting the last time you were stressed, stress you out?

Research shows at least 45% of high school students feel stressed daily in school. That's nine students in a class of twenty.

April is stress awareness month, and when you understand how stress affects your life, you can make changes in order to cope. Because life doesn't stop for anyone, it's a game of keep up or catch up.

Stress manifests for everyone differently. According to the Mayo Clinic, stress can be expressed through a short temper, tensed muscles, shortness of breath, and gut issues among other things.

Some students are better at hiding their stress than others, but when you know your students, your classmates, your friends, you can help be the difference between a panic attack and staying calm.

"Anyone who knows me knows that when I get stressed, my thoughts tend to spiral, my heart begins racing, my stomach twists into knots, I can't catch my breath, and the room starts spinning. That was my stress response freshman year, but over the course of high school, and all its ups and downs, I've learned how to cope with the stress," reported a high school senior student.

Having coping skills doesn't make you weak or weird. It means you know how to care for yourself before dealing with the situation at hand.

When you're feeling stressed, take a couple of deep breaths and ask yourself these three questions.



Will this matter in a week?
What long-term effect will this have on me, if any?
Is there a simple solution being overlooked?

If you find yourself still stressed, try the 5-4-3-2-1 method. Find a place where you can sit and think clearly. Now, name five things you can see, four things you like to hear, three things you like to taste, two things you can touch, and one thing you can smell. Through it all, focus on your breathing. Drink some water and allow yourself to realize you're not the only one feeling stressed. There's probably five other kids in your class feeling the same way.

Teachers, you may be wondering how you can help your students be the best they can be. Remind yourself that not every student learns the same way, or the way you learned when you were our age. Do what Mr Ely does, and give students a brain break. Give us a moment to process the information we've just learned, let us put our head down, or stretch.

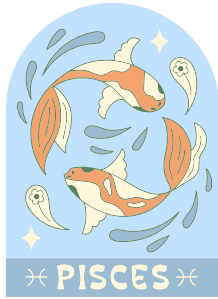
Excessive stress does no one any good. Above all else, you come first - before sports, work, and school. This world is full of stress, but there's no need to succumb to it. Learn what works for you and use coping strategies to allow you to be the best you can be.



Horoscopes



Power through, good things are coming!



Treat your friends nicer



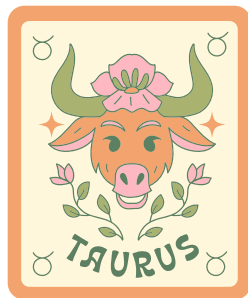
Luck is on your side!



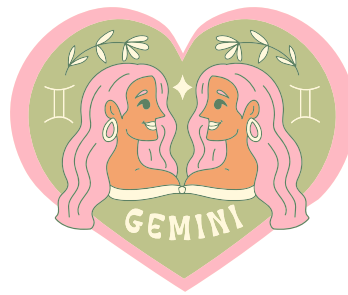
Make sure to take breaks and rest!



Take care of yourself!



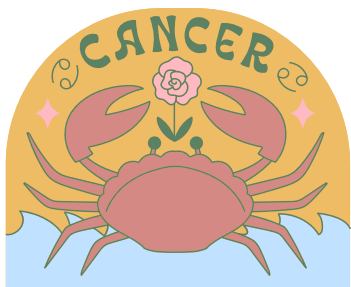
Don't be so stubborn, try something new!



Take time to forgive



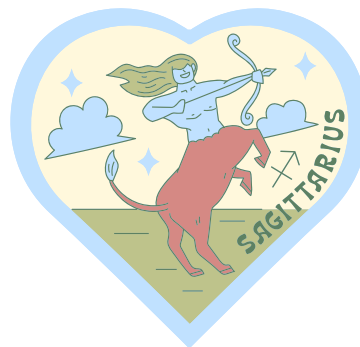
People appreciate you!



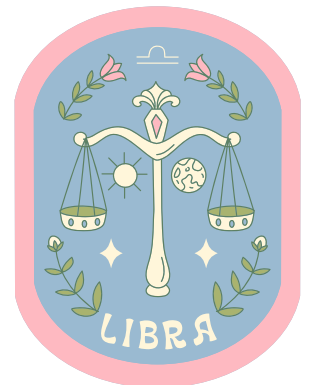
Don't be afraid to admit you need help!



Make sure to slow down and think



Smile more, you look great!



Remember to say please and thank you!