

CROOM HIGH SCHOOL

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COUGAR CHRONICLE



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Senior News:

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Seniors, Your last year at school is here, and all of us at Croom High School are here to help you!

SENIOR PICTURE DAY is Thursday, December 12, 2019. These pictures will go into the school yearbook and they will also be available for your family to purchase additional copies to send out to friends and relatives as a keepsake memory for them.

SENIOR PACKAGES ARE ON SALE NOW.

These dues pay for your cap and gown for graduation. You can also make optional purchases with extra money. You can buy a year-book, Senior class T-Shirt, and other graduation swag.

And don't forget about the Senior Prom and cookout at the end of the school year!

Please go see Mrs. Tunstall or Mr. Phillips to get forms, ask questions or to



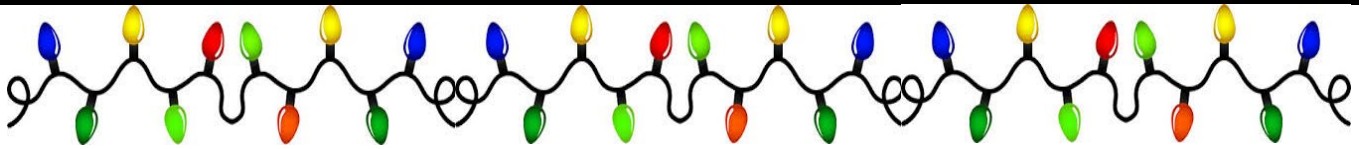
Happy Holidays To All:



Religious and Cultural holidays offer excellent opportunities to teach about culture, religion and their historical importance. During the winter season and especially in December, we celebrate the following holidays:

- Diwali (depending on the Hindu Lunar calendar)
- Hanukkah (depending on the Hebrew calendar)
- Winter Solstice (December 21)
- Christmas (December 25)
- Kwanzaa (December 26)
- Three Kings Day (January 6)
- Ramadan (depends on Islamic calendar)





With Thanksgiving and Christmas on tap, most of us are saving our expressions of gratitude for the holiday. But according to scientists, **counting your blessings year-round can be good for your mental health and well-being**, ultimately boosting your chances of success.

In positive psychology research, gratitude is most often defined as the appreciation of things that are valuable or meaningful to you, according to Harvard Medical School.

Taking the time to be thankful and appreciative for things you have received, tangible or intangible, **makes you feel more positive emotions**, relish good experiences, improves your health, helps you deal with adversity and builds strong relationships — all crucial traits both in and out of the workplace.

Numerous studies back up these claims. A 2012 study examined the effects of Thanksgiving on well-being over a three-week period with a sample of 172 undergraduate students. Research participants reported higher levels of positive emotions on the Thanksgiving holiday than on other days of the study.

Researchers took a deeper dive into what differentiated those who felt positive emotions on Thanksgiving from those who didn't. Scientists found that participants who expressed gratitude and thankfulness on that day were more likely to feel positive emotions on Thanksgiving and increased "life satisfaction" on the following days.

In another study, researchers examined how counting your blessings impacts overall well-being. Participants were divided into three groups: One group was asked to journal about negative events or hassles, a second group about the things for which they were grateful and a third group about neutral life events.

The sample that journaled their gratitude showed much higher levels of well-being across the board in comparison with the other two study groups. The major takeaway, according to researchers, was that **a conscious focus on blessings may have major emotional and interpersonal benefits**.

Other studies have looked at how gratitude can improve relationships particularly in

the workplace. Researchers at the Wharton School at the University of Pennsylvania randomly divided university fundraisers into two groups. One group made phone calls to solicit alumni donations per usual, while the second group received a speech from the director of annual giving, thanking them for their efforts.

The next week, the university employees who heard the director's message of gratitude made 50 percent more fundraising calls than those who did not. In this study, researchers found that a little bit of thanks goes a long way in making workers feel appreciated, which in turn motivates them to work harder and be more productive.

Always remember, when you are feeling down or sad, Don't focus on the bad things, it is not good for you. Taking an inventory of what you have to be thankful for can do wonders for your outlook and attitude.

Have a wonderful Holiday season, and let us all give thanks for the good people, good times and the good things in our lives!

Student Artwork

Do you like to draw? Would you like to share your artwork with the rest of the world? Well now you have the opportunity to express your creative side and have it published in the Cougar Chronicle! As you can see, we are looking for all kinds of artwork. We would love to show off your work every month right here!

See Mr. Puzzella



This is a submission from a former student, Cleon Banks and is open for interpretation; **what do you see?**

Best answer wins a snack of your choice from the vending machine.

"Every child is an artist, the problem is how to remain an artist once we grow up"

-Pablo Picasso

The Croom Cougar Chronicle Sports Beat—Your Name Here!

The Croom Chronical is looking for sports writers.

Are you interested in attending Croom High Schools sporting events? Are you participating in Croom sports? You could play and write about the games after the games!

Don't worry if you have

never written for a paper or newsletter before, we will help you with your column!

This could be YOUR column featuring local and professional sporting news

If you are going to attend

College, writing for the school newspaper will be a great addition to include in your College application.

See Mr. Puzzella if you have an interest in writing!



Staff News

Happy December Birthday wishes go out to :

Arlene Stell (13)
Triana Hayes (19)

Happy Birthday from all of us to you!



Faculty & Staff

If any staff member has news to share, this is a great place to do it!



Just for Fun! - School Facts From Around The World



More than 160 countries celebrate Christmas. A few countries refer to the holiday as Family Day, including Angola and Uruguay.

Some countries--like Jordan and Pakistan--designate December 25th as an official holiday only for Christians.

France

In many regions in France, Christmas celebrations start with St Nicholas day on the 6th of December. Then children get sweets and little gifts. Cities are decorated in France, especially in the Alsace region, where they say the first decorated Christmas trees appeared as far back as the 14th century.



Italy

In Italy, a nativity scene, a 'presepe', is usually put up in churches, town squares and often in houses and is for many the most important parts of Christmas decorations. In Italy, 'Babbo Natale', that's how Father Christmas is called in Italian, hands out presents to children on Christmas Day. Still in many families, gifts are exchanged only on January 6 that is the day of Epiphany. The people wish each other 'Buon Natale', which means Merry Christmas.



Germany

In the weeks leading up to Christmas, Christmas markets are set up on main squares in many cities. Houses are often decorated with lights and ornaments in December, however the Christmas tree is usually only put up in the homes only in the morning of the 24th of December. Festive Christmas celebrations in Germany begin on the 24th of December, on Christmas

Shops close early on Christmas eve, so remember that you have to get your Christmas shopping done until lunchtime.

England

In England, Christmas decorations start early. Many families decorate their houses with lots of fairy lights and sparkling displays. Often the house owners collect donations from visitors to their displays in aid of local charities. So remember if you like a display place some spare coins into the honesty boxes and help the good causes.

Christmas is celebrated on the 25th of December.

Norway

In Norway, children wait for 'Julenisse', the Norwegian Santa Claus. On Christmas Eve, the 'Julenisse', brings presents to the children. During the month of December, children wait eagerly for 'Jul', that is how they call Christmas.

Iceland

In Iceland, children put their shoes on the windowsill so the 'Juletide Lads', the Santa Claus, fills the shoes with little goodies. Christmas celebrations in Iceland start on 24th of December, Christmas eve. Families get together and enjoy good food and many visit midnight mass.

Philippines

In the Philippines there is a special tradition of having a Christmas lantern, which is called 'paról'; the lantern is star-shaped, like the star of Bethlehem, and mainly made out of bamboo and paper. The Christmas lanterns are on sale during Christmas time in the many markets in the Philippines.



Singapore

In Singapore, about two in ten people are Christians. Christmas however is very commercialized in Singapore. Stunning decorations can be seen everywhere in the main shopping district.

Australia

In Australia, it is tradition in the weeks up to Christmas to join in Christmas picnics organized by various churches and sing Christmas carols on the beach. As Australia is on the southern hemisphere, Christmas is in summer time and thus it is easy to understand that during Christmas time friends and family often gather at the beach.

Brazil

In Brazil, you will often find a 'presepio', a crib or nativity scene, in front of a church. The 'Papai Noel', or Father Christmas, travels from Greenland to Brazil to give presents to Brazilian kids. Often the year end is celebrated with fireworks. In Brazil, you say 'Bom Natal' or 'Boas Festes' if you wish somebody Merry Christmas.

South Africa

In South Africa, people celebrate Christmas Day with the family often with a 'braai', similar to a BBQ, as it is summer season there as well. Many people visit Christmas mass as well.

USA

Christmas is celebrated on 25th December. On Christmas Day, families get together for a festive meal after exchanging gifts.

Merry Xmas! Xmas stands for Christmas, the X symbolizes the cross.



Important Dates To Remember

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 9400 Surratts Road
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Cougar Chronicle Staff

Editor Gary Puzzella
Asst. Editor Maybe You?
Sports Maybe You?
Photographer Maybe You?
Editorials Maybe You?



IMPORTANT DATES TO REMEMBER

December 2	TH	Cougar Collaborative Planning
December 6	M	1st QTR Report Card Release
December 9	TH	Keepers Meeting
December 20	M	2nd QTR Grading Window Opens
December 23	TH	2nd QTR Grading Window Closes
December 23	TH	3HR Early Dismissal Winter Break Begins
December 24	F	Christmas Eve
December 25	Sa	Merry Christmas
January 1	Sa	Happy New Year
January 3	M	Back to School

Letters to the Editor



Dear Editor,
I hear self-driving cars may be available soon. This

seems nuts to me. My Galaxy smartphone can't even do voice recognition properly, and we're banking that a car by Google or Uber will be able to drive itself safely in the complexity of city traffic??

- Fear of No Driver

Dear Fear,

They're here now. As of March, 27 developers were operating a total of 180 autonomous cars on California highways. Will we see them in cities? Uber's been testing its cars in Pitts-

burgh. Many companies are testing these cars on the road.

Ford, plans to release a fully autonomous vehicle by 2021. BMW says the same thing. Audi wants to debut one by 2020; Volkswagen, by 2019. Like objects in your passenger-side mirror, the future may in fact be closer than it appears.

Will they soon become available to buy? Well, that's what could take a little longer. Some roadblocks between here and widespread adoption:

Regulatory; Fifty different states with little or no regulations as of yet.

Insurance; 2 driverless cars crash; who is at fault?

Fear; recent survey: 78% are afraid of driverless cars.

Turnover; We hold on to our cars for more than 10 years.

'For there to be consumer acceptance of these vehicles, they have to be virtually perfect,' -

David Strickland, Former Director of the National Highway Traffic Safety Administration (NHTSA), In other words, we're not dealing with technological problems as much as problems with human behavior; suggesting we may yet have a while to wait.

-The Editor



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\$1 \$1 \$1

Happy Holidays!!



CROOM BASKETBALL

Your Message Here



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