

# LEE'S TRAVELLER

October 2018  
Volume 1 Issue 1

“I want to thank all of you for a great opening of school. I also want to remind you of what I said during orientation as well as our class meeting the first week of school; that We Love You, you are good enough to achieve your goals and attend college and always do YOUR best! Make sure you do not lose sight of the college you will attend and the criteria to be accepted. Continue throughout this year knowing that you are destined for greatness, as you are GENERALS!”

Principal Scott Schneider

## Upcoming Events

Oct 15: End of 1<sup>st</sup> Quarter  
Oct 16: Begin Quarter 2  
Oct 17: Early Dismissal  
Oct 19: Student Holiday  
Oct 31: Early Dismissal

## School Sports

- Varsity Football
- 8/24 @Raines (W) 16-15  
9/1 @Westside (W) 41-3  
9/7 @Mandarin 7pm (W) 38-13  
9/14 @ Columbia 7:30pm (L) 47-32  
9/28 Atlantic Coast 10am (W) 34-32  
10/5 Ribault 5:30 pm  
10/12 First Coast 10am- Homecoming Game  
10/25 @Fletcher 7pm  
11/2 ED White 5:30pm

## Jaguar News

Sunday September 30,2018 the Jaguars landed on top with another victory. They played against the New York Jets. The Jags won with a score of 31-12. The Jacksonville Jaguars are now holding a record with 3 wins and 1 lose.



“Whatever we believe about ourselves and our ability comes true for us.” -  
Susan L. Taylor (Journalist)

## School Life

"How do you like your school year at Lee?"

" I've been at Lee for a month and I really like it because I can learn more now and I've made new friends. Some people are nice, some are not. I am fine with that. I can feel free at Lee. It's just a great school."

9<sup>th</sup> Grader

"I put on my "Beast Mode" every day. Why? Because when I go to "Beast Mode" I can have whatever I want. I can reach my goals... It's amazing here. I like Lee High a lot".

10<sup>th</sup> Grader

" I've been at Lee High for three years now. Lee is a good school to be at and learn at. Why do I say that? Because I've learned so much from Lee that I thought I would never know until I got here".

11<sup>th</sup> Grader

"Lee is alright to me. I have been at Lee my whole four years of high school. I am finally graduating "lol" but you can learn a lot from Lee. Lee has lots of things you can do here that a lot of people don't know of. I want to say to the underclassmen, please pay attention and learn something. You have a future ahead of you. Have a Great Day, GO BIG BLUE".

12<sup>th</sup> Grader

## What Does Success Mean to You?

### Essential skills for creating success

- Be trusting and accepting yourself.
- Always stay positive, never give up on anything you want to do.
- Have self-control when talking with others.
- Respect others, always have good decision making.
- Take a risk being able to feel comfortable with yourself.
- Strive for your goals in life  
BeLEEive in yourself  
feel  
CompleET.
- Always remember to stay and be on time.

"Don't settle for average. Bring your best to the moment. Then, whether it fails or succeeds, at least you know you gave all you had. We need to live the best that's in us."

-Angela Basset

## EDITORIALS

By: Brianna Watson

So, I'm having an ongoing battle with myself. What should I do with my life is the question I'm stuck on. I was thinking about this in 7<sup>th</sup> grade and cried myself to sleep for most of the nights leading up to this point. I felt lost and still do. Many of you here probably can relate. Of course, if you drop your phone and the facade for your "friends", and think about you for a sec. The real you. Like, the one that actually thinks about goals and fears. So, for those of you who already have your life figured out, you can sit back and listen and maybe give some advice. Alright, I have a question for the rest of you: what do you want to do after high school or college? What career or job are you going for? Do you *really* want to do this? Will this career/job give you a sense of purpose? I'm simply asking, but honestly curious. Will it make you feel like this is what I'm here for or is it something you chose because you are here on Earth, in a place where you *have* to make something of yourself, so you chose something at the last minute like me? So, sports players, let me use you for an example. Some of you actually want to make it into the big league, right? It's fun when you play and besides the money, it makes you happy and you feel good at something. Okay, let me break it down some more. We are all average people. Unless you're the ones who have some extraordinary talent. But the true reality is, the majority of us can't sing, dance, or calculate some big numbers. So being a Beyoncé, a Twitch, or someone who works at some high-tech company, is out of the question. Therefore, we choose something that makes us happy or in most cases, something we've previously dabbled in, such as drawing, sports, sculpting, or even writing. We figure I could make a career out of this. Make a life out of this. May not be what I'm actually meant to do, but I'm going to go with it. Better than doing nothing, right? So, we work at that hobby and focus on that. Because piggy backing off your friends isn't an option. Unless it's that ride to Burger King during lunch.

By: Jaidyn Carter

Many people have heard of the "Walk Up Movement". The walk up movement is a movement created for students to walk up to someone that usually sits alone and invite them to come sit with them. Or the person that usually gets picked last, and pick them first. Every single day, as students we all have to wake up get ready and go to school. Each student from a different background, race, religion, and appearances. You never know what someone may be going through at their home life. There are students around you that have no food at home or struggle with anxiety and depression every day that you don't even know about. Just simple acts of kindness can make a huge impact in someone's life, and that simple act of not being kind could be someone's last straw. So, the next time you see someone with the same shoes that they had on for the past week or even the person who always doesn't smell to fresh, just remember that we can't help the families that we were born into or the genetics that were sprung onto us by our parents. So, treat everyone with kindness and even go out of your way to talk to someone that you usually wouldn't.

~ "Kindness is giving hope to those who think they are all alone in this world."

I look forward, as always, to the unique learning experiences shared by my students. Our goal in this newsletter is to provide students with information and insight on the events that shape our lives and community. It is my hope that everyone that comes in contact with it will be in some way enlightened and inspired. GO GENERALS!!

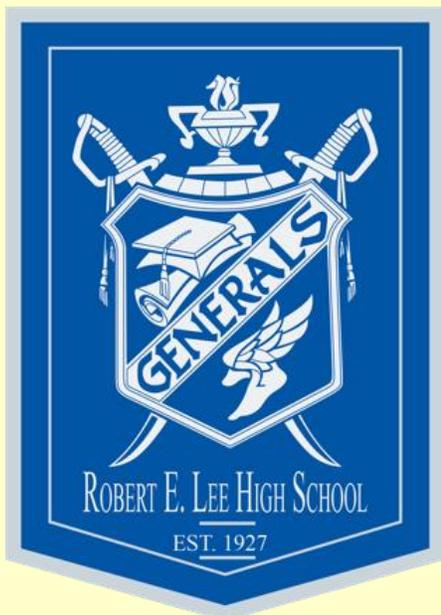
—Mrs. Dennard

## Clubs

- Robotics, Media Center, Mr. Eaton  
Mondays  
Art & Poetry, room 310, Ms. Aldershoff  
Tuesday  
EVAC, room 306, Ms. Donofrio  
National Honor Society, rm 802 - F  
Wednesdays  
Anime Club, room 327, Mr. Allen  
EVAC, room 306, Ms. Donofrio  
FBLA, room 802-F, Dr. Aviles  
Friday

## DRESS CODE TIPS

- Be unique (it's okay to be different)
- Use colors to distinguish yourself
- Not sure about an outfit, ask parents or an adult about it first before wearing it to school
- Wear comfortable shoes, clothes, skirts, and jeans
- Dress for success not to impress



## Book Review

*Dr. Franklin's Island* by Ann Halam was a novel depicting the dire situation of a group of kids who survived an airplane crash and are now guinea pigs of the mad scientist *Dr. Franklin*. The island, owned by Franklin, is a facility that houses *Dr. Franklin's* research of DNA splicing, crossing the genetic code of animals. The protagonists became victims of his experiments and transform into animalistic-humanoids. They now strive to return back to their normal selves, breaking free from the psychotic doctor, forever altered. Overall this book is definitely worth reading.

## Health Tips

- Eat at least 4 fruits a day
- Take vitamins or supplements to make up for nutrients you miss throughout the day
- Bring a drink to keep your hydrated
- Drink water before eating if possible
- Eat fatty fish
- Avoid as much processed food as possible
- Don't overcook meat because that causes it lose nutrients and proteins
- Use extra virgin olive oil when cooking
- Avoid artificial trans-fats
- Minimize added sugars
- Drink lemon water
- Don't drink vitamin or smart water just because it has a word in the name