

TikTok Generation, Ruined

By Hamdi

My opinion about TikTok is that it is very toxic and unnecessary. I believe that using TikTok creates more harm than good. Personally, I believe that the app's content has multiple causes of harm. One thing about it is that it is way too addictive. This can cause bad time management skills, which ultimately lead to laziness, which leads to uncleanliness. I don't mean to say that people who are obsessed with TikTok are dirty, but they sure are heading down that path. There is also not much body positivity and representation, much like on Instagram, which can cause people to develop body dysmorphia, facial dysmorphia, or other kinds of self-conscious behaviors detrimental to mental health. A large majority of the trends on TikTok are very stupid and dangerous. To list a few. The Skullbreaker Challenge is a challenge where three people attempt to jump in the air, interlocking their arms and tricking the middle person into jumping on their own, and then they sweep their feet under the person in the middle so that they

fall backwards. This challenge caused a male student a major concussion. This kind of "challenge" is extremely dangerous and can cause harmful brain injuries and even potential death. Another challenge was "The Cha Cha Slide," where people would move their cars to the rhythm of the popular song, "The Cha Cha Slide." Sadly, a bunch of idiots wanted to hop on this trend, and they decided that it would be a great idea to move their cars into oncoming traffic. The result is as anyone would expect. There were several accidents and deaths due to this challenge. Another challenge, and possibly the most stupid one of all, is the "Angel of Death" challenge. This challenge lives up to its name, because the rules of this challenge are to jump in front of a moving vehicle to see if the driver will stop or swerve out of the way for you. I am not kidding about this one! Sometimes I wonder if people have brains inside their heads. These challenges cost the lives of a few people who attempted them. Need I say any more?



People losing their lives, killing others, and normalizing self-destructive behavior for the sake of a little fame is at an all-time high due to TikTok.

SOCIAL MEDIA CHANGES US

by Siham
 There's a pattern of how Banaadir students have been influenced by Tiktok trends, for example, the "devious lick," where you steal a part of school property like a speaker or soap dispenser. Social media makes us glued to our phones and the moment your phone gets out of sight it causes anxiety. It's clear that many students attention span is decreasing: "Cell phones are distracting, pulling our attention away from our current tasks and activities" Social media is also the reason why we have less sleep which also connects to behavior.









STUDY HABITS Q & A

- by Abdinoor
- How do you study?**
- When it comes to studying and memorization in general, I believe that repetition is absolutely crucial. - Hamdi
 - I don't study. I just listen really well in class without losing focus then I make myself notes (and mental notes) to remember better but I still forget (*-*)
- Abdirahman
 - I write it in my notes, then I go to my notes and try to memorize the things I have forgotten. - Abdinoor
 - Re-learn what i learned in school on Youtube.
- Siham

- Why do you study?**
- I study because it's healthy for your brain to learn new things. - Mr.Sitzman
 - To be prepared for a test. - Siham

weather predictions

By Unlicensed Amateur Meteorologist Abdifatah

<p>FRI  high of 20 low of 13</p>	<p>TUES  high of 10 low of -2</p>
<p>SAT  high of 34 low of 21</p>	<p>WED  high of 1 low of 0</p>
<p>SUN  high of 36 low of 24</p>	<p>THUR  high of 91 low of 78</p>
<p>MON  high of 36 low of 28</p>	<p>FRI  high of 100 low of 90</p>

PEOPLE & PLACES

BANAADIR'S GYM TEACHER RECOUNTS HISTORY

By Hamdi , Shukri , Abdullahi

One of our school's most esteemed staff members, TAJER, to give back to his community by most widely known as TJ, Has providing his knowledge to children always had a dream of teaching like him.

physical education since childhood. As a child, he was very active, born into a family of athletes, TJ enjoyed playing soccer and other kinds of physical activity.

He enjoys working at this school very active, born into a family of athletes, TJ enjoyed playing soccer and other kinds of physical activity. He even goes as far as saying he his career in the field of teaching by tutoring students in subjects he decides to retire. He says that he like history and biology for some time. Afterwards, he took a break from education and decided to pursue healthcare. He worked managing clinics and as a receptionist.



TJ happily plays basketball, one of his favorite sports.

COOL KID

By Faysal

Zakaria Mahamed sees himself playing football and grinding to get better. His happy day is his mom buying him chocolate. His favorite tv show is Cobra Kai and it teaches him to never give up. He likes spring because it's not too cold or hot, also his favorite sport is in this season. He likes to play soccer in his free time. He would like to have dinner with Christiano Ronaldo because he is incredible.

His favorite music has foreign languages in it. He would like to be in Minions because he thinks it is a funny movie with a good vibe. His favorite celebrity is Marcus Rashford. His favorite part of this school is the gym and playing football with his friends.

IS GYM SUPREME?

By Abdirahman

When you ask students what their favorite subject is, 6 out of 10 times they say that its gym, and I completely agree because every other class just doesn't compare to the pleasure and amusement of playing in gym while losing weight. Unlike science or math, you actually move your body around.

Physical activity is also good for your health. Even though math helps you mentally and it makes you smarter, going to play in the gym gives you something to look forward to in school. Without gym people would be so tired and just sleep in class, but when they get to play in the gym their sleepiness disappears.

DADKA SOMALIDA

By Aness

Though dialects of Somali differ, our kindness, hospitality, kinfolk, and respect for the old unite us. (culturalatlas.sbs.com.au). Somalis are adaptable and have overcome challenges. We have some of the best food; Canjeero is one of the most well-known dishes. Somalia is one of Africa's most culturally homogeneous nations. Somalia is one of the most ethnically homogeneous countries on the continent, despite the fact that the majority of African nations have ethnically diverse populations. Somalis make about 85% of the population of the nation. Even though we all are from Somalia we have different folk dances like Jaandheer, Dhaanto, Hare Made, Gobilay, Sharax, and Walasako. (www.somalimuseum.org/dance-troupe.html)

FRESH FACILITIES

By Abdimalik

Lunchroom

The lunchroom at Banaadir Charter School, the lunchroom isn't very spacious compared to other schools, but there aren't many students so there's no need. The seating is very low, and close to each other, so it sucks if you are sitting with a lot of friends or you're tall. One good thing is that it's clean, though the food served there isn't the best.

Gym

The gym is a full basketball court with bleachers, you can find two basketball hoops and many items like tennis rackets, and balls. One of the water fountains isn't working which is very inconvenient for a gym. There isn't much to say but it's very average.

VARIETY

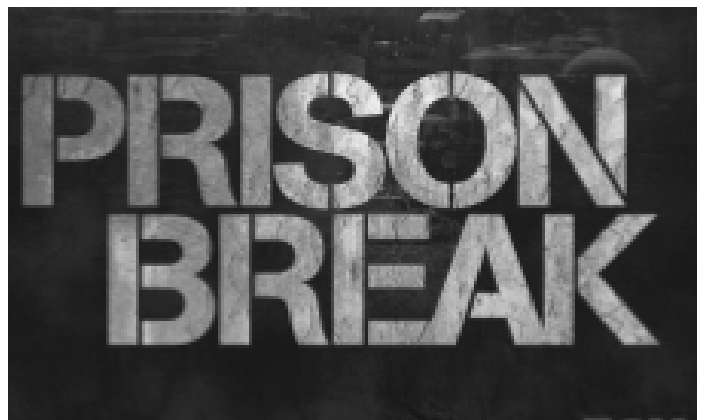
RELATIONSHIP ADVICE

By Elizabeth and Bethany

Welcome to the first rendition of relationship advice with Elizabeth and Bethany. The first question a ton of students have been asking us is, "What should I do if my best friend is talking behind my back?" The answer is quite simple. Ask her to meet you at a cafe and then talk about the situation and how it started and how you can deescalate the situation further. If that doesn't work, I think you should cut her off. It's quite toxic for you to continue communicating with someone who claims to be your best friend. Let's all be honest, no best friend would talk behind your back. Friends resolve conflicts with each other by knowing each others' limits. So you should make sure you tell the other person what you care about in the first place, so they don't overstep those boundaries.

Another person asked, "A lot of my friends who are graduating are getting married at age 18 or 19. Is that what my future holds?" I personally think that's dreadful because those are kids mentally and physically. I also think you have to be mentally and financially stable, you can't just get married and not know what to do after that, you need to have your whole life planned out before you even think about getting married.

You should focus on being stable with your life. I'm not saying it would never happen that you might get married right after graduating. If you have met the right person then you should calm down and work on being safe financially and mentally before you get married or else you will end up struggling and not being happy.



BEST SHOW OF ALL TIME

By Jimale

If you have never seen *Prison Break*, you're living under a rock.

It's about two brothers helping each other escape prison to live a better life but the government is going after them. The twist is that Michael tattooed all the escapes on his body. Nobody can outsmart him.

This is the most interesting show ever created because there are so many smart people after him but they can't still catch him. Watch *Prison Break*!



OPTICAL ILLUSION: BLUR YOUR VISION OR MOVE FAR AWAY. SEE THE ANGRY FACE BECOME PEACEFUL AND THE NEUTRAL FACE BECOME ANGRY. THEY SWAP EXPRESSIONS!

TIME TO CHOW DOWN

By Mr. Sitzman

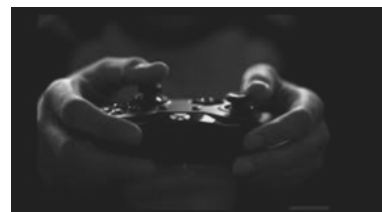
If you're in the mood for a hearty, satisfying meal, I recommend Quruxlow on Lake Street. I will say the decor needed work. For example, the chandelier flickered the entire time I was eating. Because I googled "how to eat at a Somali restaurant" before going, I was prepared to not be offered a menu like at other restaurants.

Instead, I simply told my server my choice of meat and he promptly delivered an ample portion of two different mains, a savory bariis, and a small side salad. I am known for having a good appetite, and even to me this was a lot of food. I nearly finished the whole thing, but not quite. I would have to say the best part of the meal was the seasonings they put on the different foods. However, I would've liked more hot pepper and more vegetables. I also wasn't sure if there was dessert available. The price was good: 18 dollars for a huge plate. I would gladly return to this great

THE BLESSINGS OF VIDEO GAMES

By Khalid

Video games are extremely popular all over the world. Many people, both young and old, enjoy playing video games. This is a way to connect people from all over the world and learn about different cultures. Many studies have been conducted to determine whether video games are beneficial or detrimental to young people. This debate about where video games are harmful to young teens has been going on for years. I think that video games are actually advantages to young kids because video games improve a kid's mind and also get a certain amount of fun. But I also Believe that video games are only good to a certain degree.



My advice to parents is that they should let their kids play video games to a limited extent because a child should be having some entertainment. But if the video game affects their behavior and natural school studies then there should be a punishment for example, taking their video game away for a day so they learn to get rewards and also face consequences.

SCHOOL

AVOID PROCRASTINATION

By Sadikai

Studies show that 20% of U.S men and women procrastinate and 75% of them consider themselves to be procrastinators. The rate of procrastination is going up as the years go by and many scientists link this to the also rising rates of depression and anxiety. One of the main causes why people procrastinate is because of depression, anxiety, and poor study habits. Many people struggle with this and would like to stop but it gets hard for them and sometimes they do it without even realizing. Procrastination starts as a habit before it becomes an addiction.

For starters...

- **Get rid of distractions**

Distractions may be hard to identify so you have to dig deep into your daily routine to find the root cause once you do, try your best to avoid them.

- **Clarify your priorities**

Clarifying your priorities helps you focus on one thing at a time before you jump into another thing. (this can also help people who have ADHD)

- **Set small goals**

Setting small goals helps you climb up into your main goal slowly without overwhelming yourself.

- **Be kind to yourself**

Be kind to yourself even if you fall back into the same habits. Try your best and don't give up!



TOO TIRED TO WORK?

Studies suggest that tiredness is one of the top three reasons that students give for putting off work, with approximately 28% of students indicating "Didn't have enough energy to begin the task" as a source of procrastination.

(Avoidprocrastination.com)



7TH GR. FITNESS TEST WINNERS

By Faysal and Shukri

LONG JUMP:

The winner for long jump is Mohamed Salah! He managed to jump a whopping 4.5 feet. That is as long as an average 7-year-old child.

RACE:

The winner for the race is Yusra Farah! she sprinted through everyone TWICE and she did it with a dress on. Impressive.

WALL SIT:

The winner for the wall sit is Fozia Ali! She did a wall sit for 3 minutes and 6 seconds. She made a new record for the whole school.

LOSING A CHILD TO SUICIDE

By Adna

I noticed that our school has and they would hit me a lot of bullying. Many when the teacher wasn't people commit suicide every looking. You shouldn't year due to bullying. Bullying listen to anyone negative can affect your mental towards you or your life health, causing depression, choices. When I was being anxiety, stress, and low bullied I didn't want to tell esteem. Some ways we can anyone because I didn't prevent people from killing want to make things worst themselves or being bullied I didn't want them finding is if we don't hurt people for out I snitched. People try selfish reasons and I think to say suicide is the most that people shouldn't have cowardly act a human social media if they're going could ever commit. I don't to bully people. I can relate. I think that's true. What's I've been bullied before. I was cowardly is treating a bullied back at my old school. Human so badly that they People would take my things, wants to commit suicide.

IMPROVE MEMORIZATION SKILLS

By Hibo

If you currently believe you lack good memory skills and feel like it's only a few selected people who possess the capabilities to memorize and study, that's not the case at all. Anyone can train their brain and improve their memorizing abilities. Yes, memorizing new information can be challenging, however, studying new things should be enjoyable! There are many strategies to learn and memorize the information you want, whether it's for school or for other purposes.

Here are a few methods to use when it comes to studying and memorizing information. Being able to understand information in the first place is crucial. Understanding as much as you can about the topic you're studying is the simplest way to improve your memorization of that information.

Another thing is getting rid of distractions. If you're the type of person who can't concentrate as long as there is commotion going on around you, you're not alone! Concentrating has become quite difficult nowadays especially with our little devices.

The third thing is being able to explain that subject to someone other than yourself. By doing that you will be aware of how much you know about that subject and don't know. And also when you do that you can conclude that you've gained or understood something about the topic since you were able to explain it to someone else. The last way to recall information is to "quiz yourself every so often by actively recalling the information you are trying to study," meaning that you force yourself to see if you know the answer. I find that using these tips truly helps me when I'm memorizing.



THINKING ABOUT COLLEGE

By Abdikadir

Are you planning on going to college whether for an bachelor's or an associate's degree you should start planning early by following these 3 steps:

Grow and maintain your GPA

Though most colleges don't look at GPA for accepting new students they do when giving out scholarships by growing and maintaining your GPA you will be eligible for more scholarships than you realize.

Know what you want from a college

There are many different types of colleges from community to private, some with large class sizes and some with small ones that might have more extracurricular activities like sports programs. Others might focus purely on your majors. By knowing what you want you can slim down the abundance of choices.

Figure out your major

Though there isn't any rush to know what you want to do for the rest of your life it a good idea to have a starting point in what you want to do if you have an interest in art maybe see what your future would look like if you had that as a career how much your average pay is like or what colleges do top artist go to by knowing these facts you can further prep yourself for college.

HAMILTON FUNDRAISER UPDATE *By Safia*

On May 4th 2023 high school students of Banaadir Academy are planning to watch Hamilton. A play that tells the story of American Founding Father Alexander Hamilton. The students have loved the play ever since they watched it in their social studies class which is taught by Mr.Edgar who is also on the leadership team and is a professional learning community coordinator. Due to the popularity of the play Mr.Edgar took the initiative to bring the high schoolers to go watch the play live. The school district agreed and preordered the tickets for the play that will be coming into the Orpheum theater in Minneapolis.The purpose of the fundraiser is to "pay our bills" says Mr.Edgar he also said "The fundraiser will help the school pay back the \$5200 that the district gave to the school for the tickets to Hamilton." As of now there is \$951 raised on Gofundme. Mr.Edgar said he won't restrict any high schooler from going to the play because it's an opportunity of a lifetime and it's good to have that experience, with that being said, if Mr. Edgar thinks a student isn't responsible or mature enough to go, he will talk to them privately about what they can do to prove themselves if they want to go to watch the play. If a Student isn't interested enough to go, there will be a staff member that would fill in for them, "because we are in need of more chaperones" said Mr. Edgar.

\$951 raised of \$5,200 goal

23 donations

Share

Donate now

PLEASE DONATE AT the Banaadir
Hamilton Gofundme page.
<https://www.gofundme.com/f/banaadir-academy-goes-to-hamilton>



DEVASTATING EARTHQUAKE *By Sabrina*

Did you ever wake up and feel the ground shaking and the building you're in collapsing above your head. Well, that's what happened to families in Turkey and Syria. At 4:17am local time (01:17 GMT) a big earthquake hit at Magnitude of 7.5. The earthquakes magnitude hit over eight countries (Cyprus, Türkiye, Jordan, Lebanon, Syria, Iraq, Georgia, and Armenia).

Many deaths occurred. Over 20,000 people have died and at least 68,245 people injured. 313,729 people have been displaced.

Over 24 million people have been affected by this earthquake. It so hard to think that out of nowhere a big earthquake could hit and kill people. Buildings collapsed with less than a second of warning. I think that people should have been more alerted. Geologists could have predicted this without question. Many deaths and injuries could have been avoided.