

The High School View

The High School View is staffed and prepared entirely by students from the Martha's Vineyard Regional High School, and published on their behalf by The Martha's Vineyard Times, with the generous assistance of the sponsors whose names appear below.

Minnesingers concert enthralls audiences



PHOTO BY DYLAN BROCKMEYER



PHOTO BY LILY BICK

(Left) Janice Wightman directs the MVRHS Minnesingers at the Annual Holiday Concert. They performed two concerts at the Whaling Church in Edgartown, Friday Dec. 9 and Saturday Dec. 10. (Right) The Minnesingers guide children onto the stage to sing Jingle Bells. They celebrated the holidays with the children at the 4 PM matinee on Saturday.

Athletes face new health laws

By Warren Gowell and EmmaJean Holley

A new law Massachusetts law will bench concussed athletes. The law, which took effect this school year, mandates that "schools must have policies and procedures governing the prevention and management of sports-related head injuries within the school district or school." In addition, it requires certain people such as coaches and athletic trainers to complete a head injury safety training program.

"Anybody who has a head injury has to be seen by a medical professional under the law," said athletic trainer Tania Laslovich.

"We've already been doing that since 2007. So although it wasn't required before, it hasn't changed what we've been doing other than several additional forms that need to be filled out."

"It's good that they have this policy in place, because a lot of kids try to jump back in the game before they're ready," said senior Denver Maciel.

"The type of testing we use is the same as the one used by the NFL, the military, and colleges around the country. It's the best there is, I think, and it's very widely used," said the school nurse Ms. Leonard. "We should thank the administration that we have it."

"It tests multiple areas of possible concussion damage like brain functioning, memory, reaction

time, and processing speed," said Ms. Laslovich. "What we do is we take a baseline for each student, so that we can compare post-injury scores with the normal levels. This allows us to individualize the results for each student. Part of the reason why I started this was because I didn't want anybody's academics to fall because of an injury. High school students are in a special stage of development. They get injured more often than adults do."

Some of the common symptoms of a concussion include headache, nausea, confusion, and difficulty with memory and concentration. The implications of these symptoms may be evident in the student's ability to perform in academics as well as athletics.

"You can lose memory and can have a hard time with your studies, so it's important to have these modifications in place," said Ms. Laslovich.

Once diagnosed with a concussion, the key is mental rest, according to Ms. Laslovich. She said, "That means no TV, no texting, no music. It's tough."

"A lot of kids think they're tougher than the injury," said Denver Maciel. "But the policy forces you to be safe about it. It puts you in the best possible position to make a full recovery."

Senior lounge set to open

By Eva Faber and Alyssa Adler

Seniors will soon be able to relieve their stress from college applications and post-secondary education planning in a new senior lounge, expected to open after the December recess. The lounge, to be located in the previous Freshman Foods classroom, will be available exclusively to senior students on the eligibility list.

The idea of the lounge was presented to school administration last year by former senior class president Rachel Pires. The administration has been open to the idea of a senior lounge, since it promotes decision-making and freedom.

"As the seniors prepare for graduation, whether they're about to enter college or the workplace, they're going to need to know how to spend time responsibly," said assistant principal Andrew Berry. "It's important to allow them time to practice these time management skills. We want them to learn not only how to make decisions, but to make the right ones."

Though the lounge will not be available every day, it will be open to seniors during their learning centers toward the end of the week—in order to fulfill the 990 hours of class

time required by law.

"Teachers will not be present during the senior lounge," said principal Stephen Nixon. "Having a teacher defeats the purpose of the lounge. However, though we trust the students, they will be responsible for monitoring what goes on during that time."

Students are also in favor of the idea, and appreciate that it requires good behavior.

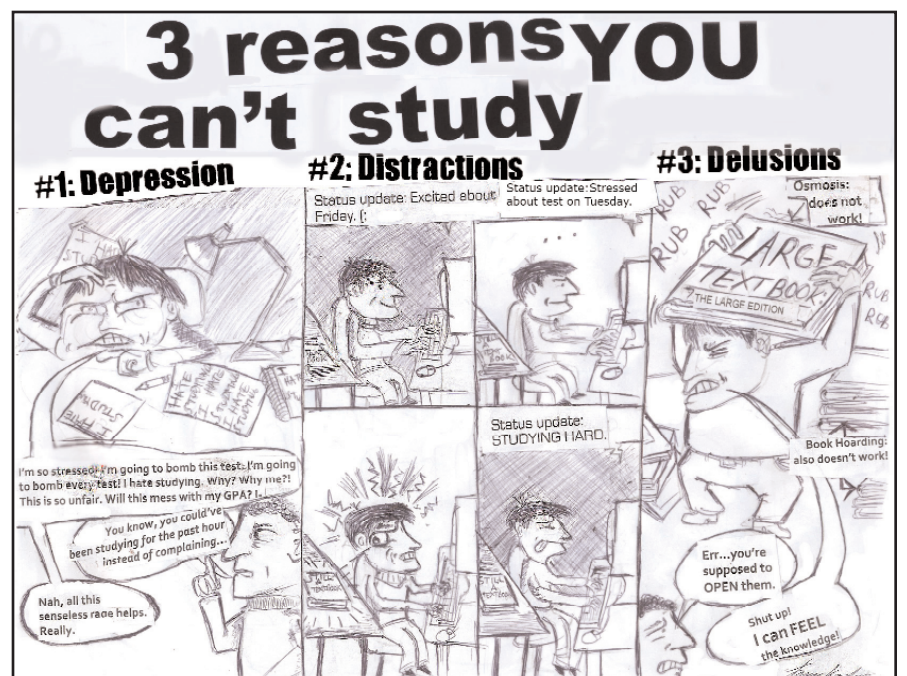
"The administration has a tendency to pay the most attention to trouble-makers," said senior Haley Hewson. "It's good that they're finally finding a way to reward the kids who actually do what they're

supposed to."

"I think it is a nice gesture to have something for just us seniors and it's a great place where we can get away for a little while during the school day," said senior Shelby Ferry.

The lounge currently includes a refrigerator, chairs, and tables. In addition, both furniture donations and suggestions are welcome for future improvement.

"It's important to understand that this is an experiment, said Mr. Berry. "If all goes well, that's good. If it doesn't go well, then we won't be able to keep it open."



CARTOON BY THORPE KARABEES

EDITORS IN CHIEF: EmmaJean Holley, Warren Gowell ASSISTANT EDITORS IN CHIEF: Anna Yukevich, Alyssa Adler, Catlin Serpa ASSISTANT EDITORS: Lily Bick, Aoife Estes, Katherine Donegan ART EDITOR: Victoria Sadowski PHOTOGRAPHY EDITORS: Truda Silberstein, Dylan Brockmeyer INTERNET CONSULTANT: Sawyer Klebs FACT CHECKER: Katie Johnson MASTHEAD ART: Olivia Becchio FACULTY ADVISER: Dan Sharkovitz