

SHARK TANK TIMES

Student Newsletter of Oceanside Collegiate Academy

REMEMBER TO

Treat yourself

BY

Ella Kate Johnson, Sophomore

With Valentine's Day upcoming- being the first, and hopefully last, we will spend during a global pandemic- there is the question of how we should even celebrate this fairly minor holiday. With things put into perspective for many of us around the world, what with the many disasters and events of the last year, there seems to be fairly little excitement- from what I've seen at least- about Valentine's Day 2021. After all, it's really nothing more than a day to put candy in random people's boxes at school and then maybe watch some people who aren't going to die alone walk around with flowers and hot pink, heart-shaped balloons. That is, if those same couples haven't broken up via Zoom in the more panicky days of quarantine, back when living down the block from each other meant a long distance relationship. So, beyond the normalisation of Valentine's Day into American culture- particularly the capitalist aspect of it :) - the question remains: Why should we even celebrate?

In the midst of a mental health crisis, that's the

wrong attitude to take. After all, Valentine's Day is about love. Never is there any specifically designated recipient of that love in any holiday rulebook.

The most important love you can give on Valentine's Day is self-love.

- Smile more often!
- Spend more time in the sun (15-20 minutes)
- Connect with positive people, and cut toxic people out of your life
- Do more things you enjoy!
- Exercise 30 minutes a day if you can
- Engage in positive self-talk daily
- MEDITATE
- Less of what you dislike
- Spend time with pets
- Vent your negative emotions onto a piece of

THIS ISSUE INCLUDES:

Remember to Treat Yourself
How to Translate Love
Book Feature: Purple Hibiscus
Charleston Black History
Track Interview
Between The Lines
Community Happenings
Club of the Month: Sailing
Student Spotlight - Brandon Steen
The Art-Chive

paper and tear it up.

- Drink 2 liters of water a day
- Eat healthier (unless it's chocolate)
- Learn how to say no
- Be honest with yourself
- Breathe more
- Let yourself off the hook for mistakes and imperfections
- Make fun a priority
- Take a calming walk through nature
- Work on forgiving yourself for the bigger mistakes
- Take some time off social media
- Block negative people and accounts on social media
- Cuddle some animals at the pet shelter!
- Smile more often (science actually shows that smiling can release dopamine to the brain!)
- Allow yourself to cry more
- Focus on the positive
- But remember that your struggles are valid



CELEBRATING BLACK HISTORY MONTH IN CHARLESTON

BY

Georgia Jane Herbert, Freshman

Charleston is an area steeped in history, especially black history. From the Gullah and Geechee tradition to sweetgrass baskets found in City Market, an indelible influence remains ever-present and important in Charleston. There are so many opportunities to learn about the Black History of Charleston: the Main Library downtown offers a whole room dedicated to Charleston History, including many books and articles about its black history; Boone Hall features an American Black History tour all through February; countless websites narrate every event regarding black history in Charleston; and a black history museum is currently being built downtown just off of East Bay Street. Black history is Charleston history!



HOW TO

Translate Love

BY

Tatiana Sabin, Junior

Generally speaking, showing love or appreciation to those around you gratifies everyone involved. Expressing care to important people in your life is, after all, inherently rewarding. An important detail of communicating love that gets often overlooked is exactly how someone decides to convey it. This is where love languages come into play. Love languages are the specific ways that we prefer to show and receive love. Someone can have any number of these preferences in any combination, but they are typically grouped into five categories:

1. **Physical Touch:** Relatively self-explanatory. As with all love languages, this is not exclusively romantic. Those with a physical touch love language appreciate consistent physical closeness, such as hugs or cuddling, in order to feel connected to their family, friends, or significant other.
2. **Quality Time:** If you appreciate dedicated time with those you love, entirely away from distractions, you may have the quality time love language. Quality time is more complex than simply being around somebody. Active listening, dedicated time alone, and meaningful interaction are the keystones of making this time together count.
3. **Words of affirmation;** Verbal statements of love or gratitude resonate with those who fall under this category. Love can be shown through one of the other languages, but the direct declaration of "I love you" as well as compliments, consistent reassurance, and spoken encouragement stick the most.
4. **Acts of Service:** This language is expressed

through nonverbal effort. People with an act of service style will go out of their way to make life easier through small gestures such as taking care of chores. Likewise, these people appreciate when the same is done for them. Struggling with expressing or accepting the words of affirmation type discussed earlier is common for this group.

5. **Gifts:** At surface level, the gift love language may appear materialistic or superficial. In reality, the value of what is being gifted is rarely in the price. The meaning and thought put into deciding on a present, large or small, is infinitely more valuable to these people. Gifts are seen as a symbolic, visual representation of love in this language.

Understanding your own love language, in addition to those around you, is so beneficial when trying to understand your own relationships. Perceiving these preferences allows you to communicate your desired language, as well as notice and appreciate the gestures from others that may have been missed prior.





SPRING SPORTS ARRIVE

BY

**Will Crookes, Junior and Claeland Jones,
Junior**

Soccer

Soccer tryouts took place in early February, with the boy's team scheduled to kick their season off March 4th against Bishop England and the girl's team kicking off against T.L Hanna on February 26th. Both teams have started training every weekday during the morning session.

Lacrosse

After having their last season cut short, our boy's lacrosse team is looking to continue the winning tradition with a third state title in a row. They will be training every weekday during the morning session. The first game on their path back to the state championships is at Porter Gaud on March 1st. Girl's lacrosse begins their season February 26th against Academic Magnet and they will look to capture their first state title.

Basketball

The boy's basketball team is wrapping up their season sitting at a 12-6 record overall and 2nd place in the region with a 5-1 record. Their last game was a blowout 75-38 win over Battery Creek

BETWEEN THE LINES

BY

William Crookes, Junior

We sat down with track athlete, Riley Duttera, to learn more about OCA's newest team:

Name, Year and what races you plan on running

Riley Duttera, junior, 800, mile, and javelin or pole vault

What are you looking forward to this season?

Being part of the first-ever OCA track team and being able to compete against local schools

What have you guys been doing to prepare for this season?

Practicing every day at the track doing both long distance and short distance training. Been doing workouts in the weight room with coach Call

Considering this is the first year of track at OCA, how would you say your team is doing so far?

I think we're improving every day and it's going good because we are one of the only teams that can practice right now.

How are your coaches?

They are great motivators and the staff is growing by the day. They strive to help us improve and want us to be the best athletes we can be.

When does your season start?

Official practices start February 1st.

FEBRUARY COMMUNITY HAPPENINGS

BY

Kelsey O' Donnel, Sophomore

NHS Looking Back:

Towel and Bedding Drive- Caroline Bailey collected towels and blankets for people in need at the 180 place. She managed to collect a whole bin full of items which in turn helped many homeless people in our area.

Blood Drive:

Oceanside's blood drive was held on January 30th by Sarver and Bryson. It was a huge success thanks to the many students who came to donate! Over forty students and faculty showed up, and although not everyone was able to participate in the event, they managed to collect 31 pints of blood. This drive saved many lives, and we're hoping for this to become an annual event.

Pizza Drive:

NHS members Bella, Sydney, and Riley held a profitable pizza fundraiser on the week of January 25th. These proceedings went to Charleston Animal Society and helped many stray animals stay healthy.

Spike Ball Club:

Oceanside's new spike ball club, started by Ms. Baldwin and Henry Keating, held their first meeting on February 2nd. Their first game will be on February 15th. If you're interested in some fun, talk to Ms. Baldwin to sign up!

CLUB OF THE MONTH: SAILING

BY

Georgia Jane Herbert, Freshman

Little did you know, Oceanside has a sailing club! Unlike other clubs, the sailing club is basically a sailing team. We go to competitions and have practices weekly. Right now, we have the bare minimum of members needed to compete at a regatta, a sailing competition. Sailing was mostly cancelled this year, but a few regattas are coming up in these next few months that our team plans on attending. We are always looking for members, preferably people with some sailing experience! Please email jane.herbert@oceansidecollegiateacademy.org if you are interested!



BRANDON STEEN



BY

Caroline Bailey, Junior

For this month's student spotlight column, Caroline Bailey interviewed Brandon Steen an online student.

What is your favorite thing about OCA?

My favorite thing about Oceanside is the half-day schedule.

What methods do you use to stay motivated through fully-virtual school?

I try to focus on doing the best job possible in order to earn better scholarships for college.

What is your favorite thing about all-online?

I basically get to work whenever I want and create my own schedule.

What are your favorite hobbies?

I love cooking, baking, and skateboarding in my free time.

Do you have any advice for making good grades while virtual?

I make sure to have as little distractions as possible. I also make a detailed calendar of what needs to be done.

THE ART-CHIVE



'Love the Environment' by Georgia Jane Herbert

WE'RE STILL LOOKING FOR ART!

We are always looking for more art! If you have a piece of art you would like to share (digital, pen and ink, paint, watercolor, photography, poems, sculpture etc.), send a picture of it to sharktanktimes@gmail.com with a description and please specify if you want it to be an anonymous contribution. We're looking forward to seeing some of your art!

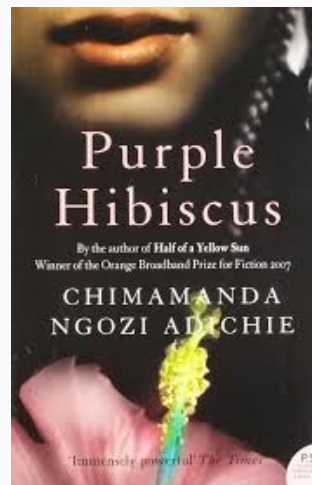
- The Newsletter Club

BOOK FEATURE: PURPLE HIBISCUS

BY

Tatiana Sabin, Junior

Nigerian author Chimamanda Ngozi Adichie's novel, *Purple Hibiscus*, follows the life of a teenage Nigerian girl who grows up in a strictly Catholic home. Her father, an influential and respected member of his community and church, holds his family to unattainable standards of obedience behind closed doors. The story takes place during Nigeria's military coup in the 1980's, which causes the main character to stay with her aunt in order to avoid violence. The free spirited, eccentric aunt exposes her niece to an entirely different world. Here, she is able to explore her culture and truly flourish in her adolescence. This book is, and will remain, one of my favorite novels. Adichie captures the pain of oppression and the revelation of freedom in a universally relatable way that echoes throughout the story's entirety.



Cover of *Purple Hibiscus* and author, Chimamanda Ngozi Adichie



SHARK TANK TIMES STAFF



Will Crookes, 11th Grade, Editor-in-Chief/Founder

Kelsey O'Donnel, 10th Grade, Community
Happenings

Claeland Jones, 11th Grade, Head Sports Writer

Georgia Jane Herbert, 9th Grade, Layout
Designer, Artist

Ella Kate Johnson, 10th Grade, Arts Columnist,
Writer

Tatiana Sabin, 11th Grade, Layout Designer,
Writer

Miles Stickney, 11th Grade, Sports Writer

Liv Causey, 9th Grade, Photographer

Caroline Bailey, 11th Grade, Editor

Email sharktanktimes@gmail.com if you are
interested in joining us!

