



Hi! We hope you enjoy the first issue of the year. We're excited to take over as the new editors-in-chief!
-Charlotte and Anya

THE MIRROR

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THE BROMFIELD SCHOOL
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How pep rallies became COMMUNITY GATHERINGS



Mr. Scott Hoffman holds hand with the Troy the Trojan, representing the united Bromfield community at the pep rally.
Photo by Annie Segaloff.

by Bodhi Chadran

Bromfield's first Community Gathering on Sept. 18 left many students and faculty uncertain. At the end of the early release day, all Bromfield students headed to Cronin Auditorium to watch their teachers and class officers participate in various games. Students also listened to speeches from Principal Mr. Scott Hoffman and Senior Class President Pedro Pellegrino, who hoped to set the tone for the new school year. Although the general response from Bromfield students was positive, the reason for the sudden name change from "pep rally" may not have been obvious.

Sophomore Maxwell McCabe did not notice the name change initially but said "I think it is a better name because

when you think of a pep rally at other schools, it's a bunch of kids gathered around a football field." Although McCabe believes that the events can be helpful to certain groups like new Bromfield students, he still has some suggestions. "I think it would be good to have more students involved, besides just the class officers," McCabe said. McCabe sees a notable lack of school spirit at Bromfield and thinks Community Gatherings have the potential to help.

Bromfield Dean of Students Dr. Julie Horton had a significant role in planning and executing the first event. "I think the idea is that a Community Gathering can take whatever form we want it to, but a pep rally kind of has the connotation that we'll be in the gym and there will be a lot of blue and white and a lot of 'Go, team!'" Dr. Horton

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A new attendance policy comes to Bromfield

by KeeSeok Lee

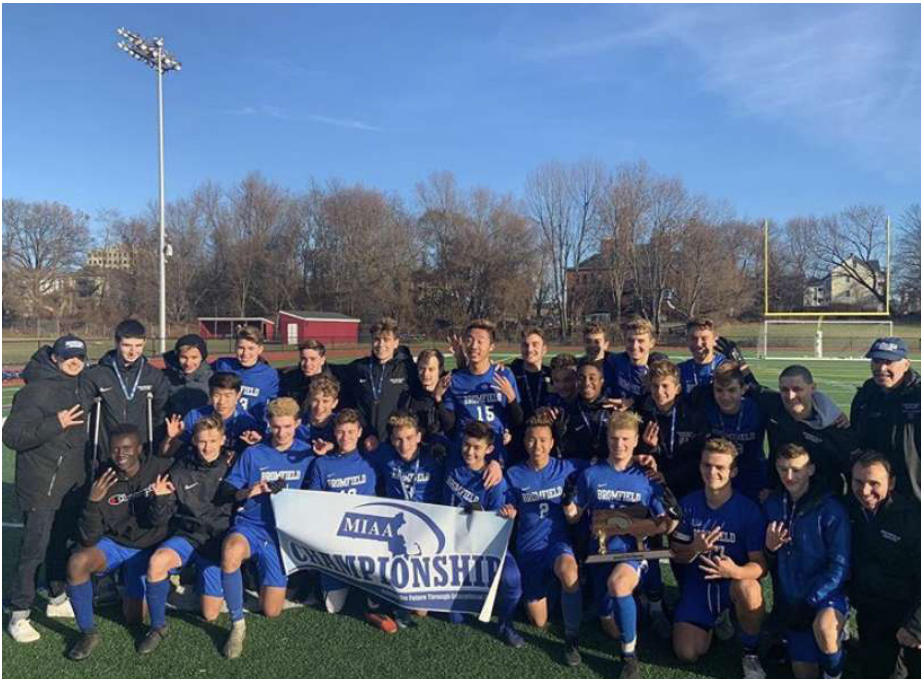
For the 2019-2020 school year, the Bromfield administration decided to implement a new attendance policy with a special regard to absences. According to the official Student-Parent Handbook, "If a student is absent unexcused seven times in a half-credit class, they will lose 1/4 credit in that class. If a student is absent unexcused 14 times in a full-credit class, they will lose 1/2 credit in that class."

Although the change might seem abrupt, the issue of student attendance has been on the radar of the Bromfield administration for a while. Mr. Jones, a 9th grade English teacher and a member of the school council, believed that "the data would show you that [in] middle school, 9th grade, [and] maybe even [in] 10th grade, [that] your attendance rates are better than as you move into junior [and] senior year," indicating a progressive trend as the grade level rose. Additionally, he remarked that the issue "wasn't just an isolated [incident]," meaning that attendance has been a problem that has grown worse with time. Mr. Jones was not sure what the data was or how it was collected, but remarked that Bromfield and other schools in the district had, in some way, been tracking the attendance records of their students. In the end, Mr. Jones saw that "the concern was coming not just from the administration, but from teachers as well, that kids were out a lot and missing a lot of content." In the end, he responded that "so far, it hasn't been a problem. [My World Literature 12 attendance has] been very good."

Ms. Maureen Babcock, the Deven's representative to the Harvard School Committee, echoed what Mr. Jones had to say: "The school has been tracking attendance for the past number of years, and the number of unexcused absences for a student is just way higher than they would like to see." said Ms. Babcock. "It's a big number. So, I think the change in policy is an attempt to deter some of those students from taking so many days off. And, it does increase by grade, so yes, seniors would have the highest number of unexcused absences."

However, one student strongly disagreed with the new attendance policy. Junior Matthew Atwell believes that the Bromfield Administration has the right idea, but needs to fix certain aspects of it. He said "I think this policy can be okay if they revise what an unexcused absence is." The official handbook states that excused absences include "documented illness or injury, bereavement/family funeral, major religious observances, up to 5 college visits with pre-approval form (College Visit Form), family Trip Form (Family Trip Form)." However, the handbook does not clearly define what an unexcused absence is. While it may seem obvious that an unexcused absence would include cutting class or failing to show up to school to avoid taking an exam, there seems to be a gray area for Atwell. Atwell added that "the current [attendance] policy disincentivizes learning outside of school, [and] that is bad for overall knowledge and well-being." Atwell said "overall, we're calling too many absences unexcused which can then

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The boys varsity soccer team poses with their trophy after winning the state title for the third year in a row. They won 1-0 against Burke High School on Saturday, Nov. 23.

Can Everyone
Evacuate Safely? (pg2)

Are Jewish Holidays
observed fairly?(pg4)

School of Rock and
Rockin' Art (pg12)

Administration tackles evacuation accessibility

by Athena Wang

The Bromfield School administration—mainly Principal Scott Hoffman and Associate Principal Robin Benoit—is working with the Harvard Fire Department to clarify and adapt evacuation procedures for students that are unable to use stairs.

Currently, Bromfield has no strict guidelines on how to evacuate disabled students or students who cannot use stairs. While teachers have multiple exit routes detailed in their emergency binders, little to no information is available regarding how to aid students who are unable to use certain evacuation routes. Furthermore, depending on the classroom’s location, alternate routes that do not use stairs may not be so easily accessible.

One major issue in designing evacuation routes is the layout of the school. “Because we’re on a slope, what would be the second floor of the building is the first floor,” said Ms. Benoit. “We actually regrouped and talked about this recently after this came up in one of the [student-faculty] meetings.” Student-faculty meetings occurred in the beginning of the 2019 school year as a time for students to meet with Ms. Benoit and Mr. Hoffman to discuss any concerns students have regarding school-related issues.

An example of the issue Ms. Benoit laid out is the main evacuation route from the Bromfield library. Due to its location farther back in the school, students may not be able to change to an alternate route at the front of the school where the exits are level with the library.

On Mar. 7, one evacuation required students to walk to Hildreth Elementary School after waiting around half an hour outside Bromfield. Such a walk proved to be a problem for students who used crutches or wheelchairs. One example was senior Grace Acton, who was on crutches for most of the 2018-19 year.

“Normally, I would use the elevator [to evacuate from the library],” said Acton on the evacuation. “I had to go down the stairs outside, and then they said we were gonna

walk to HES. I said I can’t do that, and luckily Ms. Segaloff parks over [by the library].”

One key issue in modifying evacuation routes and strategies is the attendance policy used to keep track of students. Currently, as detailed by Ms. Benoit, students are accounted for via class rosters. “At each location, there’s a person with a walkie-talkie. They’re looking to account for classes and teachers and report back to me,” Ms. Benoit said. In an instance where a student is separated from their class, the administration will report a missing person. “The first thing we’re going to do is look for them and get them to safety, even if that means not putting the fire out yet because we need our people to look for that missing person.” said Lieutenant Andrew Perry of the Harvard Fire Department in an email.

The Bromfield administration has acknowledged the evacuation procedure and is working closely with the Harvard Fire Department to revise evacuation procedures and materials. “Additionally, we are looking for a student who is good with computer graphics or CAD to help [the Harvard Fire Department] update our evacuation maps that you see in each classroom.” said Lieutenant Perry.

“In the event of a real emergency, if someone is not able to get out because they can’t use the stairs and their secondary means are blocked we would encourage other students to help them down the stairs and out to safety.”

said Perry.

One proposed modification would require the nurse to bring a wheelchair out with every evacuation to evacuate anyone who is injured during the evacuation. This also applies to injured students or staff members, especially those with crutches or a brace, who cannot make a long walk and require assistance.

Other adaptations in evacuation procedures include implementing new room signs, which provide clear labels for classrooms, hallways, and stairwells; signs aid the fire department during evacuation drills to check that Bromfield staff and students are following primary and alternate routes. Several room signs were removed last school year, which may delay or halt an evacuation if students or staff are unfamiliar with the layout of the Bromfield School.



Not an exit sign displayed above the door to the courtyard.
Photo by Olivia Gomez.

Community gatherings cont.

of ‘Go, team!’” Dr. Horton said. “[During a pep rally], it seems like everybody on the bleachers is cheering, and everybody on the bleachers is having fun, but you know that they’re not. It’s really tough to get everybody included,” Dr. Horton said. Mr. Hoffman supported this, naming celebrating athletics, academics, extracurricular activities, and the community as a whole as a major reason for the change. He said, “Really what it’s about is coming together as a community and doing some fun things that celebrate us.”

Although there was no direct student involvement in planning the first gathering, student opinions were the main inspiration for the event. “I was involved with some meetings with students over the summer and listened to what they were thinking,” said Dr. Horton. These meetings, announced by Mr. Hoffman via email, took place across seven Wednesdays throughout July and August. All students were welcome to come, and Dr. Horton says around three to six students were present at each meeting.

Students discussed that they were against an assembly on the first day of school, influencing the mid-September date on the first Community Gathering. Students also wanted an opportunity to build student-teacher relation-

ships, which was implemented with the cup-stacking games with teachers. “It’s always fun for students, it seems, when the teachers are up there, the kids [are] yelling for Mr. Tabor, and the Trojan mascot [is] doing the pushups,” said Mr. Hoffman.

School administration also clarified future use of “Community Gathering”. Mr. Hoffman stated that the term is loose and can be applied to the Oct. 3 showing of the film Angst or the end-of-the-year awards assembly.

Student involvement in Community Gatherings has since been arranged, as Senior Class Vice President Emma Leonard detailed procedures for this year’s Spirit Week. “For the past few weeks, the Senior Class Student Government has worked tirelessly on planning a Spirit Week,” Leonard said. They had originally planned to have a full homecoming with a student football game, but it turned out to be too much to plan for this year, though she is hopeful for next year. Instead, there will be a Spirit Week with a hallway decoration competition between grades voted on by middle school students.

Decorating for Spirit Week took place on Dec. 1 to prepare the hallways for the week of Dec. 2 through 6. Spirit days included a USA day, a tourist day, and a grade-spe-

cific day, where students dressed according to their grade’s hallway decorations. On Friday, Dec. 5, a Community Gathering took place and included games involving students from each grade, speeches from members of the senior class government and school administration, and the announcement that the class of 2020 had won the hallway decoration competition. On Saturday, Dec. 7, the senior class hosted Bromfield’s first-ever quarter-formal homecoming dance in the gymnasium from 7 p.m. to 10 p.m.

“It’s still really tough at Bromfield to balance these things with instructional time,” said Dr. Horton. “When is it worth our time to pull everybody together, do something different, and when is it better to leave everybody in their classes, taking the classes they’ve selected to take?” she questioned. Mr. Hoffman expects four or five total Community Gatherings for this school year, including the Sept. 18 Community Gathering and the Oct. 3 showing of Angst.

Overall, Bromfield administration is taking each gathering as a learning experience. “You almost have to admit that what you did before wasn’t good enough,” said Mr. Hoffman on the school assembly adjustments. He went on to quote author Robert Evans: “It’s called ‘The human side

Attendance cont.

punish students for doing things that they enjoy doing out of the classroom even if they involve academics.”

Furthermore, Atwell does not believe that losing class credits is a fair way of punishing students for missing class and said, “If I’m still learning as much as the person next to me and I’m still doing as well as the person next to me, but I’m just not in the classroom for it, then why should I do worse?” Overall, his point is clear: the attendance policy is clearly not appealing to them and it does not take into account the interests of students.

In the end, the school has taken action to control the issue of student attendance. Whether this changes in the future, only time will tell.



Part of the freshmen class’s “seasons” themed hallway for spirit week. The freshmen came in last in the hallway decoration competition, with the seniors winning the competition for their “Spongebob Squarepants” themed hallway.

Paul Correnty: The man behind the chef

by Sophia Zhou

Restaurant owner, French-speaker, and professional caterer. These are all words that describe Chef Paul, beloved Bromfield chef and Foodservice Director. He’s a happy face that students and teachers alike see every day, but before Bromfield, what did he do? What’s his history?

Paul Correnty, also known as Chef Paul, has been working in restaurants since age 14 when he entered the “system of apprenticeship” in France. “You start washing dishes and then you start doing salads and you work your way up,” he recalled. “I worked in the kitchen, I was cooking. Well, starting.”

His family moved to France from Florida when he was 14 years old. In the beginning, he didn’t know any French at all. “It’s like you get dropped in there and you adapt and you learn,” he said. And that’s exactly what he did. Now, he is fluent. “It gets you a leg up on a lot of other people,” he said about being bilingual. “It’s a good job skill.”

In the 1970s, he traveled all the way to Concord, Massachusetts, and eventually to Westford to open a restaurant with his dad, a musician, and his mom, a housewife. After ten years, he transitioned to corporate catering, where, after some time, he was recruited to work in schools and wound up working for Bromfield.

Correnty directs all of the Bromfield cafeteria’s operations, most importantly, school lunches. He plans the lunches and makes them. Every day, he gets to the school at 5 a.m., and the rest of the lunch staff comes in between 6 and 6:30 a.m. At the beginning of each week, they review the menu to plan ahead and set about making the food. “You see us in the morning, we’re all slicing and dicing,” he joked.

Chef Paul explained that he always makes sure to include lots of vegetables and fruits in the meals. “It tastes good,” he asserted. He plans the specific lunch recipes

with the lunch ladies’ and students’ inputs. “We meet all the time,” he said, “and all the ladies bring in recipes saying, ‘can we put this on, can we put that on.’ And then students ask me, ‘can we have this, can we have that.’ So we reflect and listen to what you’re telling us because you’re our customers.”

With respect to federal school lunch requirements, he said, “We reflect more the needs of the community rather than the requirements of the federal school lunch program.” Correnty explained, “We’re supposed to restrict [the students] to a two or three-ounce portion of protein, which is that big (forms a tennis ball-sized circle with hands). We typically give [the students] four to six ounces. We don’t restrict [them] on fruits and vegetables. All our breakfast things are generally not allowed. We’re not supposed to have vending machines.” School lunch regulations changed to comply with the 2015-2020 Dietary Guidelines for Americans, making everything “low sodium, low-fat, low-calorie.” Correnty pointed out, “all these students are here until 4, 5 o’clock, they’re doing sports, they’re doing theater. They need a big lunch. If I served you a teeny tiny lunch... you’d be ravenously hungry throughout the day.” In this way, Chef Paul explains, he puts the needs of his students first.

At the end of the interview, Chef Paul said, “My coworkers are very competent and very caring, and they understand the value of what we do, because we’ve seen you and your fellow students go from this big (indicates chest-level with hand), to this big (indicates head-level with hand). We see you and feed you every day. It’s very important for you to eat good food so that you grow up to be big and strong. That’s our mission. This is hard work. Restaurant work is very hard work. But you’re very worth it. You and all your fellow classmates.”



Chef Paul Correnty waits eagerly for students to buy breakfast.
Photo by Camille Gomez.

What brought Señora Millard to Bromfield?

by Anya Buchovecky

Señora Ursula Millard, known to her students as Profe Millard, is one of the new additions to the World Language Department, replacing Profe Fraser who left after last year to accept a teaching position at North Andover High School.

Before coming to Bromfield, Millard taught Spanish at an elementary school in Lawrence, Massachusetts for four years. Millard made the switch from Lawrence to Bromfield because she needed a job that was closer to her home in Littleton. Now at Bromfield, Millard is teaching one class of Spanish I, two classes of Spanish III Honors, one class of Spanish IV Honors, and one class of Spanish V Honors.

Millard teaches because she is passionate about helping others. This passion for teaching and helping others stems from her time in Honduras. Born and raised in Honduras, she left the country and immigrated to the United States as a young adult. Love and opportunities brought her to the U.S, as she moved here because there were better job opportunities for her husband here. The couple met in

1994 while he was volunteering with an organization in Honduras, but moved to the U.S. in 1997 during the iconic “April Fool’s Day blizzard.”

Before Millard came to the United States, she worked as an elementary school teacher in Honduras. However, Millard had not always aspired to become a teacher. When she was very young, she wanted to become a doctor, but had a sudden change of heart after her cousin took her to the hospital at which she worked. Millard recalled, “[My cousin] took me to a room where they were helping someone that was bleeding and that was it. That was when I realized that was not for me. My legs hurt because I felt that person’s pain.”

Millard was still passionate about helping others, just not medically. Starting at a young age, she tutored her neighbors. “I was always helping them, tutoring them, or teaching them how to write; I think that is where it started,” said Millard. After graduating high school, Millard went to school to become an elementary school teacher and taught in an elementary school for three years before coming to the US.

After emigrating to the US without knowing any English, she questioned, “What am I going to do?” It was then that she realized that she could utilize her Spanish knowledge and she began tutoring. She proceeded to teach middle school Spanish for one year, and that is when she recognized that she “really liked teaching [her] own language and teaching people about [her] culture.” She enjoyed watching her students’ faces light up and seeing them become excited to learn more about her culture when she said something like, “In Honduras we celebrate Day of the Dead.”

Millard strives to teach all of her students about Latin American culture, due to its importance to her and because it sparks great conversations between her and her students about the differences between their own culture and her native culture.

The focus in Millard’s Spanish classes is on communication. Millard does not focus on teaching grammar and drilling grammar into student’s heads, because she wants her students to be comfortable speaking the language and communicating the language. Her reason for this focus is because “students do not need to have perfect grammar to be understood by a native Spanish speaker.”

Millard encourages the students to practice their Spanish by singing Spanish songs in class. Songs by Señor Wooly, a former spanish teacher from the Chicago area that created spanish songs for teaching material, such as “Billy la Bufanda,” are her favorite, as she plays Señor Wooly to all of her classes.

Millard’s passion and love for volunteering and helping others extends beyond the classroom. She volunteers regularly at the Indian Hill Music Center in Littleton. If you happen to go to a concert at Indian Hill, you will most likely find Millard distributing the programs or helping with the kids.



Señora Ursula Millard smiles for the camera.
Photo by Vivien Jamba.

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Students voice opinions: Are Jewish holidays observed fairly at Bromfield?

by Charlotte Foley

With the passing of Yom Kippur and Rosh Hashanah in the fall, students have noticed that Bromfield does not observe such holidays in the same way as other school districts. Jewish students share mixed opinions on the system that the school district tries to follow.

Students at Acton-Boxborough Regional High School had no school on the first full day of Rosh Hashanah and the last day of Yom Kippur. On the other hand, Bromfield had school on both days, with the last day of Rosh Hashanah being a half day.

Jewish senior Rachel Shrives has conflicting views on Bromfield’s observation of Jewish holidays. “Rosh Hashanah and Yom Kippur are the most important holidays in the Jewish Year; yet, for the whole of my high school career I have done homework on those days,” said Shrives.

“Bromfield does not have many Jewish students, and there are even fewer that actually take the days off for the holidays,” she said. “I understand why we do not have the days off, although it does make me frustrated that I have homework hanging over my head all day, and my friends from other schools are able to go to religious services without stress.”

Senior Sam Jackson, who identifies as Jewish, believes that “non-Christian holidays are often misunderstood by faculty”. Both he and Shrives noted that the Bromfield calendar is inaccurately marked in accordance with the Jewish calendar. Jewish holidays begin at sundown and end at sunset the next day. Since the school calendar does not account for the night before the day marked on the calendar, Jackson struggles to complete work assigned by teachers for that night. “In addition to Judaism forbidding me from doing any work during holidays, people like myself also have an after school sport which further complicates the situation. After school I attend my sport, and after that I have to get ready to go to services that night,” said Jackson.

Although he is given time to make up the work, he does not believe the allotted time is reasonable: “After the holiday ends and I return to school, I am left with three days worth of homework that I am expected to complete in only one.”

Shrives said, “Although the second day [of the holiday] is not observed as strictly, I would like to spend the day with family. However, because I have so much work that piles up from just missing one day of school, I cannot afford to miss another [day of school].”

Since the school calendar is inaccurate, Jackson and Shrives ran into complications when taking the Seal of Biliteracy test. The test was scheduled for Sep. 29 to Oct. 2. These were the dates of Rosh Hashanah, but since the school calendar had only marked the holiday on Sep. 29, Jackson had to miss the first day of the test due to services. Shrives said, “The teachers were accommodating in terms of finding time for me to finish the test, but I still feel as though it was unfair that I had to take time out of my day to make up for time missed due to a religious holiday.”

Jackson said this resulted in “stress for myself and Jewish classmates who should have been solely focused on the Jewish holiday.”

The School Committee decides when school should be held on religious holidays. “A great deal of discussion went into these decisions among the staff, students, community, [and] administration,” said Principal Scott Hoffman. “There were obviously concerns

about honoring diversity, fostering inclusion, [and] ensuring that school ended the year at a decent time.”

During the time of the School Committee’s decision, there had been several snow days each winter in recent years. Hoffman said, “the Committee also wrestled with questions about whether every holiday could be honored.” The Committee wanted to ensure that the number of days off for holidays did not interfere with maintaining a reasonable time to end the school year.

Junior Marley Ferguson, who identifies as Jewish, shared a similar opinion. “I don’t see the point in canceling school for a holiday that a really small percent of the school actually celebrates,” she said, “If we canceled school for every holiday, we’d have to go to school all summer to make up for lost time.”

Mr. Hoffman said, “In some cases, school might be canceled because students and/or staff attendance may be so low that it is not a true school day due to a lack of students or certified teachers.” Back when Rosh Hashanah and Yom Kippur were removed from the school calendar, the Harvard Public Schools held school on Christmas Eve as an experiment to eliminate days off on all religious holidays. Only 40% of Bromfield staff were expected to show up. The turn out for both students and teachers was extremely low, and there has not been school on Christmas Eve since.

“The Jewish population is really small in our school,” said Ferguson. “I honestly can’t think of many Jews who have to miss school for temple. There are a lot more Christians in our school than Jews, so it makes sense why their holidays are observed more clearly.”

Some people believe that Christian holidays are represented fairer than those of other religions.

Junior Sophie Bartram, who identifies as a Christian, shares this opinion: “I’m glad that we are on break during Christmas, and Easter is on a Sunday, so that’s

fine,” she said. “I think maybe it would be nice to have a half-day on Good Friday, but other than that, I think Christian holidays are treated pretty well.”

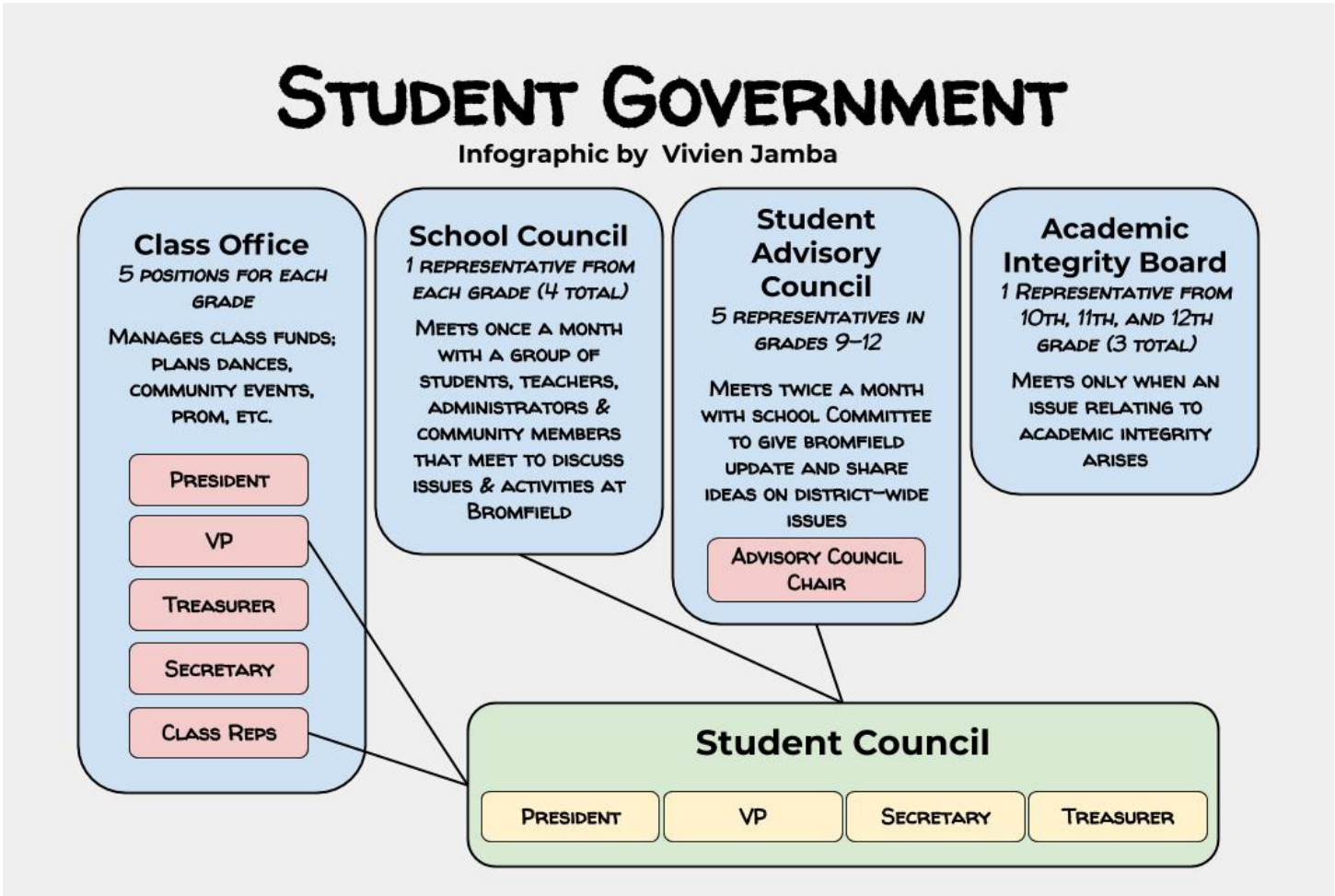
This school year, there will be no school on Good Friday. Good Friday is a Christian holiday, but it is not a federal holiday. Shrives wonders “why Jewish students who are in challenging classes [should] have more work when observing holidays than Christian students” and “would suggest that teachers are more mindful when it comes to assigning homework on the Jewish holidays”.

Jackson hopes that in the future, Bromfield’s Jewish population will “be able to spend more time with friends and family celebrating their religious holiday, and not worrying about missed work or exams.”

Shrives is frustrated by the current system: “The way that the system is set up now, I feel singled out,” she said. “When the Jewish holidays come around each year, I feel like I have to explain for the days that I will be missing. This leads me to feel like the Bromfield environment is not as inclusive as it could be. I think with a commitment to creating a better sense of inclusivity, more students would feel comfortable observing the holiday.”



Sourced from My Jewish Learning.



Cafeteria renovations renew Bromfield

by Jordan Hoover

In the summer of 2019, renovations were added to enhance the Bromfield lunch program as the beginning of a series of projects to update the school building.

According to Chef Paul, the cafeteria renovations were needed because “Over the years [the kitchen staff has] gotten so busy [and] now [they] make soup all the time” as opposed to years past. Due to the recent change, the kitchen staff “didn’t have any more room.” said Paul. Jon Snyder, the Bromfield Facilities Manager, has been working at Bromfield for the past year and a half and played a key role in the cafeteria renovations. He explained the cafeteria renovations were “being talked about when I started over a year ago!” Snyder said, “It takes a while to plan and schedule these things... Chef worked with the refrigeration company, I worked with the flooring company.”

Snyder said the new additions to the cafeteria are “In the back right corner of the kitchen is where the new refrigerator is located.” The freezer had to be installed before floor repairs could begin. The previous refrigerator was built in the 1960s and had a completely wooden framework.

Previously, Bromfield had floors in the kitchen which allowed food and dust to get stuck in creases, which violated health codes and made the kitchen difficult to maintain. To prevent food and dust from building up, the new flooring has a curved seam. Other additions include epoxy floor coating, updated lighting, repaired plumbing, and fresh paint coatings.

Another issue during renovations was the new fridge. “On Thursday, the 22nd [of Aug.], we realized that the fridge door was open. So I went to close the door [and] it didn’t shut...Yeah, a \$120,000 job [done wrong],” Chef said. “Well, after tearing my hair out, I called the [refrigeration and flooring companies].” Because there was no space

to store the food while the fridge was being repaired, Chef had to cancel his orders. He rented a portable walk-in for the first few weeks of school. “[The walk-in was] delivered the Monday that the teachers were back. We had already planned to have [an] all staff luncheon for about 200. We had no food prepared. So we ordered pizza and we had Westward Orchard help with all our produce.” Chef said. The door of the walk-in was finally fixed 5 weeks later. During that period, carts of food had to be rolled in and out to the portable walk-in.

Chef described feedback on the new renovations: “Adults always say that kids don’t notice...[But], they notice everything. And [the] feedback from the students has been really great.” Sophomore Vanessa Hedberg said, “The lights seem brighter... I think it’s good to keep up the school. And it’s necessary or we’ll become run down.” Snyder also said “Chef and his staff make all of us delicious meals every day! Giving them more food storage space, an



A sneak peek into the inside of the new walk in freezer.
Photo by Olivia Gomez.

easier work area to clean, and getting their equipment running perfectly will allow them to continue to do so.”

Other renovations include a new recycling program from the Bromfield Green Team, “Air conditioning projects in the science wing and auditorium,” Snyder said, an upgraded sound booth, and a new curtain for the school stage.

Humor

MY CRAZY SCHEDULE

by Matt Zobbi

Seeing as my last name starts with a ‘Z’, I tend to be last in line for most things: lists, lines, teams, organ donation waiting lists, etc. Apparently, course selection is included in that as well. Because I have all of the courses that pretty much no one else gets. I thought it’d be interesting to share with you my crazy schedule.

Course Name	Course Description
Introductory Otology	Anatomy of the human ear will be discussed in great depth, as well as important figures in the history of its study.
Mariachi Ensemble	Various pieces of Mexican music will be studied and performed throughout the year, both in class and at concerts.
Post-Modern US History II	Historical events from the Third New Jersey-Zanzibar War to the 14th Belgium-Madagascanian Treaty will be covered.
Post-Calculus	Multiple advanced mathematical principles will be explained in depth, such as $1408\%^{)}@ \#4$ and $f^{)*73\#3\$6}$.
Recursive Python Programming PT	Prerequisites: Recursive Python Programming PT ¹
Study Hall	OK, this is getting ridiculous. You <i>know</i> what study hall is, c’mon.
Esperanto III	The grammar and usage of the Esperanto language will be discussed in both in-class and at home speaking, writing and comprehension assignments. ²
Introduction to Online Literature	Students will review, analyze and discuss various online texts and their significance. Websites such as Wattpad.com will be used as resources over the course of the year.

¹ Recursion is when something is defined using itself, text is used to define itself and so on. The joke here is that the requirements for Recursive Python Programming PT require that you take the course, hence the recursion.

² The joke here relies on the Esperanto language’s obscurity, so I feel that essentially explaining what it is it would ruin it.

And before you ask: Yes, I went to guidance to sort it out, but they just brushed it off and muttered something about “breaking our course selection algorithm.” Oh, well.

Falls sports in full swing



Junior Hannah Baumhover blocks a Littleton defender from making it down the field. Photo by Annie Segaloff.



Sophomore Sahara Suliman stops a line drive to goal with defenders and goalie ready in the background. Photo by Annie Segaloff.



Senior Tom Khu is in a defensive stance to make sure that Groton Dunstable doesn't take a shot. Photo by Colleen Makosky.



Sophomore Jordan Hoover swings in front of a Littleton player to face the goal and prepare for a shot. Photo by Annie Segaloff.



Junior Helena Justicz is in the zone as she breaks ahead of the group. Photo by Annie Segaloff.



Junior Nathan "Nasty Nate" Woolcock grimaces through the pain at his XC meet. Photo by Annie Segaloff.



Boys rowers are making their way down-river, rowing fast, boats pass, and they're finish-line bound at the Head of the Charles. From right to left: senior Chris Clark, senior Stefan Scornavacca, senior Max Ewing from AB, and senior Will Bardenheuer. Photo courtesy of Michelle Hanlon.



Junior Olivia Kehoe winds up to make a pass to senior Sam Shoenberg.
Photo by Colleen Makosky.



Junior Bella Kehoe and senior Sam Schoenberg are caught mid-pass, with the opposing team close behind. Photo by Colleen Makosky.



Senior Caroline Mara gets a kick after referee calls a foul. Photo by Colleen Makosky.



Girls Rowing intently listens to an inspiring pep-talk from Gary Piantedosi, their coach. Photo courtesy of Scott Clark.



Senior Tom Khuu looks like he's been caught mid-sneeze as he attempts to intercept the ball. Photo by Colleen Makosky.



Seniors Will Squire and Devin Patel stand victorious amongst their league opponents. Photo by Annie Segaloff.



Bromfield Girls XC dominates over their league opponents with 4 out of the 10 fastest runners being from Bromfield. Photo by Annie Segaloff.



Boys Varsity Soccer jumps around in a circle for their pre-game ritual. Photo by Colleen Makosky.

Clubs highlight diverse student interests

by Anya Buchovecky

A look inside each of Bromfield’s clubs

Student Wellness Advisory Team (SWAT)

- The goal of the club is to “promote the awareness of mental health across the school and to reduce students’ stress,” said April Steffek Vogel, senior and leader of SWAT.
- So far this school year, they helped establish Thanksgiving break as homework free, discussed the movie Angst, and brainstormed another school wide activity and a time for a movie showing.
- Upcoming events put on by SWAT: holiday break, stress less kits, and Refresh Day.
- SWAT meets about every Thursday at 7:15 a.m. in the Learning Center, and the club’s advisor is Ms. Chlapowski.

Anime and Manga Club

- The purpose of the Anime and Manga Club is to “provide a space where students can get together to have fun while talking about and watching anime,” said Bella Munoz, sophomore and a member of the club.
- So far this year, the club has watched episodes of new anime series and done a few team-based activities.
- Members of the club are looking forward to an escape room put on by their co-presidents Dani Munz and Shey Bala.
- The Anime and Manga Club meets every Tuesday afternoon in Ms. Harris’s room.

Gender and Sexuality Alliance (GSA)

- The Gender and Sexuality Alliance (GSA) strives to educate themselves and the student body on different topics regarding the LGBT community, and its mission is to “provide a safe, fun, and accepting place for LGBT students and allies in Bromfield,” said Thea Eiland, senior and the president of the club.
- So far this year, the GSA has set up the October bulletin board, participated in a survey regarding different GSAs country-wide, and requested that the pride flag be raised on the pole.
- The club is looking forward to doing more advocacy work around LGBT issues, group activities, and educational meetings about the LGBT community.
- The Gender and SexualityAlliance Club meets almost every Friday afternoon in Ms. Doherty’s room.

Speech and Debate

- Speech and Debate Team aims to “help people understand how to form an argument and present it in a clear, concise manner,” said Matthew Atwell, junior and the president of the team.
- So far this year, the club has met to review the specific structure of debate, practiced gathering information, planned for upcoming tournaments, and attended three tournaments.
- The team meets every Thursday at 7:15 a.m. in Mr. Poe’s room.

The Review

- The club’s goal is to showcase the many talented writers and musicians via the literary magazine that The Review creates and their biannual coffeehouses.
- During the first quarter of the year, the club put on the Fall Coffeehouse, which took place on Nov. 15th, and finalized the publishing logistics for the literary magazine that was assembled last year and came out on Nov. 15.
- The Review meets every other Friday at 7:15 a.m. in Mr. Murphy’s room.

Robotics Club

- The general mission of the Robotics Club is “to share our love of engineering, programming, and all things STEM,” said Tiana Jiang, sophomore and member of the Robotics Club.
- Each year the club focuses on building a robot to participate in the FIRST Tech Challenge (FTC), and the theme of this year’s FTC is Skystone.
- So far this year, members of the club have begun work on the robot that they will compete with this winter at FTC; they finished building the base and wheels of the robot, writing the code for the driver-controlled portion of the competition, creating a prototype for the system that will lift and take blocks in.
- The club meets every Monday and Friday at 2:30 p.m. in Mr. Lavigne’s room.

Spanish Club

- The goal of the Spanish club is to improve Spanish speaking skills in a non-classroom setting.
- Club members strive to “learn about Latin American countries and expose themselves to different dialects of the language,” said Elizabeth Cohen, junior and co-founder of the club.
- During the first quarter of this year, the Spanish Club worked on their speaking and listening proficiency by watching movies and is looking forward to “learning how to cook authentic dishes from Latin American countries with Profe Rosal, learning about festivals and holidays from Latin American countries and their significance to the people who celebrate them,” said Cohen.
- Spanish Club meets every Thursday after school in Profe Rosal’s room from 2:30 to 3:00 p.m.

The Beacon

- The goal of the club is to “make the [yearbook] look nice while also making sure that every high school student’s face appears more than once,” said Anna Laursen, senior and the editor of the yearbook.
- During the first quarter, the club finished the planning stage of the yearbook, meaning that the content of each and every page has been decided on.
- Each member of the club is assigned a certain section of the book and then goes through each stage (the planning stage, formatting stage, inputting data stage, photo stage, and finalizing stage) for their given section(s).
- The club meets Mondays and Thursdays at 7:15 a.m. in Mr. Murphy’s room.

Business Professionals of America

- BPA “serves as an outlet that allows students to venture into and experience some of the professional career choices not informed to them by the school itself first hand,” said Freddie Curtis, junior and president of the club.
- So far this year, the BPA has participated in a multitude of competitions, and learned about the different events that one can compete in at the State level, and potentially at the National Conference, if they qualify.
- Curtis encourages people that are interested in learning about business or considering a career in the business sector to join BPA. The Business Professionals of America meets every Tuesday at 7:15 a.m. in the library.

Model United Nations

- The purpose of Model United Nations, is to simulate the United Nations and “to learn about global issues and develop solutions,” said Grace Action, senior and president of the club.
- The club met in the fall to play different public speaking and debate games, and participate in a mock conference “called a Mock Model, which is a shortened version of a MUN conference,” said Acton.
- Right now, members of the club are now preparing for the upcoming conferences, one at UMass Amherst and another hosted by Harvard University: “each conference group meets individually to research and prepare for their committees,” said Acton.

Drama Society

- The mission of the Drama Society is to “involve students in every aspect of our theater productions, whether it be on stage, behind the wings, or in the booth,” said Taylor Caroom, junior and member of the society.
- Up until Veteran’s Day weekend, members prepared for the all school musical, School of Rock, which they performed over Veteran’s Day weekend.
- The Drama Society is currently working on a new show, Bob’s Date, which they will perform at the High School Drama Festival in the spring.

Quiz Team

- The Quiz team’s goal every year is to make it on to WGBH’s High School Quiz Show, and during the club’s four year lifetime, they have competed on the Quiz Show twice.
- This fall, the team did not get a high enough score to qualify for the televised portion of Quiz Show.
- Quiz Bowl requires students to know general trivia about every academic subject: history, science, literature, fine arts, music, math, civics, and current events.
- The club spends its weekly meetings doing practice questions, because as Acton said, “the only way to get better at quiz bowl is to practice.”
- The Quiz Team meets every Thursday before school.

Students Against Destructive Decisions

- The overall mission of Students Against Destructive Decisions (SADD) is “to spread awareness about the dangers of making decisions that could put yourself or others around you at risk,” said Tori Ferguson, junior and co-president of SADD.
- Members of the club work together to provide students with the best prevention and intervention tools possible to deal with issues of underage drinking, drunk driving, and drug abuse.
- During the first quarter of the year, the club worked hard to get its bulletin board outside the cafeteria up and running and brainstorm ideas for fundraising.
- The club’s bulletin board is located in front of the lobby and has its calendar and other information about the club on it.
- SADD meets every other Thursday at 7:15 a.m. in the Learning Center.

Politics Club

- The goal of the Politics Club is to publish a termly magazine called the Bromfield Political Pulse that gives a student perspective on events in the current news cycle.
- The current issue of the Political Pulse is focused on “a question about the extent of involvement that the Royal Family should have in politics,” said Meenu Ramakrishnan, senior and leader of the Politics club.
- So far this school year, the Politics club has been working with the League of Women Voters on the Civics Cup in trying to create an incentive for students to pre-register to vote.
- The club meets on Wednesday mornings at 7:15 a.m. in Mrs. Keane’s room.

Math Team

- The main mission of the math team is to attend the regional meet for the district, Worcester County Math League (WoCoMaL).
- Max Strazdus, junior and co-president of the team, emphasized that math team is not about memorizing formulas, but instead is about “finding creative solutions to unique problems.”
- So far this year, the math team has spent their morning meetings practicing and preparing for the two meets that they participated in in October.
- The team meets Mondays at 7:00 a.m. in Ms. Shepherd’s room.

Youth and Government

- The goal of the Youth and Government club is to “help educate every student on how our government works as a democracy, while also making the students feel more confident about their leadership and public speaking skills,” said Sarah Soblarvarro, junior and vice president of the Youth and Government club.
- Each member of the club chooses to be either in the legislative or judicial branch, or to be a lobbyist or in the press corps.
- So far this year, the club has been preparing for their first of three pre-legislatives, an event that preps the members of one branch for the conference held at the Massachusetts statehouse in the spring.
- The club meets most Mondays at 7:15 a.m. in Mrs. Keane’s room

Bromfield Cares

- The purpose of Bromfield Cares is to “help those in need by volunteering, raising awareness, and fundraising to address issues in our community and beyond,” said Julia Hawes, senior and co-president of the club.
- So far this year, the club has put on the Holiday with Hearts food drive, put up the giving tree, and created a new schedule featuring a different theme each month.he club focuses on spreading awareness about the month’s topic.
- Bromfield Cares meets every Tuesday at 7:15 a.m. in Ms. Nilan’s room.

Global Health Society

- Global Health Society’s mission is to address global issues but at the local scale, coinciding with the club’s mission statement: “starting local to go global.”
- The club spends the year fundraising for different missions and preparing for the Harvard University Global Health and Leadership Conference, where members of the club have the opportunity to either join a group of people from around the world to present a case study or give a presentation on a project that Bromfield’s GHS has completed.
- So far this year, the club has put on a bake sale fundraiser at the Harvard Transfer Station, and brainstormed other fundraising ideas for their international service trip.
- The Global Health Society meets every Tuesday morning at 7:10 a.m. in Ms. Russell’s room.

Green Team

- The Green Team strives to “make Bromfield more sustainable and environmentally friendly,” said Anna Shlimak, senior and one of the leaders of the Green Team.
- Members discuss current events regarding climate change, meet with town environmental groups, and carry out initiatives that relate to environmental issues. Particularly, they focus on composting, eliminating plastic straws, and implementing a new recycling system.
- So far this year, the team helped implement a new single stream recycling system which means that “all recyclables (bottles, paper, etc.) can go in the same bin,” said Shlimak.
- The Green Team meets every Tuesday morning at 7:15 in Ms. Mattie-Brown’s room.

World of Difference

- Currently, the World of Difference initiative and club has been put on hold due to a lack of student participation.
- The World of Difference focuses on ending biases, standing up to all forms of bigotry, and recognizing and appreciating the diversity that makes us all special; Davida Bagatelle, advisor for the club, hopes that the club serves as a place for “discussion and building the capacity to be a bystander.”
- If you are interested in participating in activities around counteracting bias and equality, come to Ms. Bagatelle’s room after school on Thursdays.

Chess Club

- The goal of Chess Club is to improve your chess game; Imre Toth, a chess expert and coach, comes to all the club meetings and points out where students can improve.
- Members of the chess club are given the opportunity to attend tournaments where they play official games against other players and receive an official FIDE elo, which Nick Thornton, junior and club leader, described as “a number that says how good each player is.”
- The Chess Club meets every Tuesday morning at 6:50 a.m. in Mr. Clarke’s room.

Garden Club

- The Garden Club strives to educate students about preparing, nurturing, and planting plants. It is responsible for “managing the garden behind the middle school wing and provid[ing] fresh produce for the community,” said Vivien Jamba, senior and leader of the club.
- So far this year, the club has cleaned up and prepared their garden for the winter and are in the process of planning next year’s garden.
- During the winter, the club meets most Wednesday afternoons in Mrs. Decoste’s room.

Film Club

- Film club is made up of a group of students who “share a love for the art of film and movies,” said Emily Rypinski, senior and leader of the club.
- Meetings are spent watching and discussing movies, in addition to creating brackets and pitting movies against each other.
- So far this year, the club has watched the movie “Coraline” and the Stephen King film “Catherine,” said Rypinski.
- The Film Club meets every Thursday morning at 7:15 a.m. in Ms. Burton’s room.

Aerospace and Rocket Science Club

- The Aerospace and Rocket Science Club creates an opportunity for students to “explore rocket science and the physics involved with building and launching of rockets,” said Stefan Scornavacca, senior and president of the club.
- So far this year, members of the club put the finishing touches on their latest model rockets and are looking forward to launching them soon.
- The Aerospace and Rocketry Club meets every Tuesday and Thursday in either Ms. Burton’s or Ms. Zacherer’s room.

Managing the deer population

by Meenu Ramakrishnan

On Sept. 12, Harvard voted against Article 18, a petition proposing a ban on hunting on town-owned conservation land through a change to the towns bylaws.

The Harvard Conservation Commission, a key decider on policy regarding town conservation land, created a Deer Management Subcommittee to determine the deer population. According to the Deer Management Subcommittee’s webpage, their mission is to “investigate the available options for monitoring and managing the population of deer in Harvard with the goal of protecting the ecological integrity of its forests.”

The issue of Article 18 created a stir throughout the town, especially on threads in a Harvard community on-line form, Nextdoor Harvard. Jason Cole, a member of the Deer Management Committee, shared his thoughts on the debate in town: “I hope everyone is comfortable with the way the debate was handled and at peace with the decision that was made. I think that everyone who lives in Harvard has a vested interest in this issue, and I hope that all of our residents see the long-term potential”. Cole also said he “believe[s] the Deer Management Program will begin next fall as planned, on approximately five conservation parcels, which were chosen for remoteness and low use”. He hopes that “neighboring towns follow in our footsteps.”

The Deer Management Committee found that the densities of white-tailed deer were “sufficiently high enough to be having an impact on the forests in town.” The Deer

Management Committee and Conservation Committee found that high densities of deer result in more deer-car collisions, ticks, and reduction in the diversity of ecology in forests. However, the Committee makes it clear that they do not suggest “that deer densities could be reduced sufficiently to lower the incidence of Lyme and other tick-borne disease, but higher deer densities may aggravate that situation and its impact on public health.”

In a final report, the Deer Management Committee referred to a variety of professionals in the field including “the State Deer Biologist and the State Botanist from the Massachusetts Department of Fisheries & Wildlife (DFW), a Botanist from the US Forest Service and prominent researchers in deer contraception and epidemiology from Tufts University.” They also spoke to management of other Massachusetts towns, Harvard orchard owners, members of the Harvard Garden Club, and local hunters. DFW found that the deer population in Harvard is currently increasing at about 4-10% per year and that it will continue to rise if left unchecked. At this rate, the deer population is likely to double over the next decade. Members of the DFW considered four methods of controlling and reducing deer population: capture and relocation of deer, contraception, professional sharpshooting, and recreational hunting using a variety of means, finally settling on recreational hunting.

The Agricultural Advisory Commission, Conservation Commission and Harvard Conservation Trust all voted in opposition to Article 18. Police Chief Edward Denmark publicly stated that the deer control program will not represent a risk to public safety.

However, many residents are still in favor of Article 18. Jennifer Sundeen, a long time resident of Harvard, expressed concern with the Deer Management Committee’s hasty approach to the issue, and the lack of considering other options.

Sundeen said, “There has been a lack of concrete evidence to support the idea that deer are overpopulated in Harvard, and no long term studies or official counting of deer have yet to be done.” Sundeen referred to Thomas Rawinski, a US Forest Service botanist, who reported via email to the DMC regarding the deer population in Harvard that “overall [the Harvard deer population] seemed [to be in] a good balance.”

Sundeen feels that “culling the herd is not the solution for ecological balance, tick management and deer-car collisions.” Sundeen believes that in terms of public land, “we need to come together as a community and look at all possible contributing factors such as climate change, over-development, insect damage, plant invasives, and animal behavior.”

Sundeen also pointed out that “[other places that have] implemented deer culling programs are actually pausing to look at other solutions. Such is the case with the Blue Hills Reservation, for example, where much controversy and criticism over the controlled hunt exists. Local representatives including state representative William Driscoll and 26 other co-sponsors are requiring more in-depth studies and are discussing alternatives such as non-lethal contraceptive measures.”

Water testing floods Harvard

by Sophia Zhou

If you have a private well, drink from it frequently, and live near Still River Road, you might want to consider getting your well tested! In fact, the Town of Harvard Board of Health just made it mandatory. On Oct. 8, the Harvard Board of Health put in place an amendment to a health bylaw regarding the water quality of private wells. It is effective Nov. 1.

The amendment states that just after the disinfection or construction of a well, its water must be tested for bacteria and other contaminants such as coliform, E. Coli, arsenic, uranium, lead, nitrate nitrogen, nitrite nitrogen, and radon. The actual tests will be done at a separate laboratory, and the results will eventually be sent to the Harvard Board of Health for review.

Water quality in private wells is a state-wide issue. The

Massachusetts Department of Environmental Protection recommends for private well owners to have their wells tested initially and then periodically depending on the level of contamination in the initial sample. A positive test for bacteria or a concentration of dangerous elements that is higher than the safe limit, defined by MassDEP, should entail annual testing. Safe levels of bacteria and elements should entail testing every 10 years or so. More information can be found on the Mass-DEP website.

The Board of Health is particularly concerned with arsenic and uranium, dangerous elements that can easily make their way into well water since they are naturally found in soil and the ground. In 2016, Harvard was deemed high risk for dangerous levels of arsenic and ura-

nium. The central part of town along Still River Road, including Bare Hill Pond, is an area of medium to high probability for dangerous levels of both uranium and arsenic, and 90% of Harvard residents have private wells. These contaminants can have adverse health effects. According to the Centers for Disease Control, short-term effects of ingesting arsenic include diarrhea, nerve damage, vomiting; long term effects can include a change in skin pattern, heart disease, and cancer. Uranium, a radioactive substance, is considered to be a carcinogen, meaning that long term exposure could lead to various types of cancer. Kidney damage is a common symptom of short term exposure of uranium. If you are experiencing the symptoms and side effects above, you should definitely check your water quality!

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Music recommendations

by Meenu Ramakrishnan

Most students having faced a long day of homework, find music as the only avenue of relaxation during that long work period. The following songs and artists are perfect for that daily grind when you need to relax but also be energized.

“Dapper” by Domo Genesis

Heavily influenced by Nas, Mobb Deep, and MF Dom, Dominique Cole is a rapper and DJ from LA signed to Columbia and Odd Future Records. His debut solo studio album, Genesis, was released in 2016. This album came out after he released six mix-tapes with the help of Tyler the Creator and Syd Tha Kid. Dapper was the first single off Genesis, featuring the infamous Anderson. Paak. Dapper samples the keyboard melody from Dexter Wansel’s “Voyager”, creating a groovy funk. Fittingly, the lyrics talk about getting high on life, holding on to the light, and not paying any attention to negativity. The subtle, soulful production, from Cam O’bi, Christian Rich, Sha Money XL, Sap, gives him a mellow beat to unveil the album’s larger theme of achieving fame.

“Brenda” by Isiah Rashad

Rapper Isaiah Rashad comes from Chattanooga, Tennessee, where he initially was raised to become a preacher, however, OutKast’s album, ATLiens, lead him to begin writing his own rap and signing with the legendary Top Dawg Entertainment. Currently, he has two albums released, Cilvia Demo and The Sun’s Tirade, teasing a third one in 2020. Brenda is one of the last songs in Sun's Tirade, dedicated to his grandmother and his home state. The heavy theme of the song is characterized through a woozy, nostalgic beat, and his unparalleled and precise lyrics. The entire album details his experiences overcoming drug addiction and depression, but this song, in particular, is influenced by Tupac's legendary “Brenda’s Got a Baby”.

“Ooh Nah Nah” by SiR

SiR, also known as Darryl Farris, is signed with Top Dawg Entertainment as well; however, his music can be categorized into both genres of R&B and hip hop. His recently released song, Hair Down, is his most famous yet, featuring Kendrick Lamar. It comes as no surprise Farris creates and writes soulful music since his mother was a backup singer for Michael Jackson, and his uncle was a bassist for Prince. After producing for Ginuwine and Tyrese, he released his debut album in 2015. The song “Ooh Nah Nah”, was released in 2017 featuring Jamaican singer and co-writer Masego. Together, the two artists create a mood reminiscent of Trey Songz. The use of saxophone adds to the sultry feel of the song.

“Nonchalant” by 6LACK

6LACK is probably the most well-known artist on this list, having won two Grammys for Best Urban Contemporary Album, and his debut album having peaked at #73 on the Billboard list. 6LACK, or Ricardo Valentine, was born in Baltimore and started recording with his father at the age of four. His R&B style is heavily influenced by T-Pain, Usher, and Sade. “Nonchalant” is the second single from his sophomore album “East Atlanta Love Letter” with a mellow and calm beat that stays true to the song's title. The entire album, according to 6LACK is for “those with difficulty expressing themselves or their love.” This song in particular truly helps people going through a tough time, because it is a steady flow of music with no hook or chorus.

Angst falls short

by Hannah Chiou

Think back to the last time you felt nervous or anxious. What was the cause? According to the 2018 Youth Risk Survey, 69% of Bromfield students reported school as their major source of stress. In an attempt to help with stress and anxiety, The Bromfield School showed Angst: Raising Awareness Around Anxiety on October 3rd.

According to the film’s website, Angst’s goal is to raise awareness of anxiety and “help people identify and understand the symptoms of anxiety and encourage them to reach out for help.” Yet despite the administration’s best intentions, the Angst film showing was ultimately not helpful to the Bromfield community as a whole.

To learn more about student opinions of Angst, The Mirror intended to survey the entire school, but administrators would not approve of a school-wide survey on this topic. As a result, only the class of 2021 was surveyed.

One reason Angst was not particularly helpful for students was because the film did not teach them anything new. Most students already knew most of the information presented in the film, so the film was not helpful. When given the statement “The Angst film taught me things I did not previously know about anxiety,” the majority of survey respondents (64.7%) disagreed. Additionally, most students surveyed did not learn any specific facts about anxiety, and those that did learn something new could not remember any specifics.

The film was also unhelpful due to the way it was shown to the whole school, including the younger grades. Because of the misleading way anxiety was portrayed in the film, it is a very real possibility that the younger middle schoolers could get inaccurate ideas about anxiety, such as what clinically diagnosed anxiety actually feels like. Junior Arjun Khurana voiced his concerns, saying, “The film blurred the line between neurotypical levels of anxiety and clinical levels of anxiety to the point where it almost seemed to encourage neurotypical students to label normal levels of stress

as an anxiety disorder.” Unfortunately, these ideas would directly contradict the original purpose of Angst, which was to educate students.

Finally, showing the film had a “band-aid” approach to it: that showing the film would be a quick solution to anxiety in the school, despite mental health and anxiety being a deeply affecting and personal topic to many students at Bromfield. As junior Brooke Caroom described, “I feel that while it was a good opening ... to start taking a look about anxiety, the conversation should not stop there. Most of what I have heard from others is that the film felt like a bandaid. One that says: ‘We covered that, now let’s move on with our lives.’” In addition, there were no real follow up discussions to answer students’ questions or concerns, outside of the discussions individual teachers decided to hold in their classes. However, given mental illness and anxiety’s importance, follow up discussions would have been very helpful and in fact imperative to the cause of Angst. By introducing anxiety in such an informal manner, as in through the film, students, especially younger students, were unable to voice their thoughts. At worst, this could be interpreted as ignorance on the school’s part because it seems administration was not aware or actually intent on helping with students’ potential problems with anxiety or listening to their perspectives.

Some may argue that the film was helpful in presenting more information about anxiety. However, as mentioned before, the majority of respondents to the survey stated that the film did not teach them anything they did not already know. This is frustrating for many because time was taken out of their school day to watch a film that, in the end, did not benefit them or the school community, diminishing the intended goal. Additionally, more than half of the respondents disagreed with the statement “The Angst film was helpful to the Bromfield community,” thus disproving that Angst had any sort of beneficial effect for most students.

On the class of 2021 survey, several

suggestions were given as to how anxiety could be properly discussed at Bromfield. Many stated that actions and strategies, instead of simply showing a film, would be more effective in the long run. Several juniors suggested having more early release days because, as junior Nathan Woolcock stated, “they allow for students to spend more time on homework, and give students who have no homework more time to relax.” Others proposed that Bromfield show a different film or provide more accurate information about anxiety. However, the most frequent suggestion was open discussions with classmates, allowing students to connect and learn from each other.

Ultimately, it is the administration and counseling department’s decision on further steps to combat anxiety. The school has a responsibility to foster students, not only in the academic area, but also in mental and physical wellbeing. Unfortunately, given Bromfield’s history with dealing with issues of importance (for example, the Taylor’s Message assembly - though the message was moving and powerful, no other means were taken to actively and personally outreach to students), the juniors expressed disappointment and an expectation that nothing will be done. I urge the school to

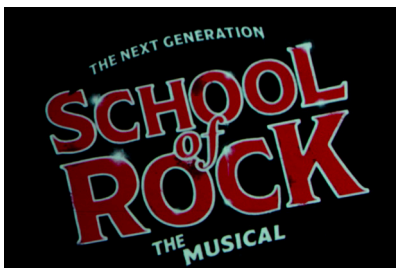
prove to these students that they are willing to take action to address and listen to students’ views on this pressing issue. Though it may not have been the most successful tool to educate students about anxiety, Angst has certainly opened discussions about anxiety and preventative measures at Bromfield. The administration has already experimented with a homework-free break, with more steps hopefully to come.



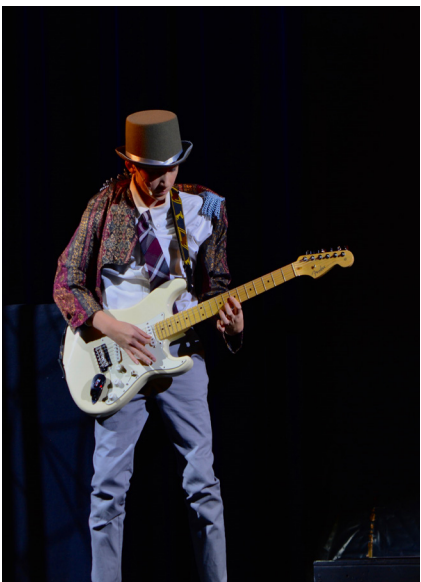
The rockin’ School of Rock!



Jack Magan as substitute teacher Mr. Schneebly performs amidst a throng of students.
Photo by Vivien Jamba.



Above and left: A boy plays a solo in “Battle of the Bands.” Two girls project the empowerment of the song “Stick it to the Man.” Photos by Annie Segaloff.



Rachel Molnar, who played the strict principal Rosalie Mullins, stands in the middle of a sea of distressed parents. Photo by Annie Segaloff.



Jack Magan rocks out while Nicholas Thornton goes ham in an intense match of Guitar Hero. Photo by Vivien Jamba.

School of rockin’ art, too!

by Vivien Jamba and Olivia Gomez



Left: 7th grade Andy Warhol art of various animals.

Above: 6th grade Color Wheel art.

Right and below: high school self portraits.



Bottom left: miscellaneous art pieces hung by the stairwell by the Bromfield library.

