

NCSSM evolves through the years

By Ashley Jernigan

NCSSM has changed in many ways throughout its thirty one years of existence. The teachers here are a great resource to learn about the history of the school and the changes that have occurred.

In the 1980-1981 NCSSM student handbook, Director Charles Eilber stated, "From this beginning we will work together to build a structure within which each of us can grow as an individual, and this school can grow as a community."

Jon Miller, a humanities instructor at NCSSM for thirty one years, stated, "Here there is a sense of cooperation between students. There are more opportunities to help others, and students learn by helping each other."

This sense of community support and individual growth has not changed through the years. The students' backgrounds have, however.

At the school's start, students came with less of a math education because there were fewer opportunities to learn higher level math at their home high schools.

The students had a more in-depth English background before they came to NCSSM, however. Miller attributes this to the fact that in the 1980s,



Watts Hospital and NCSSM

Courtesy of endangereddurham.blogspot.com

students read in their leisure time more than they do now.

Once students came to NCSSM, their opportunities in mathematics expanded, especially after the 2000-2001 school year.

Dot Doyle, who used to teach at in the mathematics

department at NCSSM iterated, "there were less upper level math classes and the math electives were added later."

A big change in the academic aspect of NCSSM is the teaching strategy. Miller stated that the teachers' perspective evolved from,

and screws to hang objects in their rooms. However, they were not allowed to loft their beds.

NCSSM has grown in many ways since its founding, thanks to the school's encouragement and student input and development.

"The sage on the stage to the guide by the side."

The residential life of NCSSM has changed since 1980, as well.

The 1981 handbook stated that students were required to complete five hours of work service each week. This number was later reduced to three hours a week.

When the school began, there were fewer activities for students to participate in. Instead, the students would talk to teachers and build a strong relationship with them, even after classes had ended. The NCSSM community was and still is tight-knit.

To the dismay of current students, kids used to

be able to use nails

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suggestions to the PFM when given the opportunity.

Then again, maybe the PFM should just remain the same. We as a student body can survive for two years with bad food and little sleep - our NCSSM predecessors have done it for more than 25 years.

But, as we are constantly reminded, we are the future leaders of North Carolina. If we are going to go out into the world to effect positive change in our society, is it really beyond us to improve the food we eat every day?

First of all, it could be tastier. The PFM could have more variety, the food could be prepared more creatively, and it could be prepared more carefully. Not only could new entrees be offered, but things that almost nobody enjoys could be taken off the menu and favorites could be offered more.

Secondly, it could be healthier without decreasing the quality of the food. The PFM could use less oil at the omelet station and special line, the lettuce in the salad line could be more nutritious, and the dishes served could be fresher.

Eating nutritious food is important for both health and attitude. Being properly nourished would not only allow us to be healthier, we would actually be happier.

Finally, the food served in the PFM could be more environmentally friendly. It could come from more local sources, and we could reduce the amount of meat offered. I am not advocating forced vegetarianism for the entire student body, but if there was one meat offering instead of two it would reduce the carbon footprint of our meals.

The budget challenges NCSSM is facing are real and the administration is right to put quality of the education at NCSSM over the food. But, this is not an excuse for mediocrity. We as a student body need to advocate for ourselves and work with the PFM to find innovative ways to increase the quality of our food.

If we can increase the quality of food at NCSSM we will not only improve our own lives, we will also leave a meaningful legacy to future Smathers so lets work together to make this happen. We need to work with the PFM not against it, so be open to changes and try new things. Use the suggestion box to give PFM feedback.

If we can hold a record-breaking food drive surely we can come together to better feed ourselves. If you would like make respectful suggestions and share your constructive criticism with the director of the PFM come to Mr. Newbauer's next forum, but, if all you are interested in is taking part in the competitive complaining that seems to be a sport here at Smath enjoy your free mystery meat.

Dear Stentorian...

Dear Tori,

When I lived at home, I was always able to finish my homework at school and got straight A's. I would usually get nine hours of sleep a night. Here, I am working until 3 a.m. and only getting four hours of sleep. I'm scraping by with B's in all of my classes.

I think I would be doing better in school and would feel so much better if I could just get more sleep, but I don't have the time to both sleep and finish my work. What can I do? I really just want to get more sleep on weeknights.

Sincerely,

Sleep-deprived junior

system.

The easiest way to combat not only the lack of sleep, but also the difficulty of your classes is to utilize your free blocks.

Rather than coming back

Email
stentorian@
gmail.com for
advice!

You could
appear in the
next issue!

ultimately, you will be sleeping more during the night and will not be as stressed out about completing your assignments on time. This will help your performance in school and extracurriculars.

If you are already using your free blocks for homework and still having trouble getting the work done, consider skipping happy-half to complete more of your work. You could also try studying in a different place where you can focus and be efficient with your time.

Just remember that, although life at NCSSM seems difficult now, you will develop a routine that fits your needs. You are still adjusting, so give yourself time.

The NCSSM community wants to help you to have a wonderful two years. Get advice from your peers, talk with your teachers, and communicate with your support network if you are ever having trouble. Best of luck!

Sincerely,
Tori

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to your room and taking a nap between classes, go to the library and finish the homework you were just assigned. Not only will the material be fresh in your mind, but at the end of the free block, you will have gotten some homework out of the way.

Not napping might take some getting used to, but

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