



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.

'Teen O'Clock' at the YMCA

BY HARDY EVILLE, TEAGAN MYERS, AND NATE STORY

This year at the Martha's Vineyard Regional High School (MVRHS), it's not uncommon to see students walking to class with gallon jugs of water, with the goal of hydrating for afterschool workout sessions at the YMCA. There has been a noticeable increase in the number of students engaging with the YMCA facilities, located directly across the street from the high school campus, and COVID may have something to do with it. Junior Lincoln Marino began working out at the YMCA occasionally before the COVID-19 pandemic,

but he has been going almost every day since the YMCA reopened. "[Working out at the YMCA] made it so I had something to look forward to after school every day. It was kind of the only reason I even went to school," he said. "The first month or two I went every day for like three hours. Seven days a week. It was disgusting, but I loved it." Junior Rayssa DeOliveira uses working out at the YMCA as an outlet to rejuvenate after a long school day. "After school, it feels really nice to go to the gym because it helps to remove my stress and calm me down," she said. Many student athletes use

the YMCA to fill the time between school ending and practice starting. This was the case for freshman Caleb Dubin, who goes every day after school and occasionally on the weekends. "I joined the Y because I lacked an afterschool activity before soccer, or any other afterschool sport I was participating in, and it has helped me become better at those sports," he said. "I feel I have an extra advantage over other people who just play the sport and may not put in the work off the field." Sophomore Tate Fairchild-Coppoletti agrees. "There's a big crowd who goes right after school, and all of those people have definitely estab-



COURTESY KALEB HATT
Senior Kaleb Hatt pumping iron at the YMCA.

lished a good community and friendships," he said. "The gym is a great place to meet new people with similar interests."

YMCA director of operations Nina Kiendzior has noticed this phenomenon as well. "We started to see a real rise in teens accessing the Y in fall 2019. I feel like that's when it started to become extremely popular," she said. "Postpandemic, I feel like we've been seeing more teens utilize the YMCA in such a positive way, whether it's coming over and eating at the food truck, working out right away, or going to the teen center [Alex's Place]. Some people work out for two hours, and then go to the teen center for the next two hours." Alex's Place provides students with a space to spend time together after school. Students can complete homework, play video games, pool, or musical instruments, or just hang out. "The teen center is com-

pletely free, so you don't need to be a member of the YMCA to go there. We usually see anywhere from 40 to 50 kids a day there," Kiendzior said. Additionally, she noted, over 400 teens have YMCA memberships. She attributes this popularity to the familiarity students have with the YMCA. "Ten or 11 years ago, [these teens] were probably taking swim lessons or something as a kid here," she said. "It's not this foreign concept of going over to the YMCA." Adults who frequent the YMCA can feel overwhelmed by the influx of students each afternoon. "A lot of the adults [at the YMCA] call it 'teen o'clock,'" Kiendzior said. "Though one thing that I have really stressed is that all teenagers should feel really welcome here." HSEV

COVID compounds midterm stress

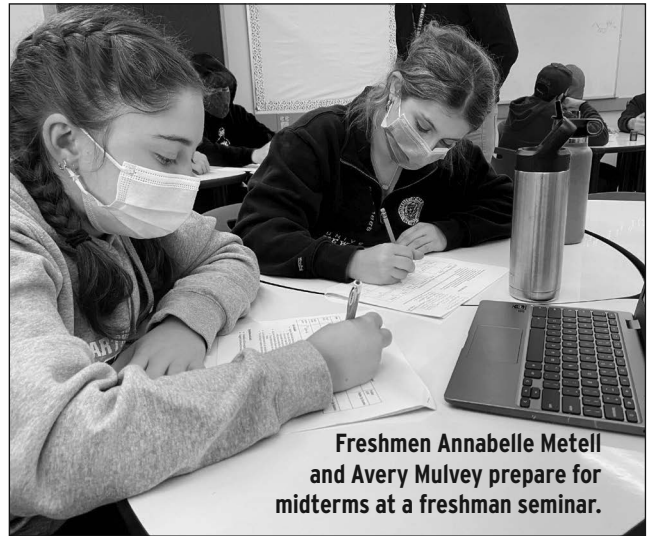
BY THEO FAIRCHILD-COPPOLETTI

With the first semester ending this Friday, teachers are preparing to administer midterm exams next week. Junior and senior students have not sat for midterms in two years, and freshman and sophomore students are taking midterm exams for the first time. The omicron variant surge has forced many students to miss school due to quarantine protocols, exacerbating anxiety around the midterms, and leading some students to question the necessity of administering the exams at all. The administration believes that it's important for students to sit for midterms, but is also trying to make the experience less stressful. It is encouraging teachers to assess only what was taught prior to winter break rather

than introducing new content in January, when many students were quarantined. They have also suggested including a project component as part of the midterm exam, making exams "open note" where possible, or allowing exam preparation — such as completing a study guide — to count as part of the exam grade. Principal Sara Dingley articulated her thoughts on midterms in an email to MVRHS staff earlier this month, writing, "I strongly believe that we still need to hold onto an assessment week, not as a high-stakes accountability check on students, but as a way to measure where students are in the curriculum, what they are retaining, and what teachers may look to adjust moving forward." Midterms will be held Jan. 24 – 28. Students will sit for two exams each morning

Monday through Thursday, from 7:45 to noon. Friday is a makeup day for students who missed exams earlier in the week. Junior Cali Giglio, who has missed a week of school due to COVID, feels overwhelmed by midterms. "I am already very stressed out and feeling really unprepared — along with a lot of other students," Cali said. "I'm already behind, and on top of that, studying for a huge midterm test can definitely affect your mental health." Guidance and adjustment counselors are working with families of students whose education is being impacted by absences. There will also be opportunities for students to retake missed exams. "If a student does come down with COVID and can't come because they're in their six-day window, we'll give the student an incomplete for the course

and they'll have two weeks to make that up," said Assistant Principal Jeremy Light. "The following week, when we return, we'll have two hours dedicated after school every day for those kids to come in and take those exams." Math teacher Carole Flanders views midterms as helpful practice for the AP exam in May. "I'm not so interested in how much [the midterm exam] is weighted, but rather [having students] go through the process of having to sit for a prolonged amount of time and keep their focus," said Ms. Flanders. "As their teacher, I wouldn't be doing my job if I never had them sit and go through the feeling of, 'Oh, I'm being timed,' and figure out how to deal with that anxiety." Senior Sam Fetters also sees the benefit of traditional midterms. "My gut tells me to not like midterms, but if I'm honest, I feel like there's some value to them. They're very similar to college exams, and as a senior,



ELENA GIORDANO
Freshmen Annabelle Metell and Avery Mulvey prepare for midterms at a freshman seminar.

it seems helpful to get some experience under my belt." Teachers in the "Civics and Current Issues" course, for example, which is taken by all seniors, have opted for a project-based midterm. Sam sees the value in this option as well. "While I'm not sure if it will have as much of an impact in helping [students] prepare for college, I think it will help people channel what they've learned into something that engages them. I've found when I'm engaged in subjects, it helps me retain more of the material." Regardless of the final format of midterms, there are some universal strategies that can help students prepare and make the process feel manageable. Mr. Light advises students to "keep breathing, use the strategies that your teachers are sharing, and don't cram at the last second." HSEV

EDITORS IN CHIEF: Hardy Eville ('22), Sara Creato ('22) • ASSISTANT EDITORS: Julia Sayre ('23), Theodore Fairchild-Coppoletti ('22) • PHOTOGRAPHY EDITOR: Parker Bradlee ('24)
ART EDITOR: Madeleine Bengtsson ('23) • MASTHEAD ART: Madeleine Bengtsson ('23) • FACULTY ADVISERS: Kate Hennigan, Rachel Schubert



Island Proofreading
Irene E. Ziebarth
3 Tennis Lane
Chilmark, MA 02535
202-680-8076
ireneziebarth@gmail.com

Become a sponsor
A supplement showcasing student artwork of the MVRHS students
Brought to you by
MVTimes
Publishing February 10
Deadline for sponsorship: February 4
For more information email adsales@mvtimes.com