

THE DISCOVERY

GMS Magnet Monthly Newsletter
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SENIOR NEWS!!

Seniors, make sure you complete the Naviance Senior Exit Survey and our College Office Survey. Both are requirements for graduation clearance! A complete list is on Cleveland's website. The last day of instruction for seniors is May 28.

The school is finalizing the process for locker clean-out and senior clearances prior to graduation. All LAUSD commencement ceremonies will be held for the Class of 2020 on a virtual platform. Cleveland's Virtual Commencement will take place on June 11 at 6 PM. Details to follow so keep checking Cleveland and Schoology websites.

Seniors, send us your pics from your time at Cleveland for the Senior Video! Send them to: clevelandslideshow@gmail.com by May 26th.

UPDATES

Seniors, send us your high school pictures!

**E-MAIL THEM TO
CLEVELANDSLIDESHOW@GMAIL.COM**

Trauma of Domestic Violence student paper

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Student Info & Resources

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Congratulations to the Class of 2020! You made it!

PICTURED ABOVE IS JUST SOME OF THE FUN AT CLEVELAND'S SENIOR CELEBRATION EVENT & PARADE ON MAY 23!

***** For anyone who would like to join the GMS Remind
Text @gmsmagnet to 81010**

The Trauma of Domestic Violence

a student research paper by Aileen Lujan

Is the trauma of domestic violence easily overcome? Trauma is something personal and not many people like to talk about their own experiences. This subject is really interesting because of all the different stories you can learn about, but also very sad since you can't even start to imagine the cruel actions people may take on others. Furthermore, finding out more about this topic is significant to me because I want to be able to make a change in people's lives and help them find ways to cope with their trauma. Also, because I know people that went through domestic violence, so I somewhat have an idea about this issue.

Trauma of domestic violence is a very sensitive topic to talk about. A lot of kids and adults have been drastically abused at home. I know many people still suffer from it now and probably always will since violence is a never ending cycle. Getting hit continuously isn't something you get over with from one day to another. It probably will take a few years with the proper help and treatment. When people take serious actions on others, most doctors/therapists can conclude that they are mentally ill and don't know the internal damage they're causing. The people being hit might even have a hard time being simply touched by others. These are the few things I know about trauma after domestic violence or just the subject in general.

This topic is one of my top interests because of a family I've known for years that were all victims of domestic violence. They are my main motivation to write and learn about this topic. I look forward to understanding what they went through and what their reactions to it happening in front of them were. Though finding research about this subject does not compare to all the pain victims feel in real life. As I look through different sources and speak to people who went through the violence I would want to know how they were able to overcome all the dreadful memories. I would lastly like to learn about the effects it had on these

people permanently.

Trauma of domestic violence is not easily overcome, it takes time to get over it completely according to all my sources. The sources I used were 3 articles and a family of 3 females (A mom and two daughters) that went through getting/seeing physical abuse. I found the 3 articles online while searching for the trauma and effects of domestic violence. These articles caught my attention the most because they talked about the certain things I'm curious about. I found the family because my good friend is the daughter of the mother that was getting abused. Moreover, I asked if it was fine that I talked to her family about what had occurred to write a research paper that could somehow help other people. I am using them because it is a direct source and it is more real.

The first article talked about what trauma was and how it impacts people. Also what can help heal this trauma. In the beginning it says that "the hallmark of a traumatic experience is that it typically overwhelms an individual emotionally, mentally, and physically." (Trauma & you, 1) which are some of the many things people with trauma have to deal with. Trauma is profound, as it says "the impact of these events does not simply go away when the event is over" (Trauma & you, 1). These experiences may affect the way they see themselves and just life. Furthermore, the partner doing the abuse may use "intimidation, coercion, threats, economic abuse, emotional abuse, and your children" to keep "power and control over you and your life." (Trauma & you, 1). Some symptoms of trauma are: feelings of fear, feeling like you have lost control, having trouble concentrating, feeling guilty, feeling negative about yourself, depression, anxiety, and problems in your relationship. Things that can help heal from trauma are giving yourself time, talking about your traumatic experience, and re-establishing a sense of safety.

The second article is short, but talks about the effects of domestic and family violence. Domestic violence has many effects on the victims, family, community, and children. The effects it may have on victims is: use of drugs and alcohol to help cope with their pain and "death, illness, injury, and disability"

(NSW, 1). Nevertheless, the effects domestic violence has on families is having to move around a lot in order to not bump into the abuser, child protection or police involvement, and creating fear, therefore leading to destroying the family as a whole. Apart from this, the effects of domestic violence on the community are that abusers go to prison, there's more mental health problems, and a more than \$4.5 billion cost to the NSW economy each year. Domestic violence affects children the most because "more than 50% of women have children in their care" (NSW, 1). Children that live in a house with abuse can have "ongoing anxiety/depression, emotional distress, low self-esteem, self-harm, be aggressive towards friends/school mates, have trouble forming positive relationships, feel guilt or blame themselves for the violence, developing phobias or insomnia' (NSW, 1) and much more.

The third and last article talks about ways in which abuse and domestic violence changes people. Places that these people used to love and enjoy, they now find boring and dull because of the violence situation. They feel "easily overwhelmed, anxious, irritated, or cry without explanation" (Tatiana, 1). Some things that can help when feeling this way are breathing exercises. Another thing that changes is their way of communicating with people, they have a harder time trusting and building connections with other people. They may also feel uncomfortable being left alone with the opposite sex. Finally, something that changes after experiencing domestic violence is that most people get flashbacks of the abuse which feel very vivid and real to them, but all you have to do is be patient and gentle with yourself.

My very last source is a family of a mom and two daughters that had to go through abuse and domestic violence. I talked to them and they explained to me their whole story and how it is they felt about everything. The youngest daughter never saw any abuse done to her mother, but when she found it, she said she felt a lot of anger and was disappointed. Though she would feel a lot of fear when her father would try to break down the doors to get into the room, she didn't experience any trauma. However, she would be frightened when her father

would get aggressive over small things. One story where she remembers being scared was when her father was trying to take back a purse and them (mom and two daughters) not wanting to give it back so he goes and tries to break down the door. In the meantime the mother is calling the cops scared and when they come, he lies and says he wouldn't even be able to do that since he's sick, explains the youngest daughter. On the other hand, the oldest daughter did experience seeing her mother get hit and says she would dream about it frequently. However, she was never sure if it was true because her mother would lie and say she just fell getting the scar on her mouth. "Obviously my mother didn't want to ruin the good image I had for my father," she says. So she in some way did experience trauma since she kept reliving it and said it felt so real when she would. She says going through this isn't easy and it is scary since you don't know when it will happen again. Last but not least the mother, the mother stayed with the father tolerating domestic violence for 15 years, but never left because she thought it was bad for her girls. Also, because the father had a sickness and she didn't want to leave him alone. The mother regrets having waited so long to leave, she was hoping he would actually change when he said he would, but he never did. She said that when she would get hit, she'd try and fight back, but there were times where she felt he was actually going to kill her. She finally says that she felt good being able to ask for the divorce and leave to start over with her daughters.

Writing this paper has definitely changed my life and the way I see life. I learned that it is difficult to overcome trauma of domestic violence and how many effects it can have on adults and children. I also learned that not all people have a good childhood and not all adults are happy. Researching domestic violence changed me because I now see how much damage it can cause and how painful it is for people to go through it. In addition, I really hope that in my future I never have to go through that or have to see anyone I know go through that. This research made me realize how cruel and heartless people can be, but how strong others can be to handle it and overcome it.

Grades 9 through 11 Frequently Asked Questions (FAQ)

1. When will school end for grades 9 to 11?

The last day of instruction for students in grades 9-11 is Thursday, June 11.

2. What is the grading policy during the school closure?

The District has implemented a new grading guideline for the remainder of the semester.

The following is a list of things to remember about the new policy:

1. Students will not receive an academic grade lower than what they received as of March 13, 2020.
2. The modified grading scale of A-D is in effect from April 15-June 30, 2020.
3. Students will not receive an academic grade of “F” on the 15-week progress or 20-week final report cards.
4. It is at the teacher’s discretion to give students a higher grade based on a communicated grading policy.
5. Any student in grades 9-11 receiving an academic grade of “D” on the final report card will be enrolled in online summer school.
6. Teachers have the discretion to raise or lower work habits and cooperation marks, which include—but is not limited to—the following: Effort, Responsibility, Attendance, Courtesy, Conduct, Improvement, and Class relations

3. How will students return items and school collect items?

Clearance process: All students in grades 9-11 will need to participate in the clearance process. Students must bring their student ID. Students in grades 10-11 who do not have their current one may use an ID from grades 9-10. Clearances will take place on the following dates via appointment only:

- 11th graders: (Book on-line): Wednesday, June 3, Thursday, June 4, Friday, June 5
- 10th graders: (Book on-line): Monday, June 8, Tuesday, June 9, Wednesday, June 10
- 9th graders: (Book on-line): Thursday, June 11, Friday, June 12, Monday, June 15
- Make-up days for all grades (Book on-line):, Tuesday, June 16, Wednesday, June 17

Students will have the option to select a drive-thru or walk-up process. Make sure you

More Frequently Asked Questions (FAQ) ***(Grades 9 - 11)***

wear a cloth face covering and adhere to social distance requirement. This is not the time to have conversations with others, reunite with peers, or take pictures. If using the drive-thru option, cars will enter the parking lot closest to the pool entrance and be directed to one of two lines. To minimize congestion, we encourage cars to come north on Vanalden towards the campus from Saticoy, or head east on Strathern from Tampa and make a left onto Vanalden (see map for details). If using the walk-up option, students and families may park on Vanalden in front of the school (adhere to street sign restrictions) or use the North Vanalden parking lot next to the flag pole (see map for details).

Locker items: Thanks to our custodians, security staff, clerical staff, select faculty and staff, and administrators, locker items will be packed and ready for return during the clearance process. This includes PE lockers. Boxes will be labeled with the student name and locker number that is on file in the Student Store. Textbooks left in lockers will be returned to the Textbook Room and scanned.

Textbooks: Textbooks will be collected during the clearance process. Fines for lost or damaged books can be paid in the fall. Students may view the list of textbooks assigned to them on Destiny via Schoology to see what they must return. We do not need the consumable paperback books that each student received and were asked to write in, if applicable.

Electronic devices: Students DO NOT have to return electronic devices at this time as they will be using them for summer school, if enrolled, and possibly this fall.

Library books: Library books will be collected during the clearance process. Fines for lost, damaged, and overdue books can be paid in the fall. Students may view their circulation record on Destiny via Schoology to see if they have any library books currently checked out. Check Schoology for a full list of clearances and booking on-line.

DACA Mentors for HS Students

Announcing a new initiative to link high school DACA/undocu+ students to college mentors who are also DACAmented or undocumented. Because this pandemic is especially hard for young black and brown kids who are low-income, undocumented, queer, etc., the mentorship initiative is a great way to bring students together. Please contact Jaspreet.kaurcollege@gmail.com for more information.

Freshmen Summer Bridge

GMS Magnet will be having our Summer Bridge this summer for incoming freshmen. The on-line program will be from 9am to 1pm starting on June 29 and ending July 17. Summer Bridge is optional but is a great way to meet other GMS students, get a little video training, and have a lot of fun!



Summer Bridge filming in 2018

Summer School

The on-line classes will be from June 24 to July 28, 2020, with period 1 from 8:30 a.m. – 11:00 a.m. and period 2 from 11:30 a.m. – 2:00 p.m. The tentative Summer Courses are Credit Recovery for Math, Science, English, History, and Enrichment classes are tentatively H. Geometry, Spanish, Health, and PE. Message your counselor if you have not received an application. To qualify you must have earned a D or F in the course and be a current 9-12th grade student. Applications, with parent approval, must be returned to the counselor before 2PM on May 29, 2020.

"Welcome to the Land"

The GMS Magnet hosted a Zoom meeting for "Freshmen Counseling Orientation" on May 18th. If you were not able to attend, you can contact Mr. Latimer at JTL4524@lausd.net or Mr. Delatorre at rudy.delatorre@lausd.net.

There will also be an official school "Orientation" in August, hosted by Cleveland Charter High School. We will e-mail you later with information on the Orientation.



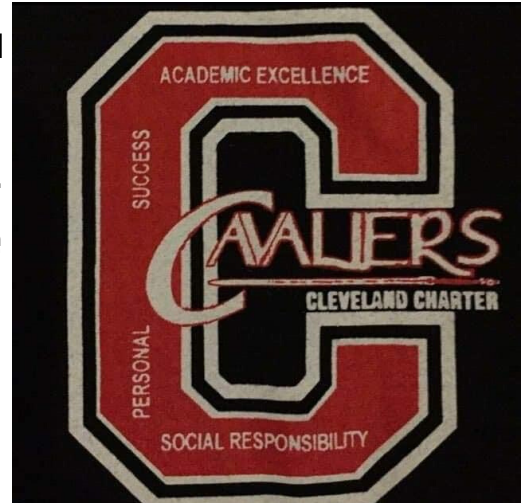
Cleveland campus, circa 1960s

Resources & Information

Locker Clean-out: This year, all student items will be packed and returned during the grade-level clearance process. Students will need to book appointments to come to school. The dates for seniors were included in the Senior FAQs. The information for grades 9-11 will be sent via Schoology and posted on the school website this week.

The L.A. Public Library databases: The LAPL collection is

very useful for LAUSD students. To access the databases, students can use their Student Success Card or LAPL card. Students who are having difficulty using their Student Success Card can find help going to the following link: <https://www.lapl.org/studentsuccess>.



CRISIS LINES & RESOURCES:

Teen Line - 1-800-852-8336 or text "TEEN" to 839863.

The Trevor Project - 1-866-488-7386 or text "Start" to 678678.

National Suicide Prevention Lifeline - 1-800-273-8255.

National Disaster Distress Helpline - 1-800-985-5990.

Mental Health Hotline: 213-241-3840 weekdays from 6 AM to 6 PM.

GRAB & GO: For a list of school locations, go to <https://achieve.lausd.net/resources>

GMS SOCIAL MEDIA: Follow us since we'll be posting new information as it becomes available:



www.globalmediastudies.com



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