



# Mendez Minutes

Mendez Fundamental Intermediate School

Edition 8 Tuesday, September 10, 2025

## Quote of the Month

By: Paola Guillen & Alyssa Garcia

Paola & Alyssa offer you this quote for the month of **September**.

*"You are never too old to set another goal or to dream a new dream."* –C.S. Lewis

## Meet the Journalism Staff:

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**Guadalupe Pintor**

**Melina Romero**

**Hanna Salagado**

**Juliana Vargas**

**Mila Zamarripa**

**Yoselin Zuniga**



## Feature Article

### "Back-to-School Stress & Coping Strategies"

By: Stephanie Resendiz

**Welcome back, Mustangs!** To our new students, welcome to Mendez! My name is Mrs. Resendiz, and I am the School-Based Mental Health Specialist at Mendez. In my role, I support students with their mental health so they can feel and do their best at school.

Starting a new school year can be exciting, but it's also normal to feel nervous or stressed with new classes, teachers, and routines. Here are a few simple coping strategies that can help:

**Five Senses Grounding.** Look around and notice: 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, 1 thing you taste. It helps bring you back to the present.

**Talk it out.** Share how you're feeling with a parent, teacher, counselor, or trusted adult.

**Stay organized.** Using your agenda to keep track of assignments can help reduce stress.

**Learn from others.** Ask a friend, counselor, teacher, or tutor how they stay organized or manage stress. You might find a tip that works for you too.

Remember, reaching out for support and

## "Our New Assistant Principal"

By: Paola Guillen & Alyssa Garcia

**Ms. April Salas'** passion for supporting students, teachers, and staff, inspired her to take on a new role as Assistant Principal at Mendez for the 2025-2026 academic year.

Assistant Principal Salas wants to help students discover a love for reading and writing, which she believes are essential skills for success. In her 13-years at Mendez, her proudest accomplishments have been her work with gifted learners and the success of the GATE Symposium over the past few years.

In her free time, Assistant Principal Salas enjoys cooking, gardening, spending time with her pets, and working on her new home.

Assistant Principal Salas would like for all Mustangs to remember, *"When you're a good reader, it opens up so many opportunities in life."*



**Ms. April Salas, Assistant Principal**

## **"Mr. Carl Johnson's E-Sports Class is Amazing"**

By: Joseph Martinez



Mr. Carl Johnson is one of the many superb teachers at Mendez Fundamental Intermediate School.

E-Sports is an elective class taught by Mr. Johnson. He is proud of two popular events that he has his students participate in every academic year: Shell Shocker Tournament and Making 3D Avatars.

When Mr. Johnson is not providing instruction to his students, you can find him spending time with his grand-daughters.

Finally, Mr. Johnson would like to have Mendez scholars think about this question: "Would you want to work harder now or work harder forever?"

## **Pet Corner**

### **"A dog is a great pet!"**

By: Tobias Lopez & Guadalupe Merino

Tobias and I love dogs. Yet, who doesn't love dogs? This month we will write about these animals who are truly man's best friend.

"Dogs are known to be a man's best friend due to their historical partnership with humans." They offer emotional support, they keep their owners active (i.e. dog walking), and they are great protectors.

If you are considering a pet, call your local shelter and adopt a dog. The dogs at the Irvine Animal Care Center are in desperate need of a home.

**Irvine Animal Care Center**  
6443 Oak Canyon  
Irvine, CA 92618  
(949) 724 - 7740

using coping strategies can make a big difference in feeling confident and ready for the year ahead.

## **YOU, TOO, CAN SUCCEED MUSTANGS!**



***Mrs. Stephanie Resendiz, School-Based Mental Health Specialist***

## **"September Joke of the Month"**

By: Ariannie Mendez



**Question:** Why did the student eat his homework?

**Answer:** He ate it because it was a piece of cake.



## **"Did You Know?"**

By: Jacob Martinez



Did you know that **September 12th** is **National Day of Encouragement?**

## **Community Events**

### **"What can you and your family do in September?"**

By: Lylah Lamas & Guadalupe Pintor

Here is one event happening in Santa Ana this month:

### **Fiesta Patrias, 45th Anniversary Celebration**

**Where:** Downtown Santa Ana

**When:** September 13 from 12PM - 11PM

September 14 from 11AM - 10PM

**Details:** Join in the celebration of Mexican Independence and celebrate local Hispanic and Latino communities

**Price:** FREE

**Parking:** \$10.00

More Info:

<https://www.santa-ana.org/fiestas-patrias/>



### **"Mendez has a new Physical Education Teacher"**

By: Rosa Gomez & Yoselin Zuniga

Mr. Kirby Suniga has been teaching for five years and this year we have the pleasure of having Mr. Suniga as an addition to the Physical Education Department. He shared with us that he became a Physical Education teacher because he likes to exercise and he enjoys playing sports as well as watching them (in-person and on television).



***Mr. Kirby Suniga,***  
***Physical Education Teacher***

## Feature Article

By: Mrs. Christy Bennett

### **"Summer Bridge 2025 Wrap-Up!"**



This summer, we were thrilled to welcome 340 amazing incoming 6th graders to our Summer Bridge Program! Our newest Mendez Scholars got a head start on middle school by exploring AVID, Technology, ELA, and Math/STEM.

Students also learned about the 3 R's, the History of Mendez, and how to use our school agenda. They took part in a campus tour and received many other essential tips to help them start their Mendez journey with confidence.

A huge thank you goes out to our dedicated Summer Bridge teachers and administration team for making this program such a success! We'd also like to give a special shoutout to the 63 student volunteers who supported us throughout the summer. They earned community service credit for their time, effort, and leadership.

Interested in volunteering next summer? Keep an eye on your Gmail in May 2026 as a link to sign-up will be provided to you. We'd love to have you join us!



**Mrs. Christy Bennett,  
Math & AVID Teacher**

Share encouraging words and positivity with your friends, family, teachers, and staff.



Did you know that **September 26th** is **National Pancake Day**?

Enjoy a stack of different flavors with butter, maple syrup, whipped cream, cherries, and/or Nutella. Personally, my favorite is chocolate chip pancakes.



## **Beanstack Reading Challenge**



## **Back to School 2025**

**August 11, 2025 - September 19, 2025**

***It's back to school time! Start the school year right by setting goals, getting organized, and, of course, reading! Log your reading to earn badges throughout the challenge! Students who complete 300 minutes of reading will have a chance to win cool prizes!***

***Sí, Se Puede!***



## Nutrition Services Corner

### **"What do 1,210 Mustangs enjoy?"**

By: Stacy Colin



I asked Melinda Sandoval, Nutrition Services Supervisor, which dish is the most popular and which dish is the least popular among the Mendez Mustangs.

**Most Popular:** Homemade Birria 👍  
**Least Popular:** Bean & Cheese Burrito 😞

The homemade birria and other delicious dishes take a lot of time to prepare. Nutrition Services arrives very early, Monday - Friday, to prepare both breakfast and lunch meals for us to enjoy.

When you go through the cafeteria line, remember that these service workers care for you and want you to eat healthy meals (not snack foods such as hot Cheetos or sugary drinks), so smile and thank them for all that they do to make sure our food is delicious and nutritious.

## "Which Video Game is the Best?"

By: Darian Mendoza



Don't know which video game is best? I have an answer for you. If you're looking for a fun, non-violent game that includes thinking and creativity, then **Fortnite** is for you.

Fortnite is one of the best free-to-play games. With this game you can socialize with friends near or far. There are different game modes and categories.

Another fun game that has been popular among many is **Minecraft**. Although Minecraft is not free, it is worth it if you enjoy crafting, building, and fighting.

Finally, sports video games that can be played for hours are: **Madden NFL**, **NBA 2K**, and **Fifa**.

In the end, there is a video game for everyone out there--so give one a try as you just might get hooked!

## "Let's Goooo, Mustangs!"

By: Hanna Salgado



Students in grades 6, 7, and 8 had the opportunity to try out for girls' volleyball, cross country, and flag football. All tryouts were held after school on Monday, Tuesday, and Thursday.

Good luck to all of the Mustangs who came out to show their school spirit!

Here's to a great athletic year for the Mendez Mustangs and the coaches.

**Girls Volleyball** - Coach Mrs. Peet and Ms. Flores

**Cross Country**- Coach Mr. Pennenuri

**Flag Football** - Coach Mr. Wozniak

Mendez Scholars  
Are...

Respectful

Responsible

Ready



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