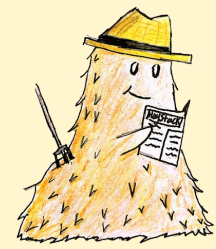




# HAYSTACK



Hayward High School  
1633 East Ave, Hayward, CA 94541  
(510) 723-3170

HHS Journalism, Room A-13

Newsletter  
Vol. 1, Issue 2  
September 22, 2025

## What Do Varsity Basketball Coaches Do For Their Players?



By Nat Orille

While the current team tries their best to keep the program thriving, Coach Virgil and Coach Cruzada have done a huge help by setting up summer workouts for the upcoming season. We give big thanks and gratitude to these coaches for their dedication and sacrifices. "Helping out another group of kids that needed coaches and being in a program means a lot to me." says Coach Virg.

He loves this team and quite literally will do anything for them. Coach Cruzada says "It's all about you. Whether you want to work and get better or not, I coached basketball when I worked at Winton Middle School. We won championships and that's all because my players wanted to win. Hopefully our team finds that motivation just as much as the coaches want them to win."

Moving to our boys varsity basketball team, the head coaches are Coach Leon and Coach Cristian. Both coaches go extra hard on their players when it comes to training and working out. "We are short players this year, with having players playing both football and basketball, it's getting tough trying to recruit." says Coach Cristian.

Offseason workouts have become more intense, focusing on pushing everyone to raise their game. Returning player Alex Sudario says, "They are very encouraging and put trust in us to do the right thing." They support and love the girl's basketball team as well as helping them during practices. One agreement almost everyone has said was hating having 2 hour practices right after an hour of lifting weights. However, excitement is high for the upcoming basketball seasons.

As a coach, Coach Virgil Hart has stepped up to be the girls JV and Varsity basketball coach. After the previous coach's departure, Coach Virg said "I did not know much about him, so I can't really say anything about him. But I am glad I got this opportunity." The girls team has been short on height and players due to the lack of interest in this very physical sport. He loves this team and quite literally will do anything for them.

### California passes a statewide phone ban for schools

By Sidona Yemane

The governor of California has officially signed the Phone Free School Act. The phone-free act is a new law that requires all public schools and charter schools to restrict student phone use during the school day. School districts will have up until July 1st, 2026, to finalize these rules and review their policies. After the districts establish their rules and policies, they must be reviewed every five years.

#### Why?

Over recent years, phones have become a significant part of teen life, as many teenagers are addicted to their devices. A research poll from Common Sense Media showed that 50% of teens admit to being addicted to their phones, which is clearly a problem interferes with their learning and day-to-day life. The people who support the ban believe that phones are a huge distraction in classrooms and that they can lead to negative consequences such as academic dishonesty, depression, cyberbullying, and anxiety. Many teachers have also spoken up, saying it vastly disrupts learning and makes focusing hard for students. Some students have even spoken in favor of a change, stating that they feel addicted to their phones, checking them dozens of times per class day, causing them to miss important information during class time.



Photo credit: Sidona Yemane

#### How Will This Work?

Starting in 2026, each district will be able to choose how they want to apply their rules to the. The state is not requiring any particular method on how to go about this, so some schools may choose to require students to lock their phones in pouches or just keep them in their backpacks, or allow phones to be out during learning time; it is dependent on the district. Exceptions can be made for certain timings, such as emergencies or whenever the teacher allows it.

#### What now?

Many schools all across California are expected to start having meetings with parents, teachers, and students in order to decide how the ban should be implemented in each local area. Furthermore, over the next two years, meetings will be held with staff members and parents in order to communicate the rules that they'll choose to change and/or implement.



Basketball Harold: Isla Salgado

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## Who are the New AP's at Hayward High?

By: Jasleen Donado

As the new school year begins at Hayward High School, it has become apparent to many students that there has been an administrative change, as there are new Assistant Principals. One of these new faces is Andrea Gil, who has had an extensive career in the education system, having been a teacher since 1997 and joining the Hayward Unified School District in 2002.

Ms. Gil has held a leadership position at her previous school while serving as a teacher, which exposed her to the situations many students face when facing disciplinary action or crises, inspiring her to become an Assistant Principal. "I've always wanted to be a high school assistant principal; my actual dream job has always been that." Ms. Gil shared during an interview. She addressed a question that many Hayward High students may be asking: Why join Hayward High's staff?



Ms. Gil explained that each summer leading up to her new position, she would always teach summer school algebra. Through these experiences, she realized how she enjoyed working with high school students, who tend to be calmer than middle school students.

While counselors jobs involve communication and coordination, most counselors admit that their experiences have been stressful due to having little to no breaks. Dealing with high school students can be a lot— Mrs. Marshall (the new counselor this year) has said it's not been stressful for her, just extremely tiring. While the counselors go through their hectic parts of the day, one thing that is for sure is that they make sure that ALL students get the support they need. Even though it's not fun for high schoolers, especially for juniors and seniors. "We don't mind working hard for students, but it's no fun having to remind some students that our school's schedule change policies are very strict," said Mr. Gonsalves.



Hayward High School counselors continue to show us their determination to set their students on the right track for this year. Whether it's helping seniors with their credits or college applications, they'll be here to support us all.

When Ms. Gil learned about Hayward High's rich culture and history, she knew it would make it the ideal school for her. Ms. Gil is not only grateful for the spacious campus with the surrounding nature that adds a unique touch to the school, but also grateful for the wonderful staff that occupies it. For her first couple of days on campus with her new coworkers, she says, "It's been really awesome, I feel like we work like a team and I truly feel supported here." As she settles into her role, Ms. Gil offers this piece of advice to Hayward High students: always do your best.

Ms. Gil reassures Hayward High School students that if they continue to truly put in their best effort, their mindset will change into one where they believe they are capable of conquering anything. Ms. Gil is the Assistant Principal for all sophomore students and has her office door open for any student who needs assistance or a helping hand.

## Hayward High School's Counselors: The Journey of Their Start

By: Atasha Mazon

As Hayward High School begins a new year, teachers and students are getting ready for the academic stress they've been mentioning by using slang words like "Sophomore slump", "Senioritists", and so on. However, it isn't just the students adjusting to the end of the summer and the start of the year; the counselors are in their busiest time, handling every student's schedule and working to balance classes. The counselors of Hayward High School are Mr. Gonsalves (AVID), Mr. Gavino (PUENTE), Mrs. Allen-Marshall, Mrs. Sanchez, and Mrs. Ware. With their care in putting their students on the right track and prioritizing students getting off to a good start, counselors combined have collectively seen 978 students in the first week alone.

Counselors play a big role at school, as it can be filled with conflicts and long days on the screen; however, there's beauty in their hard work, persistence, and determination. "The most memorable experience has been watching students thrive in a very stressful situation, but still be able to communicate effectively and advocate for themselves with respect," said Mrs. Marshall. Having their office as their surroundings and the constant students being in the room has been a memorable experience for Mr. Gavino, "A memorable experience is getting many compliments from students about my new office!"

Club	Meeting Times	Meeting Location
AP Club	Lunch or Nutrition most days	A-26
Art Club	Tues. after school + Thurs @ Lunch	R-1
Asian Student Association	Wednesdays	A-12
Black African Student Union (BASU)	Tuesdays & Thursdays	A-6/F-2
Charm Club	Thursdays	S-102
Cinematic Universe Club	1st & 3rd Fridays ea. month @ lunch	S204
Club AVID	Wednesdays @ lunch	A-24
Color Guard	Every day after school	R-6, R-7
Criminology Club	on hold	C-4
Crochet for a Cause Club	Wednesdays @ Lunch	M-3
Debate Club	Thursdays @ Lunch	R-2
French Club	Wed/Thur @ Lunch	M-13
Garden Club	Fridays @ Lunch	C-5
Gay Straight Alliance (GSA)	Wednesdays @ Lunch	A-15
Hayward High Chess Club	Tuesdays & Fridays @ Lunch	T-15
Hayward High Valorant Club	Thursdays @ Lunch every other week	D-4
HHS UNICEF	Every other Tuesday	C-7
Hiking Club	Every Monday	E-1

Some of our clubs at Hayward High.

## Upcoming Event: Club Day! By Isla Salgado

On Sep. 2, various clubs assembled in ASB's leadership room to discuss Club Day. At the meeting, it was announced that clubs will be able to participate in Club sales. Future fundraising events include: Halloween Fest (Oct 31), Winter Carnival (Dec 17), and Hay Day (May 29). All events will occur during lunch time, and additional events may still be announced.

Furthermore, some clubs were thrilled to express their plans at the meeting. "We plan to make crochet leis for the seniors," said Liliana Herrera, the president of Knitting and Crochet club. "We are planning on going on at least 1 field trip," states Delsner, the president of GSA.

Club Day will be held on Friday, Sept 26 at the quad during lunch time. Students of all classes are encouraged to meet the clubs, buy some food, and consider joining something new!