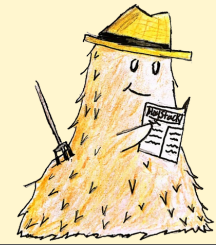




HAYSTACK

HHS Journalism, Room A-13



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

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Newsletter
Vol. 1, Issue 6
December 15, 2025

What Sports Are Coming Up?

Written By: Eddie Ocampo



Interested in joining a sport? Did your fall sport just end? Or just want to find ways to socialize with others? Well winter is your season! With 3 awesome sports to choose from, you can join either wrestling, soccer or basketball. A lot of fun choices to choose from! But before you do make sure to have your home campus done and all ready for the sport! Once you are ready, make sure to check on the schedules for the sport to see if they have try outs or a meeting which usually happens for newcomers! If not, make sure to ask the coaches! If you are not sure who the coaches are then don't worry since I will give you their names. The coach for wrestling is Coach Benjamin Lockett, coach for Soccer is Parshan Rayatkah and for girls soccer it's Coach Eddie Valadez, for girls and boys basketball it's Coach Leon Hart and Coach Virgil Hart. To contact them you can just email these email: vh381@husd.us for girls basketball and for the boys leon23hart@gmail.com. For wrestling email Coach Benjamin Lockett bl108@husd.us!. Lastly for girls soccer email evaladez17@gmail.com and for the boys it's prayatkah@gmail.com! Don't be shy and send them an email if you're interested in joining the sport or just checking it out! But don't worry if winter is not for you there's always spring sports!

What Is Wrestling?

Written By: Eddie Ocampo



[One of the coaches: Coach Lockett]

Wrestling being the first martial art to be allowed to be played in high school makes it a unique sport. If you're looking to join the wrestling team to challenge yourself or to make new friends then the Hayward wrestling team is for you. Welcome and a helpful team and coach to help you get better at the sport even if you're just trying it out for the first time. The wrestling team is coached by none other than Coach Benjamin Lockett with his 3 captains: Caleb, Trent and Damian there to help him. I interviewed the captains of wrestling and asked them their opinions on the sport and what they have to say to the new upcoming freshmen!" Captain Caleb says, "I joined the wrestling team for a couple of reasons, my dad wrestled and he gave the sport a lot of praise. You ask anybody in wrestling they say the same thing, they don't regret joining it and will talk about it very highly. My opinion on wrestling is that it's overlooked and underrated since people don't think about it as much as other sports. For those who are shy and want to join, I say just go for it. We've got great coaches to

Cross Country Season Wrap Up

Written By: Jonas Wilkinson

This has been an eventful year for Cross Country; a massive amount of PRs, people leaving, new coaches, returning players, and new players. Personally as a runner, it was definitely a season of change. From summer conditioning, everyone knew the team would face lots of challenges and new aspects we weren't used to, like missing a coach. So when the season started, we got lots of new things: new people, new coaches, and new shoes; however, the team was ready. The season would start with a bang and PRs all around, and would just keep continuing to build on everyone's times. Until eventually, the whole varsity team would be sub eighteen minute three mile times. Now that the season is over, the XC team is enjoying their break and getting ready for track conditioning. The team is still excited as ever for running with the Hayward "H" on our chests as we finish the races.



Winter Break Advent Calendar!

Credits: [Lyvia]

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15 H	16 H	17 H	18 H	19 H	20	21
22	23	24	25	26	27	28

H = Spirit Week



"There's more Harold at farmerhaystack.com..."

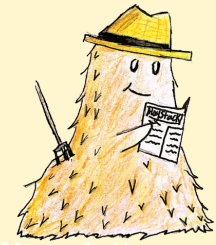
teach you everything you need to know about and it helps you in life as well as discipline."

Captain Trenton states, "The reason I joined the wrestling team in the first place was because my dad did wrestling and he had a lot of good things to say about it. Also that same year I joined with my siblings, my older sister and twin brother so I wanted to do it with them. I also was at home with nothing to do and it was boring so it gave me something to do. My opinion on wrestling is challenging and you need to put in a lot of work that you gotta put in but it's a really rewarding sport. For the shy freshmen I say just send it, I never met someone who is in wrestling and not enjoy it unless they get injured, but it happens."

Captain Damian said, "I joined wrestling because my brother was in wrestling and he was a captain and built a good relationship with the coaches and from that I was able to build a good relationship with them too. My opinion on wrestling is that it's a rough sport, it's not for everyone but it can definitely teach you if you pay attention because it can help you outside of the sport like discipline. For the freshmen I say just do it, you never know if you're gonna be a dog or not and if you are gonna have a lot of fun in it but even if you're not then you can learn from it."



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LOCAL: Cherryland's Unexpected Visitors



Written By: Journalism Staff

The Department of Homeland Securities (DHS) is a major U.S. federal executive department. Their purpose is to make sure the nation is safe and secured by managing customs and border security, immigration enforcement, etc. Mayor Mark Salinas says he received a phone call from the district's superintendent that two Homeland Security investigators were looking for information about a student at Cherryland Elementary School. (ABC 7 News, Nov 25). It was about two days after an elementary school and a preschool were placed on lockdown because of federal agent activity in Oakland.

It was a surprising situation to be dealt with due to it being unexpected at an Elementary School. However, it was said that the visitors weren't ICE agents, they were two employees from Homeland Security. Many concerns were shared online by parents and guardians in regards to their kids in school. Hayward Unified School District sent an email on Friday, November 21 to staff, students, and families with the following statement:

The Hayward Unified School District is committed to protecting the rights and privacy of all students in our schools. HUSD staff have established protocols in the event that immigration personnel visit schools. Immigration officials cannot be present on school grounds without prior permission, and HUSD employees do not disclose any information regarding our students or families without a valid court order or permission from the family. We have also worked with community partners to ensure that families understand their constitutional rights regarding encounters with immigration authorities.

What is the Engineering Program?

Written By: Mel D.

The Engineering program here at Hayward High is a 2-year class program all about creativity and structured design. Engineering introduces students to computer-aided design and manufacturing as it would be introduced in a factory work setting using CAD programs like Onshape and Fusion. Students are taught how to use, manage, and create designs on these websites under the guise of group projects and independent assignments.

The teachers at the head of this program are Mr. Lockey and Mr. Monroy, who sometimes even put their classes together for group projects about manufacturing history. Engineering is a fun, productive way to hone creative abilities like imagination, innovative thinking, and problem-solving.

Students also have opportunities to go on field trips to manufacturing facilities like C-Hawk. Last year, for instance, we went to C-Hawk and then Chabot College to learn and speak to real engineers from big companies like Tesla. During our C-Hawk tour, we were introduced to machines that created chips that are used in everyday devices like TVs, Computers, and Phones. Engineering also helps students get into college programs like Electrical Engineering and Mechanical Engineering.

Furthermore, Engineering opens doors to job opportunities for students by giving them internship opportunities at big companies. If you would like big construction jobs, then Engineering could help put you on the right track to get those big-money-paying jobs.

“The Books Flew off the Shelves!”: The Eerie Incidents of the Bookroom

Written By: Isla Salgado

*Down in the ‘outskirts’ of Hayward
High resides a haunting*

Credits: [Isla Salgado]

Nothing can be more unassuming than the book room in K Hall. In comparison to the newly renovated spaces of K hall, the bookroom appears its walls have seen many visitors over the decades. According to Ms. Sally, the bookroom staff had noticed the apparition dash from the back door which “has no windows”, so there would not be a sound reason as to why the figure would do so. Additionally, the figure wears a white shirt and a black skirt or pants. Ms. Sally can not confirm the figure's actual physical appearance.



Additionally, Ms. Sally’s assistant, Aline Galvan Hernandez, can contend with peculiar occurrences in the book room. Galvan Hernandez states “[Sally] left a few minutes early and I was just staying there by myself. I heard a pile of books falling ... those [books] were secure, there was just no possible way for them to actually fall off.” Auditory occurrences have happened as well. Ms. Sally reported that she had heard the “backdoor shut when it was already closed.” Both Ms. Sally and Galvan Hernandez heard a voice as Galvan Hernandez states, “I kept hearing a ‘hello?’”

“We think it's a female,” expresses Ms. Sally, who also heard the voice “...I’ve been down here for 10 years [and currently in her 11th year] and I’ve seen her since the first year I’ve been here.” While it is still unclear what lurks within the bookroom, it is evident that there is a prominent figure that makes itself known in the room.

Credits: [Yoli]

Word Search

M
J
D O D
H E U E
A R R C E
Y F N E Z
I W C A M 6 7
L A A I L B S J
G M R W I E R S Q
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- 1. FARMERS 2. HAYWARD 3. FRED 4. JOURNALISM 5. HAYSTACK 6. HAROLE
- 7. ASB 8. WINTER 9. WEEK 10. CALENDAR 11. DECEMBER 12. CHRISTMAS
- 13. BRAINROT

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