



RITON VOICE

Triton High School

Triton's Student-Produced Newspaper

January 10, 2025

Re-Introducing: Viking Voices

New Podcast Series Will Detail THS Student Life

A new Triton High School podcast series is being introduced this week, and the *Triton Voice* is planning to continue the periodical Viking Voices shows through the rest of the year. This week, podcasters interviewed student athletes, debated hot topics around the school, and reviewed the top movies of 2024. The full series can be found at tritonvoice.co, with links to the full episodes. Below are previews of this week's Viking Voices.



Sports Seasons Start Strong

The *Triton Voice's*, Devyn, Sophie C. and Sophie S. captured what our upcoming winter sports seasons look like in a short and sweet "Viking Voices" [podcast](#).

Guests on the [podcast](#) include members of the track team, hockey team, and girl's basketball team. The athletes were brought in to give Triton students a closer look into what's happening behind the scenes. Some teams are starting strong while others are continuing to improve by building on past seasons' momentum. Each has high hopes for the winter season. [Listen](#) on tritonvoice.co to find out more!



Hockey Heroes Hopes are High

This [podcast](#) talks about the Vikings boys hockey team, as we speak with guest players Gavin Marengi, Josh Hersey and Michael Taylor about their upcoming season as well as preparation for the year.

The popular team has a lot riding on them this season. The boys tell us about their pre game rituals, this years team, how the team keeps their morale, and even some of their plays.

Listen to hear about the popular rivalry between the Vikings and Clippers, the teams personality and how they work together to achieve the wins they do. "We are playing good hockey this year," said Senior Gavin Marengi.

Check out the [podcast](#) today by visiting tritonvoice.co



Many Movies Make Marks

With the year finally coming to an end, two *Triton Voice* reporters discuss and reflect on what they think are the best films from the year.

This podcast covers our top seven movies from the year. Movies include, *Dune Part 2*, *Joker: Folie à Deux* and many others are discussed in depth.

2024 saw dozens of highly anticipated movies released by world renowned directors, including Ridley Scott and Francis Ford Coppola.

Hear us talk more about these directors and their work in our podcast found this week on the *Triton Voice* website, tritonvoice.co website.



Best Schedule in the League

Comparing 5 Cape Ann League Daily Schedules

By Taylor Richard, Angela Simmons, & Chloe Price, *Staff Writers*

As the school year goes into its second semester, most students are fully adjusted to their high school schedules. However, the *Triton Voice* is raising the question whether or not our school schedule here at Triton is really the best it could be. As part of our search for a better schedule, we spoke with four other high school principals and assistant principals in the Cape Ann League, as well as students to hear their thoughts about how their school days run.

Pentucket Regional High School

Home of the Panthers, with 591 students from Groveland, Merrimac and West Newbury, Pentucket Regional High School has a schedule that is hard to beat.

Assistant Principal Caitlin Burke says their day "runs smoothly." From 7:35 a.m. to 2:15 p.m., an academic-packed day is "providing a consistent and predictable structure that supports time management and organization," said Burke.

Below is a copy of the 9-12 grade schedule that Burke said "fosters a sense of stability, which can enhance learning and overall well-being."

However, Pentucket senior Cece Cammet has a slightly different outlook. She claims her only worry is her last period study which "can be quite frustrating at times because it's at the end of every single day, and I can't always leave when I want to leave."

When asked what school she would pick to change schedules with, Cammet replied "I would pick Newburyport because they can leave their school whenever they want to."



Period 1: 7:35 AM - 8:25 AM
Period 2: 8:28 AM - 9:18 AM
Period 3: 9:21 AM - 10:11 AM
Period 4: 10:14 AM - 11:04 AM
Period 5 (Lunch Period): 11:07 AM - 12:29 PM; 11:07 AM - 11:31 AM (Lunch A); 11:36 AM - 12:00 PM (Lunch B); 12:05 PM - 12:29 PM (Lunch C)
Period 6: 12:32 PM - 1:22 PM
Period 7: 1:25 PM - 2:15 PM

(Pentucket Regional High School's Schedule provided by Caitlin Burke).

Amesbury High School

With the least number of students out of the five schools investigated, Amesbury High School doesn't have as many students to please, though their schedule does leave some Triton students jealous. AHS junior Olliver Peters says, "I enjoy my school's schedule with the way they have WIN block (standing for "What I Need, and similar to Triton's Viking Block)."

[See SCHEDULE on page 2](#)



Block 1	7:40 - 8:35
Block 2	8:38 - 9:33
WIN Block	9:36 - 10:05
Block 3	10:08 - 11:03
Block 4/Lunch	11:06 - 12:34 11:06-11:36 1st Lunch [11:39 - 12:34 Class] [11:06 - 12:01 Class] 12:04 - 12:34 2nd Lunch
Block 5	12:37 - 1:32
Block 6	1:35 - 2:30

Amesbury High School's Daily Schedule (Provided by Danielle Ricci)

Out With the Old, In With the New

Recapping 2024, Saying Hello to 2025

By Gennes Packer & Cassidy Beebe
Staff Writers

With 366 days, this year was full of new trends, styles, music, and more. We received an extra day in February due to leap year, we elected back into office former President Donald Trump, the summer Olympics took place, and the U.S. witnessed a solar eclipse. The days go by so quickly and it is easy to miss the smallest, or even the biggest, of changes, trends, or events. Want to know what your fellow classmates think about 2024? The Triton Voice decided to take a look back at some of the most adored, and most-hated, social trends of 2024.

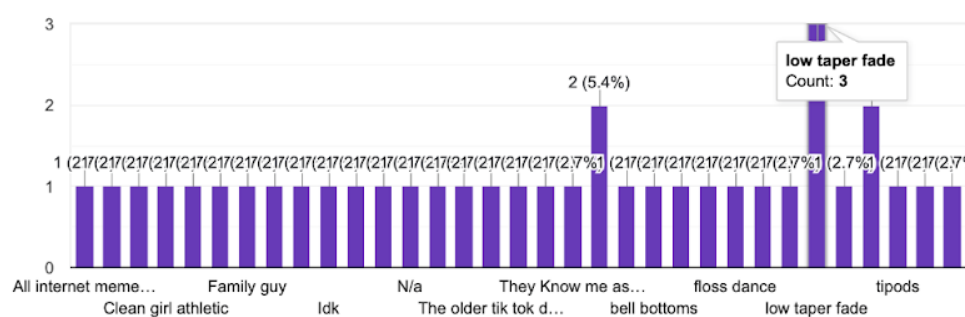
We wanted to hear directly from those who would know social media trends the best: teenagers. We created a google form with questions about the worst and best songs, artists, movies, styles, and trends of 2024. Along with which trends they would like to see more or less of. Out of the responses received, majority of them were very different. Here is what we found out about

Triton student's favorite and most disliked trends of the year.

With the abundance of new songs that came out this year, there were some common favorites amongst Triton students, including "Birds of a feather" by Billie Eilish, "Die with a smile" by Bruno Mars and Lady Gaga, "That's to true" by Gracie Abrams, and for some reason, "We bring the boom" by the Costco Guys. Students want to hear more from a variety of different artists from Taylor Swift, to Slipknot, to Zach Bryan. Many different opinions and likes were formed across the high school. How [See RECAP on page 2](#)

What social media trend do you hope to see or bring back in 2025?

37 responses



One question on our form asked what trend students hope to see return in 2025; this generated a wide variety of answers (Cassidy/Packer image).

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The Enemy of Students: Homework

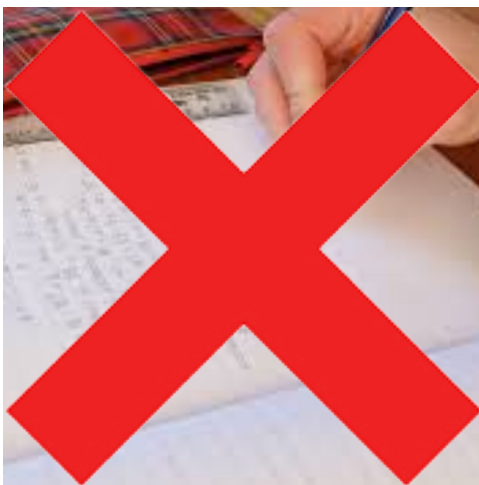
By James Bradshaw, Staff Writer

All students know it and almost all students hate it. I'm talking about homework, of course.

It is no shocker that homework can be overbearing for some students. One of the biggest concerns about homework is its effect on students' mental health. In an article put out by Stanford University's *Stanford Report* it states that 56 percent of students attribute homework to their main cause of stress.

Another study by the American Psychological Association (APA) found that stress from school work, including homework, contributes to anxiety in students. The National Education Association reports that students who spend more than two hours a night on homework

have higher levels of stress, along with physical issues like headaches and sleep problems. Homework can also take away time needed for relaxation or extracurricular activities, both crucial for mental well-being. According to a 2014 survey by the Organization for Economic Cooperation and Development (OECD), students in countries with heavy homework loads report more stress and burnout, which can actually harm their academic performance.



Though homework is often seen as a way to reinforce learning, research shows its effectiveness is questionable. A study by The Learning Network at the *New York Times* found that, for younger students, there's little connection between homework and academic success. For older students, the benefits of homework are minimal compared to the stress and negative effects it causes.

The debate around homework is not only happening in the U.S. Many countries are reducing or eliminating homework altogether. Finland, for example, assigns very little homework and focuses on in-class learning and project-based work. Finnish education expert Pasi Sahlberg suggests that the country's success in international rankings is partly due to its emphasis on work-life balance.

Similarly, countries like Japan and South Korea are rethinking their homework policies, realizing that too much homework can harm students' enthusiasm for learning.

Research shows that homework can negatively affect mental health, reinforce inequality, and has questionable educational value. In short, the tradition of homework in schools needs to be reexamined.

RECAP from page 1

ever, from the Billboard Top 100 of 2024, their list looks a little different. Popularly rated and most listened to songs from this year were Kendrick's Lamar's "They Not Like Us", Sabrina Carpenter's "Espresso", Shaboozey's "A Bar Song (Tipsy)", and Teddy Swims' "Lose Control".

There were many new exciting films that were shown this year. The popularity at Triton going off of, one based off of 2016 romance novel by Colleen Hoover, *It Ends With Us*, and another based of the 1995 novel by Gregory Maguire, *Wicked*. Releasing in early August, *It Ends With Us* has many mixed reviews, receiving 55% rotten tomatoes. Here at Triton, students have different emotions about this movie. Some sought it to be the best movie of 2024, while others viewed as the worst. The same goes with *Wicked*. Releasing the week after Thanksgiving, *Wicked* has already gotten 88% rotten tomatoes. Being a fan favorite worldwide, Triton students, again, have different opinions. While 8 responders viewed it as the best, only 2 saw it as the worst. There seems to be many different opinions based on people world wide and here at Triton.

Lots of ways people tend to express themselves is by the clothing they wear. Throughout 2024 there happened to be a variety of new style trends, and even similar style trends from previous years. Triton students experienced a low taper fade trend and the mystery behind it being the worst and best style of 2024, well lets just say some aren't in on the joke. Your peers agreed on some of the best style trends being, bows, animal print, and "clean girl" aesthetic. Along with the worst of styles as, neon colors, emo, blue tide kid, and suits with beanies added in as a personal Triton dislike.

Social media went through a world wind this year. TikTok being a very popular app following up with these trends. Triton students commented on their favorites once again. The rizzler, They don't love me like I love you, Get ready with Me's, and Colbert's TikToks? Not sure if that's viral as the rest. People liked these next trends so much that they must have them back for the new year of 2025, candy salads, cringe/second hand embarrassment, hear me outs, outfit of the day, and the muppet side show.

Overall, with a packed year here at Triton students have formed many opinions on what went down in 2024, and what they hope to see more or less of in 2025.

SCHEDULE from page 1

That allows students to meet with teachers or do other types of extracurriculars and make-up work."

On the same page, AHS Acting Principal Danielle Ricci similarly said, "I think what currently works well about our schedule is that it's predictable. Class length is more manageable for student attention, and it allows for students to access more high-interest electives." Ricci thinks their daily lineup is a great fit. But, she also brings up the challenges that students may face when stepping through the doors. "If a student is not a morning person but always has their most challenging class during the first block, they never get to access that class during other times of the day."

Since the schedule does not rotate as Triton's does, she said that the AHS schedule "poses some challenges." Ricci said their "WIN block" which closely resembles Triton's "Viking Block" and Newburyport's "Clipper Block," was a great addition and, "some students really take advantage of this time, whereas other students struggle with the more unstructured time." "In general, I think students enjoy the schedule and it's created more flexibility in our options for them," Ricci concludes.

Newburyport High School

As a school with a larger student body spanning about 815 students, Newburyport's Clippers have quite the competition on their daily run-through. NHS Freshman Sophie Maneikis said she very much enjoys her schedule at the port-side school.



"I like my schedule at Newburyport because it's easy to keep track of, and I know roughly what time I have each class, every day," she said. "Newburyport follows a rotating drop schedule where classes mostly stay in the same place with only slight variation. It can also give me more time to do homework as I don't have class every day, which is helpful," Maneikis said. Principal Andrew Wulf provided feedback as well saying, "right now our Clipper Block, which primarily functions as a flex block (a block to get extra-help) also supports our advisory program. Our student council is currently gathering feedback around whether or not we should move the advisory to another time of the day so that students have more time to get help during the Clipper block."

Regarding the Clipper Block theme, Maneikis added, "If I could change my schedule, I would add in a flex period every day as we currently only have one every three days."

And the best part of the NHS schedule? More sleep! Maneikis agrees with almost any high school student, saying "one of my favorite things about Newburyport's schedule is that we don't start school until 8:15 and we get out at 2:42."

NEW SCHEDULE

3 DAY ROTATION WITH CLIPPER BLOCK ONCE EVERY 3 DAYS

Day 1 (69 Minute Block)		Day 2 (69 Minute Block)		Day 3 (69 Minute Block)	
A	8:15 - 9:24	A	8:15 - 9:24	B	8:15 - 9:24
B	9:28 - 10:37	C	9:28 - 10:37	D	9:28 - 10:37
C	10:41 - 11:50	D	10:41 - 11:50	E	10:41 - 11:50
F	11:50 - 1:29	E	11:50 - 1:29	F	11:50 - 1:29
Clipper Block	1:33 - 2:42	Lunch Block	Lunch Block	Lunch Block	Lunch Block
		G	1:33 - 2:42	G	1:33 - 2:42

Newburyport High School's Daily Schedule (Provided by Andrew Wulf)

Triton Regional High School

The most important part of this article is probably our own student schedule, which has received some mixed feedback among our 650 students.

"I like my schedule [because] I don't have all my classes in one day and get a break from a class," said junior Bella Carmody. "I like Viking block instead of a long block. It's a good study time when I don't have a study or if I need more time for myself." She also added that she'd "start the day later so we could all get more sleep" if given the choice.

THS Principal Patrick Kelley explained some behind-the-scenes schedule discussions. "The schedule is something that we are constantly working on to make things better for students," he said. There is also some benefit to a later start time. I saw this first-hand when I was teaching and felt that my students were more ready to learn at the start of the day," Kelley said. He adds some info about our newest "Viking Block," which seems to be a big hit. "I do think that the addition of Viking Block has been a huge help for our students over the past two years. Far more students are currently able to get extra help and support than they would have previously," he said. The ever-changing schedule here seems to have a positive impact on most.



Assistant Principals Elizabeth Pacheco and Joseph Celia couldn't agree more.

"I think this schedule works well. The waterfall schedule allows students and teachers to meet at different times throughout the day," Celia said. "I would be open to starting the school day later to allow students to sleep longer as sleep is linked to achievement."

"Later start time would also be great. I have always personally liked a block schedule from a teacher perspec-

Second lunch 12:52-1:17 Class from 12:00-12:50
Score Floor classes (including Study Halls on the 2nd Floor): English, Math, Business, VPA, PE and Guidance Seminar

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
7:42-8:36 (54 min)	A	G	F	E	D	C	B
8:39-9:33 (54 min)	B	A	G	F	E	D	C
9:36-10:30 (54 min)	C	B	A	G	F	E	D
Viking Block 10:30-11:00 (30 min)							
11:03-11:57 (54 min)	D	C	B	A	G	F	E
12:00-1:17 (77 min, 405 min total) 1 st L 12:00-12:25 C (12:27-1:17) C (1:00-1:50) 2 nd L 12:52-1:17	E	D	C	B	A	G	F
1:20-2:13 (53 min)	F	E	D	C	B	A	G
Drop Period 2:13-2:42	G	F	E	D	C	B	A

Triton Regional High School's Schedule (Provided by Joseph Celia)

tive so I would be open to that as well," Pacheco said.

Lynnfield High School

Compared to Triton, Lynnfield High School starts their days with a slightly larger student body of a capacity of over 600 students. And their schedule? That's great too.

LHS freshman Abby Lopez tells us, "Yes I do like our schedule. We have a seven-day schedule with blocks A to G. We drop one class every day, which I like a lot because it gives us a break from each class at some point during the cycle."

The carousel of classes seems to be a huge hit with staff and students.

"Kids like the rotation and having classes at different times during the day," Lynnfield Principal Patricia Puglisi said.

"My favorite thing about my schedule is how it's a waterfall schedule. I like getting a break from a different class every day, especially the harder classes because it gives more time to do certain homework assignments, but it also gives a brain break from that specific subject." Lopez said.

Gym classes can be a huge topic especially here at Triton with the question of whether there is "too much" physical activity or just enough. At Lynnfield, "we are required to take gym as a graduation requirement, but I feel like it shouldn't be required for anyone who plays a sport for the school for at least a full season," Lopez said. This would be a major change for any student athlete who feels like academics should come first during their school day.



SCHEDULE Lynnfield High School

TIME	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 7:50 to 8:50	A	G	F	E	D	C	B
2 8:54 to 9:56	B	A	G	F	E	D	C
3 10:00 to 11:00	C	B	A	G	F	E	D
4 11:04 to 12:26 LUNCH	D	C	B	A	G	F	E
5 12:30 to 1:26	E	D	C	B	A	G	F
6 1:30 to 2:26	F	E	D	C	B	A	G

First Lunch 11:00 to 11:26 Class 11:30 to 12:26
Second Lunch 11:04 to 11:30 Class 11:30 to 12:00 Lunch 12:00 to 12:26
Third Lunch 11:04 to 12:00 Class 12:04 to 12:26 Lunch 12:00 to 12:26

Lynnfield High's Schedule (Patricia Puglisi)

In Two Weeks: Our reporters' opinions on the ideal Triton schedule.