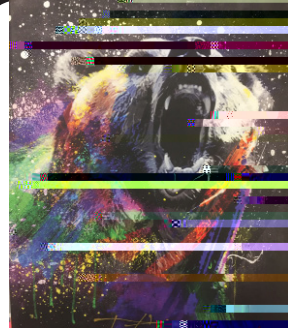




# THE BRUIN PRESS



Bloomington High School, 10750 Laurel Avenue, Bloomington, CA. 92316  
Principal: Sandy Torres  
Electronic Version

Volume: 57 Issue: 2  
December 11, 2019

## It's a Hit Parade

*Both dance and first parade a homecoming success*



NEWS

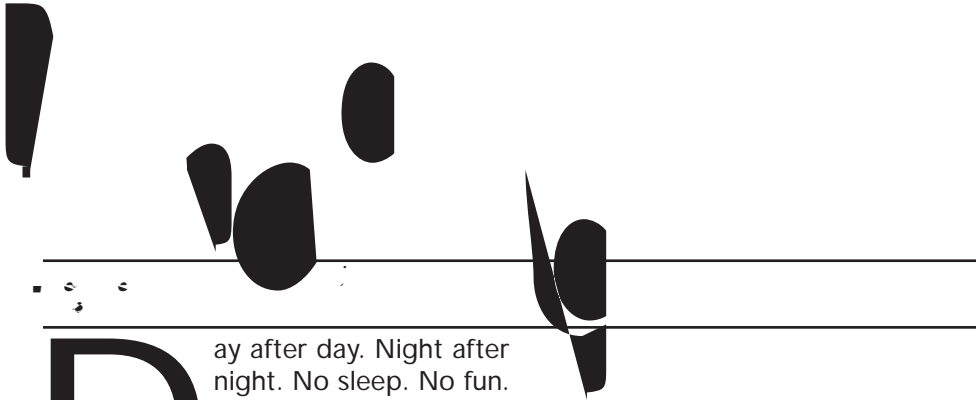
NE

NATI



FEATURE

# OPINIONS

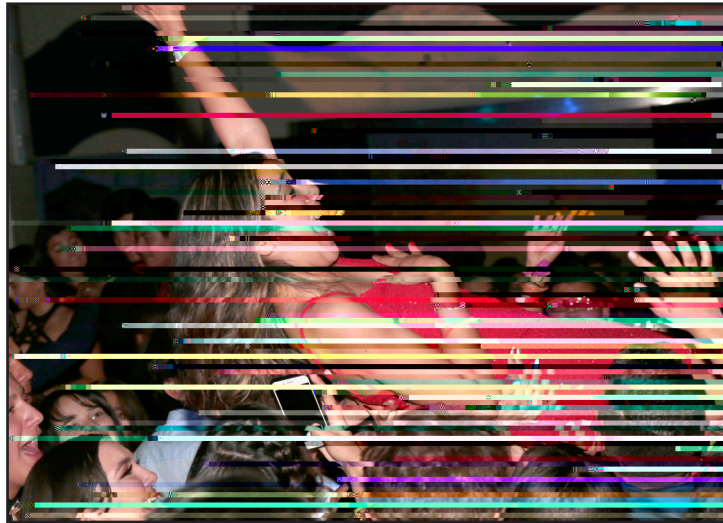


Day after day. Night after night. No sleep. No fun. No time. All for a good grade in the class. Does this sound familiar? This is the daily life of your typical high school student. But should this really be the case? Why should students always be focused on their studies, when they could be hanging out with their friends and doing what they love most? After all, it's just high school.

"Personally, I feel like I'm not getting enough family time because of all of the work. Us, students, would rather stay up all night studying as opposed to getting things like a good night's rest," said Darleen Baca, a junior on campus.

This is absolutely not okay. According to the National Sleep Foundation, teenagers need at least eight hours of sleep to operate at peak performance, but only 15 percent of teens get an adequate amount of sleep as of 2019. Sleep deprivation can lead to

# FEATURES





# FEATURES