

#HumansofNP

Margarita Margaryan, senior

"I definitely spend more time on the things that I used to do, like playing the guitar or drawing. I never had time for that before; I would only do it like once a week max, but with quarantine, there's so much time to draw, to play the guitar. It's so easy and you can just do it from home."

Prasheetha Karthikeyan



John Adamczyk, senior

"My parents and I got bored, so we decided to try kayaking...It is a fairly relaxing activity, but you also get a slight workout...I had never done kayaking before [but] I quickly figured out that it was something that I enjoyed and...will definitely continue to do in the future."



Sydney de Vere, senior

"I've been able to work on my mental and physical health...I feel like I've had time to reflect on what's important to me and what's not important to me and I think my self worth and stuff like that has developed more...I have just really matured a lot too."

Yasamin Jafari, senior

"I have gotten a lot more into self-care these past months, and started to read a lot more. I also got more motivated to exercise and go on hikes, since there wasn't much else to do at the beginning of quarantine. I [also] decided to learn how to paint during quarantine, because I always thought painting was very fun but I also wasn't very good at it. I got to practice this more recently and also enjoy doing it with my friends."



As reflected by our cover story on mental health, quarantine has been a difficult time for many students, teachers and community members alike. However, many people have been able to adjust positively to the shift in routine that quarantine provides, from spending more time with family, engaging in new activities and developing a new outlook on life.



Sarah Casey, CVUSD parent

"As a family, [we have] been camping more. I started a vegetable garden that I've been wanting to do for a while and made it happen. I would say those are the two big things. We've always camped, but camping more, and getting my vegetable garden finally started."



Harry Sera, sophomore

"It's not like I've never thought this way, but quarantine has furthered my gratitude for how awesome of a life I have and how great of a family I have and how lucky I am to get along with the people I live with and just the people I'm surrounded by."

Cole Graham, freshman

"Since I couldn't hang out with [my friends] in-person, I've had to find ways online to keep connected with them... I've had a lot of fun and I've actually met a lot of new people because I wouldn't have normally met them in-person. I think I'll continue to do it."

Kerri Yim, Maple Elementary School teacher

"I hope I've become more patient, and more understanding [during quarantine]...As a teacher, I've learned a lot more about resiliency, about being flexible, about that learning can happen in any environment."

