

Churchill students step outside comfort zones with 'Shake It Up' Day

Jun. 3, 2012 | By Christine Calleja and Anne Wise (Correspondents)

Churchill High School's annual "Shake It Up" Day, held May 10, was very eventful. From hula hooping to shake weight contests, from chalk drawing to beat boxing, from dancing to the drum line, there was an event for everyone. The day's focus was to eliminate exclusion by giving the students activities to participate in during their lunch period. Students were able to step outside of their comfort zones and interact with other students that they would normally have no contact with.



Students plant flowers in the garden around the peace pole at 'Shake It Up' Day.

"Hundreds of children feel unaccepted in schools throughout the United States. This feeling of rejection can be a result of various reasons. Even though all cases are different, people are always trying to help," said Emily Jackson, a Churchill student. "In our school, True Colors Club, attempts to make all students feel more accepted in school by hosting 'Shake It Up' Day. 'Shake It Up' Day's main purpose is to help the students at Churchill High School feel a larger sense of community."

"Shake It Up" Day was organized by the True Colors Club at Churchill, and took place during the students' lunch. "'Shake It Up' Day was a bigger deal than I thought. I had the chance to actually get involved. I was so caught up in everything that I didn't actually get lunch! I have more respect for the entire process and all the work and commitment that goes into that one day," said Breeanah Szuch, a junior.

"I really saw people's faces light up when they would mingle with other people," said Bryn Thompson, also a junior.

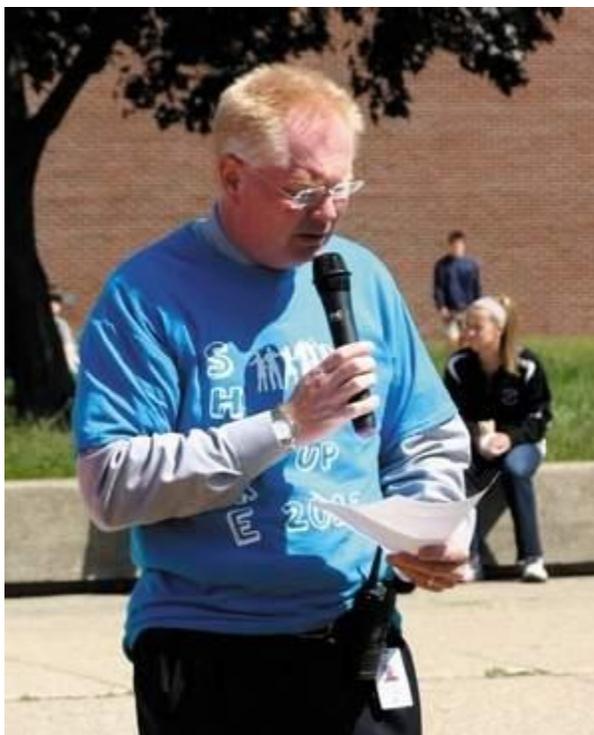
During the first lunch period, students got to enjoy music from Churchill's very own drum line, as well as during the Re-Dedication Ceremony, which was held around the Peace Pole during the second lunch hour.

Local youth speaker and hip-hop Artist Kevin “Mr. Peace” Szawala recited a poem about peace and non-violence emphasizing that, “It’s great that we have a Peace Pole here, and are planting peace shrubs, drawing peaceful sidewalk chalk art, but ultimately, it comes down to whether we choose peace, and take action behind it, and go out into this world (our communities) to actively promote and strive for it.”



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Barb Jones, a counselor at Churchill High School, said that the sense of unity and peace was felt throughout the school. Sabrina Tenbroeck, a sophomore, said, “I enjoyed ‘Shake It Up’ Day; I felt like it was a day devoted to trying to change prejudice and discrimination and working on people being nice.”

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