



The Burbank Bugle



October 8, 2025 – Issue #19

Be Prepared: Flu and COVID Season Is Here!

By Zai'lee Matthews and Nicole Guzman

It's flu and COVID season! What are some basics about the two illnesses? Is COVID as dangerous as it was before? Or should we watch out for the flu this year?

Our school nurse, Nurse Chia, says, "Both COVID-19 and the flu are types of viruses that can make



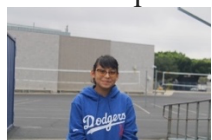
you sick. They spread really easily, mostly when in contact with others."

They also have different histories. "The flu has been around for a longtime, while COVID-19 is a bit newer." Even though they are different, they have similarities. "Both can make you feel really tired, give you a fever, and affect your breathing, but they are caused by different viruses."

Nurse Chia added, "COVID-19 spreads a little more easily than the flu. For both COVID-19 and the flu, you might get a fever, cough, sore throat, runny nose, body aches, and feel really tired. With COVID-19, you might also lose your taste or smell, which does not usually happen with the flu. You might also have more trouble breathing with COVID, especially if you already have other health problems."

To stay safe from both COVID-19 and the flu, the best thing you can do is wash your hands a lot. You should really scrub them for at least 20 seconds with soap and water. If soap isn't available, use hand sanitizer. Also, if you are sick, it is really important to stay home and rest so you do not spread it to others.

Another precaution you can take is getting a vaccine. Nurse Chia says, "I definitely recommend the flu shot! Getting the flu shot is the best way to protect yourself from the flu. It's safe, it works, and it helps stop the flu from spreading to other people."



Student Audrey Lopez says that she got COVID and it "...made my body

and throat weak and I had a fever." Student David Morales from 6th grade said, "I had COVID in 2021.

...Continued on back page

"The Pride of Highland Park"

LBMS Brings Back Field Day

By Sophia Tong and Siani Avila

Field Day was an exciting day where students and staff participated in fun activities and Bears competed against each other.



Mr. Valdez recalled, "Field Day is a day of friendly

competition and a chance for all Bears to be team players. Bears compete in a number of different games, activities, and challenges."

Mr. Powell, our dean who is also the leader of Field Day, mentioned, "We have Field Day to bring our school community together and display our pride and togetherness."

Field Day is not a new thing! Our school has had it around for a while. Mr. Powell said, "Field Day started over 10 years ago to encourage students to be at school and enjoy one another." However, we have not been able to do Field Day since the pandemic. The school is excited to bring it back.

The games included a spoon and golf ball relay, plate and golf ball relay, jump rope relay, hula arm twirl relay, hula team circle, and lastly a ball pass. Everyone had a good time doing silly activities together.

Meet a Teacher: Ms. Wong

By Eleanor Cortes and Jimmy Martinez

Ms. Wong is an Instructional Coach here at LBMS. That means it is her job to help teachers deliver excellent instruction.



Before she was hired at LBMS, Ms. Wong was a sixth-grade elementary school teacher. She has worked at 4 different elementary schools, but her most recent school was Delevan Drive Elementary.

Ms. Wong loved teaching at Delevan Drive and still misses it a lot, but she is grateful to be able to work at LBMS with such amazing teachers.

As a coach here at LBMS, Ms. Wong supports teachers and helps them to achieve their goals. Another big part of her role is working with the counselors and delivering lessons to all grade levels on a variety of topics.

Mr. Feinberg's Advisory – Y22

New Clubs Help Students Express Themselves

By Pavel Marrull and Angelique Moreno

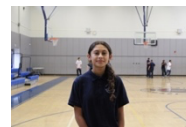
This year, students at LBMS have several new clubs to choose from and some students have even made their own clubs!

The number of lunchtime clubs depends on the students. Students at LBMS can make their own clubs. Mrs. Feinberg, our Magnet Coordinator, says, "Clubs provide kids with new experiences and opportunities, which is what school is all about."

According to Mrs. Feinberg, "For after-school clubs, if everything goes as planned, we will have seven, maybe even eight new clubs this year, thanks to our 'Cultural Arts Passport' funding."

Mrs. Feinberg has confirmed that for the first semester we will have Beat Making with Cre8ing Cre8ors, Rock Band Lessons with Mr. Rozsa and Cre8ing Cre8ors, Improv with DramaManiacs, Art History with Ms. Cummings, and Water Coloring Club with Ms. Pena. During the second semester we will add Ballet, Miniature Model Making, and maybe even Musical Theater.

One of the student-created clubs is the Christian Club. Student Hailey



Hernandez helped create it, and it meets every week on Wednesdays during

lunch Hailey said, "Christian Club is going good."

Bears Elect New Student Congress

By Alyce Amador and Danery Parada Perez

At Luther Burbank Middle School, students can demonstrate their leadership in Student Congress. Congress is a place for students who want to be a leader. Candidates who run for Congress choose to represent their advisory as a Representative, or their grade level as a Senator. These student leaders want to better LBMS by improving academic learning and finding ways to make students more comfortable at school.

A 7th grader here at LBMS, Mariah Lopez says that she wanted to run for Congress because she sees it as a chance to show her leadership skills and bring more fun and interactive activities to the school.

I felt super hot and I couldn't taste anything. I had an extremely runny nose and COVID feels absolutely horrible to have." Emily Calzada says, "In 2022, I got intense COVID. I felt like I was going to die. I felt numb and I couldn't smell a thing." Take precautions so you can stay healthy this year.

By Kimberly Puac and Natalie Rios

This past month, September, was National Suicide Prevention Month. Ms. Lau, our Psychiatric Social Worker, says that activities this month help “...remind every student that their life matters and that there is always hope.” She wants everyone to know, “If you're struggling, it's important to know that you are not alone and there is a way through it with support.”

Many kids struggle with emotions and feel like they are alone. Many middle schoolers struggle with mental health and think that they cannot get the help they need. The reason we have Suicide Prevention Month is because it is a way to make everyone feel safe and welcome.

If you or anybody that you know is thinking about causing harm to themselves, the best thing to do is talk to a parent, family member, or someone you trust about what you are thinking about doing. Everybody should feel welcome and safe and know that they're not alone when it comes to going through these things.

By Leonel Duong and August Nuñez

The new writers of the Burbank Bugle are ready to update you on school news and events. Mr. Feinberg is in charge of the Burbank Bugle. "This year's writers are already putting together great articles, and I am excited to help them."

Ms. Acosta explained how she selects the new writers. “I went with the top students who selected the Bugle as one of their Advisory choices. I also looked at 6th grade English grades and spoke to 6th grade English teachers to get their opinion on the writings of the potential Bugle students.” Students get to choose if they want to join the Bugle, not the teachers.

Bugle writers chose the Bugle for a variety of reasons. Jimmy Martinez said, “I wanted to join the Bugle so I could take pictures and be up-to-date on what’s going around at school.” Pavel Marrull has a different story. Pavel said, “My grandpa was a photographer, so I wanted to follow in his footsteps and take pictures for the Bugle.” Alyce Amador said, “The Burbank Bugle wasn’t my first choice, but I’m glad I chose it because I have seen my writing skills improve dramatically. I also like taking pictures for the Bugle and getting to know people through interviews.”

Danery Parada has more things to say: “I chose this homeroom because I wanted to improve my writing skills. I also like to interview people and listen to their thoughts. I enjoy hearing new information about Luther Burbank Middle School.”

By Emily Clinton and Violet Leyva

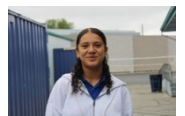
In August, Mrs. Moore was promoted and Burbank had an interim principal, Dr. Foote. He filled in her spot while a new principal was being chosen.



Dr. Foote had been working for Los Angeles Unified for 28 years. He started at El Sereno Middle School as a teacher in the magnet program in 1996. After, he worked with Mrs. Moore at Berendo Middle School. Mrs. Moore was the literacy coach at Berendo Middle School. Dr. Foote was an assistant principal. He did this for five years before transferring to El Conte Middle School in Hollywood where Dr. Foote was principal for another five years. Lastly, Dr. Foote went to Region West as a Staff Relations Field Director, which was a part of the Human Resources Department. Dr. Foote worked there for about 11 years before retiring from LAUSD in 2023.

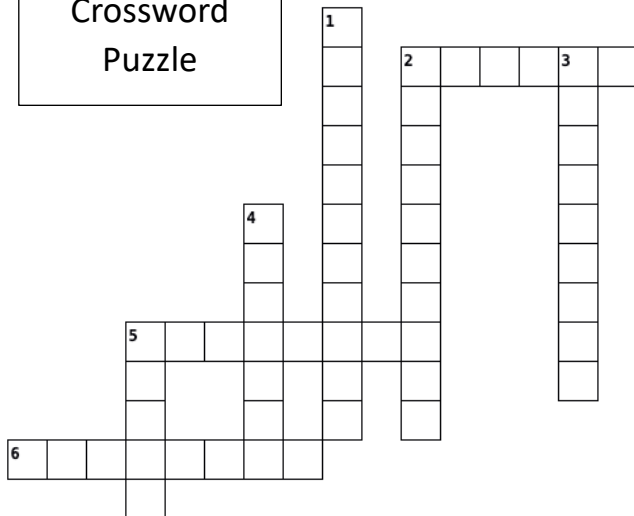
As a retiree, Dr. Foote wanted to stay active so requested an interim job. When Ms. Moore was in need of an interim principal, she called Dr. Foote because she knew him from previous jobs. Dr. Foote has now finished this interim job and will be returning to retirement and traveling plans.

Students Dayanna and Aubrey spoke about their interactions with Dr. Foote. “Dr. Foote is a very nice man. He knows how to take care of kids and no one else could’ve done it better than him.”



On October 1st, our new director and former principal Mrs. Moore announced that our new principal would be Ms. Gastelum, who has served as Assistant Principal, English teacher and Librarian at our school for many years.

Burbank Staff Crossword Puzzle



Across

- 2.** The name of our Instructional Coach
- 5.** The name of our Dean (Safety Coordinator)
- 6.** The name of an 8th grade history teacher who is Mr. Feinberg's nemesis (this is a joke)

Down

1. The name of our Magnet Coordinator
2. The name of our new principal, appointed on October 1
3. The name of our School Nurse
4. The Name of our interim principal
5. The name of our Psychiatric Social Worker

