



Pep it UP!

COED Cheer kicked off the 2023-2024 school year with an captivating performance at the first Pep Rally of the year!

To start the new school year, STUCO put together a back to School Pep Rally! During this event, new and old students were introduced to our iconic teachers and staff, as well as met our new Wolf Pack members. Including the one and only Thomas Payne (T-Payne to most.) The student body was encouraged to participate in many games, like Human Hungry, Hungry Hippos, and the traditional

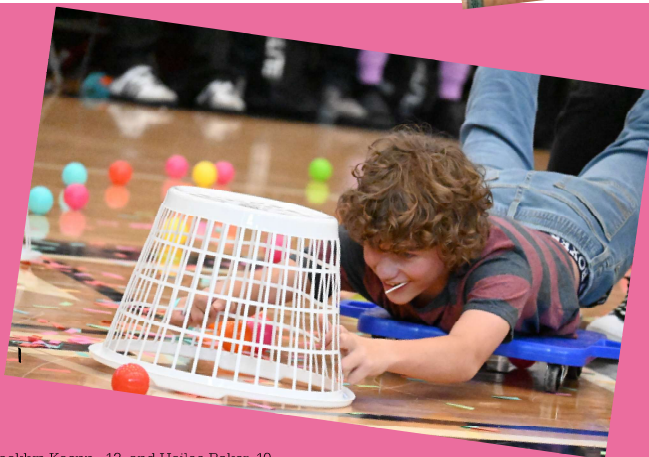
Tug-of-War with our classes and sports teams. **MS. CSIZMADI** (right) said, "I love seeing all of the school spirit and people working together to hype up VR! Tug-of-War should be a part of every pep rally and there should be tallies kept of all the winners...That group should get bragging rights till the next school year where they have to defend their title. I will always show up to represent and win!"



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1. Ethan Platt, 10, "It was very competitive, you didn't really know how well you were doing and just had to keep going. I recommend to actually do stuff and try to get out and do things to make your high school years more fun." **2. Ryden Evangelista, 11,** "My favorite part was the choir kids beating the football players. I would participate again because it's fun seeing my big group being compared to the others and winning is fun." **3. Avery Romney, 10,** "My favorite part was the games, they are fun every time and seeing the other sports/clubs go. It is fun to be involved in a school event."

I'd rather be me!

Beverly Sanders, 12, "It took me 3 minutes to find my first day of school outfit. I wasn't nervous for the first day of school. I was more excited than nervous." **Madison Smith, 12**, "It took me 4ish minutes to find my first day of school outfit. My favorite part of my outfit was my shirt because the shirt really showed my style. I wasn't nervous for the first day of school because I've been here for 4 years."

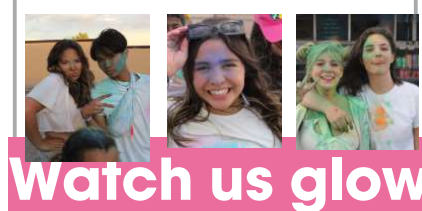


Samantha Neckel, 10 "I liked my shirt because it was pink, but it took me a long time to choose and outfit. I was also nervous for the first day of school." **Esther Smith, 10**, "I wanted to look good, it didn't take me that long to pick it out because I bought it with a friend and I planned to wear it on the first day. I was not nervous because it is my second year so I feel comfortable."



Color Me...

1. To kick off the year Cheer put together our annual Color Dance, but this year it had a twist.....glow sticks! This turned into our most colorful event of the year.



Watch us glow

Mya Warner, 10, "It was an interesting experience and there was good music. I liked to hangout with my friends." **Brihanna Trewin, 09**, "I liked being different colors and dancing with all of the cheerleaders." **Aaliyah Torrey, 10**, "I liked having powder everywhere and all the dancing. It was very energetic and hyped up."



The Color Dance is now and annual event you will find Vista doing at the beginning of each year! It gives students a chance to have fun, get messy, and meet new people. The night consists of each kid getting a bag of colored

powder of their choice and then going crazy with it. The student body wears all white so the colors really show! The food trucks fuel the kids to keep dancing into the night. Music is always provided by DJ Mango.

2. **REVA MOORE, 09**, said, "It was really fun because we got to throw color at people, it was also a good way to meet new people." **BRIGHTON CRAIG, 09**, said, "It was really fun because I got to throw color at people, it was a great way to start off the year because it was a way to talk to new or old friends." 3. Students show off their colored shirts and gear. **LELANI MICHELLE, 10**, said, "It was really fun because the music was great and dancing was fun. The energy was also really good and it brought everyone together. The mosh pit was my favorite because everyone was singing and dancing together." 4. **MADISON WEST, 11**, said "It was really fun because it was not so formal and we all got to be together."

