

# FOOTHILL HIGH SCHOOL

## BULLETIN

### TROJANS

AP enrolled students, please make sure you pay for your intended AP exams through finance office. Deadline to pay for AP exams is October 27. Thank you!

It's a beautiful day to save lives! Last year, Foothill had more donors during our 3 blood drives than any other school in Kern County! We have a lot to live up to this year! Our 1<sup>st</sup> Blood Drive is coming up on October 12<sup>th</sup>. You must be 16 years old and weigh 110 pounds. See Ms. Miller for more info.

In honor of Hispanic Heritage month, we would like to honor **Cesar Milstein**. Professor Milstein was from Argentina. He worked to understand antibodies, which can be used to cure different diseases. Milstein dedicated his hard work to the poor to help them get better from sicknesses, often not charging them any money. He won the 1984 Nobel prize in Medicine for his discoveries and his work has helped sick people get better ever since.

It's Homecoming week and all this week you have a chance to earn points by dressing up and checking in at lunch, joining us for games during lunch, and attending points activities in the evenings. Our winners from yesterday's drawing were Milo Reyes and Ximena Rangel. If you are dressed up as a BBQ dad or wearing red, white, and blue today, don't forget to stop by the activities office during lunch and check in.

Also happening today is the first round of royalty voting is now open and will close today at 2:30. If you have the 5 star app you can vote any time, if you do not, stop by the Activities Office during lunch to scan the QR code.

The R.O.S.E. Mentoring program is accepting applications for their 2023-2025 school season. The R.O.S.E. Mentor program is FREE and for female Juniors who want to recognize their value and self-worth. As part of the program, you will be matched with a professional businesswoman in the community. During the school year, you will attend meetings and workshops one evening per month and finish off the year attending the Bakersfield Women's Business Conference. You must have a 2.5 GPA or higher and commit to 1 meeting per month. If you are looking for personal development and growth and want to be a part of this program stop by the Counseling office to and see Ms. Ward for questions or to pick up an application. 1-2 students will be selected to be a part of this program.

### Breakfast

#### Main Entrée

Strawberry Parfait  
Country Breakfast Calzone  
Trix Cereal  
Honey Nut Cheerios Cereal Cup

#### Fruit

Fruit Punch Juice  
Pear

#### Milk

1% Low Fat Milk  
Lactaid Fat Free Milk  
Fat Free Chocolate Milk

### LUNCH MENU

#### Main Entrée

Jerk Chicken, Rice  
Chicken Filet Salad  
Sicilian Pizza  
Black Bean Burger  
Turkey Ham and Cheese Sub  
Cheeseburger  
Spicy Chicken Sandwich  
Uncrustable PB&J Sandwich

#### Fruit

Strawberry Kiwi Juice  
Granny Smith Apple

#### Vegetables

Spinach  
Fresh Cucumber  
Roasted Corn  
Black Beans  
Grape Tomatoes  
Carrots  
Broccoli

#### Milk

1% Low Fat Milk  
Lactaid Fat Free Milk  
Fat Free Chocolate Milk



The Foothill High School Choirs are happy to invite you to our upcoming choir concert TONIGHT in the Peg Pauly Auditorium. Admission will be: \$4 for general admission and \$2 with a student ID. We have all been working extremely hard to make this one of the best concerts ever, and we hope you will join us! Bring the family, your neighbors, and friends. The show starts at 7p, doors open at 6:40p, we hope to see you there!

### **SPORTS**

Anybody that is interested in playing baseball this year should attend the informational meeting on Tuesday, at the beginning of lunch in room 709. Meeting details include: our fall schedule, new gear discussions, and preparing for the spring season.

If you are interested in playing a winter sport (basketball, soccer, or wrestling), practices and conditioning are continuing this week. You cannot participate without being cleared with a current physical and an athletic packet turned in to the Athletic Office. For more information, stop by the Athletic Office.

If you are interested in wrestling this year, there will be an meeting on Wednesday, Oct. 11, at lunch in room 915. All students who are interested in wrestling should attend.

#### **Tuesday, Oct. 10**

Girls Tennis: Varsity at Golden Valley (3:30pm), van 2:30pm, excused 2:15pm; JV vs. Golden Valley (3:30pm), excused 2:30pm  
Girls Golf: SYHL #5 (at Sundale GC); time TBD  
Cross Country: vs. Arvin (3:30pm), excused 2:30pm

#### **Wednesday, Oct. 11**

Football: FS vs. Cesar Chavez (6:00pm)  
Volleyball: at Arvin (FS 4:00pm/JV 5:00pm/Var 6:15pm), bus 2:00pm, excused 1:30pm

#### **Thursday, Oct. 12**

Girls Tennis: Varsity vs. Mira Monte (3:30pm), excused 2:30pm (SENIOR NIGHT); JV at Mira Monte (3:30pm), van 2:30pm, excused 2:15pm



**Friday, Oct. 13**

Football: vs. Arvin (JV 5:00pm/Var 7:30pm) (HOMECOMING)

Cross Country: at Roughrider Invitational (Clovis), bus 10:30am,  
excused 10:00am

**CLUBS**

Hey Hey Trojans! The FHS Cheerleaders will be selling BOO - GRAMS during lunch October 5, 6, 10, 12 and 13th. Be sure you stop by and purchase a small treat for \$3 or two for \$5 for your Boo, friends, or even staff to spread some spooky spirit around campus. Be sure to join us at lunch to personalize your card before sending it out on Halloween!

Have you ever been inspired by the advancement of knowledge of the universe including, but not limited to, astronomical events, the celestial landscape, and general scientific inquiry? Join Mr. Gonzales in room 605 during lunch every Wednesday. We will explore current events of the cosmos and astrophysics and think of ways to explore the unknown through planetary sightings and incredible cosmic phenomena!

Friendly reminder that the Gay Straight Alliance, or GSA, meets every Monday during lunch in room I-10! We would love to see our LGBTQIA+ students and allies there!

History club meeting at lunch on Thursday in Mr. Rose's class (912) We will be voting on our t-shirt design and poster making competition. Everybody is welcome to attend!! History Club..... the BEST club on campus!!

