

# FOOTHILL HIGH SCHOOL

## BULLETIN

### TROJANS

It's Homecoming week are you repping your favorite sport or team today? If so, don't forget to stop by the tables outside the activities office to check in and get your points.

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.

The R.O.S.E. Mentoring program is accepting applications to enter their 2-year program for the 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, all mentors and mentees will attend meetings and workshops one evening per month. To finish off the year you are invited to attend the annual Bakersfield Women's Business Conference with your mentor. You must have a 2.5 GPA or higher and commit to 1 meeting per month in the evenings. If you are looking for personal development and growth and want to be a part of this program or have questions on the program, then please 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. Application due date is Wednesday, 10/18/23.

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!

### **Breakfast**

#### Main Entrée

Pancake Sausage on a Stick

Apple Nada

Trix Cereal

Honey Nut Cheerios Cereal Cup

#### Fruit

Apricots

Very Berry Juice

#### Milk

1% Low Fat Milk

Lactaid Fat Free Milk

Fat Free Chocolate Milk

### **LUNCH MENU**

#### Main Entrée

Chicken and Rice

Chef Salad

Extreme Burrito

Spinach and Cheese Calzone

Turkey Ham and Cheese Sub

Cheeseburger

Spicy Chicken Sandwich

Uncrustable PB&J Sandwich

#### Fruit

Orange

Cantaloupe

#### 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



## SPORTS

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 a meeting today at lunch in room 915. All students who are interested in wrestling should attend.

### **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

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

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!

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!!

