

# FOOTHILL HIGH SCHOOL

## BULLETIN

### TROJANS

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!

Next week in honor of Breast Cancer Awareness Month we will have pink out games for volleyball, cross country, and football. If you ordered a pink out shirt or have a class or senior package, the pink out shirts are in and can be picked up during lunch today at the Activities Office.

It's Homecoming week did you dress up like someone from a Superbowl ad or maybe even are dressed up as an ad? If so, don't forget to check in at the Activities Office during lunch today to get your points.

Speaking of points – we have a change in the lead of points as we enter the last 2 days of the quarter! Team Black (1/2 of staff plus 9<sup>th</sup> & 11<sup>th</sup>) have 1359 points and Team Gold (1/2 of staff plus 10<sup>th</sup> & 12<sup>th</sup>) have now taken the lead with 1391, a 32 point lead. But it is still anyone's game. Who will be our quarter 1 champions? Make sure you check in today and tomorrow wear that black and gold or come dressed like a super bowl half time performer for our homecoming rally and the last day to earn points for the quarter!

#### Breakfast

##### Main Entrée

- EggStravaganza Bowl
- GoodyBun
- Trix Cereal
- Honey Nut Cheerios Cereal Cup

##### Fruit

- Fruit Punch Juice
- Petite Banana

##### Milk

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

#### LUNCH MENU

##### Main Entrée

- BBQ Pulled Pork Mac and Cheese
- Quinoa Taco Salad
- Sicilian Pizza
- Black Bean Burger
- Turkey Ham and Cheese Sub
- Cheeseburger
- Spicy Chicken Sandwich
- Uncrustable PB&J Sandwich

##### Fruit

- Strawberry Kiwi Juice
- Fresh Strawberries

##### Vegetables

- Spinach
- Fresh Cucumber
- Roasted Corn
- Black Beans
- Grape Tomatoes

##### 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.

### **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 during lunch in room I-10! We would 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!!

