

# 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!

HELLO, TROJANS!! Today is the Foothill FFA paint night chapter meeting. Come out to the 1000's wing tonight to enjoy snacks and drinks while you get to paint your very own fall decoration. Explore your creative side and get an activity point!! The meeting starts today at 5:43pm, we can't wait to see you there! Are you a pumpkin head or a ghost?



### **Breakfast**

#### Main Entrée

Cinnamon Toast Soft Filled Bar

Peach Parfait

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

Rotini and Meat Sauce

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

## SPORTS

### Tuesday, Oct. 17

Girls Tennis: JV at Horizon League Championship (at Foothill 1:00pm), excused 12:00pm

Cross Country: vs. Golden Valley (4:00pm), excused 3:00pm  
**(SENIOR NIGHT)**

### Wednesday, Oct. 18

Football: FS vs. Tehachapi (6:00pm)

Volleyball: vs. Mira Monte (FS 4:00pm/JV 5:00pm/Var 6:15pm); FS excused 3:00pm (SENIOR NIGHT)

Girls Tennis: JV at Horizon League Championship (at Foothill 1:00pm), excused 12:00pm

### Thursday, Oct. 19

Girls Tennis: Varsity at Horizon League Championship (Bak. Racquet Club 9:00am); van 7:45am

### Friday, Oct. 20

Football: vs. Golden Valley (JV 5:00pm/Var 7:30pm) **(SENIOR NIGHT)**

### Saturday, Oct. 21

Cross Country: at SLO Invitational (bus 5:00am)

## CLUBS

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!

Hey Trojans. Join us for the 4<sup>th</sup> Annual Link Crew Halloween Carnival on October 25<sup>th</sup> at 5:30. We will have trick-or-treat games, bounce houses, food vendors, facepainting and more! This is a family friendly event for our community. Tickets are \$3 at the finance office. Prices go up the night of the carnival, so get yours today!!

