

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 1st Blood Drive is coming up on October 12th. You must be 16 years old and weigh 110 pounds. See Ms. Miller for more info.

Our Mental Health Awareness Week theme for today is "Stressors and Stigma". Stigma is a negative attitude or belief based on a misunderstanding or fear. Even though we all have mental health struggles from time to time, stigma is the number one reason people don't see help for mental health issues. Saying things like "She needs to just get over it" or "he does it for the attention" are examples of perpetuating stigma. Today as we focus on breaking down that stigma, think about how you can help and how your words matter.

Next week we will be celebrating Homecoming with dress up days and more and the fun starts this week with our Neon Nights Dance this Thursday. Join us for the black light neon dance; tickets are \$5 or \$3 if you have an ASB sticker.

SPORTS

Tuesday, Oct. 3

Volleyball: at Mira Monte (FS 4:00pm/JV 5:00pm/Var 6:15pm); bus 2:00pm, excused 1:30pm

Girls Tennis: vs. Del Oro (Var only 3:30pm); Var excused 2:30pm



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

Wednesday, Oct. 4

Football: FS at Ridgeview (6:00pm); bus 5:00pm

Volleyball: at East (FS 4:00pm/JV 5:00pm/Var 6:15pm); bus 2:00pm, excused 1:30pm

Cross Country: at Del Oro (3:30pm); bus 2:00pm, excused 1:30pm

Girls Golf: at Rio Bravo, van 10:30am

Thursday, Oct. 5

Girls Tennis: Varsity at Arvin (3:30pm), van 2:30pm, excused 2:15pm; JV vs. Arvin (3:30pm), excused 2:30pm

Friday, Oct. 6

Football: at Del Oro (JV 5:00pm/Var 7:30pm); JV bus 2:00pm, excused 1:45pm; Varsity bus 5:00pm

CLUBS

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!

CAR WASH, CAR WASH, CAR WASH!!! The Marching Band will be holding a car wash on October 7th at the parent drop-off between Voorhies and Foothill from 8 a.m. to 12 p.m. \$5 a ticket! See a band member for a ticket. Prices will be \$10 a ticket on the day of the car wash. See you there and thanks for supporting the band!

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! Don't forget, dance club will be meeting tomorrow during lunch in room 711.

Project Lit book club will be meeting in the library on Wednesday, October 4th at lunch. See Ms. Stevenson in the library if you have any questions.

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!

