

# FOOTHILL HIGH SCHOOL

## BULLETIN

### TROJANS

Congrats to our Varsity Tennis team who swept Del Oro with a score of 9-0 and to all three Volleyball teams who blanked Mira Monte all three levels. Congrats! Keep up the great work!

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.

Today's theme for Mental Health Awareness Week is "Building Resiliency!" One of the easiest ways to build resilience is to have and show gratitude. Keeping a gratitude journal, telling someone they are important to you, or simply pausing to think about what you are grateful for can take your mind off what isn't going right and center your thinking on the positive. Gratitude is a free and effective way to tend to your mental health. Let's practice gratitude today!

Next week is Homecoming week but tomorrow night we kick it off with our Neon Nights Dance. Join us for the black light neon dance; tickets are available now in the Finance Office for \$5 or \$3 if you have an ASB sticker.

### SPORTS

#### 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



### Breakfast

#### Main Entrée

Country Breakfast Scramble  
Burrito

Honey Bun

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

Ramen Soup

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

**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**

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 today during lunch in room 711.

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

Attention all FHS students. La Raza Club will have the second meeting today during Lunch in room I-6. If you want to be in La Raza Club this year, come to our meeting. Also, if you want to be an officer for the club, come and join. Grab your lunch and head to Mr. Henriquez's class. See you there.

Esports is starting up. We will have an informational meeting on Thursday, Oct. 4 at lunch in room 609 for all interested.

The FHS Cheerleaders will be selling BOO - GRAMS during lunch October 5, 6, 10, 12 and 13<sup>th</sup>. 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 7<sup>th</sup> 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!

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!

