

FOOTHILL HIGH SCHOOL

BULLETIN

TROJANS

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.

Today's Mental Health theme is "Who Can Help?" We know that teens tend to turn to each other first, yet adults are the ones who can help teens get needed Mental Health Services. Here are some ways you can find help: Reach out to trusted adults, like teachers, parents, coaches, or adult family or community members. Use School resources like counselors, psychologist, and social workers. Join a teen support group. Call a hotline like 211. Know there's nothing to be ashamed of; we all need help from time to time.

Tonight is the night, join us tonight for the Neon Nights Dance. The dance starts at 6 and tickets are available now in the Finance Office for \$5 or \$3 if you have an ASB sticker. Tickets will be sold at the door but you can save yourself time in line and get yours ahead of time.

Speaking of homecoming, this is a reminder to those who were nominated by their club or team that there is a candidate meeting today at 11:55 during lunch in the activities office.

SPORTS

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

Breakfast

Main Entrée

Tutti Fruitti Smoothie
Double Chocolate Chip Muffin
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

Nashville Hot Chicken and Waffle
Quinoa Taco Salad
Sicilian Pizza
Black Bean Burger
Turkey Ham and Cheese Sub
Cheeseburger
Spicy Chicken Sandwich
Uncrustable PB&J Sandwich

Fruit

Fresh Strawberries
Fruit Punch Juice

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



CLUBS

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

YWEL will be meeting today during lunch in room 709.

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!

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!

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!

Anybody that is interested in playing baseball this year should attend the informational meeting on Tuesday, at the beginning of lunch in room 709. Meeting details include: our fall schedule, new gear discussions, and preparing for the spring season.

