

FOOTHILL HIGH SCHOOL BULLETIN

TROJANS

In honor of Hispanic Heritage month , we would like to honor **Mario Molina**. Professor Molina made a very important discovery. He found out the ozone layer, which protects us from the Sun’s deadly radiation, had a large hole in it. He researched the problem and discovered a group of chemicals called CFC’s was eating away the ozone. He rallied scientists from around the world and got those dangerous chemicals banned. As a result, the holes in the ozone layer are now almost closed. Because of this, the rate at which people develop skin cancer has slowed down and some will never have to suffer from it at all.

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.

Today is a Foothill Friday – that means you have a chance to redeem your Trojan Points for cool swag and other items. Coe see what what’s going on at the tables outside the activities office today during lunch. And for those of you who turned in a token in September, we have a special treat for you as well so stop on by.



Breakfast

Main Entrée

Maple & Brown Sugar Oatmeal Cup

Mini Breakfast Cluster

Trix Cereal

Honey Nut Cheerios Cereal Cup

Fruit

Very Berry Juice

Blueberries

Milk

1% Low Fat Milk

Lactaid Fat Free Milk

Fat Free Chocolate Milk

LUNCH MENU

Main Entrée

Orange Chicken & Fried Rice

Asian Salad

Extreme Burrito

Spinach and Cheese Calzone

Turkey Ham and Cheese Sub

Cheeseburger

Spicy Chicken Sandwich

Uncrustable PB&J Sandwich

Fruit

Watermelon

Unsweetened Applesauce Cup

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

Today is the final day of Mental Health Awareness Week. Our theme today is “It’s OK to not be OK.” We hope after a week of talking about mental health, that you know it is OK to not be OK in your mental health. You also know how to keep your mind and thoughts healthy and how to increase your resilience. But most of all, we hope you remember how many people can help you. And whether it’s a trusted adult, or a hotline like 211, you need to reach out when you’re not OK.

The R.O.S.E. Mentoring program is accepting applications for the 2023-2025 school season. The R.O.S.E. Mentor program is 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 and attend workshops one evening per month concluding with the annual Bakersfield Women’s Business Conference. Applicants must have a 2.5 or higher GPA. If this sounds like something for you, stop by the Counseling office and see Ms. Ward for questions or to pick up an application. Deadline is October 18th.

SPORTS

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.

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.

Basketball conditioning starts Monday 10/9 after school @ 3:45pm behind the gym. Make sure you are cleared through the Athletic Office, or you cannot participate until cleared!

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

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!

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!

CAR WASH, CAR WASH, CAR WASH!!! The Marching Band will be holding a car wash on October 7th at the student 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!

