

FOOTHILL HIGH SCHOOL

BULLETIN

TROJANS

Attention Seniors: If you have not completed or started your CSU/UC applications, November 30th is the deadline. Please stop by the Career Center during lunch for help.

Seniors –there will be an on campus makeup pictures with In-Motion taken in your English class tomorrow. If you have ROC/CTEC, make sure you head to I-17 as soon as you get out of 2nd period tomorrow to get yours done.

CTEC has opened the Evening Logistics and Distribution Class starting Jan 9th. Learn how to work in a warehouse, drive a forklift and more while earning 10 credits. Classes will be held at CTEC Tuesday, Wednesday, and Thursday evenings from 5:30pm to 8:30pm. There is a bus from and to Foothill. If you are interested in adding this class, speak with your counselor asap so we can get you signed up.

The counseling department will be starting Happiness Hangouts. We will be inviting students to a monthly meet-up to learn skills for overcoming hardship. Each month we will have a different lesson/topic and an activity to follow. Please come join us on Monday, November 13th at 2:30pm in the Career Center for an after-school activity on gratitude/journaling. It will be available to the first 40 students who sign up. If you have questions, please stop by the counseling office.

Do you want to be part of the Foothill Drumline, come out to some workshops Monday, Tuesday, and Wednesday, November 13th-15th. The auditions will be 6-9 p.m. every night. Once rehearsals begin, they will be on Tuesday-Thursday 6-9 and competitions against other schools during the season will be on Saturdays from February till April. We also need an actor for a non-speaking role in our show. See Mr. Barker in room 804 at lunch if you have questions or need a packet.

Breakfast

Main Entrée

Breakfast Sandwich
Pan Dulce
Trix Cereal
Honey Nut Cheerios Cereal Cup

Fruit

Granny Smith Apple
Very Berry Juice

Milk

1% Low Fat Milk
Lactaid Fat Free Milk
Fat Free Chocolate Milk

LUNCH MENU

Main Entrée

Chicken Strips w/Fries
Chicken Caesar Salad
Extreme Burrito
Spinach and Cheese Calzone
Turkey Ham and Cheese Sub
Cheeseburger
Spicy Chicken Sandwich
Uncrustable PB&J Sandwich

Fruit

Pefite Banana
Pear

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

Fall Athletic Awards will be held on Monday, Nov. 13, at 6:00pm in the Peg Pauley Auditorium. All fall athletes and their families are welcome.

Fall Hall of Fame Awards will be held on Tuesday, Nov. 14, at 11:45am outside the main office in the quad. All students and staff are invited.

Monday, Nov. 13

Fall Athletic Awards: 6:00pm, Peg Pauly Auditorium

Tuesday, Nov. 14

Boys Basketball: vs. Monache (FS 4:00pm/JV 5:15pm/Var 6:30pm); FS excused 3:00pm

Girls Basketball: at Quartz Hill (JV 5:00pm/Var 6:30pm); bus 2:00pm, excused 1:30pm

Boys Soccer: at South (FS 3:30pm/JV 4:30pm/Var 6:00pm); bus 2:00pm, excused 1:30pm

Girls Soccer: FS at East (3:30pm); bus 2:00pm, excused 1:30pm

Thursday, Nov. 16

Cross Country: Var Boys/Var Girls at Valley Championships, Woodward Park (Clovis); bus 7:00am

Boys Basketball: FS at Independence Tourney (4:00pm), bus 2:00pm, excused 1:30pm

Girls Basketball: vs. North (FS 4:00pm/JV 5:15pm/Var 6:30pm); FS excused 3:00pm

Girls Basketball: FS at West Tourney (8:15pm); bus 6:30pm

Boys Soccer: FS at East (3:30pm); bus 2:00pm, excused 1:30pm

Friday, Nov. 17

Boys Basketball: Var at Mira Monte Tourney (2:00pm), 2 vans 12:30pm, excused 12:15pm; FS at Independence Tourney (Time TBD), bus 2:00pm or 6:00pm, excused 1:30pm if 2:00pm bus.

Girls Basketball: JV at Foothill Tourney (3:00pm); FS at West Tourney (6:00pm), bus 4:00pm

Girls Wrestling: at South Tourney, van 6:30am

Saturday, Nov. 18

Boys Basketball: Var at Mira Monte Tourney (Time TBD), bus TBD; FS at West Tourney (Time TBD), bus TBD

Girls Basketball: JV at Foothill Tourney (Time TBD); FS at West Tourney (Time TBD), bus TBD

Boys Wrestling: JV at South Tourney (bus 6:00am)

