

# FOOTHILL HIGH SCHOOL

## BULLETIN

### TROJANS

Do you like a good murder? Do you want to try to figure out who did it? Do you like a good Soap Opera? If so, come see the Foothill Drama Club Present "The Bold, The Young, and the Murdered" opened last night and you have 2 chances left to catch it: tonight at 7:00pm or tomorrow at 2:00pm in the Peg Pauly Auditorium. Tickets are only \$5 and you will have a bloody good time!

CTEC has openings for their evening Logistics and Distribution Class which will start on Jan 9<sup>th</sup>. This class meets Tuesday, Wednesday, and Thursday evenings at CTEC from 5:30 to 8:30pm and there is a bus that runs from and to Foothill. In this class, you'll learn valuable skills such as warehouse work, logistics management, and how to drive equipment such as a forklift. Space is limited so see your counselor asap if you want to get in on this class.

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 13<sup>th</sup> 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.

Students wishing to ride the GET bus for free need to pick up a new bus pass. You can pick up one of the new GET Bus Passes by stopping by Mr. Flores' office before school, at lunch, or after school. CTEC and ROC students may pick up their passes before leaving campus.

#### 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

Unsweetened Applesauce Cup

Fresh Pineapple

##### 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**

### **Friday, Nov. 3**

Football: CIF Playoffs at Mendota (7:00pm); bus at 2:30, released at 2:00pm

### **Saturday, Nov. 4**

Cross Country: at Kern County Invitational (Hart Park 9:00am), bus 7:00am

## **CLUBS**

Chess club will meet in room 909 today during lunch. Stop by to play or learn how to play!

E-sports will begin meeting next week (and every week thereafter) during zero-period at 7:30AM from Monday thru Thursday in room 606.

