

# FOOTHILL HIGH SCHOOL

## BULLETIN

### TROJANS

CTEC has opened the Evening Logistics and Distribution Class starting Jan 9<sup>th</sup>. In this class, you will learn how to work in a warehouse, drive a forklift, and other work other equipment 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 to and from 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.

Hello sophomores and Juniors, the ROC application is now open! If you are interested in applying, please visit the counseling office to apply.

#### Breakfast

##### Main Entrée

Strawberry Parfait  
Country Breakfast Calzone  
Trix Cereal  
Honey Nut Cheerios Cereal Cup

##### Fruit

Fruit Punch Juice  
Pear

##### Milk

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

#### LUNCH MENU

##### Main Entrée

Jerk Chicken, Rice  
Chicken Filet Salad  
Sicilian Pizza  
Black Bean Burger  
Turkey Ham and Cheese Sub  
Cheeseburger  
Spicy Chicken Sandwich  
Uncrustable PB&J Sandwich

##### Fruit

Strawberry Kiwi Juice  
Granny Smith Apple

##### 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**

### **Wednesday, Nov. 8**

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

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

### **Thursday, Nov. 9**

Boys Basketball: Scrimmage at South (FS 4:00pm/JV 5:15pm/Var 6:30pm); bus 2:00pm, excused 1:30pm

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

Cross Country: Horizon League Championship (at Hart Park 11:00am); bus 9:00am

## **CLUBS**

Hey Foothill, FFA!! Join us on Today at 5:43 in the cafeteria for our Battle of the Classes chapter meeting!! Each class will be playing games against each other to determine the most dominate class! We will have prizes, treats, and snacks for those who come out. Doors open at 5:15 and the meeting starts at 5:43. Be there early to snag a entrance ticket for a chance to win a prize. Make sure to rep your class's color, Freshmen are green, Sophomores are red, Juniors are yellow, and Seniors are blue! We will also be holding our Greenhand degree ceremony for our freshmen. See you all tonight at 5:43. Who will the top class be?? Be there to find out!

History club meeting on Thursday in Mr. Rose's classroom (912) We will talk about t shirt sales and our upcoming field trip. HISTORY CLUB!!! Best club on campus!!! Everybody is welcome.

