

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.

CTEC has opened the Evening Logistics and Distribution Class starting Jan 9th. 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

Pancake Sausage on a Stick
Apple Nada
Trix Cereal
Honey Nut Cheerios Cereal Cup

Fruit

Very Berry Juice
Grapes

Milk

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

LUNCH MENU

Main Entrée

Curry Chicken & Couscous
Chef Salad
Extreme Burrito
Spinach and Cheese Calzone
Turkey Ham and Cheese Sub
Cheeseburger
Spicy Chicken Sandwich
Uncrustable PB&J Sandwich

Fruit

Orange
Kiwi

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

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.

Attention students, interested in joining a newsgathering club that will put on daily newscast for Foothill? Come join the Journalism club meeting every Thursday in room 808.

