

FOOTHILL HIGH SCHOOL

BULLETIN

TROJANS

Seniors, did you miss the deadline for the CSU application? 12 campuses have extended their deadlines. See your counselor or the Career Center to see which schools!

Come join the counseling department for our December Happiness Hang out! This month our topic is Grief, and we will have an ornament decorating activity after our lesson. Please come join us on Tuesday, December 19th during lunch in the Career Center. This activity/lesson will be available to the first 40 students who sign up. If you have questions, please stop by the counseling office.

Trojans, Nickel, Dime, and Quarter days are here! Tomorrow is the first day and we will be collecting nickels in your 2nd period class. Show your Trojan spirit and help raise money for fellow students and their families who might need some help this holiday season. #WeAreTrojans

Come join the visual and performing arts department in a Holiday Extravaganza! This Thursday 12/14 @ 6:30. Come see a showcase of all the students work with an art gallery, and performances from the bands, choirs, drama, and colorguard. \$5 at the door gets you a night of fun and holiday cheer! All family and friends are welcome as well!

It's our last regular week of the semester and it's Winter Week. Don't let the semester end without earning yourself some more points to add to your Trojan Total. Remember that when you dress up and check in, not only do you earn points towards your total which lets you get things from the swag store, you also help your team earn points. Right now the leader is Team Black which includes all freshmen and juniors. They are in the lead over sophomores and seniors but only by 32 points, which means it's still any body's game. If you remembered to wear pajamas today, be sure to check in at the table outside activities to get your points.

Breakfast

Main Entrée

Breakfast Protein Box

Mocha Crumble

Trix Cereal

Honey Nut Cheerios Cereal Cup

Cocoa Puffs Cereal

Fruit

Granny Smith Apple

Very Berry Juice

Milk

1% Low Fat Milk

Lactaid Fat Free Milk

Fat Free Chocolate Milk

LUNCH MENU

Main Entrée

BBQ Pulled Pork Mac and Cheese

Chicken Caesar Salad

Extreme Burrito

Spinach and Cheese Calzone

Turkey Ham and Cheese Sub

Cheeseburger

Spicy Chicken Sandwich

Uncrustable PB&J Sandwich

Fruit

Petite 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

There will be 1 last informational baseball meeting before the year ends on Wednesday, December 13th at the beginning of lunch in room 709. Anyone interested in playing baseball this year should attend. If you are unable to attend, please see Coach Ontiveros as soon as possible. First day of baseball conditioning starts January 8th after school and you must have your physical completed, along with your paperwork to participate.

Monday, Dec. 11

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

Tuesday, Dec. 12

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

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

Wednesday, Dec. 13

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

Girls Basketball: at Highland (JV 5:15pm/Var 6:30pm); bus 2:00pm, excused 1:30pm

Boys/Girls Wrestling: at West (JV 5:00pm/Girls 6:00pm/Boys 7:00pm); bus 2:00pm, excused 1:30pm

Thursday, Dec. 14

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

Girls Basketball: vs. Tehachapi (JV 5:15pm/Var 6:30pm)

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

Girls Soccer: vs. Independence (FS 3:30pm)/Tehachapi (JV 4:30pm/Var 6:00pm); FS excused 2:30pm



Friday, Dec. 15

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

Boys Soccer: Var at Liberty Tourney (11:30am/2:30pm); bus 9:30am, excused 9:00am

Girls Wrestling: at West Coast Tourney of Champions; excused all day; 2 vans.

Saturday, Dec. 16

Boys Basketball: JV at McFarland Tourney; bus 8:00am

Boys Soccer: Var at Liberty Tourney (9:00am); bus 7:30am

Boys Wrestling: at Kevin Harvick Duals (North); 2 vans

Girls Wrestling: at West Coast Tourney of Champions; 2 vans.

CLUBS

Project Lit book club meeting on Wednesday at lunch in the library. See Ms. Stevenson in the library if you have questions.

