

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.

Tomorrow is the last day of the Nickel, Dime, and Quarter Days! Bring your quarters tomorrow to your 2nd period class. Show your Trojan spirit and help raise money for fellow students and their families who might need 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 Color guard. \$5 at the door gets you a night of fun and holiday cheer! All family and friends are welcome as well!

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
- Cocoa Puffs Cereal

Fruit

- Very Berry Juice
- Grapes

Milk

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

LUNCH MENU

Main Entrée

- Asada Tacos
- Chef Salad
- Extreme Burrito
- Spinach and Cheese Calzone
- Turkey Ham and Cheese Sub
- 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

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.

There will be an informational meeting for anyone interested in joining the track team this Thursday at lunch in room 809.

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.

Do you want to read the Bible and study it or maybe looking for some enlightenment or spiritual direction to get closer with Christ. The Bible club is open to all denominations and religious beliefs who want chat about faith and your journey. The Bible club will be meeting this Tuesday and Thursday at lunch in room 910.

All history club members if you plan on going to the field trip to the Reagan library you need to get your permission slips signed and turned into Mr. Rose by this Thursday 12/14.

