

# 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 19<sup>th</sup> 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.

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

This year's winter formal will be a Tangled Tale; join us and get Lost in the Lanterns on January 20<sup>th</sup> at the beautiful Bakersfield Country Club. Tickets, which include dinner, dessert, and dancing, are on sale now but they are going fast. Be sure to pick up a dance agreement at the Finance Office and get it turned in at the Dean's Office so you can get your ticket while they last. Tickets are \$60 and the price increases as time goes on, so get yours while they last and before the price goes up.

#### **Breakfast**

##### **Main Entrée**

Country Breakfast Scramble  
Burrito  
Honey Bun  
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**

Sushi  
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

Join the Foothill Swim Team! We will be having an informational meeting on Wednesday, December 6<sup>th</sup> in room I-9 during lunch. Swim members will be there to answer questions. There is no experience needed to join.

### **Wednesday, Dec. 6**

Boys Basketball: Var at North Tourney (vs. Garces 3:30pm); bus 2:00pm, excused 1:30pm

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

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

Boys/Girls Wrestling: vs. Frontier (JV Boys 5:00pm/Var Girls 6:00pm/Var Boys 7:00pm); excused 3:00pm

### **Thursday, Dec. 7**

Boys Basketball: Var at North Tourney (TBD, bus TBD, excused TBD)

### **Friday, Dec. 8**

Boys Basketball: Var at North Tourney (TBD, bus TBD, excused TBD)

Girls Basketball: JV at McFarland Tourney (3:30pm); bus 1:00pm, excused 12:30pm

Boys Soccer: Var at Lindsay Tourney (1:50pm/4:30pm); bus 11:15am, excused 11:00am; FS at South Tourney (at KC Soccer Park); bus 9:00am, excused 8:30am

Girls Soccer: Var/JV/FS at South Tourney (at KC Soccer Park); bus 10:00am, excused 9:30am

Girls Wrestling: at East (Coyote Classic); bus 6:00am

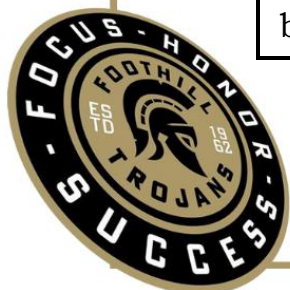
### **Saturday, Dec. 9**

Boys Basketball: Var at North Tourney (TBD, bus TBD, excused TBD)

Girls Basketball: JV at McF Tourney (10:40am); bus 8:30am

Boys Soccer: Var at Lindsay Tourney (11:40am); bus 8:30am; FS at South Tourney (at KC Soccer Park); bus 9:30am

Girls Soccer: Var/JV/FS at South Tourney (at KC Soccer Park); bus 8:15am



## CLUBS

Be a part of the most creative club on campus - ART CLUB!! Join us for an Art Club and National Art Honors Society meeting, and for a fun and simple art project this Thursday at lunch in room 1001. All are welcome.

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.

Do you like K Pop? Do you want to learn K Pop dances and talk about your biases? Then look no further than the new K Pop Club! K-Pop club will meet every Wednesday after school and Friday during lunch. Come and meet other K Pop fans as we talk about, watch, and dance like our favorite K Pop groups. Whether a hard-core fan or a newcomer, all are welcome!

