

# FOOTHILL HIGH SCHOOL

## BULLETIN

### TROJANS

It's a beautiful day to save lives! Last year, Foothill had more donors during our 3 blood drives than any other school in Kern County! We have a lot to live up to this year! Our 1<sup>st</sup> Blood Drive is coming up on October 12<sup>th</sup>. You must be 16 years old and weigh 110 pounds. See Ms. Miller for more info.

On **Friday September 29<sup>th</sup>**, we will have our first **Trojan Academic** celebration of the year honoring students who earned a 3.8 GPA on their last semester grades or showed a .5 grade point growth from quarter grades to semester. The celebration treats will take place during 7<sup>th</sup> period around 3:00 p.m. in the cafeteria. Your 7<sup>th</sup> period teacher will provide you your ticket if you qualify by Thursday of this week. We are excited to celebrate and *honor* over 200 students for our first incentive of the year!

Don't miss out on the Neon Nights Homecoming Kick Off Dance happening next Thursday. Tickets for this black light neon nights dance are on sale in the Finance Office. Tickets are \$3 for students with an ASB sticker and \$5 for those without.

### Breakfast

#### Main Entrée

EggStravaganza Bowl  
Goody Bun  
Trix Cereal  
Honey Nut Cheerios Cereal Cup

#### Fruit

Fruit Punch Juice  
Petite Banana

#### Milk

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

### LUNCH MENU

#### Main Entrée

BBQ Pulled Pork Mac and Cheese  
Quinoa Taco Salad  
Sicilian Pizza  
Black Bean Burger  
Turkey Ham and Cheese Sub  
Cheeseburger  
Spicy Chicken Sandwich  
Uncrustable PB&J Sandwich

#### Fruit

Strawberry Kiwi Juice  
Fresh Strawberries

#### 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

### Thursday, Sept. 28

Girls Tennis: Varsity at East (3:30pm), van 2:45pm, excused 2:30pm; JV vs. East (3:30pm), excused 2:45pm

### Friday, Sept. 29

Football: Var/JV vs. East (JV 5:00pm/Var 7:30pm) **Kern County Honor Flight Night**

Girls Tennis: at Wasco Tourney, van 8:30am

### Saturday, Sept. 30

Girls Tennis: at Wasco Tourney, van 7:30am

Cross Country: Ted Oliver Invitational (at Pyles Boys Camp); bus 7:00am

## CLUBS

Artists, art lovers, and anyone interested - Art Club will meet Thursday during lunch in room 1001. Make art with us while we talk about upcoming projects, vote for officers, and prepare for Via Arte. See you then!

History Club meeting on Thursday in Mr. Rose's classroom (912) at lunch. The agenda will include activities for the school year. History club.... best club on campus!!!

Harry Potter club meeting in 915 during lunch on Friday.

Hey Hey Trojans! The FHS Cheerleaders will be selling BOO - GRAMS during lunch October 4, 6, 10, and 12th. Be sure you stop by and purchase a small treat for \$3 or two for \$5 for your Boo, friends, or even staff to spread some spooky spirit around campus. Be sure to join us at lunch to personalize your card before sending it out on Halloween!

CAR WASH, CAR WASH, CAR WASH!!! The Marching Band will be holding a car wash on October 7<sup>th</sup> at the student drop-off between Voorhies and Foothill from 8 a.m. to 12 p.m. \$5 a ticket! See a band member for a ticket. Prices will be \$10 a ticket on the day of the car wash. See you there and thanks for supporting the band!

