

February 13, 2023

2/12/24-2/16/24

FOOTHILL HIGH SCHOOL BULLETIN

Focus on: BLACK HISTORY MONTH

February is Black History Month and a chance for all Trojans to learn more about black culture and to acknowledge and appreciate contributions made by Black Americans. This week our focus will be on iconic musicians, singers, and songwriters. Today's musician is Louis Armstrong who was born in New Orleans, Louisiana. He was a leading trumpeter and one of the most influential artists in jazz history. He wowed audiences everywhere while performing as a headliner on records, radio, and in jazz clubs. Armstrong's most influential early vocal recording is in his 1926 performance of "Heebie Jeebies", which popularized "scat" singing; a technique of vocal improvisation using nonsense syllables. He was fearless as he transformed vocal tradition; he used his horn like a singer's voice and used his voice like a musical instrument.

TROJANS

Come join the counseling department for our February Happiness Hang out! This month our activity is Art Therapy. Please come join us on Friday, February 16th during lunch in the Career Center. This activity/lesson will be available to the first 40 students who sign up. If you would like to sign up, 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

- Cinnamon Toast Soft Filled Bar
- Peach Parfait
- Trix Cereal
- Honey Nut Cheerios Cereal Cup
- Cocoa Puffs Cereal

Fruit

- Fruit Punch Juice
- Pear

Milk

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

LUNCH MENU

Main Entrée

- Rotini and Meat Sauce
- Chicken Filet Salad
- Beef Taco Crisp
- Sicilian Pizza
- Black Bean Burger
- Turkey and Cheese Sub
- Spicy Chicken Sandwich
- Uncrustable PB&J Sandwich

Fruit

- Granny Smith Apple
- Very Berry Juice

Vegetables

- Spinach
- Fresh Cucumber
- Corn
- Black Beans
- Grape Tomatoes
- Carrots

Milk

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

SPORTS

Tuesday, Feb. 13

Girls Soccer: CIF Div. 5 Playoffs Rd 1 – at Sunnyside (6:00pm); 3 vans 1:30pm, excused 1:00pm

Boys Tennis: vs. Tehachapi (Varsity only) (3:30pm); excused 2:30pm

Wednesday, Feb. 14

Girls Basketball: CIF Playoffs TBD

Boys Soccer: CIF Div. 2 Playoffs Rd 1 – vs. Righetti (6:00pm)

Boys Baseball: vs. Burroughs (Var/JV) (3:30pm); excused 2:15pm

Thursday, Feb. 15

Girls Soccer: CIF Div. 5 Playoffs TBD

Friday, Feb. 16

Girls Basketball: CIF Playoffs TBD

Boys Soccer: CIF Div. 2 Playoffs TBD

Boys Wrestling: Section Meet; TBD

Girls Wrestling: Section Meet; TBD

Baseball: Terrio Tourney (Var/JV) – at West 3:00pm; bus 1:15pm, excused 12:45pm

Saturday, Feb. 17

Boys Wrestling: Section Meet; TBD

Girls Wrestling: Section Meet; TBD

Baseball: Terrio Tourney (Var/JV) – at Arvin vs. Highland 9:00am, vs. RFK 12:00pm; bus 7:30am

CLUBS

Do you have a Senior you would like to send some love to in their last months before graduation – next week you can “kiss” a Senior goodbye by sending them a Kiss-Gram on Valentines Day! Today at lunch, buy your Kiss Gram from the table set up outside the activities’ office for \$2 each. This is the last day to purchase one. Make sure you know the 3rd period classroom of the Senior you want to send a gram to.

Are you looking for a creative way to celebrate Valentine’s Day? Art club has you covered! Art club will be doing caricatures LIVE on Wednesday 2/14/24 at lunch in front of the activity’s office. For just \$3 you can get a piece of art done live! Bring your bestie, your significant other or bring yourself and celebrate you!

Crush grams are ready to go! if you ordered a crush gram make sure to stop by after school and pick it up in room 804.

