

February 26, 2024

2/26/24-3/1/24

FOOTHILL HIGH SCHOOL BULLETIN

Focus on: BLACK HISTORY MONTH

February is Black History Month and as we wind up this month we have a few more awesome figures to share with you and we invite you to participate in lunch activities and dress up days. Today we focus on Eric Thomas, known as the "Hip Hop Preacher," who is a dynamic motivational speaker and life coach whose words resonate with passion and authenticity. Born in Detroit and raised in a challenging environment, Thomas overcame significant obstacles to become a beacon of inspiration for millions worldwide. His electrifying speeches blend personal anecdotes with hard-hitting truths, urging listeners to embrace resilience, determination, and unwavering work ethic. Through his "When You Want to Succeed as Bad as You Want to Breathe" philosophy, Thomas imparts invaluable lessons on perseverance and self-belief. Whether speaking to students, athletes, or corporate audiences, he delivers a powerful message of empowerment, encouraging individuals to tap into their inner strength to achieve greatness. Eric Thomas's impact extends far beyond the stage, as he continues to motivate and empower individuals to chase their dreams relentlessly and never settle for less than their best.

For today's lunch activity, join us in the quad for a DoubleDutch contest. Tomorrow's dress up day is "For the Culture" and we encourage you to wear red, black, green, or yellow to support black culture.

TROJANS

The ROC & CTEC representative will be on campus during lunch by the Activities office on Tuesday for the last time this school year. Don't forget to submit your application if you want to take a program at ROC or CTEC next school year. The application closes on Wednesday, March 6th.

Breakfast

Main Entrée

Breakfast Sandwich

Pan Dulce

Trix Cereal

Honey Nut Cheerios Cereal Cup

Cocoa Puffs Cereal

Fruit

Granny Smith Apple

Strawberry Kiwi Juice

Milk

1% Low Fat Milk

Lactaid Fat Free Milk

Fat Free Chocolate Milk

LUNCH MENU

Main Entrée

Chicken Strips w/Fries

Chicken Caesar Salad

Cheeseburger

Extreme Burrito

Spinach and Cheese Calzone

Turkey and Cheese Sub

Spicy Chicken Sandwich

Uncrustable PB&J Sandwich

Fruit

Petite Banana

Pear

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. 27

Boys Soccer: Regional Playoffs HOME (5:00pm)

Girls Basketball: State Playoffs @ Antelope Valley (7:00pm)

Baseball: Var/JV vs. South (3:30pm), excused 1:45pm; FS at South (3:30pm), bus 2:00pm, ex 1:30pm

Softball: FS at Ridgeview (3:30pm), bus 2:00pm, ex 1:30pm

Boys Tennis: Var vs. Ridgeview (3:30pm), ex 2:30pm; JV at Ridgeview (3:30pm), van 2:30pm, ex 2:00pm

Thursday, Feb. 29

Boys Soccer: Regional Playoffs vs. TBD (5:00pm – location TBD)

Girls Basketball: State Playoffs vs. TBD (7:00pm – location TBD)

Baseball: Var/JV vs. Kennedy (3:30pm), ex 1:45pm; FS at Kennedy (3:30pm), bus 2:00pm, ex 1:30pm

Softball: Var at North Trny (Tehachapi 9:30am, Kern Valley 12:30pm), 2 vans 8:00am

Boys Tennis: Var vs. Independence (3:30pm), ex 2:30pm; JV at Independence (3:30pm), van 2:30pm, ex 2:00pm

Friday, March 1

Softball: Var at North Trny (El Diamante 2:15pm), bus 12:45pm, excused 12:15pm

Track and Field: at EB Relays (at BC); bus 9:00am, excused 8:30am

Swimming: at Ridgeview (Kern Aquatic Center 3:30pm), bus 2:00pm, excused 1:30pm

Saturday, March 2

Boys Soccer: Regional Playoffs vs. TBD (5:00pm – location TBD)

Girls Basketball: State Playoffs vs. TBD (7:00pm – location TBD)

Softball: Var at North Trny (West 12:00pm), bus 10:00am; FS at Golden Valley Trny (at Foothill vs. Liberty/Highland/Mira Monte) 8:30am

CLUBS

Project Lit meeting on Wednesday, February 28th in the library at lunch. See Ms. Stevenson if you have any 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 Trojans for Christ Bible club is open to all denominations and religious beliefs who want chat about faith and your journey. Trojans for Christ will be meeting this Tuesday and Thursday at lunch in room 910.

