

February 7, 2023

2/5/24-2/9/24

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 is on groundbreaking athletes and our athlete of the day today is Serena Williams. Serena is a professional tennis player who revolutionized women's tennis with her agility and fearless determination. She was coached by her father relentlessly through hours of practice at local parks in Compton, CA. She is an Olympic Gold-Medalist who also holds the record for winning 23 Grand Slam singles titles out of both men and women. She has displayed grace and persistence pushing women everywhere to new heights in order to reach their full potential.

TROJANS

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

SPORTS

The Athletic Department is looking for students who might be interested in learning how to set up and run the timing system for track, and who would be willing to help at our track meets this year. Community service hours or Foothill Athletic Vouchers are available. If you are interested or have any questions, please see Mr. Biezdad in the Athletic Office as soon as you can.

There will be Boys golf meeting in I-18 at lunch, important information about our schedule.

Wednesday, Feb. 7

Softball: Scrimmage at North (JV 3:00pm/Var 3:00pm); bus 1:30pm, excused 1:00pm

Breakfast

Main Entrée

- Pancake Sausage on Stick
- Apple Nada
- Trix Cereal
- Honey Nut Cheerios Cereal Cup
- Cocoa Puffs Cereal

Fruit

- Strawberry Kiwi Juice
- Apple Nada

Milk

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

LUNCH MENU

Main Entrée

- Chicken Parmesan
- Chef Salad
- Cheeseburger
- Extreme Burrito
- Spinach and Cheese Calzone
- Turkey and Cheese Sub
- Spicy Chicken Sandwich
- Uncrustable PB&J Sandwich

Fruit

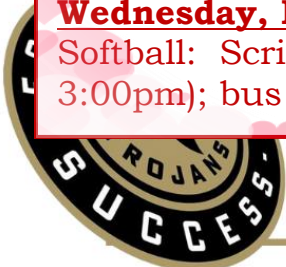
- Orange
- Kiwi

Vegetables

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

Milk

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



Thursday, Feb. 8

Boys Basketball: vs. Mira Monte (FS 4:00pm/JV 5:15pm/Var 6:30pm); FS excused 3:00pm; **SENIOR NIGHT**

Girls Basketball: at Mira Monte (FS 4:00pm/JV 5:15pm/Var 6:30pm); bus 2:00pm, excused 1:30pm

Boys Soccer: vs. Mira Monte (FS 3:30pm/JV 4:30pm/Var 6:00pm); FS excused 2:30pm; **SENIOR NIGHT**

Girls Soccer: at Mira Monte (FS 3:30pm/JV 4:30pm/Var 6:00pm); bus 2:00pm, excused 1:30pm; van 3:45pm

Boys Tennis: Scrimmage vs. Independence (Var only 3:30pm); excused 2:30pm

Friday, Feb. 9

Boys Wrestling: Divisionals at Redwood (Visalia); 3 vans (with girls) 6:30am

Girls Wrestling: Area at Golden West (Visalia); 3 vans (with boys) 6:30am

Saturday, Feb. 10

Boys Wrestling: Divisionals at Redwood (Visalia); 3 vans (with girls) 6:30am

Girls Wrestling: Area at Golden West (Visalia); 3 vans (with boys) 6:30am

CLUBS

The orchestra club will be selling Crush Grams for Valentine's Day! Pick up a sweet treat for your sweet as they will be on sale for the next two weeks. The price is \$8 while supplies last. Stop by the booth outside the activities office to place your orders.

Come join Trojan's for Christ Bible club this Thursday in room 910 for fellowship and food. Trojans for Christ is welcoming guest speaker Pastor Nic from Discovery Church to speak about having faith and dealing with trials as a teenager. All denominations and beliefs are welcome to hear about God. Enjoy some good food and encouraging message from Pastor Nic to jump start your second semester. See you Thursday in room 910.

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! The rest of this week at lunch, buy your Kiss Gram from the table set up outside the activities' office for \$2 each. Friday 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.

