

February 8, 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 Simone Biles who was born in 1997 in Columbus, Ohio. She was the first Olympic gymnast to win 3 consecutive world all-around titles (2013-2015). In the 2016 Olympics in Rio De Janeiro, she became the first US gymnast to win 4 gold medals at a single Olympic games. Simone won 5 out of 6 gold medals at the world championships in 2019 and broke the record of 25 medals by any male or female gymnast. Lastly, while performing her double-double dismount from the balance beam, she conducted a double-twisting-double backflip that has now been named the "Biles."

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. Biezad in the Athletic Office as soon as you can.



Breakfast

Main Entrée

EggStravaganza Bowl

Goody Bun

Trix Cereal

Honey Nut Cheerios Cereal Cup

Cocoa Puffs Cereal

Fruit

Fruit Punch Juice

Petite Banana

Milk

1% Low Fat Milk

Lactaid Fat Free Milk

Fat Free Chocolate Milk

LUNCH MENU

Main Entrée

Jerk Chicken & Rice

Quinoa Taco Salad

Sicilian Pizza

Beef Chile Colorado Burrito

Black Bean Burrito

Turkey and Cheese Sub

Spicy Chicken Sandwich

Uncrustable PB&J Sandwich

Fruit

Very Berry Juice

Apple Slices

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

Basketball vs Mira Monte:

Boys HOME (FS 4:00/JV 5:15/Var 6:30); FS ex 3:00; **SENIOR NIGHT**

Girls AWAY (FS 4:00/JV 5:15/Var 6:30); bus 2:00, excused 1:30

Soccer vs Mira Monte:

Boys HOME (FS 3:30/JV 4:30/Var 6:00); FS ex 2:30; **SENIOR NIGHT**

Girls AWAY (FS 3:30/JV 4:30/Var 6:00); bus 2:00pm, ex 1:30; van 3:45

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

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.

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!

