

February 9, 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 has been on groundbreaking athletes and our athlete of the day is Tiger Woods who is an American Professional golfer. As a child he won 3 straight US Amateur titles. At age 21 he became the youngest Masters Champion ever, winning by the largest Margin in tournament history. Three years later he won the US Open, British Open, and the PGA Championship. In 2001 he added the Masters and became the only person to ever hold all 4 professional Major titles at one time. He is currently tied for 1st in PGA tour wins. He is the highest paid golfer of all time. He was awarded the President Medal of Freedom in 2019 by former president Donald Trump - the first active athlete to receive the nation's highest civilian honor.

## **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 16<sup>th</sup> 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.

Wednesday was our 2<sup>nd</sup> blood drive of the year and you Trojans made it another awesome one. Not only did we get donations totaling 65 units, we had 38 first time donors and so far this year, Trojans have helped save 195 lives our community this school year. Thank you to all who donated or tried to donate and we hope to see you again at our next blood drive on April 10<sup>th</sup>.

### **Breakfast**

#### **Main Entrée**

Sausage Biscuit Sandwich  
Apple Cinnamon Oatmeal Round  
Trix Cereal  
Honey Nut Cheerios Cereal Cup  
Cocoa Puffs Cereal

#### **Fruit**

Blueberries  
Strawberry Kiwi Juice

#### **Milk**

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

### **LUNCH MENU**

#### **Main Entrée**

Bone-in Chicken Wings Soy Glaze  
Asian Salad  
Extreme Burrito  
Cheeseburger  
Spinach and cheese Sub  
Turkey and Cheese Sub  
Spicy Chicken Sandwich  
Uncrustable PB&J Sandwich

#### **Fruit**

Fresh Pineapple  
Unsweetened Applesauce Cup

#### **Vegetables**

Spinach  
Fresh Cucumber  
Corn  
Black Beans  
Grape Tomatoes  
Carrots

#### **Milk**

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



## 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.

### 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

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 3<sup>rd</sup> 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!

