

FOOTHILL HIGH SCHOOL BULLETIN

TROJANS

Attention Iron Man participants! Practices for Iron Man will begin on Monday, May 20th. Practice on the 20th and 21st will be from 5-6:30. Practice for May 22 will be from 4-5:30. The Iron Man game will be on May 23rd, beginning at 4 PM. Trojans! Don't forget to come out and support your grade level! May 23rd at 4 PM, the fun begins. Come watch your grade level compete against one another in a volleyball tournament that is sure to be entertaining! Spread the word and come out and make some noise!

Seniors. Please come by room 716 to see if you have qualified for CSF.

For Mental Health Awareness Week today we want to focus on the giggles. Did you know that laughter truly is medicine? Laughter can relieve stress, help with grief, relieve tension, and stimulate your brain and organs. And so, for a Friday funny... "Why were the fish's grades bad? Because they were below sea level." Today at lunch the counselors will be outside the library to help everyone make kindness rocks. Come out and write something positive and kind that will help you when you need or to gift to someone else. Wellness grams will also be on hand.

ROC & CTEC are now accepting applications for their evening programs! These classes are offered Tuesday-Thursday 5:30pm-8:30pm. If you need help with your application, please stop by the counseling office.

If you are a senior who still needs to pay off your Grad Night trip OR you want to claim one of the last spots available for the Magic Mountain trip – the Trojan Link Boosters will be on campus for the last time on Monday during lunch and after school. All tickets must be paid off by Monday or you will lose your spot.

Breakfast

Main Entrée

- Breakfast Sandwich
- Mini Breakfast Cluster
- Trix Cereal
- Honey Nut Cheerios Cereal Cup
- Lucky Charm Cereal

Fruit

- Strawberry Kiwi Juice
- Red Apple

Milk

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

LUNCH MENU

Main Entrée

- Orange Chicken & Fried Rice
- Asian Salad
- Cheeseburger
- Extreme Burrito
- Spinach and Cheese Calzone
- Turkey and Cheese Sub
- Spicy Chicken Sandwich
- Uncrustable PB&J Sandwich

Fruit

- Fresh Pineapple
- Unsweetened Applesauce Cup

Vegetables

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

Milk

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



15 Days to go Trojans!

SPORTS

All athletes (from any season) need to turn in all equipment and uniforms as soon as possible to the Trainer's Office outside the boy's locker room.

CLUBS

Come and join a new club called YTC. YTC stands for Youth Trojan Community; a club that involves wanting to make a happy investment in the lives of others. A happy investment might look like making hospitalized kids smile and improve their days with fun activities and more. This club is to show kids and parents in the hospital that we are there to give back and see people smile. If you're interested in joining, join us in room 816 at lunch this Thursday.

Chess Club will be meet in room 909 during lunch on Thursday, May 23rd to discuss plans for next year. Stop by if you're interested in joining chess club for next year!

