



Weekly Bulletin: Dec. 5-11, 2022

Month: Responsibility Month

**Monday**

Time	Location	Event
3:30-4:30	Cleveland HS	Girls Water Polo @ Cleveland
3:30-5:00	John Elway Stadium	JV Boys Soccer vs Palisades
5:00-7:00	John Elway Stadium	Varsity Boys Soccer vs Palisades

**Tuesday**

Time	Location	Event
<b>PROFESSIONAL DEVELOPMENT (See Alternate Schedule)</b>		
3:30-5:00	Castaic HS	Frosh/Soph Basketball @ Castaic
5:00-6:30	Castaic HS	JV Boys Basketball @ Castaic
6:00-7:30	Large Gym	JV Girls Basketball vs North Torrance
6:30-8:30	Castaic HS	Varsity Boys Basketball @ Castaic
7:30-9:30	Large Gym	Varsity Girls Basketball vs North Torrance

**Wednesday**

Time	Location	Event
3:00-4:00	Humphrey Pool	Girls Water Polo vs Birmingham
4:00-6:00	Cesar Chavez HS	JV Boys Soccer @ Cesar Chavez
6:00-8:00	Cesar Chavez HS	Varsity Boys Soccer @ Cesar Chavez

**Thursday**

Time	Location	Event
3:00-6:00	Large Gym	Wrestling League Meet
5:00-6:30	John Elway Stadium	JV Girls Soccer vs Marymount
6:30-8:30	John Elway Stadium	Varsity Girls Soccer vs Marymount

**Friday**

Time	Location	Event
12:46-1:16	Outdoor Stage	ASB Winter Holiday Pep Rally
5:30-7:00	San Fernando HS	JV Boys Soccer @ San Fernando
7:00-9:00	San Fernando HS	Varsity Boys Soccer @ San Fernando

**Saturday**

Time	Location	Event
7:55-11:00	Room A5	Saturday Detention
9:30-3:30	Room G8	CyberPatriot Competition
10:00-12:00	Westchester HS	JV Boys Basketball @ Westchester
12:00-2:00	Westchester HS	Varsity Boys Basketball @ Westchester

**Regular Bell Schedule**

Period 0	7:25 – 8:20
Period 1	8:30 – 9:25
Period 2	9:32 – 10:30
NUTRITION	until 10:42
Period 3	10:49 – 11:44
Period 4	11:51 – 12:46
LUNCH	until 1:16
Period 5	1:23 – 2:18
Period 6	2:25 – 3:20
Period 7	3:35 – 4:30

**Professional Development Tuesday Schedule**

Period 0	7:25 – 8:12
Prof Dev.	8:19 – 9:14
Period 1	9:21 – 10:08
Period 2	10:15 – 11:02
Nutrition	until 11:14
Period 3	11:21 – 12:08
Period 4	12:15 – 1:02
Lunch	until 1:32
Period 5	1:39 – 2:26
Period 6	2:33 – 3:20
Period 7	3:35 – 4:22

## Club, Team & Activity Information

**ASB.** ASB is having a toy drive from November 21 through December 8. All new toy donations will be give to children in need. Tis the season for giving!

**ASB.** ASB is selling Holiday Grams through December 6 at lunch in the quad. Spread some holiday cheer by sending a Holiday Gram consisting of fuzzy socks, hot chocolate and holiday squishies. Grams are \$5 each.

**DANCE TEAM.** The GHC Dance Team is having a See's Candy fundraiser. Contact any team member for more information.

**FOOTBALL TEAM.** Congratulations to the GHC Football Team for their win in the Division 1 City Championships. They have moved on to the Southern Regional State Bowl Game. Go Highlanders!



# Top Five Study Tips

## Review books

- Definitions, examples, practice questions



## Study group

- Helps others and yourself study/prepare, more fun, feels less like work



## Study at increments

- Space out studying, do one thing at a time, dont cram, dont procrastinate



## Music

- More enjoyable, not complete silence, dance breaks



## Study setting

- Study outside, fresh air, go to coffee shop, get out of house, limits distractions



**DETENTION SCHEDULES:** A5 Before School: 8:19a – 9:14a T After School: 3:30p – 5:30p M,TH After School: 3:30p – 4:30p M-TH

Students may serve 1 or 2 hours on Mondays and Thursdays only. Students must attend the first hour in order to stay the second hour.  
**After School Custodial Option:** Students are assigned to custodial staff to perform campus clean-up. Students must check with the Dean's Office for availability on that day. Two hours of detention credit for one hour of service.