

Monday, November 29, 2021

# TRABUCO HILLS HIGH SCHOOL WEEKLY BULLETIN

Trabuco Hills High School's Newsletter for Parents, Students & Staff

## WHAT'S IN THIS WEEK'S ISSUE:

PRINCIPAL'S MESSAGE  
GUIDANCE INFORMATION  
ASB  
COMMUNITY NEWS  
PTSA INFORMATION  
ATHLETICS

## UPCOMING EVENTS:

MONDAY, NOVEMBER 29TH  
SCHOOL SITE COUNCIL MEETING @ 4:00 P.M. IN MPR

MONDAY, NOVEMBER 29TH  
SECOND SEMESTER PARKING PERMIT SALES BEGIN

TUESDAY, NOVEMBER 30TH  
UNIFIED FLAG FOOTBALL & CHEER CLINIC

TUESDAY, NOVEMBER 30TH 7:30 A.M. - 1:30 P.M.  
RED CROSS CLUB BLOOD DRIVE

TUESDAY, NOVEMBER 30TH 6:00-8:00 P.M.  
UNIFIED FLAG FOOTBALL & CHEER CLINIC

WEDNESDAY, DEC. 1ST - WEDNESDAY, DEC. 8TH  
THHS TOY DRIVE

SATURDAY, DECEMBER 4TH  
YOUTH LEADERSHIP VIRTUAL CONFERENCE 9:00 - 1:30

MONDAY, DECEMBER 6TH - FRIDAY, DECEMBER 10TH  
WINTER SPIRIT WEEK

DECEMBER 13TH - 17TH  
FINALS WEEK SCHEDULE

DECEMBER 18TH  
SENIOR DEADLINE TO ORDER CAP/GOWN

DECEMBER 20TH - DECEMBER 31ST  
WINTER BREAK, NO SCHOOL

**24-Hour Attendance Hotline**  
**(949) 460-2707 or e-mail:**  
**[THHSAttendance@svusd.org](mailto:THHSAttendance@svusd.org)**



## Mustang Families,

Please take some time this morning to review all the information in today's newsletter. There are updates from guidance, including events and a mindfulness activity, information on how students can join clubs, athletics updates, and many opportunities to support our programs by "dining out" in the community.

Of particular note this week, our Unified Arts will be conducting their performance of "A Christmas Carol" on Thursday night at 6 pm in the theater. We are also holding a toy drive beginning on Wednesday the 1st until the 8th. Next week will be our winter spirit week as well.

We have included the Finals week schedule for the week of 12/13. Please make special note of the changes to the schedule that week, as well as January 3rd, the first day back from Winter Break and the start of the new semester.

You will also see a photo from the THHS Thundering Mustang Marching Unit's visit to the 9/11 memorial during our trip to New York City for the Macy's Thanksgiving Day Parade. I was honored to attend this trip and support our students. The one comment I heard time and time again was how NICE our students, parents, chaperones, and staff are. They are an amazing group. I hope you were able to watch the performance on Thursday, and also see that our very own Grace Ko received the Macy's scholarship, in the amount of \$10,000. Mr. Pollock and his staff are exceptional. He has put together a photo reel that is also included in the newsletter, which highlights many points of our trip. It was an awesome experience to site see with the band, and see New York as a group. It truly was a once in a lifetime experience, and one that makes me proud to be the principal here.

## Principal's Message Continued

Just a week prior to our trip, our Marching Band also hosted their annual "Tournament in the Hills," which served as one of the regional competitions this year. They performed as well, and took Second in 5A and our drumline took 1st place. Following the event, I received multiple emails from our band boosters recognizing our custodial crew for all their hard work that day. As one person shared: "The entire custodial team is/has been a pleasure to work with all year around, and throughout all the years. They are always there to provide whatever assistance we may need at any time, and they always do it with a smile on their faces. Their job probably goes pretty thankless at times, but wanted you to know that we all appreciate and value their hard work and support. We are lucky to have such great people working at THHS." I have included a photo of our lead night custodian Albert with Denise Ko (one of our amazing band parents).

There's so much to be grateful for here at THHS! Shail Patel has also earned the honor of recognition as a Coca-Cola semifinalist which keeps him in the running for a \$25,000 scholarship. Additional recognition goes to "Team Hydra," a rocketry team made up of four THHS students. Information about the competition they participated in this past year in also included this week.

Have a wonderful week,

Ms. Alicia Foulk

Principal



# Bell Schedules for the Week Beginning Monday, November 29, 2021

## Monday

### Collaboration Schedule

<u>Period</u>	<u>Time</u>
1	7:16 - 7:56
2	8:02 - 8:42
3	8:48 - 9:38
4	9:44 - 10:24
Snack	10:24 - 10:37
5	10:43 - 11:23
6	11:29 - 12:09
7	12:15 - 12:55



## Tuesday & Friday

### Regular Bell Schedule

<u>Period</u>	<u>Time</u>
1	7:02 - 7:56
2	8:02 - 8:57
3	9:03 - 10:01
Snack	10:01 - 10:17
4	10:23 - 11:18
5	11:24 - 12:19
Lunch	12:19 - 12:59
6	1:05 - 2:00
7	2:06 - 3:02



**School Site Council Meeting Cancelled today!**

**Monday, November 29th @ 4:00 p.m.**



**THHS | Site Council**

**Meeting Cancelled Today!**

**THHS Site Council Meeting**

**Monday, November 29, 2021**

**@ 4:00 p.m. in the MPR**

**(face masks are required)**

The Site Council Meeting Packet can be found by clicking on the link below.

**<https://drive.google.com/drive/folders/13HssjQL11TC9I5vNwV0XBmN4pcarbvdL>**

**Please Note:**

**Meeting Cancelled Today!**

# Second Semester Parking Permits

Monday, November 29th Sales Begin

## Calling all Juniors!!!

Starting Monday, November 29th at 8:00 a.m., parking spots will be online to purchase at the Student Store for 2nd semester parking (January 3, 2022 thru June 2022). The **cost is \$65 without ASB & \$50 with ASB**. Proof of the student's valid driver license is required at pick up. Parking permits will go fast so be sure to save the date to order online!

Seniors.....If you need a parking pass and you DO NOT have a yearly pass, please see Mrs. Berg in the Student Store starting Monday, November 29<sup>th</sup>.

[https://thhswebstore.myschoolcentral.com/asbworks/\(S\(ckgkf5xttvbahttcqw22q044\)\)/apps/webstore/pages/WebStore.aspx?org=10018](https://thhswebstore.myschoolcentral.com/asbworks/(S(ckgkf5xttvbahttcqw22q044))/apps/webstore/pages/WebStore.aspx?org=10018)



Rachel Berg  
Trabuco Hills High School  
ASB Accounting Clerk  
(949) 768-1934 \*237720  
Rachel.Berg@svusd.org  
GO BLUE!

[https://thhswebstore.myschoolcentral.com/asbworks/\(S\(2g3jzwa0bwrqfbnxsmlygynu\)\)/apps/webstore/pages/WebStore.aspx?org=10018](https://thhswebstore.myschoolcentral.com/asbworks/(S(2g3jzwa0bwrqfbnxsmlygynu))/apps/webstore/pages/WebStore.aspx?org=10018)

# **Red Cross Club Blood Drive**

**Tuesday, November 30th 7:30 a.m. - 1:30 p.m.**

**The Red Cross Club is hosting a Blood Drive on Tuesday, November 30th in the MPR from 7:30 a.m. - 1:30 p.m.**

**Anyone age 16 and up can donate blood with a permission slip signed by a parent. Consent forms should be delivered to Mrs.Tombleson's room #406.**

# THHS Power of Inclusion

Unified Flag Football & Cheer Clinic Tuesday, November 30th 6-8pm

## THHS POWER OF INCLUSION

Unified Sports, Unified Arts, Best Buddies, etc.



### UNIFIED ARTS PRESENTS *'A Christmas Carol'*

Unified Arts performance of  
'A Christmas Carol' is on  
**Thursday, December 2nd at 6pm**  
in the THHS theater (masks required).  
Open to public. Tickets can be  
purchased at the door only. (Cash only)  
tickets are \$3 with ASB and \$5 without.

#### WANT MORE INFO?

\*PTSA SPECIAL EDUCATION LIAISON (PARENT CONTACTS)  
JEN NEWSOME- SVPTASPECIAL@GMAIL.COM  
BRANDY MONCUR - MONCURCA@COX.NET

#### UPCOMING

### UNIFIED FLAG FOOTBALL & CHEER CLINIC

Tuesday, November 30th  
6-8pm in the THHS stadium.  
Students will need to see Mrs.  
Smaler or Mrs. Johnson to  
register for the clinic:  
[Kara.Johnson@svusd.org](mailto:Kara.Johnson@svusd.org).

### WINTER FORMAL

Does your child need support  
in order to attend this dance?  
If so please reach to your  
\*Special Education Liaison for  
more information.

### GRAD NIGHT

Does your Senior need support  
in order to attend this  
milestone event? If so please  
reach to your \*Special  
Education Liaison for more  
information.



NOVEMBER 2021

# THHS Toy Drive December 1st - 8th

*THHS is collecting toys for the  
Irvine Marine Adoption Committee*

## **TOY DRIVE**



*Mustangs! Bring in toys to help a family in need! Turn them into your homeroom. The homeroom with the **MOST** points gets a Class Party!!*

*You can start donating December 1-8. All toys will be collected December 8 from your 3rd period! Toys must be new and upwrapped!*

*Thank You and Happy Holidays!*

# Youth Leadership Virtual Conference

Saturday, December 4th 9:00 a.m - 1:30 p.m.

For information contact Jen Santos [jsantos@casayouthshelter.org](mailto:jsantos@casayouthshelter.org)

Casa Youth Shelter Presents

A VIRTUAL  
event for  
middle & high  
school aged  
teens!

# CAN'T STOP US!

# YOUTH LEADERSHIP CONFERENCE

Saturday, December 4, 2021

9:00am - 1:30pm

[CLICK TO  
REGISTER  
FOR FREE  
ONLINE!](#)

Workshops Include:  
Ending the Silence  
How to be an LGBTQ+ Ally  
Social Emotions & More



## Casa Youth Shelter



CITY OF  
**LOS ALAMITOS**  
POLICE DEPARTMENT



Port of  
**LONG BEACH**  
THE PORT OF CHOICE

Casa Youth Shelter 10911 Reagan St., Los Alamitos, CA 90720

# Winter Spirit Week December 6th - 10th



## Winter Spirit Week

12/6 - 12/10

**Monday: Snowed In**  
Wear your PJ's

**Tuesday: Anything But a  
Backpack Day**

\*Must be school appropriate

**Wednesday: Baby It's Cold  
Outside**

Dress Warm.

Mountain gear, fuzzy socks, etc.

**Thursday: Candy Cane Day**

Dress **up in Red** and White

**Friday: Ugly Sweater Day**

**Happy Holiday's**

**Unified Track and Field Team Mandatory Meeting**  
**Tuesday, December 7th**

**"Are you interested in being on the Unified Track and Field Team? If so, please join our mandatory meeting on Tuesday, December 7th at lunch in room 305. See Mrs. Johnson for more details!"**

**Kara Johnson**

# THHS French Club & French Honor Society Fundraiser

Thursday, December 9th

**THHS French Club & French Honor Society are sponsoring a lunch to celebrate 'la fête de la Saint Nicolas', a traditional holiday celebrated in France on December 6.**

**The cost of the lunch is \$7 and includes choice of a delicious croissant or baguette sandwich. Also included will be a drink and a serving of Bûche de Noël, a traditional French chocolate Yule log cake.**

**Please pay on or before Thursday, December 2nd. Luncheon forms are available in Room 109 or from a French Club officer. The luncheon will be held on Thursday, December 9 at lunch in the MPR.**

**Merci beaucoup!**

**Maureen Kinney  
French Teacher**

# Finals Week Schedule & January 3rd

Monday, December 13th - Friday, December 17th  
& January 3rd

## THHS FIRST SEMESTER FINALS SCHEDULE 2021

Monday, 12/13 Collab Schedule		Tuesday, 12/14 1st Period Final			Wed. 12/15 2nd & 5th Period Finals	Thurs. 12/16 3rd & 6th Period Finals	Fri. 12/17 4th & 7th Period Finals
Period 1	7:16-7:56	Period 1	7:00-9:00	Block A	8:00-10:00	8:00-10:00	8:00-10:00
Period 2	8:02-8:42	Period 2	9:06-9:50	Snack	10:00-10:15	10:00-10:15	10:00-10:15
Period 3	8:48-9:38	Period 3	9:56-10:46	Block B	10:21-12:21	10:21-12:21	10:21-12:21
Period 4	9:44-10:24	Snack	10:46-11:02				
Snack	10:24-10:37	Period 4	11:08-11:52				
Period 5	10:43-11:23	Period 5	11:58-12:42				
Period 6	11:29-12:09	Lunch	12:42-1:22				
Period 7	12:15-12:55	Period 6	1:28-2:12				
		Period 7	2:18-3:02				

### January 3, 2022

#### Teacher Collab Time

Period 1	9:00-9:38
Period 2	9:44-10:22
Period 3	10:28-11:11
Snack	11:11-11:27
Period 4	11:33-12:11
Period 5	12:17-12:55
Lunch	12:55-1:35
Period 6	1:41-2:19
Period 7	2:25-3:02



## HORARIO DE EXÁMENES FINALES DEL PRIMER SEMESTRE THHS 2021

Lunes, 12/13 Collab Schedule		Martes, 12/14 Final del periodo 1			Miér. 12/15 Finales de los periodos 2 & 5	Juev. 12/16 Finales de los periodos 3 & 6	Vier. 12/17 Finales de los periodos 4 & 7
Periodo 1	7:16-7:56	Periodo 1	7:00-9:00	Bloque A	8:00-10:00	8:00-10:00	8:00-10:00
Periodo 2	8:02-8:42	Periodo 2	9:06-9:50	Snack	10:00-10:15	10:00-10:15	10:00-10:15
Periodo 3	8:48-9:38	Periodo 3	9:56-10:46	Bloque B	10:21-12:21	10:21-12:21	10:21-12:21
Periodo 4	9:44-10:24	Snack	10:46-11:02				
Snack	10:24-10:37	Periodo 4	11:08-11:52				
Periodo 5	10:43-11:23	Periodo 5	11:58-12:42				
Periodo 6	11:29-12:09	Almuerzo	12:42-1:22				
Periodo 7	12:15-12:55	Periodo 6	1:28-2:12				
		Periodo 7	2:18-3:02				

### 3 de enero, 2022

#### Tiempo colaborativo para los maestros

Periodo 1	9:00-9:38
Periodo 2	9:44-10:22
Periodo 3	10:28-11:11
Snack	11:11-11:27
Periodo 4	11:33-12:11
Periodo 5	12:17-12:55
Almuerzo	12:55-1:35
Periodo 6	1:41-2:19
Periodo 7	2:25-3:02



## **Volunteer Bakers Needed for THHS Holiday Cookie Buffet!**

**On Wednesday, December 15th, the THHS PTSA will be hosting a Holiday Cookie Buffet for all our dedicated teachers and staff. We need volunteers to bake homemade treats. Please sign up using this link:**

**<https://www.signupgenius.com/go/4090F4CAFA929AAF58-holiday2>**

**Please bring in your items to the front office on the day of the event before 9a.m. Contact Connie Kim with any questions @ [224.khome@gmail.com](mailto:224.khome@gmail.com). Thank you for your participation in making this a fun holiday event!**

# THHS Marching Unit @ 9/11 Memorial Pools Remembering Lisa Frost



Please click on the link below to view the video of the THHS Marching Unit at the 2021 Macy's Thanksgiving Day Parade.



[https://drive.google.com/file/d/1X\\_1rcGt6aMJYOiOTzEp1MNhLcvzrrArJ/view](https://drive.google.com/file/d/1X_1rcGt6aMJYOiOTzEp1MNhLcvzrrArJ/view)

# It's Time to Order Your Cap & Gown!

## Deadline December 18th



THHS Class of 2022 -  
It's time to order your Cap & Gown!

Scan here to learn more:



**Deadline to order your cap/gown is December 18th, 2021.**

[https://www.jostens.com/apps/catalog/gradPackage.mvc?customerId=1005465&customerName=Trabuco-Hills-High-School&catalogOsr=GRAD\\_PROD\\_HS\\_SENIOR\\_CUSTOMER\\_CATALOG&catalogName=Graduation&categoryOsr=PACKAGES&pubCatId=1609348652&requestedView=BEST](https://www.jostens.com/apps/catalog/gradPackage.mvc?customerId=1005465&customerName=Trabuco-Hills-High-School&catalogOsr=GRAD_PROD_HS_SENIOR_CUSTOMER_CATALOG&catalogName=Graduation&categoryOsr=PACKAGES&pubCatId=1609348652&requestedView=BEST)

Have you seen the new Class Jewelry?  
Capture your unique high school journey and  
design YOUR class jewelry today.  
(Receive a free cap & gown with class jewelry purchase)\*

\*Restrictions apply - see website for more details



(567-8367)

Questions? Call 800-JOSTENS!



# Mustang Learning Center

Monday - Thursday in the Library.

## Mustang Learning Center

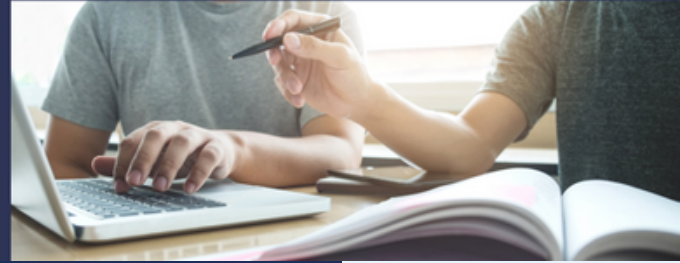


The Mustang Learning Center is open at lunch and after school in the library.

- Available Teachers
- Peer Tutors (students who already took the class)
- Quiet place to study
- Get your questions answered
- Come right before a big test!

Need one on one help in math, physics, chemistry, structuring an essay?

HELP



## Mustang Learning Center

*Monday-Thursday in the Library*  
*Adjusted hours beginning 11/1/21*

Attention all students! Please take advantage of the Mustang Learning Center during the following days and times:

Mondays: 1-1:30

Tuesdays: 7-8am, 12:20-12:50 and 2-4pm

Wednesdays: 7-8am, 12:20-12:50 and 1-4pm

Thursdays: 7-8am, 12:20-12:50 and 2-4pm

\*The Learning Center will be closed on all school holidays

The Learning Center is a great place to get the following support:

- Academic
- Organizational
- Quiet place to study/complete homework

The following combination of THHS staff members will be available during the Learning Center times:

- Teachers
- Instructional Assistants
- Office staff
- Peer Tutors
- Administration





# Mindfulness Monday

## "Gratitude Breathing Exercise" Video



click to view video

**Ms. Lunsford**  
THHS Guidance Specialist

[https://drive.google.com/file/d/142U1E\\_RsZFXIbpRcywPkcF7lCoRnLrS0/view?usp=drivesdk](https://drive.google.com/file/d/142U1E_RsZFXIbpRcywPkcF7lCoRnLrS0/view?usp=drivesdk)

# THHS Detention & Saturday School

## Detention Hours

**Tuesday, Wednesday, & Thursday Only**

**7:02 am - 7:56 am – Room 128**

**2:06 pm - 3:02 pm – Room 101**

**3:06 pm - 4:00pm – Room 101**

**Trabuco Hills High School**

**2021-2022**



<https://www.svusd.org/schools/high-schools/trabuco-hills/about/discipline-and-supervision>

### 21-22 Saturday School Dates

**Dec. 4<sup>th</sup>, Dec. 11<sup>th</sup>, Jan. 8<sup>th</sup>, Jan. 22<sup>nd</sup>, Feb. 5<sup>th</sup>,  
Feb. 12<sup>th</sup>, Feb. 26<sup>th</sup>, March 6<sup>th</sup>, March 12<sup>th</sup>, March 26<sup>th</sup>,  
April 2<sup>nd</sup>, April 23<sup>rd</sup>, April 30<sup>th</sup>, May 14<sup>th</sup> & May 21<sup>st</sup>.**

**Please visit the Trabuco Hills website for times and rules.**

<https://www.svusd.org/schools/high-schools/trabuco-hills/about/discipline-and-supervision>

# THHS Semi-Finalist, Shail Patel



**COCA-COLA  
SCHOLARS  
FOUNDATION**

## **THHS SEMI-FINALIST**

Shail Patel - Class of 2022



Only 1,617 Semifinalists were chosen among 68,000+ applicants this year because of their outstanding leadership, academic achievements, and dedication to their community.



# Want to Join a THHS Club?

**HEY YOU!!!!**

**Wanna join a CLUB!??!**

**Of course you do!!! Scan this QR Code to check out a list of all the clubs available on campus.**



**Club List**

Or, click link below to view a list of clubs.

[https://docs.google.com/spreadsheets/d/1Z-1Xid\\_Hxf41GefBpHrH--wcJKYNjv01K\\_GmFfEIEZg/edit#gid=1495332769](https://docs.google.com/spreadsheets/d/1Z-1Xid_Hxf41GefBpHrH--wcJKYNjv01K_GmFfEIEZg/edit#gid=1495332769)

# December Community of Character

## Caring



### Mission Viejo Community of Character

#### Caring

*Caring* is a character trait which can be described with the words compassion, loving, or kindness. A *caring* person is concerned about others and says or does nice things to help them or make them feel special. Empathy, the ability to feel what another person is feeling is an important part of *caring*. When you can imagine "walking in the shoes" of another person, it helps you to be kind and *caring*. Another word which helps us to understand how to be *caring* is "altruism." The definition of altruism is "feelings and behavior that show a desire to help other people and a lack of selfishness" or "unselfish concern for the welfare of others." As we strive to be more *caring*, the "Golden Rule" is a good guideline: treat others the way you would like to be treated.

The children's book, *Have You Filled a Bucket Today?* by Carol McCloud provides a wonderful way to help kids to understand what it means to be *caring*. In this book, Ms. McCloud states that in life, everyone carries an invisible bucket each day. The purpose of the bucket is to carry our good thoughts and feelings. We feel happy when our buckets are full and sad when they are empty. The author tells us that we can fill the bucket of another person when we show love, say or do something kind, or even by smiling! When we fill the bucket of another person, we are filling our own bucket as well. The book includes some suggested actions for "bucket filling," and provides a reminder to children AND adults that "bucket filling makes everyone feel good."

Another way of showing *caring* is the concept of "paying it forward." This idea was made popular by a movie of the same name, and involves doing something good for someone in response to a kind act you have received from someone else. The idea is that you don't repay the person who has helped you, which you may not be able to do at the time, but instead you do something kind for someone else. The idea is not a new one! Benjamin Franklin suggested this practice in a letter he wrote

to Benjamin Webb in 1784, in which he wrote about his intention to help Webb by lending him some money. Franklin did not wish to be repaid directly but instead he instructed Webb, "...when you meet with another honest man in similar distress, you must pay me by lending this sum to him; enjoying him to discharge the debt by a like operation, when he shall be able and shall meet with such another opportunity, I hope it may thus go through many hands before it meets with a knave that will stop its progress. This is a trick of mine for doing a deal of good with a little money. I am not rich enough to afford much in good works, and so am obliged to be cunning and make the most of little."

This fable by Aesop is a story of kindness paid and repaid. It reveals that *caring* and kind acts can come from the small and weak as well as the big and powerful! And it is a good reminder that when we show kindness to others it often comes back to us!

**The Lion and the Mouse**  
An Aesop's Fable on *Caring*  
One day a great lion lay asleep in the sunshine. A little mouse ran across his paw and awakened him. The great lion was just going to eat him when the little mouse cried, "Oh, please, let me go, sir. Someday I may help you!" The lion laughed at the thought that the little mouse could be of any use to him. But he was a good-natured lion, and he set the mouse free. Not long after, the lion was caught in a net. He tugged and pulled with all his might, but the ropes were too strong. Then he roared loudly. The little mouse heard him, and ran to the spot. "Be still, dear Lion, and I will set you free. I will gnaw the ropes." With his sharp little teeth, the mouse cut the ropes, and the lion came out of the net. You laughed at me once," said the mouse. "You thought I was too little to do you a good turn. But see, you owe your life to a poor little mouse."

December

Caring

#### Character Qualities

- Responsibility
- Respect
- Thankfulness
- Caring
- Perseverance
- Unity
- Integrity
- Service
- Moral Courage
- Citizenship
- Fairness
- Self Control

"Those who bring sunshine into the lives of others cannot keep it from themselves."

James M. Barrie

City of Mission Viejo  
200 Civic Center  
Mission Viejo, CA 92691

#### Books and Movies of Character Fiction Books

*The Giving Tree* by Shel Silverstein (Preschool to 5<sup>th</sup> grade)

*Have You Filled a Bucket Today?* by Carol McCloud (Preschool to 6<sup>th</sup> grade)

*Charlotte's Web* by E. B. White (3<sup>rd</sup> to 7<sup>th</sup> grade)

*The Piano* by William Miller (Kindergarten to 3<sup>rd</sup> grade)

*When I Care About Others* by Cornelia Maude Spelman (Preschool to 3<sup>rd</sup> grade)

*Wonder* by RJ Palacio (3<sup>rd</sup> to 7<sup>th</sup> grade)

*The Friendship Doll* by Kirby Larson (4<sup>th</sup> to 7<sup>th</sup> grade)

#### Nonfiction Books

*Caring* by Robin Doak (Preschool to 3<sup>rd</sup> grade)

*Nubs: The True Story of a Mutt, a Marine & a Miracle* by Major Brian Dennis, Kirby Larson, and Mary Nethery (Preschool to Adult)

*Learning About Compassion From the Life of Florence Nightingale* by Kiki Moshier (K to 4<sup>th</sup> grade)

*Clara Barton: Founder of the American Red Cross* by Augusta Stevenson

#### Movies

*Miracle on 34<sup>th</sup> Street*  
*A Christmas Carol*

#### What is Caring?

- Being kind and compassionate.
- Helping others.
- Having empathy—the ability to feel what another person is feeling.
- Being altruistic—having an unselfish concern for the welfare of others.
- Giving your time and talents to others.

#### Quotes

"Kind words do not cost much....Yet they accomplish much."  
Blaise Pascal

"The best part of a good person's life is the little nameless, unremembered acts of kindness and love."  
William Wordsworth

"I have this theory that if one person can go out of their way to show compassion, then it will start a chain reaction of the same."  
Rachel Scott

"I may be compelled to face danger, but never fear it, and while our soldiers stand and fight, I can stand and feed and nurse them."  
Clara Barton

"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin."  
Mother Teresa

"Let me be a little kinder, let me be a little blinder to the faults of those around me, let me praise a little more."  
Edgar Albert Guest

"Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate."  
Albert Schweitzer

#### Practicing Caring

- Treat others the way you would like to be treated.
- Look for ways to be kind and thoughtful to others.
- Show sympathy and compassion for those who are less fortunate.
- Reach out to help and give to others.
- Stand up for others.
- Be a friend!
- Take part in community service.
- Be a good listener.
- Share your skills and knowledge.
- Smile at others!

#### Applying Caring

- Set a goal to perform one or more random acts of kindness every day.
- Think of others as more important than yourself.
- Tell loved ones that you love them.
- Encourage and inspire others.
- Respect the property of others.
- Help with chores.
- Visit, call or send a card to a person you know is ill or lonely.
- Look for the good in others and give words of praise.
- Bring out the best in others.
- If you can't say something nice, don't say anything at all!

- Take a meal to a family that has been struck by illness or difficulties. If you are a parent, take your children with you so that they can observe your kindness and the example you set.
- Find opportunities to make the holidays brighter for other families or seniors who are alone.
- Organize a fundraiser to provide assistance for a worthy cause or a family struck by tragedy.
- Perform your acts of caring with no expectation of receiving a return.
- "Pay it forward" by repaying a kind act that was done for you by doing something kind for another person.

#### Personal Commitments to Caring:

- I will find ways every day to show *caring* to others and perform acts of kindness.
- I will be a "bucket filler."
- I will treat others the way I would like to be treated.
- I will reach out with kindness to another who may be unpopular or need a friend.
- I will give to others in need.
- I will try to make a difference in the lives of others!

# OCTA - Youth Ride Free Program

## Mustangs-

Are you interested in participating in the OCTA Youth Ride Free Program? Now through February 28th, Orange County Transit Authority (OCTA) is partnering with local schools to allow all youth ages 6-18 years old to ride the OCTA bus for free! If you're interested in participating in this program, please fill out the Youth Ride Free form below and turn it in to Mrs. Johnson in room 305 Monday-Friday 7-8am, snack, or lunch. Turn in your signed form and receive your free pass. Please do NOT email your form. We will only accept hard copies. Please email Mrs. Johnson at [Kara.Johnson@svusd.org](mailto:Kara.Johnson@svusd.org) if you have additional questions.



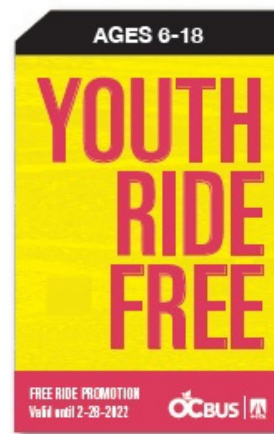
## YOUTH RIDE FREE PROMOTIONAL PASS

The "Youth Ride Free" promotional pass is now available from the Orange County Transportation Authority (OCTA). Using the pass, Orange County youth ages 6 to 18 can use all OC Bus fixed-route service for free starting September 2021 until February 28, 2022.

It's an option for youth to use for travel to school, work, or for fun.

To request a Youth Ride Free pass for your child, just complete this form and return it to your child's participating school.

OCTA is able to offer the Youth Ride Free pass thanks to grant funding provided by California Climate Investments to help reduce greenhouse gas emissions, strengthen the economy, and improve public health and the environment.



### KEY DETAILS

- Youth Free Ride passes will be available in September 2021 from your child's participating Orange County school. The Youth Ride Free pass is valid until February 28, 2022.
- Learn more about how easy it is to use OC Bus, including how to plan a trip and schedule information here: [OCbus.com](https://www.ocbus.com)
- Questions about the Youth Ride Free pass or how to use OC Bus? Visit [OCTA.net/YouthRideFree](https://www.octa.net/YouthRideFree) or call OCTA's Customer Information Center at (714) 636-RIDE (7433) and we will be happy to help. Available weekdays (7am - 7pm), weekends (8am - 6pm), and holidays (8am - 5pm).



### PARENTAL REQUEST FORM (Please return this completed form to your child's school to receive the Youth Ride Free pass)

Parent / Legal Guardian Name \_\_\_\_\_

Student Name \_\_\_\_\_

School \_\_\_\_\_

My child is between the ages of 6 to 18 and is a current student at the above school.

Yes, please provide my child a free Youth Ride Free pass.

Parent / Legal Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

For Staff Use

For the safety and comfort of all riders, all OC Bus customers must follow the Customer Conduct Policy (available at [OCTA.net/conduct](https://www.octa.net/conduct)) and the directions of OC Bus drivers. OCTA reserves the right to revoke the Youth Ride Free pass from youth that do not follow these guidelines. If needed, OC Bus drivers may ask riders for proof of age to verify eligibility for the Youth Ride Free pass.

# Ready S.E.T. OC

## Youth Employment & Training Programs

**READY S.E.T. OC**  
YOUTH EMPLOYMENT & TRAINING PROGRAMS

**ARE YOU ELIGIBLE?**  
WE SERVE ALL YOUTH 14-24, INCLUDING:

- Those with disabilities or IEP plans
- Former or current foster
- Pregnant or parenting
- Offender or ex-offender
- Those experiencing homelessness, couch-surfing, or at risk of homelessness

**GET A JOB!**  
All services are FREE!

OUR SERVICES INCLUDE:

- Paid work experience
- Opportunities to earn your high school diploma
- Assistance with clothing, shelter, transportation, and other basic needs
- Help apply to college & FAFSA
- Job search assistance and career planning
- Vocational training opportunities
- Financial literacy education
- Tutoring
- Leadership development
- Adult mentorship
- Guidance and counseling
- Continued support beyond program exit
- Paid entrepreneurship training

FOR MORE INFORMATION:

CALL (562) 383-4227 | TEXT (657) 210-1295

America's Job Center of California | Orange County Development Board | One-Stop Center

The City of La Habra is a proud partner of America's Job Center of California network. This WIOA Title I (readily available program or activity) is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities.

**READY S.E.T. OC**  
YOUTH EMPLOYMENT & TRAINING PROGRAMS

**MAKE MONEY!**  
THE READY S.E.T. OC PROGRAM PROVIDES PAID WORK EXPERIENCE, CAREER/EDUCATION COUNSELING, VOCATIONAL TRAINING, & THAT MUCH MORE!

**WE SERVE ALL YOUTH AGES 14-24, INCLUDING:**

- Those with disabilities or IEP plans
- Former or current foster
- Pregnant or parenting
- Offender or ex-offenders
- Those experiencing homelessness, couch-surfing, or at risk of homelessness

All services are FREE!

Interested in signing up? Call or text us to learn more about how we can help you or make an appointment to register.

CALL (562) 383-4227 | TEXT (657) 210-1295

America's Job Center of California | Orange County Development Board | One-Stop Center

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## DWIB'S Virtual High School Outreach Program

**DWIB'S HIGH SCHOOL OUTREACH PROGRAM**

Please join the first ever virtual high school outreach program Davis Women in Business (DWIB), from UC Davis, will be hosting! We are looking forward to building connections with the future business leaders of the world. Come prepared to hear from current college students as well as professionals in the business world. Please register for the program with the RSVP form linked below. See you there!

RSVP Link: <https://bit.ly/dwib-hs-rsvp>  
Facebook Group Link: <https://bit.ly/dwib-FB>  
Zoom: <https://bit.ly/dwib-hs-zoom>  
Zoom Meeting ID: 980 5084 3993

**Workshop Schedule**

- All Things College**  
10/28 | 7:00 - 7:45pm
- Career Exploration**  
11/18 | 7:00 - 7:45pm
- Professionalism & Networking**  
12/02 | 7:00 - 7:45pm
- Interview Prep**  
1/06 | 7:00 - 7:45pm
- Resume 101**  
1/27 | 7:00 - 7:45pm
- Self Care**  
2/17 | 7:00 - 7:45pm
- Investments & Budgeting**  
3/10 | 7:00 - 7:45pm
- Leadership**  
3/31 | 7:00 - 7:45pm

**DAVIS WOMEN IN BUSINESS**

# Rocketry Team

## Team Hydra

During the past school year, Team Hydra, a group composed of 4 THHS students (Bhargav Panguluru, Shail Patel, Stephen Liu, and Team Captain and Founder Imaad Rana) and 1 RSM Intermediate student (Zoya Rana), was formed as a model rocketry team competing in the American Rocketry Challenge (TARC) for the 2021 season. They were one of the many teams to represent Southern California and this past year, their team qualified for the 2021 TARC Nationals for the first time!

Typically, the national competition would be held at the Great Plains in Virginia, but because of the pandemic, 10 regional launch sites across the country were designated instead. With all of the members located in SoCal, the team chose to compete at Lucerne Dry Lake. The national competition consists of two rocket flights, each with unique parameters. The closer the flight was to the designated target launch altitude and duration, the better the score was. The team had amazing results on both flights and achieved near-perfect scores. Last year's prize pool was over \$100,000 and was sponsored by companies such as Raytheon, Boeing, and Northrop Grumman.

The award ceremony was held on June 28th, 2021, in partnership with the National Association of Rocketry and featured guest speaker Lieutenant General Nina M. Armagno, the Director of Staff of the U.S. Space Force. After several minutes of nervous anticipation, the team learned of their placement: they placed 4th in the ENTIRE nation out of 600+ teams and thousands of students in the World's Largest Rocket Contest! Team Hydra won \$10,000 for their 4th place finish, \$1,000 for being the best team in California, and \$1,000 for their partnered non-profit organization, MATHmania Robotics. They were additionally featured in several news articles, including in the OC Register.

Because of their placement, Team Hydra has been invited to the NASA Student Launch Initiative (SLI). The SLI team has the same THHS members, in addition to THHS students Elijah Tavares and Parth Solanki, and is led by Project Manager Imaad Rana. The team has gotten the opportunity to work with and present directly to NASA members and is ecstatic to have this amazing opportunity.

# Team Hydra



# Girls Track & Field

Girls Track And Field Tryouts for everyone, including Soccer, Volleyball, Basketball, Tennis, H2O Polo Players, and all returners, will be December 2nd and December 10th, 3:30-5:00 p.m. at THHS. TF Distance tryouts have already happened...35 Distance girls earned a Spot on the TF team that day, and another Distance tryout will take place December 15th. Any questions, email Coach Kelly at [kellyd@svusd.org](mailto:kellyd@svusd.org), or find him in room 511.

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# Boys Cross Country

On Saturday, November 13th the Boys Cross Country Team competed at the CIF Southern Section Division 1 Prelims at Mt. Sac. The boys finished 4th in their heat to advance to the Finals on Saturday, November 20th.

The Varsity Team players are: Senior-Ryan Anderson, Sophomore-Micah Clemons, Sophomore-Logan Fulford, Freshman-Dylan Jubak, Junior-Alex Seamark, Freshman-Carsten Williams, and Junior-Dylan Wilson.

The Division 1 Finals will see the top 16 teams in the Southern Section race on the iconic Mt. Sac course at 10:35 AM. Live Results can be found at [www.finishedresults.com](http://www.finishedresults.com). The top 7 teams at CIF Finals will qualify for the State Championships in Clovis on November 27th.

Liam Clemons

[Liam.Clemons@svusd.org](mailto:Liam.Clemons@svusd.org)

# ATHLETIC CLEARANCE FOR THE 2021-2022 SCHOOL YEAR !

Get your athletic clearance started for the 2021-2022 school year. All athletes are required to be cleared to participate in athletics. Sports screenings are valid for one calendar year and must cover the entire season of your chosen sports.

## AthleticClearance.com

Steps to get cleared to participate in Athletics at Trabuco Hills High School:

- 1.) Go to AthleticClearance.com
- 2.) Register / Create an account under **2021-2022** school year
- 3.) Enter the code given to activate account
- 4.) Follow steps to input registration data
- 5.) Print off sports screening paper work (THHS Website)
- 6.) Upload sports screening paper work that is signed, stamped, and dated by a physician
- 7.) Finalize with electronic parent / student signatures

**\*\*\*PLEASE NOTE\*\*\***

**BE SURE TO CHECK EVERY SPORT BOX YOUR STUDENT PLAYS OR IS INTERSTED IN**

**EVERY ATHLETE IS REQUIRED TO BE CLEARED IN ORDER TO PARTICIPATE**

