



Monday, May 23, 2022

TRABUCO HILLS HIGH SCHOOL WEEKLY BULLETIN

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

Principal's Message 

WHAT'S IN THIS WEEK'S ISSUE:

PRINCIPAL'S MESSAGE
GUIDANCE INFORMATION
PTSA
ASB
COMMUNITY NEWS
ATHLETICS

UPCOMING EVENT

WEDNESDAY, MAY 25TH
THHS KEY CLUB FUNDRAISER @ HANDEL'S HOMEMADE ICE CREAM

MAY 24TH & JUNE 28TH 3:00 P.M. - 5:00 P.M.
FREE DRIVE THRU FARMERS MARKET

WEDNESDAY, MAY 25TH 5-9PM
THHS BASEBALL FUNDRAISER @ CHIPOTLE

MONDAY, MAY 31ST
NO SCHOOL, MEMORIAL DAY

THURSDAY, JUNE 2ND 7:30 PM
2022 THHS SENIOR GRADUATION

Mustang Families,

This week we are on a special schedule. Monday is a collaboration day, Tuesday is a regular day, Wednesday and Thursday are block days in order to allow seniors time for final exams, and Friday is a special schedule for Period 1 final. The schedule is included in the newsletter today. Please check the website for all of our bell schedules.

I have included in this newsletter a congratulations to our yearbook staff (the book is remarkable), our classified employee of the year, our unified track team, one of our students for his success in Chemistry, as well as additional successes of our students. This time of year is always celebratory, and it feels even more so this year. Our ASB hosted prom (for the first time since 2019) and we had nearly 1000 students in attendance!

Be sure to check out our website with up to date calendars for school activities, events, and sports. The newsletter also includes important information on scholarships, fundraisers, and other updates.

We hope your families remain healthy and well at this time.

**Ms. Alicia Foulk
Principal**

**24-Hour Attendance Hotline
(949) 460-2707 or email:
THHSAttendance@svusd.org**



THHS Bell Schedule

Beginning Monday, May 23rd

Monday, May 23rd

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, May 24th

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

Wednesday, May 25th

Schedule for all students

(seniors will take finals 2,4,6)

<u>Period</u>	<u>Time</u>
1	7:02 - 7:56
2	8:02 - 10:01
Snack	10:01 - 10:17
4	10:23 - 12:19
Lunch	12:19 - 12:59
6	1:05 - 3:02

Thursday, May 26th

Schedule for all students

(seniors will take finals 3,5,7)

Last Full Day for Seniors

<u>Period</u>	<u>Time</u>
1	7:02 - 7:56
3	8:02 - 10:01
Snack	10:01 - 10:17
5	10:23 - 12:19
Lunch	12:19 - 12:59
7	1:05 - 3:02

Friday, May 27th

Period 1 Final Exam Schedule

(all students grades 9-12 take period 1 final)

Seniors leave after 1st period

<u>Period</u>	<u>Time</u>
1	7:00 - 9:00
2	9:06 - 9:50
3	9:56 - 10:46
Snack	10:46 - 11:02
4	11:08 - 11:52
5	11:58 - 12:42
Lunch	12:42 - 1:22
6	1:28 - 2:12
7	2:18 - 3:02

Monday, May 30th - No School - Memorial Day

THHS Bell Schedule

Beginning Tuesday, May 31st

Tuesday, May 31st

Grade 9-11 Finals

<u>Period</u>	<u>Time</u>
2	8:00 - 10:00
Snack	10:00 - 10:15
5	10:21 - 12:21

Wednesday, June 1st

Grade 9-11 Finals

<u>Period</u>	<u>Time</u>
3	8:00 - 10:00
Snack	10:00 - 10:15
6	10:21 - 12:21

Thursday, June 2nd

Grade 9-11 Finals

<u>Period</u>	<u>Time</u>
4	8:00 - 10:00
Snack	10:00 - 10:15
7	10:21 - 12:21



THHS Yearbook is a Huge Success!

From Adviser Mr. Mann:

“It is important to recognize the efforts of our 17 yearbook staff members who recently distributed the Brumby, 37th Edition, to almost 1,500 students. The theme, "you don't want to miss THIS" was our opportunity to welcome back the students and staff of Trabuco Hills in an exciting way. The book has more color than traditional Brumby editions to highlight our campus spirit coming back alive for the 2021-22 school year. While this staff was small in number, these individuals were able to publish 364 pages to tell their unique story of this great school. I am proud of this group and the real-life lessons only a student publication could create. Please join me in congratulating Alex Attanasio, Angie Buttacavoli, Camille Sue-Kam-Ling, Ella Rusch, Elle Sherry, Gabriella Galasso, Haleigh Baggett, Izzy Galasso, Jamie Kluger, Lauren Stone, Maya Puthenveetil, Monica Sorto, Naomi Archer, Tyler Ferris, Rachel Procuniar, and our two Editors-in-Chief Emily Rose Herron and Emma Stone on their tremendous work!”

Congratulations to Mr. Scott Mann and his entire staff on such an incredible effort.

CSEA: THHS Employee of the Year: Ms. Pattie McClure



Ms. Foulk, Ms. McClure, and Ms. Schulz at the district event on 5/17/22

Ms. Pattie McClure is the unseen hero of our school. She works closely with administrators to ensure school safety and functioning, is passionate about her job and goes above and beyond in all areas! She is counted upon in more areas than her job description even covers. She is great with staff, always energetic and helpful. When working with students she is firm but warm, ensuring students follow rules in the discipline area but also coming from a place of care. She advocates for their well-being consistently and follows through when there is a need. She communicates well with parents answering questions diplomatically, factually and with warmth. She is always wearing a bright smile and is the face that puts the discipline area at ease, even in the most chaotic situations. During a recent event, she went quickly into action, delegating staff and facilitating communication with all parties to ensure proper communication and safety for our school. Her diligence in all areas is highly recognized and appreciated by all staff. She is a multitasking rockstar, who always get the job done! I couldn't imagine this school without her!

THHS Unified Track Results

Trabuco's Unified Track team took home several medals at the 2022 CIF SS Southern Division Unified Track and Field Championships on Friday, May 13th at Trabuco Hills. As a Unified team, they finished runner-up in the Southern Division! Several THHS Unified pairs and relay teams advanced to the CIF SS Masters Meet at Moorpark HS this weekend. Our qualifiers include: 1 boys Unified pair in the 100m, 2 boys Unified 4x100 relay teams, and 1 boys Unified pair in the shot put, 1 girls Unified 4x100 relay team, 2 girls Unified 100m pairs, and 1 girls Unified pair in the shot put. We wish them luck as they continue their road to State! The top finishers in each Unified event will advance to the CIF State meet next weekend in Clovis.

As a follow up to the 5/13 news: I'm excited to share with you that 3 Trabuco Hills Unified Track and Field teams advanced to STATE at the Masters Meet Saturday! For the first time EVER, the CIF State meet will have Unified heats in the 4x100, 100, and Shot Put.

We have 1 girls Unified Shot Put pair, 1 boys Unified 100m pair, and 1 girls Unified 4x100 relay team going to Clovis this week to represent Southern Section Unified Track at the CIF State Meet.

This is a HUGE accomplishment for our Unified team, school, district and Section. Trabuco Hills will have more representation for Unified Track at the State meet than any other school in the Southern Section. AMAZING. Nine out of 10 Sections in CIF will have Unified representation at State.

Our teams compete Friday, May 27th at 5:00pm (Unified Shot Put), 8:30pm (4x100), and 9pm (100m) at Buchanan HS in Clovis.

A special thanks to JT Ayers, Dennis Kelly, Daryl Beck, and Carlos Leon for their ongoing support throughout the season, especially this past week. Their support and advocacy for Unified Track keeps us alive and got us here. We are incredibly thankful and grateful for their belief in this program. Congratulations to Coach Kara Johnson and all of her athletes on an amazing season!

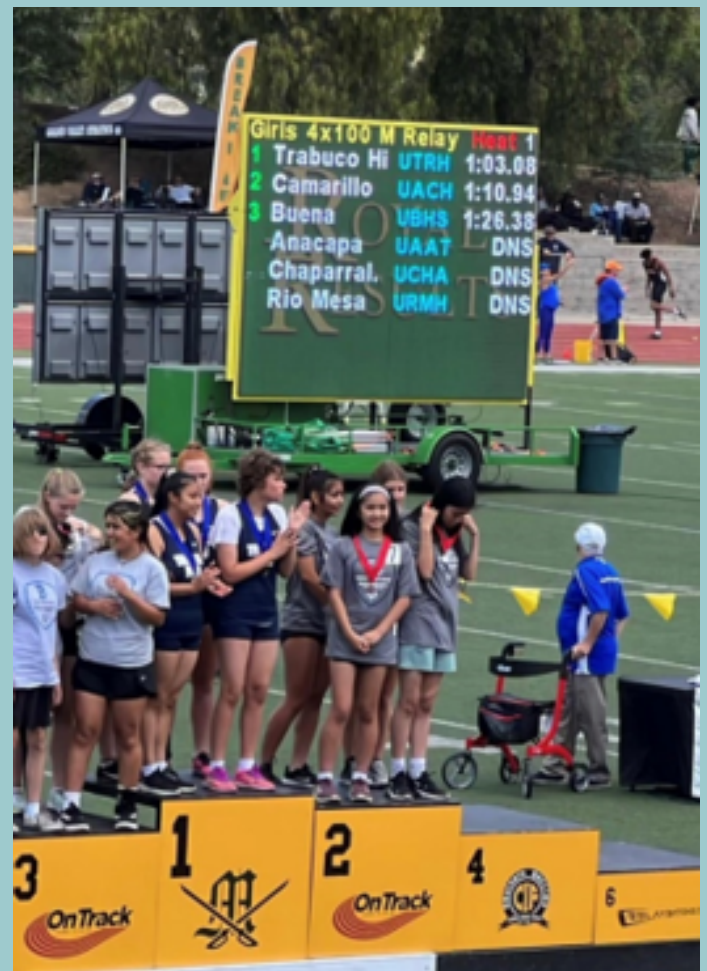
THHS Unified Track Results Continued



THHS Unified Track Team



THHS Unified Shot Put Pair



THHS Girls 4x100m relay team



THHS Unified 100m Pair

OCACSE Outstanding Student

The Orange County American Chemical Society Education Committee does events throughout the year to spread the joy of chemistry to the community and create opportunities to recognize excellence in chemistry. One of those activities is the first year chemistry exam. Students from each school in Orange County are invited on a Saturday to take a chemistry test to show their knowledge.

THHS sent eight outstanding students from our honors chemistry classes to compete. The following students took the exam at Cal State Fullerton:

- Abigail Teh
- Abubakr Elmallah
- Angela Han
- Angelina Que
- Anish Saraswat
- Annabelle Deng
- Arna Podichetty
- David Anh

This year Abubakr Elmallah was our top scoring student.



Abubakr Elmallah with Mr. Waegner and family

OCMaker Challenge

We have two teams that entered the OCMaker Challenge and won 1st place in their category.

The OCMaker Challenge is put on by Vital Link and is a great place for students to showcase their products and have Professionals give feedback on their products.

The prompt is this:

"Design and build, or significantly repurpose, a product that will solve a problem, need or want."

Students work in teams to identify a unique problem, document their solutions, and present a physical prototype of their invention for evaluation. The products are judged based on creativity, innovation, and marketability. All ideas are unique and students have to complete a preliminary patent search.

We entered in Division B (6-12th grades). There were 11 teams entered. We competed with around 92 teams.

Evan Leonard and Ethan Albrecht placed 1st in the "Level 1" category: Here is their video link: <https://youtu.be/NKVrh4YhqdE>

Anna and Maya Youngblood (sisters) placed 1st in the "Level 2" category. Here is their video link: <https://youtu.be/ge63fKG2m7E>

Congratulations to all!

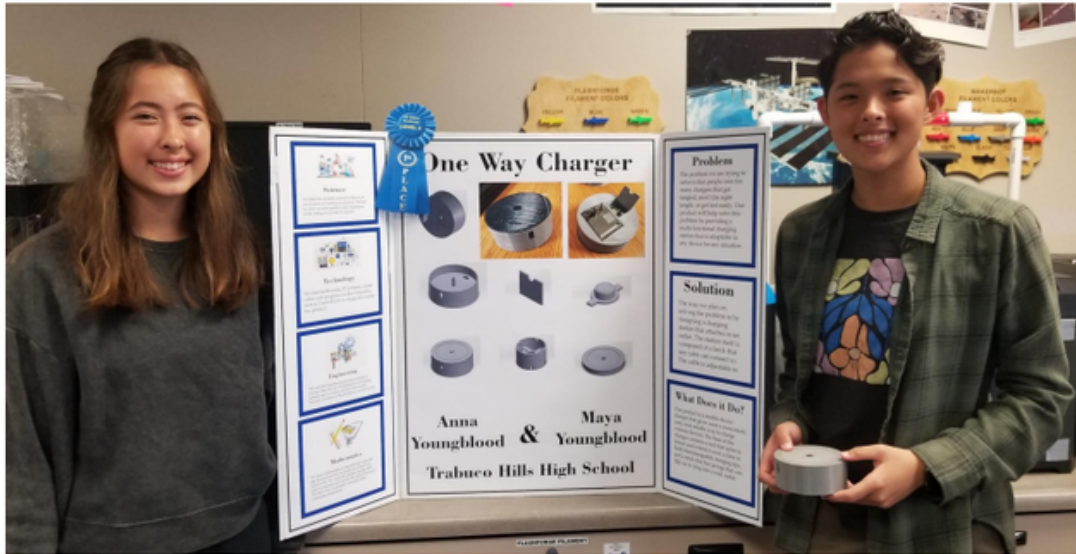
Phil Ureno

Engineering Instructor

OCMaker Challenge Continued

OCMaker Challenge

vital link



Anna Youngblood
11th Grade

Maya Youngblood
11th Grade

OCMaker Challenge

vital link



Evan Leonard
11th Grade

Ethan Albrecht
11th Grade

Student of the Month



Ayush Parekh, Grade 9

Ayush is a hard working student always willing to try something new. He is very nice to everyone and follows the THHS values: trust, honor, hard work



Chloe Chang, Grade 11

Chloe is a very smart and hard working student. She asks very thoughtful questions to make the extra effort to master all of the material. She is also an outstanding citizen who works joyfully with her peers and always maintains a positive attitude.



Kheanna Nelson, Grade 9

She gives mature feedback on very sensitive topics discussed in class such as genetic mutations, human genetic disorders, and genetic engineering. She's an all around good student and influences others in a positive way. SHE is the one student who will speak up on behalf of those who can't defend themselves.



Trenton Counter, Grade 11

He is very hardworking and always puts his best foot forward in and outside of the classroom. He is an amazing citizen who I am proud to nominate as my Student of the Month.

Mustang Learning Center

End of the Year Schedule May 17th - June 1st



End of year schedule

Learning Center closed for AP testing:

Week of 5/2

Week of 5/9

Also closed 5/18 & 5/19

5/17: open at lunch, 2-3pm & 3-4pm

5/20: open at lunch

Week of 5/23:

Open Tuesday, Wednesday and Thursday: lunch, 2-3pm & 3-4pm, Friday
at lunch

Week of 5/30:

5/31 & 6/1: 12:30-1:30



Special Detention Hours May 24th - May 26th

SPECIAL DETENTION HOURS MAY 24th – MAY 26th

Tuesday, May 24th

7:02 A.M. - 7:56 A.M. Room 128

2:06 P.M. – 3:02 P.M. Room 101

3:02 P.M. – 3:56 P.M. Room 101

Wednesday, May 25th

7:02 A.M. - 7:56 A.M. Room 128

3:02 P.M. – 3:56 P.M. Room 128

Thursday, May 26th

7:02 A.M. - 7:56 A.M. Room 128

1:05 P.M. – 2:01 P.M. Room 101

3:02 P.M. – 3:56 P.M. Room 128

Free Drive Thru Farmers Market

May 24th & June 28th 3:00 p.m. - 5:00 p.m.

FREE FARMERS MARKET

MERCADO DE COMIDA GRATUITO

THIS EVENT WILL BE HELD VIA DRIVE THRU.

ESTE EVENTO ESTARÁ DISPONIBLE A TRAVES DE AUTO SERVICIO.

DATES/ FECHAS :

5/24/22 6/28/22

LOCATION/ LUGAR :22481 ASPAN ST, SUITE B
LAKE FOREST, CA 92630

TIME/HORARIO: 3:00PM - 5:00PM

FOR ANY QUESTIONS, PLEASE CALL/ SI TIENE PREGUNTAS, LLAME AL:
(949) 324 - 4283

MUST BE AN ADULT TO PARTICIPATE SOLO ADULTOS PUEDEN PARTICIPAR

*WHILE SUPPLIES LAST*MIENTRAS QUE DUREN LAS RESERVAS

*EVENT WILL BE CANCELED IF IT RAINS*EL EVENTO SERA CANCELADO SI LLUEVE

PROGRAMS AND SERVICES AT THE SOC FAMILY RESOURCE CENTER ARE FUNDED IN PART THROUGH
FAMILIES AND COMMUNITIES (FACT)
NOTE: THIS IS NOT A CITY EVENT

LOS PROGRAMAS Y SERVICIOS DEL CENTRO DE RECURSOS PARA LA FAMILIA SOC SON PATROCINADOS EN
PARTE A TRAVES DEL PROGRAMA FAMILIAS Y COMUNIDADES UNIDAS (FACT POR SUS SIGLAS EN INGLES)
NOTA: ESTE NO ES UN EVENTO DE LA CIUDAD



South Orange County
Family Resource Center

THHS Key Club Fundraiser

Wednesday, May 25th @ Handel's Homemade Ice Cream



What: Handel's Homemade Ice Cream Spirit Night Fundraiser

Where: Handel's Homemade Ice Cream 23615 El Toro Rd., Lake Forest

When: May 25, 2022

Who: All Handel's Lovers Supporting Trabuco Hills High School Key Club

Why: Raise Funds for Trabuco Hills High School Key Club by Purchasing the Best Ice Cream in the World

Dear Parents:

Trabuco Hills High School Key Club and Handel's Homemade Ice Cream are teaming up to raise money by selling everyone's favorite ice cream! We are really excited about this tasty fundraising opportunity and hope you are as well.

Trabuco Hills High School Key Club will receive 20% of all menu items purchased by their supporters at Handel's Ice Cream in Lake Forest. All you need to do is go to Handel's Lake Forest the day of the Fundraiser, make your purchase, and **say you are there for the Trabuco Hills High Key Club Fundraiser.**

You may know that National Geographic's Top Ten Best of Everything voted Handel's Ice Cream #1 in the World. Handel's Ice Cream was also just named Best of OC by the OC Register.

We would like to thank you in advance for all your efforts to support us. We are extremely grateful for all your support in the past, and we hope that you will be able to promote this Fundraiser as well.



THHS Baseball Fundraiser

Wednesday, May 25th 5-9PM

Order Online using code: 64EVN7Y or show flyer

DO GOOD
WITH CHIPOTLE



CHIPOTLE FUNDRAISER FOR
THHS BASEBALL

33% OF EVENT SALES GET DONATED TO THE CAUSE

WEDNESDAY, MAY 25TH | 5-9PM
22245 EL PASEO STE C, RANCHO SANTA MARGARITA,
CA, 92688

ORDER ONLINE FOR PICKUP USING CODE **64EVN7Y**
OR SHOW THIS FLYER IN RESTAURANT



For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.

Summer Continued Engagement

June 6th - 23rd 8:30 a.m. - 12:15 p.m. @ THHS

Summer Continued Engagement

June 6-23 8:30am-12:15pm
Trabuco Hills High School

Come join us for
FREE interactive &
high-interest
courses to keep your
skills sharp over
the summer! & Earn
elective credit!



COURSE OFFERINGS:

The Future of Technology & Business

Discover the amazing technologies and careers of the future! This class will be an interactive journey where students will create their own future world of 2030 or beyond!

The Art of Escaping Reality

Escape reality via writing! Write your own virtual world. Attendees will have the freedom and support to create their own stories

The Game of Life for Student Success

Life can be hard, but not if you have the skills you need to take on any challenge. This class will equip students with the basic life skills they will need to become more independent and succeed beyond school.

Historical Comic Creations

Students will choose a Historical topic in World or US history to create a historical fiction comic book story.

History of Pop Music in the 21st Century OR

Pop & Hip Hop Philosophy

Come on a musical adventure as we listen to popular music through the decades. .

Make Better Points

This class will help students to plan, present and deliver their ideas clearly. Students will learn the different types of public speaking and skills to make them successful at each.

Digital Media Arts

Bring your ideas to life with the tools of digital media. Students will create projects using green screens, video editing, storyboarding, audio recording and graphic design software.

Good Morning Continued Engagement!

Join our summer journalism class and create a video showcase of our Summer School, with a celebratory event at the end!

Country Board Game

Students will create their ideal country with a constitution, laws, and local policies and make their very own board game!

See Link for full course descriptions and Registration:



bit.ly/svusdsummerce

MINDFUL MONDAYS

Mindfulness Monday

"Sun Breathing" Video



Click the link to view the video

Ms. Lunsford
THHS Guidance Specialist

https://drive.google.com/file/d/1EqIn6zdlNuLWdiqvirZlIGB_fVKpeUva/view?usp=sharing

promise
to talk
✦ Providence

You Are Not Alone.



promise
to talk
✦ Providence

You are not alone.

Together we can end the stigma around mental health.

Join the mental health movement sweeping Orange County and make a #PromiseToTalk openly and honestly today.

PromiseToTalk.org @PromiseToTalk



promise
to talk
✦ Providence

No estás solo.

Juntos podemos eliminar el estigma asociado con la salud mental.

Únase al movimiento de salud mental que viene arrasando con fuerza en Orange County y haga su promesa de hablar en forma clara y honesta hoy mismo.

PromiseToTalk.org @PromiseToTalk

<https://www.promisetotalk.org/>

WTS-OC Scholarship Program

Applications due: 5:00 p.m. Friday, August 5, 2022

WTS-OC

WTS

Advancing women
Advancing transportation

SCHOLARSHIP PROGRAM

2022 SCHOLARSHIP APPLICATIONS ARE NOW AVAILABLE!

To encourage women pursuing careers in transportation, Women's Transportation Seminar - Orange County (WTS-OC) will be offering high school, community college, undergraduate, and graduate scholarships to women throughout Southern California. In 2021, WTS-OC awarded 15 scholarships for a total of \$75,000.

The number of scholarships and the amounts for this year will be determined following a review of the applications received. Applications will include the complete list of qualifications.

Please promote and share our applications with those within our community and your networks!



Applications are due no later than 5:00pm on Friday, August 5, 2022 and may be submitted online or sent as a single PDF document to wtsocscholarship@gmail.com.

CLICK BELOW TO DOWNLOAD THE 2022 APPLICATIONS:

- 2022 High School Scholarship Application
- 2022 Undergraduate Scholarship Application
- 2022 Community College Scholarship Application
- 2022 Graduate Scholarship Application

Click [HERE](#) to visit our blog page if you prefer to complete your applications via a Word document.



<https://www.wtsorangecounty.org/scholarships>

THHS SAT Prep Summer Workshop

SAT PREP SUMMER WORKSHOP FOR TRABUCO HILLS HIGH SCHOOL STUDENTS!

Begins June 18 to prep for the August or Fall SATs or PSAT!



A fundraiser for
the THHS PTSA
Provided by
DB Academics

THE BEST IN SAT PREP!

Students, on average, raise their SAT scores over 100 points!

Our teaching-oriented approach will help students in the classroom as well as on the SAT!

WORKSHOP SCHEDULE



Sat. June 18	Pre-Test	9am - 12:30pm		
Mon. June 20	4 - 6pm		Thurs. July 7	4 - 6pm
Wed. June 22	4 - 6pm		Mon. July 11	4 - 6pm
Mon. June 27	4 - 6pm		Wed. July 13	4 - 6pm
Wed. June 29	4 - 6pm		Mon. July 18	4 - 6pm
Wed. July 6	4 - 6pm		Wed. July 20	4 - 6pm
Sat. July 23	Final Test	9am - 12:30pm		
Mon. July 25	4 - 6pm	Final Review		

Location: MPR

Cost: \$550

Students will:

- ▲ learn the most effective test-taking approaches and strategies that are applicable to any multiple choice standardized test
- ▲ get “inside the heads” of the test makers to understand and identify the tricks, traps, and deception inherent in multiple choice tests, such as those on AP exams
- ▲ get a thorough review of the most commonly tested concepts
- ▲ learn the most effective approaches for reading comprehension to save time, improve analytical thinking, and differentiate main ideas from supporting details

Why students will continue to take the SAT and PSAT

- They are not only applying to UC schools
- They are trying to get significant scholarships
- If they do well, it will be advantageous to submit scores to those colleges that are test-optional

Questions? Please contact DB Academics at 310-377-4509 or daacad777@yahoo.com or Lori Goldberg, THHS PTSA College Prep Chair, at lorigoldbergxo@gmail.com or check out the DB Academics website at dbacademics.com

To Enroll: Pay online through THHS PTSA Web Store at <https://www.thhsptsa.org/>

Please register by Thursday, June 16. Payment is non-refundable.

Senior Information

Senior Parents...

Graduating overflow parking will be available at Saddleback Church, "Bridge Parking Lot" closest to school. The buses will run from 5:40 p.m. - 10:30 p.m. for your convenience.

Congratulations to all of our Trabuco Hills Seniors!!!

Please remind your student to pick up their senior sign and senior grad shirts at snack and/or lunch this week in the student store.

If your student did not pick up their cap and gown last week, please have your student go to the student store to pick up and/or purchase the cap and gown (\$60 cash only) at snack or lunch.

Senior Cruise is almost sold out! Purchase your ticket online and choose your bus for the Senior Cruise on Wednesday, 5/31 from 5:30 - 10:30 pm! Cruise Newport with only your senior mates! The Senior Cruise is only available for purchase until Friday, May 27th.

[https://thhswebstore.myschoolcentral.com/asbworks/\(S\(qkt5yzzg4zuh4sf40ulmqpgn\)\)/apps/webstore/pages/WebStore.aspx?org=10018](https://thhswebstore.myschoolcentral.com/asbworks/(S(qkt5yzzg4zuh4sf40ulmqpgn))/apps/webstore/pages/WebStore.aspx?org=10018)

Community Service Hours for Seniors

Ice Cream Social volunteers needed:

**Thursday, May 26th: 4:45pm - 6:45pm or 6:30pm - 8:30pm
(students are welcome to do both but times are split)**

Where: Melinda Heights Elementary School

Contact: Tammy Roland (949) 939-0564

Volunteer needs:

3-4 Food court helpers

12-16 Ice cream helpers

8-10 Clean-Up helpers

<https://www.signupgenius.com/go/70A0D49AFA928A6F58-melinda>



THHS SENIOR EVENTS CALENDAR 2022

Wed- Fri, May 25-27	Modified Schedule	Senior Finals
Tuesday, May 31st	9:00am	Grad Practice: Tennis Courts Cap & Gown Class Photo in stadium 9:55am Senior Cap & Gown Walk through Senior Walk- Students will wear Cap & Gown & march through campus at snack. Retiring teachers will lead students. (BRING CAP & GOWN to school)
Tuesday, May 31st	5:15 pm – 10:30 pm	Senior Dinner and Dance Cruise \$110/wASB \$120 w/out - Depart THHS: 5:30pm - Newport Harbor - <i>Pick a bus- online</i> <i>At student store or online May 23</i> (Almost sold out!!!)
Wednesday, June 1st	11:00am	Grad Practice: Tennis Courts Graduation ticket distribution at practice
Wednesday, June 1st	12:30pm	Senior Luncheon - \$20 w/ASB \$25 w/out (Pre-purchase ticket through 5/31)
Wednesday, June 1st	5:00pm	Senior Awards (Invitation Only)
Thursday, June 2nd	7:30pm	Graduation (Stadium)
Friday, June 4th	Noon- 6:00am	Grad Night-Disneyland (Sponsored by PTSA)

* Jostens Cap & Gown Contact: Liz Flippin liz.flippin@jostens.com.

THHS does not have a list of who purchased Cap & Gown must check with Jostens.

THHS Senior Events Calendar 2022 Continued

Parking is available on campus beginning at 5:00 p.m. on June 2nd. The parking spots in front of the 800 building are reserved for the Board members, PTSA auction winners and dignitaries. Please feel free to park in or on the parking structure also.

Gates to the stadium will be open June 2nd at 6:00 p.m. If you plan to arrive early, you may use a personal umbrella for shade until the ceremony starts. Water and other snacks/drinks will be available for purchase from the stadium snack bar. To enter, you must have a ticket. Tickets are being distributed to the graduates after graduation practice on June 1st.

Graduates report June 2nd at 6:30 p.m. As a reminder, graduates will be reporting to the tennis courts at 6:30 to line up for the ceremony. They should be dressed in cap and gown. (No spike heels on the stadium turf.) Graduates will not be allowed to bring cell phones, purses, cameras, leis, etc. into the ceremony. Only school-sponsored and approved sashes and cords are allowed to be worn with the cap and gown.

Cords/Sashes: Only school sponsored groups with the approval from administration can wear cords or sashes.

Seating: There is no assigned seating for the ceremony. You are welcome to bring a "bleacher seat" as our bleachers do not have back rests. Please don't bring ice chests, chairs, E-Z Ups, megaphones, or noisemakers as we have over 600 students graduating and our stands will be filled to capacity.

Handicapped Accessible Seating: We have limited handicapped accessible seating available on both sides of the stadium. Each handicapped person is able to have one guest sit with them in a chair that will be provided. If the parking lot is full and you need a handicapped seat in the stadium, please tell a parking attendant and you will be allowed drop off access in front of the stadium. We cannot guarantee handicapped parking; only drop off access after the lot is full.

Diplomas: Diplomas will be distributed Friday, 6/3 8:00am-12:00pm at the attendance window. They will also be distributed Monday, 6/9 & Thursday, 6/12 8:00am-10:00am at the attendance window.

* Jostens Cap & Gown Contact: Liz Flippin liz.flippin@jostens.com.

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*ALL FINES, DEMERITS, SATURDAY SCHOOL AND COMMUNITY SERVICE HOURS MUST BE CLEARED BY
FRIDAY, MAY 20 AT 3:00 PM*

STUDENTS WILL NOT RECEIVE GRADUATION TICKETS, DIPLOMAS, OR ATTEND SENIOR WEEK ACTIVITIES



IF THESE ARE NOT CLEARED



Order Graduation Leis

Order Graduation Leis

PREORDER

GRADUATION GIFTS TODAY!



Pick up at THHS
from the Commencement Group stand
Graduation Day 5:30pm-7:30pm



BEAUTIFUL BOUQUETS,
ORCHID LEIS,
KUKUI NUT LEIS
AND MORE!



ALL ONLINE ORDERS WILL BE
AVAILABLE FOR PICK UP AT
GRADUATION

WWW.THECOMMENCEMENTGROUP.COM/THHS

Your order benefits the THHS Instrumental Music Program



Join the THHS Music Program



Our Trabuco Hills Music Program is looking for anyone interested in joining our Band, Drum Line, Orchestra or Color Guard. Come check out one of the most successful and exciting programs in the State of California.

No experience necessary. Just a great attitude and a willing to work hard is all you need. We travel all over the state and country. We were recently in the Macy's Parade in NYC. We teach all types of dance technique with equipment, all drums and all wind/string instruments with professional staff members.

Please contact Mr. Pollock, Director at:

Bradley.Pollock@svusd.org for any questions or information.

Yearbook Class Recruitment



YEARBOOK

This is a great opportunity for students interested in contributing to the school in a lasting way—creating the school's yearbook! Students with a strong work ethic and an interest in a wide variety of skills such as **design**, **photography**, and **writing** are encouraged to apply!

Yearbook Student benefits include:

- Yearbook 1 provides **UC "G" Elective Credit** in 2022-23
- Yearbook 2 Design fulfills the **Cal State/UC "F" Requirement** (Visual and Performing Arts)
- Students have the opportunity for a **discounted Yearbook** (saving ~\$75.00)
- Seniors receive a **discounted Senior Ad**



SCAN ME

<https://bit.ly/YearbookTH>

THHS Music Booster's



Bingo Night

Thursday Evenings



Trabuco Hills
Music Booster's
BINGO
Thursday Nights
Early Bird 6:15 p.m.
Main Game 7:00 p.m.
Room 701 – MPR

B	I	N	G	O
5	29	42	52	68
14	17	38	60	75
7	22	FREE SPACE	49	62
13	●	33	46	63
3	27	32	●	73



Hosted by the Trabuco Hills High School Music Boosters, Bingo is the largest fundraiser for the Trabuco Hills High School Instrumental Music Program. All funds raised go to support all performing ensembles within the program. Bingo happens **every Thursday evening** in the Trabuco Hills High School MPR (with a few exception for scheduled school events). Doors open at 5:00 p.m. The Early Bird Games begin at 6:15 p.m. and the Main Games begin at 7:00 p.m.



OCTA - Youth Ride Free Program

A signed parental request form & bus pass is required to ride the bus for free. Please complete the form below & have the student return it to Mrs. Johnson in room # 305 to be issued the bus pass from 7:00-8:00 a.m., at lunch, or at snack.



Please bring completed & signed form to Ms. Johnson in room #305 from 7:00-8:00 am, during snack or during lunch to receive your bus pass.



The Orange County Transportation Authority (OCTA) Youth Ride Free Program has been extended. A new pass is required along with a new parental request form. Using the new pass, Orange County youth ages 6 to 18 can ride all OC Bus fixed-route service for free starting in March 2022 for travel to school, work or fun.

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

<http://octa.net/Bus/Fares-and-Passes/Specialty-Passes/Youth-Pass/>

KEY DETAILS

- Youth Free Ride passes will be available starting in March 2022 from your child's participating Orange County school. This Youth Ride Free pass will be valid until September 30, 2022. Another pass will be issued at the start of the next school year.
- Learn how easy it is to use OC Bus, including how to plan a trip and read a schedule, at OCbus.com
- Questions about the Youth Ride Free pass or how to use OC Bus? Visit OCTA.net/YouthRideFree or call OCTA's Customer Information Center at (714) 636-RIDE (7433). We're happy to help. Available weekdays (7a – 7p), weekends (8a – 6p), and holidays (8a – 5p).



Please email Kara.Johnson@svusd.org with questions.

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

PARENTAL REQUEST FORM (Please return this form to your child's school)

Parent / Legal Guardian Name _____

Student Name _____

School Trabuco Hills High School 27501 Mustang Run, Mission Viejo CA 92691

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) 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.

FAM's Food Distribution

Every Wednesday 5:50 p.m. - 6:30 p.m. in San Juan Capistrano
Registration required, click below.

<https://docs.google.com/forms/d/e/1FAIpQLScKXKf2nQ9oTNRa8y3bH37Oms0NK0HH1WUWuexS6oZpEx2BDA/viewform?vc=0&c=0&w>




FAM's Food Distribution in San Juan Capistrano
Every Wednesday
5:30PM - 6:30PM

IN PARTNERSHIP WITH:
Community Presbyterian Church,
CHEC, and UNIDOS
32202 Del Obispo St.
San Juan Capistrano, CA 92675

 Registration is required
Sign up via the link by 12:00 noon the Tuesday prior to your pick up date:
<http://bit.ly/SJCDistribution> OR call FAM at (949) 492-8477 Ext. 0
If you are new to FAM or need case management, rental/utility assistance or supportive services, etc. call FAM at (949) 492-8477 ext. 101. Leave a message and someone will return your call.

Scan the QR code to sign up for food



1030 Calle Negocio, San Clemente, CA 92673
www.family-assistance.org | (949) 492-8477   



FAM's Distribución de Alimentos en San Juan Capistrano
Cada Miércoles
5:30PM - 6:30PM

EN ALIANZA CON
Community Presbyterian Church,
CHEC, and UNIDOS
32202 Del Obispo St.
San Juan Capistrano, CA 92675

 Se requiere registro
Regístrese a través del enlace antes de las 12:00 del mediodía del Martes anterior a su fecha de recogida:
<http://bit.ly/SJCDistribution> o llame a FAM (949) 492-8477 Ext. 0
Si es nuevo a FAM o necesita administración de casos, asistencia de alquiler/utilidades o servicios de apoyo, etc. llame a FAM al (949) 492-8477 ext. 101. Deje un mensaje y alguien le devolverá la llamada.

Escanea el código QR para pedir tu comida



1030 Calle Negocio, San Clemente, CA 92673
www.family-assistance.org | (949) 492-8477   

Registration required, click below.

<https://docs.google.com/forms/d/e/1FAIpQLScKXKf2nQ9oTNRa8y3bH37Oms0NK0HH1WUWuexS6oZpEx2BDA/viewform?vc=0&c=0&w=1&flr=0>

Mission Viejo May Community of Character

Moral Courage

Mission Viejo



Community of Character

May

Moral Courage

Character Qualities

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

"Be brave enough to stand up for what is right, although it may not be popular or easy, and even if you stand alone."

Anonymous

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

Mission Viejo

Community of Character

Moral Courage

Moral courage is being brave enough to stand up for what is right, although it may not be popular or easy, and even if you stand alone. There is often a risk and a cost associated with moral courage. It is important to note that there are different forms of courage. Most often when we think of courage, we think of acts of bravery, which could hurt the body—such as running into a burning building or onto a battlefield in war. That physical type of courage is important but is not often required in most of our lives. **Moral courage** is different from physical courage, and our moral courage is tested every day. Living according to moral principles usually requires us to take a risk. There may be a cost to us—monetary costs, ridicule, or damage to relationships or a career. **Moral courage** is to take action or make a decision for moral reasons—to do the right thing, in spite of the risk of a cost or an adverse consequence.

Every day, the situations we face challenge our good character. Our actions or our decisions in handling these circumstances reveal our moral courage. Stephen Covey's book, *First Things First*, refers to a "moment of choice," and how integrity has to fit quickly between a stimulus and a response. In this sense, an individual has to think about the position he will take. It requires moral courage to make choices that may not be popular or understood by others but that keep your integrity whole. It requires moral courage to stand strong against peer pressure. It requires moral courage to be honest even if you will suffer a consequence. If we can build our lives on a foundation of good character, it will be easier to act with moral courage in this "moment of choice!"

Moral courage can be practiced by anyone, of any age, in any setting. Even a child can stand up to his peers in defense of a principle.

"The Eagle and the Wolf"
There is a great battle that rages inside me. One side is a soaring eagle. Everything the eagle stands for is good and true and beautiful. It soars above the clouds. Even though it dips down into the valleys, it lays its eggs on the mountaintops. The other side of me is a howling wolf. And that raging, howling wolf represents the worst that is in me. He eats upon my downfalls and justifies himself by his presence in the pack. Who wins this great battle?
The one I feed.

True Life Example of Moral Courage

Sara Tucholsky was playing in an important college softball game. Both teams were vying for the Division II NCAA playoff. Sara, who had batted less than .200 all season, hit the ball over the fence with two runners on base. She had never hit a ball out of the park before. In her excitement, she missed first base. As she tried to go back, her knee gave out and she collapsed in pain. Her first-base coach yelled that she had to crawl back to first base because if anyone on Sara's team touched her, she'd be out and her home run would not count. Her coach encouraged her to try to crawl around the other bases to preserve her home run, but Sara was in too much pain. At that point, an amazing thing happened! The star player on the other team, Mallory Holtman, asked the umpire if she and a teammate could carry Sara around the bases. Mallory and Liz Wallace lifted Sara and carried her, lowering her to touch each base with her good leg. To Mallory it was a simple decision: "In the end, it's not about winning and losing so much, it was about this girl. She hit it over the fence and was in pain and deserved a home run." Although Mallory's team lost 4-2, Mallory proved to be a winner in moral courage. Her decision to do the right thing, even though faces was a cost, defined her character. The spectators at the game and around the arena have recognized her as a hero!

Books and Movies of Character

Fiction

Call it Courage by Armstrong Sperry (5th to 8th grade)

The Cello of Mr. O by Jane Cutler (Kindergarten to 3rd grade)

Daisy and the Doll by Michael Medeiros (Kindergarten to 3rd grade)

Heroes by Ken Mochizuki (2nd to 5th grade)

Nory Ryan's Song by Patricia Reilly Giff (3rd to 7th grade)

The Yellow Star: The Legend of King Christian X of Denmark
By Carmen Agn Deedy (3rd to 7th grade)

Dinosaur Chris Does the Right Thing
by Simon Knight (Preschool to 3rd grade)

Nonfiction

A Boy Called Slow: The True Story of Sitting Bull by Joseph Bruchac (2nd to 5th grade)

Courage by Bernard Walter (Preschool to 3rd grade)

Jackie Robinson by Tony De Marco (5th grade and up)

Rescue! True Stories of the Winners of The Young American Medal of Bravery
by Walter R. Brown

Through My Eyes by Ruby Bridges (4th to 7th grade)

The Hidden Place by Corrie Ten Boom

The Moral Compass: Stories for a Life's Journey by William Bennett

Moral Courage by Rushworth Kidder

Movies

Glory
Chariots of Fire

Quotes

"Live so that when your children think of fairness and integrity, they think of you." *H. Jackson Brown*

"It is curious that physical courage should be so common in the world and moral courage so rare." *Mark Twain*

"When the test of your character and moral courage comes – regardless of the noise and confusion around you – there will be a moment of inner silence in which you must decide what to do. Your character will be defined by your decision...and it is yours; and yours alone to make. Success has always demanded...character. Those who can reach...within themselves and draw upon an inner strength, fortified by strong values, always carry the day against those of lesser character. Moral cowards never win."
General Charles C. Krulak, 31st Commandant of the Marine Corps

"Courage is contagious. When a brave man takes a stand, the spine of others are often stiffened." *Billy Graham*

"Moral Courage is the capacity to overcome the fear of humiliation in order to admit one's mistakes, to confess a wrong, to reject evil, to denounce injustice and to defy immoral orders." *William Ian Miller*

What is Moral Courage?

- Doing the "right thing" even if there is a risk or a cost.
- Holding morally sound beliefs and living them out in our lives.
- Being brave enough to stand up for what is right, although it may not be popular or easy, and even if you stand alone.
- Holding strong to your beliefs in practice, although they may not be the popular position.
- Encouraging others to follow your morally sound lead.
- Participating in substance-free activities.
- Standing strong against negative peer pressure.
- Saying "no" to activities or temptations you know are wrong.

Practicing Moral Courage

- Stand up for what is right, even if there is a risk or cost.
- Be a role-model. Your position of moral courage may help a friend to make a good decision as well.
- Stand up for someone who is being bullied. Report it to a parent or teacher.
- Be honest in all circumstances.
- Report activities that could hurt others.

Applying Moral Courage

- Make healthy, brave decisions.
- Treat others the way you want to be treated.
- Always act as though someone is watching you.
- Act as an example when you encounter moral dilemmas.
- Role model moral courage and good character to your children.
- When you encounter a difficult decision, a temptation, or a situation where you are asked to do something that you believe may be wrong, think about it during a brief "moment of choice." In this short pause, think about the position you will take. With a good character base, you increase your ability to act quickly with moral courage.

Personal commitments to Moral Courage:

- I will be brave enough to do what is right, even if it is unpopular and has a risk or cost.
- I will act as an example for my peers.
- I will be honest, even if there is a cost.
- I will not be afraid to "just say no."
- I will stand up for others and myself.
- I will have the courage to be different from everyone else in order to do the right thing.

Special Needs Adaptive Programs

Saddleback Strikers | League Bowling

Junior High School through Adult
Servicing South Orange County
Winter and Summer

Saddleback Strikers is a six-week bowling league that meets at the Saddleback Lanes in Mission Viejo on Wednesday evenings in the winter and summer. The league provides an opportunity for individuals with disabilities, both physical and developmental, including accommodations for wheelchair accessibility. All games are played with bumpers to prevent gutter balls. Registration fee includes 2 games each week, shoe rental and an end-of-season pizza party.

mimcd246@gmail.com
770-403-4646

Spirit League | Basketball, Baseball, Soccer, Volleyball

6 - 30 years old (Co-ed)
Servicing Orange County & Surrounding Areas
Year-round

Our mission is to create a community where athletes with developmental disabilities thrive! It is not about the score but about so much more. Through team sports, we work on critical pre-work skills such as working as a team, listening to your boss (coach) and making friends. Our Youth Program (6-22 yrs) includes basketball, baseball and soccer while our Adult Program (18-30 yrs) includes basketball, volleyball and bowling. Seasons are 8 to 10 weeks and are played in Mission Viejo. Established in 2004, we are a 501(c)(3) non-profit organization.

info@spiritleague.org
www.spiritleague.org
714-417-9553

Mission Viejo Nadadors | Swimming

6 months - 18 years old
Servicing South Orange County
Year-round

coachsarab@mymswim.org
949-380-2552

Just Like Me Foundation | Social Events

13 - 24 years old
Servicing South Orange County
Year-round

Just Like Me Foundation is a social program for teens and young adults with special needs ages 13-24. JLM serves individuals who have autism, Down syndrome, cerebral palsy, Williams syndrome, and other developmental disabilities. The program includes after school, weekend and summer activities throughout the year. Activities include (but are not limited to) movie nights, bowling, dances, beach bonfire parties, paddle boarding, sporting events and much more.

www.justlikemefoundation.org

Fish for Life | Recreational Fishing

Children & Parents
Servicing South Orange County

Fish for Life is a non-profit organization headquartered in Southern California. Our charter is to enhance the lives of individuals with special needs by providing a complimentary fishing trip on the sea for them to enjoy. This program is designed to provide love and inspiration to a multitude of special needs people while teaching fishing skills and creating memorable experiences. The Fish for Life home port is at the Dana Wharf in Dana Point, and we charter the 95ft vessel "Dana Pride."

www.fishforlife.org
949-285-8819

<https://cityofmissionviejo.org/sites/default/files/Adaptive-Program-Guide.pdf>



Mission Viejo
Diversity +
Inclusion
Task Force

The Mission Viejo Diversity + Inclusion Task Force consists of local volunteers who want to promote diversity and inclusion within Mission Viejo.

Scan the QR code for more information, or email diversity@cityofmissionviejo.org.



Special Needs Adaptive Programs

Adaptive Freedom | Water Sports

All Ages
Servicing South Orange County
March through October

Adaptive Freedom Foundation is dedicated to offering open water experiences for people with disabilities including those who are excluded from participation. Adaptive Freedom Foundation adapts oceanic activity promoting accessibility and inclusion. If we can float a wheelchair on a paddle board on the water, then our only limitation for inclusion and empowerment within participation for people is our imagination. We provide our services free of charge through our 501(c)3, Adaptive Freedom Foundation.

www.adaptivefreedomfoundation.org
714-465-6001

ACEing Autism | Tennis

5 - 18 years old
Servicing Orange County
Year-round

ACEing Autism aims to be the preeminent thought leader on how tennis and sport develops children with autism spectrum disorder. Their goal is to reach 50 percent of the over one-million families in the autism community and helping them become aware of ACEing Autism, while impacting an increasing percentage of those reached with ACEing unique programming.

Richard@aceingautism.org
617-901-7153

Mission Viejo Library | Educational

Ages 3 and up
Servicing Mission Viejo
Year-round

Sensory Storytime is an interactive, inclusive storytime geared towards children with special needs such as autism spectrum disorders, sensory processing challenges, or short attention spans. The program includes limited registrants to minimize crowds and noise, a visual agenda, flannel stories for each participant, and a special playtime with sensory and fidget toys along with other fun activities. Sensory Storytime occurs on the second Saturday of the month.

Backpacks are designed to accommodate different learning styles and address sensory and developmental needs. Each backpack is a different theme such as Daily Living, Social Skills, and Calming Down. Each backpack contains an information packet, 3 books, 2 fidgets, a DVD or CD and an activity.

libraryprograms@cityofmissionviejo.org
949-830-7100

Westcoast Sports Associates | General Sports

5 - 18 years old
Servicing Orange County
Beginning January 2022

A non-profit organization dedicated to giving economically disadvantaged and minority children in Southern California the opportunity to participate in team sports by funding community youth sports programs and activities for boys and girls. Mission Viejo and Westcoast Sports Associates will be providing tennis clinics to mid-level school children with hearing loss.

susielee@westcoastsports.org
310-702-8005

Angel City Sports | Wheelchair and Adaptive Sports

All Ages
Servicing Orange County
Year-round

Angel City Sports provides year-round free adaptive sports opportunities for kids, adults and veterans with physical disabilities or visual impairments. The program includes free equipment, coaching and competitive opportunities. Currently, Mission Viejo and Angel City Sports are working in partnership to provide free tennis clinics to all ages with physical handicaps.

Camille@angelcitysports.org
818-277-2099

YMCA | Inclusion Program

3 - 17 years old
Servicing Orange County
Year-round

The YMCA Inclusion Program provides 1:1 aides for children with special needs (such as Autism, Down Syndrome, Cerebral Palsy and other neurodevelopmental disorders) in child care, after school care and summer programming so they can be successful in their environment with their regular education peers. The program is designed to meet the needs of kids who have challenges integrating with their peers in an after school program, whether it be summer, school days, or school breaks. The aides receive extensive training before being matched with a child and then have ongoing monthly trainings and a minimum of twice a month supervision by the Case Supervisor. All the staff have background clearances, drug screens, physicals, TB tests, etc. In addition, they are CPR and First Aid trained as well as have seizure training. Each child receives an assessment and individual goals are created to advance the child's life skills particularly in a group setting.

lombardo@ymcaoc.org | inclusion@ymcaoc.org
714-508-7643

Special Needs Adaptive Programs

Presented by



Mission Viejo
Diversity +
Inclusion
Task Force

In partnership with:



AYSO | Boys and Girls Youth Soccer

Ages 6 and up
Servicing South Orange County
Fall-annually

The AYSO VIP (Very Important Player) Program was designed to provide a quality soccer experience for kids whose physical/mental challenges prevent them from successfully participating on a "typical" team. AYSO recognizes that EVERYONE needs to feel like they belong and accepted.

trfindlay3@gmail.com

Little League Baseball | Boys and Girls Youth Baseball

4 - 25 years old
Servicing South Orange County
Spring-annually

Challenger Division of Little League Baseball is a program for youngsters with mental and/or physical disabilities. The typical disabilities include developmental delays, Down syndrome, autism, cerebral palsy, spina bifida, etc. Non-competitive special needs baseball program includes practices and games. No child is turned away, no matter the disability or the ability to pay.

rodhurt1@gmail.com
949-246-4878

United States Tennis Association | Tennis

All Ages
Servicing Orange County
Year-round

The United States Tennis Association is the national governing body for tennis in the United States. A not-for-profit organization with more than 700,000 members, it invests 100% of its proceeds to promote and develop the growth of tennis, from the grass-roots to the professional levels. Mission Viejo and the USTA have been providing free wheelchair and adaptive tennis clinics.

finkeberg@cta.usta.com
661-367-0511

THHS 2022-2023 Athletics Snapshot for Sports Summer Camps & Program Information

**Please click the link below for the THHS
2022-2023 Athletics Snapshot for Sports
Summer Camps & Program
Information.**

https://docs.google.com/spreadsheets/d/1GmYcj.6gEZZHZP_jbnLw7FyPKIMAwUrMNaBfznJe9lCI/edit?usp=sharing



Get Your Sports Screening While Supporting Your Team

Saddleback
Family & Urgent Care

Get Your Sports Screening While Supporting Your Team

Come to Saddleback Family & Urgent Care for your sports screening and part of the fee goes to your school! That's right— Saddleback only receives \$20 of the \$50 screening fee and the rest goes to support your activities.

School name Trabuco Hills High School

School instructor/representative Carlos Leon (Carlos.Leon@svusd.org) or Jill Clark (jill.Clark@svusd.org)

How to get started:

- 1 Scan to pay for your Sports Screening.

- 2 Scan to reserve an appointment time.


- Contact your school instructor/representative if you have any questions.
- Cutoff to sign up for appointments will be three days before the actual appointment date.
For example: the last day to sign up for a June 4th appointment would be on June 1st.
- Visit the clinic location below at your specified date/time.

Appointment times:

May 23, 2022-June 17, 2022

You must reserve a time with your school.

Appointment times vary each day and time slots are available on a first-come, first-served basis.

What to expect:

- Expect to be at your appointment for 30 minutes at most.
- All students/guardians need to wear a mask to their screening.
- Students must be asymptomatic of COVID-19 to be seen.
- It is imperative that all students/guardians arrive to their appointment on time.
- The student's school physical paperwork and the attached Sports Screening Check-In Form must be completed and parents must sign prior to arriving at their appointment.

Appointment location:



Mission Viejo
(949) 452-7699
23962 Alicia Parkway,
Suite 1-1
Mission Viejo, CA 92691

If the student is a no-show, they will not be refunded the \$50.

Rescheduling after a no-show will result in another screening fee of \$40.

Sports Screening Check-In Form (PREPAID)

Trabuco Hills High School

Mission Viejo | (949) 452-7699
23962 Alicia Parkway, Suite 1-1
Mission Viejo, CA 92691

Patient Information

Last Name _____ First Name _____

Sex M_ F_ Birthdate ____/____/____
Month Date Year Phone _____

Address _____

City _____ State _____ ZIP _____

Employer _____

Email _____

- Yes, I would like to receive news and tips from Saddleback Family & Urgent Care.
Your information will not be shared with third parties.

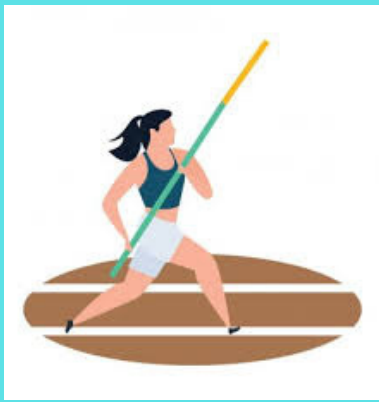
Saddleback Family & Urgent Care is open seven days a week to serve all your urgent and routine healthcare needs. We have served your community with convenient, excellent care for over 30 years.

SaddlebackUrgentCare.com

Saddleback
Family & Urgent Care | 

<https://www.signupgenius.com/go/60b0d4aa9aa28aafa7-20222023>

[https://thhswebstore.myschoolcentral.com/asbworks/\(S\(tzst2w4q0k13ugbwuxxtlzuq\)\)/apps/webstore/pages/WebStore.aspx?org=10018](https://thhswebstore.myschoolcentral.com/asbworks/(S(tzst2w4q0k13ugbwuxxtlzuq))/apps/webstore/pages/WebStore.aspx?org=10018)



Girls' Track and Field

Natalia Wilson, after breaking the all time THHS school record in the Pole Vault at CIF D1 Track and Field Finals, continued her outstanding TF season by qualifying for the California State TF Championships this weekend in Clovis. Finishing fifth at the Masters TF Championships in Moorpark last Saturday, she then completed her day by attending the THHS Prom that night.
Coach Kelly

CIF ANNOUNCEMENT

TRABUCO HILLS HIGH SCHOOL AND THE CIF REQUIRE GOOD SPORTSMANSHIP AND POSITIVE BEHAVIOR OF STUDENT-ATHLETES, CHEERLEADERS, BAND MEMBERS, COACHES, AND SPECTATORS. WE REQUEST YOUR COOPERATION IN SUPPORTING THE STUDENT-ATHLETES AND OFFICIALS IN A POSITIVE MANNER. PLEASE BE MINDFUL OF YOUR LANGUAGE AND ACTIONS AT ALL TIMES AND TREAT OTHERS WITH DIGNITY AND RESPECT. PROFANITY, DEROGATORY COMMENTS, OR OTHER INTIMIDATING ACTIONS, ESPECIALLY CONCERNING RACE, GENDER, OR ETHNICITY, DIRECTED AT ATHLETES, OFFICIALS, TEAM REPRESENTATIVES, OR OTHER SPECTATORS, WILL NOT BE TOLERATED AND ARE GROUNDS FOR IMMEDIATE REMOVAL FROM THE SCHOOL PREMISES. WE APPRECIATE YOUR COOPERATION IN CREATING A SAFE, INCLUSIVE, AND POSITIVE GAME ENVIRONMENT.

ATHLETIC CLEARANCE FOR THE 2022-2023 SCHOOL YEAR !

Get your athletic clearance started for the 2022-2023 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 **2022-2023** school year
- 3.) Enter the code given to activate account
- 4.) Follow steps to input registration data
- 5.) Print off sports screening paper work if needed (THHS Website)
- 6.) Upload the completed sports screening paper work. Paperwork **MUST** be signed, stamped, and dated and have a recommendation by physician (LAST PAGE ONLY)
- 7.) Finalize with electronic parent / student signatures



2022/2023 Preparticipation Physical Evaluation

The Medical Eligibility Form is the only form that should be submitted to a school or sports organization.

■ PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL ELIGIBILITY FORM

Name: _____ Date of birth: _____

- Medically eligible for all sports without restriction
 Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

- Medically eligible for certain sports

- Not medically eligible pending further evaluation
 Not medically eligible for any sports

Recommendations: _____

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA

SHARED EMERGENCY INFORMATION

Allergies: _____

Medications: _____

Other information: _____

Emergency contacts: _____

