

Ann Sobrato High School

BULLDOG FAMILY NEWSLETTER

October 6, 2022



THE SOBRATO WAY: DO GOOD, BE GREAT!

Gritty · Responsible · Engaged · Accountable · Thoughtful of Others

Click the links to learn about...



[Calendar updates](#)



[Athletics Updates](#)



[Senior Updates](#)



[Time Sensitive](#)



[Wellness Center](#)



[General Information](#)



[Counseling Corner](#)



[Fundraisers](#)

Calendar Updates

General School-wide Important Dates: [Website Calendar linked here](#)

<u>Date</u>	<u>Note</u>
October 6	Murphy and Sobrato Fall Concert @6pm
October 7	No school for students
October 10	Picture makeup day
October 11	Manufacturing Day
October 12	PSAT: PSAT Bell Schedule
October 14	End of Quarter 1

October 17-22	Homecoming Week
November 4	Fall Play @7pm
November 5	Fall Play @1pm and @7pm

Upcoming Parent/Community Meetings: [Website Calendar linked here](#)

<u>Meeting</u>	<u>Location</u>	<u>DateWebsite Calendar linked her</u>
School Site Council	Admin Conference Room	October 10 @ 4:15-5:45 pm
ELAC Meeting	E108	October 11 @ 5:30 pm
ELAC Topic: A guest speaker from Gavilan college will provide information about their programs and support.		
Ag Boosters	Sobrato Gym	October 12 @ 6:00 pm
SMMA Parent Meeting	Virtual	October 13 @ 7:00 pm
Senior Celebration Committee Meeting	Virtual	October 17 @ 5:30
Athletic Boosters	Virtual	October 17 @ 7:00 pm
Home and School Club	Admin Conference Room	October 20 @ 6:00 pm

Be sure to check the [Sobrato website](#) and [calendar](#) for other upcoming events!
To have information published in the E-newsletter, send an email to ClarkM@mhusd.org.

To be added to the Home and School Club distribution list for school updates to Home and School Club Meetings and Senior Celebration Meeting, please email: annsobratohsc@gmail.com

Sobrato Senior Celebration Committee

The Sobrato Senior Celebration Committee held its first meeting 10/03. It was exciting to meet all of the parents who want to work together in ensuring a Grad Night that provides a safe and sober celebration for our Seniors. If you missed our first meeting and/or want to keep informed, send us an email to join our distribution list. We will be meeting twice a month on the 1st & 3rd Mondays at 5:30pm via Zoom, please email us for the zoom link. The committee is looking for someone who would like to be a co-committee leader. Please let us know if you are interested in taking on the role - you will not be alone!

We are excited for the Senior Class of 2023!

Next Senior Celebration Committee Meeting: Monday, October 17, at 5:30pm via Zoom

[Sobrato Senior Celebration Committee Website](#)

Email Us: sobratoseniorcelebration23@gmail.com

Time Sensitive

Picture Makeup Day

If students were unable to take a makeup yearbook picture there's one more chance free of charge. Now & Forever Studios will host a makeup day in their studio in Los Gatos on Monday, October 10th from 2-5pm. No appointment is necessary and students can just show up to the studio and check in at the front desk. Please email bayness@mhusd.org if you have any questions.

Address: Now & Forever Studios- 100 Cooper Court Suite C, Los Gatos CA 95032

Discounts for your child and help for our school

Please fill out this [application](#) by October 15 to see if your student qualifies for school discounts (SAT, AP exam, lunch, bussing, extra school supplies).

Final PSAT Update:

PSAT Day will be held at Sobrato High School on **Wednesday, October 12th**. October 12th is a regular school day, except for all sophomores, as well as registered freshman and juniors who will be testing in designated classrooms on this day. Test-takers are encouraged to come with their own writing utensils, [approved calculator](#), and a snack. Please arrive on time in order to start the test promptly at **9:30am (no exceptions)**. Rosters will be posted in designated areas as early as October 10th, so students will be able to find out their testing location on Monday. For more information about the test, click the [link](#) on Collegeboard website.

General Information



Homecoming is Coming!

Week of October 17th-22nd

Theme: Party in the USA

Seniors: color is black, city is New York

Juniors: color is white, city is L.A.

Sophomores: color is purple, city is Miami

Freshmen: color is green, city is New Orleans

October 19th - Food Fair and Rally after school for Sobrato students only (no outside guests).

Student ID required for entry. Admission is free.

Food Fair: 4-5 pm in the quad

Rally: 5:00 to 6:30 In the gym

October 21st - Homecoming Dance in Sobrato Gym. 7pm-10pm. Tickets on sale in ASB.

Deadline for purchase is October 19th. Permission slips required. If you've already submitted a permission slip for the year, you do not need to resubmit. All other families will need to fill out the

permission form that was emailed to parents through Parent Square. Permission form must be submitted in order for a student to buy a Homecoming Dance ticket.

Homecoming Dance Ticket sale dates and prices:

Week of 10/10 to 10/16 = 35 with ASB and 40 w/o

Days 10/17 and 10/18 = 40 with ASB and 45 w/o

Day of 10/19 = 45 no discount.

No Sales on 10/20 or 10/21

October 22nd- Homecoming Game at Sobrato

J.V. 12:00pm

Varsity: 2:30pm

Tickets can be purchased ahead of time through [GoFan](#).

Heath Update:

In order to keep everyone healthy, it is important to keep your child home if they are feeling sick or have a fever. They need to stay home until they are feeling better and they are fever free for 24 hours. If your student needs a Covid test, they can pick one up from the health office.

Checking Tutorial Attendance

Tutorial is a 45-minute period after brunch every day except for Wednesday. It is a period for students to have study time in any of their current teachers' classrooms. This is equivalent to three hours of homework or study time each week! This year, attendance is taken in tutorial. We highly encourage parents and guardians to check their student's tutorial attendance. **You can follow the steps [here](#) to see your student's tutorial attendance.** Please note parents/guardians need to use the [browser version of Aeries](#), not the app, to see attendance for tutorial. To monitor regular attendance, parent/guardians can still use the app or the browser version.

Tutoring Available

If your student is in need of extra support, we have options.

- Peer Tutoring - email counselor Ms. Dulce Velazquez velazquezd@mhUSD.org.
- Math Help after school Monday through Thursday, 3:45 - 5pm.
- HW Center - in the library after school Monday through Thursday, 3:45-4:45pm.

An activities bus is available if a student needs transportation. Applications are available on the MHUSD website.

ALL MEALS ARE FREE!!!

MHUSD is offering free meals to all students. Students just need to type in their student ID number at the cafeteria to receive food. For a menu of brunch and lunch options from our chef, click [here](#).

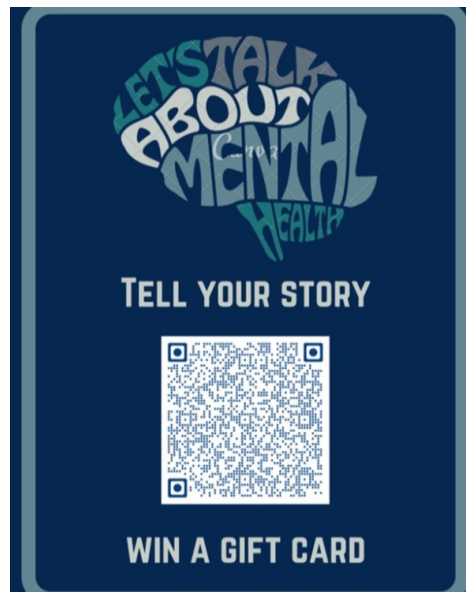
Wellness Center Updates

What's going on in the Wellness Center:

Between September 4th to the 10th was National Suicide Awareness. We passed out Suicide Awareness ribbon stickers to those who visited our center. This year we will have a growing tree called "what wellness means to you". Starting in the middle of September we recognize National Hispanic Heritage Month by creating tissue flowers and papel picado banners.



At the start of October we will focus on 5 ways to take action. October **10th** is World Mental Health Day and starting **October 5th** students, staff, and parents/guardians have a chance to enter to win a gift card. All you have to do is [share your mental health story](#). On **October 6th** is, add [resource numbers](#) to your contact list. On **October 7th**, students can take a mental health day. **October 8th** is Let's talk about well being ([5 Tips](#)) Seize the Awkward! & **October 9th** will be posted.



Biggest thank you's:

To the Schambach Family and the Leon Family for donating to the Wellness Center. These donations will not only help one student but all the students that come into the Wellness Center. The biggest demand is snacks and water.

Data (as of 9/29/22):

Since the beginning of this school year we have had 118 Referrals, 135 Sessions, 151 students utilize the Wellness Center during class time, and 4,441 students visited the Wellness Center during Brunch and Lunch. The Sobrato Wellness Center has the highest demand for student sessions compared to other schools.

For more information click on the link(s):

[Parent Questions and Answers](#) [Student Questions and Answers](#) [Wellness Resources](#)

[Crisis & Resources](#) [Wellness Center Referral Form](#) [Connect with us](#) [Wish List](#)

[We love the Wellness Center](#) [Send a thank you](#) [Send us feedback](#)

Let's Wellness Together!


Ms. Martina Glenn, LMFT (Wellness Counselor) and Ms. Ruby Lorono (Wellness Assistant)
 Email/Text: sowellness@mhusd.org Phone: 408-201-6226 Website: [Sobrato Wellness](http://SobratoWellness.com)

Parent/Family Group Updates

Parent Project

Are you interested in learning how to support your student? Parent Project is a program for parents and guardians to learn how to encourage positive choices and develop positive relationships. See the flier below for more information.

PARENT PROJECT



Parent Project Online Classes 2022

EMPOWERING PARENTS. TRANSFORMING TEENS.

Parent Project® Senior

The Parent Project Senior is a 10-week program offered one day per week in the evenings. It is a nationally recognized program, which offers classes throughout Santa Clara County. This program is for parents that have children over the age of 10.

Parents learn and practice specific prevention and intervention strategies for destructive behaviors.

- Learn to never argue with your child
- Improve school attendance and performance
- Prevent alcohol and drug use
- Developing healthy relationships
- Get your teens back on track.

Parent Project® Junior

Parent Project Junior is a 10-week program offered one day per week in the evenings. This program is for parents that have children under the age of 10.

The "Steps of Success" (S.O.S) home practice assignments can create a solid foundation for change in the home. Parents can learn and practice some of the following strategies:


- Learn to encourage positive choices
- Identify negative influences
- Improve sleep, diet, and behavior
- Recognizing and understanding ADD/ADHD
- Reduce family conflict
- Increase self-discipline

Contact

☎ 408.808.3794

✉ Gmatolino@dao.sccgov.org

🌐 www.ParentProject.com



Parent Project Current Classes

Location	Dates and Times
Senior DA July 2022 Online <i>Language: English</i>	Wednesday July 6, 2022 – September 14, 2022 6:00pm - 8:00pm
Senior DA July 2022 Online <i>Language: Spanish</i>	Monday July 18, 2022 – October 3, 2022 6:00pm - 8:00pm

2022 Parent Project Upcoming Classes

Senior DA September 2022 Online <i>Language: English</i>	Tuesday September 6, 2022 – November 15, 2022 6:00pm - 8:00pm
Senior DA September 2022 Online <i>Language: Spanish</i>	Thursday September 29, 2022 – December 8, 2022 6:00pm - 8:00pm
Senior DA October 2022 Online <i>Language: English</i>	Wednesday October 12, 2022 – December 21, 2022 6:00pm - 8:00pm
Senior DA October 2022 Online <i>Language: Spanish</i>	Wednesday October 26, 2022 – January 4, 2023 6:00pm - 8:00pm
Senior DA November 2022 Online <i>Language: English</i>	Thursday November 10, 2022 – January 19, 2023 6:00pm - 8:00pm
Senior DA November 2022 Online <i>Language: Spanish</i>	Tuesday November 29, 2022 – February 7, 2023 6:00pm - 8:00pm

408.808.3794 | ParentProject@dao.sccgov.org

Senior Updates

SENIORS can book an appointment with [Now and Forever Studios](http://NowandForeverStudios.com) to take their senior portrait. This is the photo that will be in the yearbook. The deadline is December 13, 2022.

Athletics Updates

Upcoming Athletic Competitions (for all Athletic Events check out the website - www.sobratoathletics.com)

[Athletics Department Contact Information:](#)

Lawrence Crawford x41505

Winter Sports - Tryouts

The Winter sports tryouts begin October 31. If you are a Winter athlete and need to get a physical before the season starts, plan ahead to make an appointment with your doctor. Many athletes have been faced with delays and difficulty scheduling appointments in a timely manner. Dr. Taylor will be offering physicals on Saturday, January 29th ONLY. Additional details will be provided as the date gets closer.

Additionally, several sports will have conditioning sessions prior to tryouts. If you are interested in trying out for a sport please contact the coach for your chosen sport. [Click here](#) to get contact information for each coach.

Sobrato Athletics Flier

Students, are you interested in participating in Athletics at Sobrato? [Click here](#) to see important information regarding our athletic program.

For a complete list of games (Thru October 22, 2022) [click here](#).

Online Ticket Sales:

Get your Girls Volleyball and Football Tickets for home games by following the GoFan link at <https://gofan.co/app/school/CA68182>

Note: All game tickets are sold primarily through Go Fan. For fans who don't have a phone or credit/ATM card, we will have a cash option available at the gate. Students also have free admission if they have the ASB logo printed on their ID card. Students can get an ASB logo for their ID card today in our ASB Office or on our web store [linked here](#). Families can purchase season passes from our Athletic Boosters at the games.

Check out the new Sobrato Athletics / Athletic Booster's Twitter feed [@Sobratosports](#) for the latest updates on all Sobrato Sports!

Athletics: Academic Eligibility


Did You Know? Not only is a 2.0 GPA required for participation in the athletics program, but students must have completed the following **minimum credits** prior to the beginning of a semester to be eligible. This information can also be found in the Student Handbook. Unsure if your child is eligible? Contact Athletic Director Lawrence Crawford (408-201-6240 or CrawfordL@mhusd.org).

Grad e	Beginning Semester #	Minimum # of Credits Earned
10	3	50
	4	75
11	5	100

	6	130
12	7	160
	8	190

Check out the new Sobrato Athletics / Athletic Booster's Twitter feed @Sobratosports for the latest updates on all Sobrato Sports!

Athletic Boosters



SOBRATO ATHLETIC BOOSTERS CLUB
Dedicated to supporting, promoting and raising funds for all athletic teams.

- BUILD COMMUNITY**
Meet families from Sobrato's athletic community and work together to support all Sobrato Athletic teams!
- SUPPORT**
We provide block letters, emblems and achievement badges to individual athletes. Purchase championship banners for display in the gym. Grant scholarships to the top two student-athletes of the year.
- PROMOTE**
Share our athletic teams accomplishments with reminders, pictures and articles.
- FUNDRAISE**
Buy (or help sell) Sobrato sports merchandise. Enjoy our Winter Holiday pie fundraiser! Participate in the annual Bulldog Classic Golf Tournament at Coyote Creek on April 30th!

Home of the Bulldogs

JOIN US MONTHLY ON ZOOM!
email us for the link

🐾 Aug 22	🐾 Jan 23
🐾 Sept 19	🐾 Feb 27
🐾 Oct 17	🐾 Mar 20
🐾 Nov 28	🐾 April 17
🐾 Dec 19	🐾 May 15

CONTACTS
 📌 Sobrato High School Athletic Booster Club
 📧 sathleticboosters@gmail.com
 📱 @SobratoBoosters
 📷 @SobratoSports

THANK YOU FOR YOUR SUPPORT!



SOBRATO ATHLETIC BOOSTERS CLUB

- 🐾 ADMITS ONE TO ALL SPORTS REGULAR SEASON HOME GAMES, ALL YEAR!
- 🐾 10 % OFF ALL BOOSTER CLUB MERCH
- 🐾 AVOID PROCESSING FEE ON GOFAN

ONLY \$50

Sobrato Athletic Boosters Club is dedicated to supporting all athletes on campus. The "All Sports Pass" helps raise money to provide much needed equipment, uniforms, scholarships and awards for our athletes.

SKIP THE LINE AND PRE-ORDER YOUR PASS TODAY!

venmo



@sobratoathleticboosters

PayPal



paypal.me/SobAthBoosters

Put your full name, child's sport and "Sports Pass" in the comments on Venmo or PayPal. Pick up your pass at the gate the very next home game!

THANK YOU FOR YOUR SUPPORT!





San Jose State University will visit our Campus on October 6, 2022 during Tutorial. This college campus was ranked first for the [Most Transformative University By Money](#) magazine based on graduation rates, earnings and student loan repayment. SJSU is also ranked #3 in the nation for Best Value and Best Undergraduate Engineering Program. Students who have an interest in this campus should attend the presentation on October 6th in the PAC during tutorial.

Visit the Counseling & Career Center for...

Jobs & Volunteer Opportunities

Seasonal work, Tutoring jobs (pay > \$20 per hour), and community service opportunities are now available...

The graphic features a background of overlapping purple and blue circles. A white plus sign is positioned to the left of the main title. A circular inset on the right shows a young girl, a man with a beard, and a woman in a white lab coat, possibly a doctor or nurse, interacting. Three white arrows point to the right, and three white diagonal lines are in the upper right corner.

Fundraisers

- **AG Boosters Renee's Garden Fundraiser, through December 2022**

[Click here for fliers!](#)