



# Tiger NEWSBYTES

Terra Nova High School E-Newsletter | September 3, 2024

*Translation: Para ver este boletín en español: 1) ubique el ícono que ve a la derecha de este artículo ( la figura de palo en un círculo) ... está en la parte superior derecha de su pantalla. 2) Haga clic en la imagen. 3) seleccione "Traducir" en la parte superior derecha de su pantalla (computadora). 4) Seleccione Spanish/Español.*



- **TN Athletic Boosters Meeting:** Tuesday, September 10 | 7PM | Library
- **TNEF FALL MIXER:** Wednesday, September 11 | 6PM | Table Wine
- **TNEF Meeting:** Wednesday, September 18 | 7PM | Library
- **PTO Meeting:** Tuesday, September 24 | 7PM | Library
- **TN Band Boosters Meeting:** Tuesday, October 1 | Google Meet

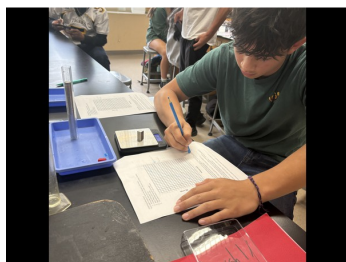


# CAMPUS NEWS

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## Science | Use of Everyday Materials

At Terra Nova High School, students learn science by doing science with everyday materials, making science more relevant to daily life. In biology, they practiced their claim, evidence, and reasoning skills by collecting data to check if double stuff Oreos contain twice as much filling as regular Oreos. In chemistry, they measured the density of aluminum and plastic and investigated which type of milk makes the best yogurt. AP Environmental Science simulated the Tragedy of the Commons using Goldfish crackers while AP Chemistry reviewed the mole concept they learned in year 1 chemistry by figuring out how many atoms thick is a piece of aluminum foil. By using materials they encounter every day, students see how science is all around them, deepening their understanding and sparking curiosity about the world they live.



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## ParentVUE and StudentVUE



**ParentVUE**  
powered by Synergy®

Stay up-to-date on all of your student's assignments, grades and attendance by using the ParentVUE app. You will never have to question what is going on with your student academically if you use this free tool. The Synergy ParentVUE and StudentVUE portals give parents and students unprecedented web and mobile access to grades, assignments, and communication with teachers.

To login to ParentVUE or StudentVUE go to [https://ca-juhsd-psv.edupoint.com/PXP2\\_Login.aspx](https://ca-juhsd-psv.edupoint.com/PXP2_Login.aspx) or download the app from

your app store. **Be sure to select Jefferson Union High School District and enter zip code 94015 when downloading for the first time.**



## FlexTime

FlexTime is held every Tuesday and Thursday of the school year, with the exception of finals week.

Remember, FlexTime is time students can:

- Get support for their classes
- Meet with a Counselor or Wellness Team
- Make-up tests & quizzes
- Use the Library for research
- Check-in with a teacher



Flex appointments can be made with the library or the student's assigned teachers up to 10 days in advance so Tuesday and Thursday appointments can be made at the same time!

Here's the link for students: <http://teachmore.org/terranova/students>

Remember to Flex Your Power!

## Terra Nova Education Foundation | Fall Wine Mixer

SOLD OUT LAST YEAR!  
DON'T WAIT

# TNEF FALL WINE MIXER



**SUPPORT OUR TN TIGERS!**

Wednesday, September 11th

Time: 6:00 -8:00 pm

**Table Wine**

1710 Francisco Blvd

Tickets:

[tneducationfoundation.org](http://tneducationfoundation.org)

Advance Tickets, \$30

At Door \$35




**Get Your TIX!**



## Marine Mammal Center Youth Crew | Apply Today

Are you interested in working with marine mammals and educating the public about important ocean conservation? Apply to be part of the Marine Mammal Center Youth Crew, an 8-month service-learning program for high school students in the Bay Area. **Applications are due on September 18.**

Please see Ms. Gutierrez at M203 or the Career Center for details. Click the flyer below to apply




The flyer features a photograph of three youth crew members working with marine mammals in a pool. The text 'Youth Crew' is prominently displayed in large white letters, with the tagline 'Get involved to learn alongside experts and inspire others' below it. The Marine Mammal Center logo is in the top right corner.

**Youth Crew**  
Get involved to learn alongside experts and inspire others

Youth Crew is an annual service-learning program where teens get hands-on experience in marine science and environmental education. You'll join an Animal Care Crew to take part in animal husbandry and become an educator to engage people in conversations about our ocean.

Applications due at midnight on September 18, 2024!

 Learn more!  
[MarineMammalCenter.org/youth-crew](https://MarineMammalCenter.org/youth-crew)

Stipends available for motivated students that identify as BIPOC, low income and/or first-generation college bound.

## Coastal Clean Up Day | September 21



Please join the Science Department in cleaning up the area around San Pedro Creek off Peralta Rd on Coastal Clean Up Day on September 21, 2024 from 9:00 am to 11:00 am.

This clean up is a partnership with Pacific Beach Coalition.



TN Band Shoe Donation Fundraiser

**We Need Your Shoes!**



**Donate your used shoes today**

**Drop off at these locations  
by Sept 30:**



**Monday - Thursday:  
1:00pm - 10:00pm**



**Monday - Friday:  
5:00am - 7:45pm  
Saturday - Sunday:  
7:00am - 11:45am**

# And TN Band Earns \$\$

Funding is used for:





# All Types of Used Shoes



**Only exceptions we cannot accept are rollerblades, ice skates, metal cleats, single shoes, wet or moldy shoes or shoes with holes**

# Shoes are headed to Funds2Orgs



Our shoe drive support over 4,000 families of micro-enterprise partners, with the majority of them being women-owned. The micro-enterprise industry represents one of the most effective ways to lift many families out of poverty in devastated economies. The shoes you collect serve as a philanthropic bridge to give people a hand-up, rather than just a hand-out.

<https://funds2orgs.com/impact/>



## TEAM TIGER

Stadium Banner Sponsorship





LOOKING FOR A UNIQUE WAY TO  
SPONSOR TERRA NOVA SPORTS?

## BANNER SPONSORSHIP

HAVE YOUR COMPANY SPONSOR A  
BANNER THAT WILL BE PROUDLY  
DISPLAYED IN THE STADIUM ALL  
YEAR LONG.

THERE ARE DIFFERENT LEVELS OF  
SPONSORSHIP IF INTERESTED  
PLEASE EMAIL

FUNDRAISING@TNBOOSTERS.ORG

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## COUNSELING CORNER

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### College and Career Center Monthly Newsletter

If you are looking for information regarding college, career and/or scholarships, head on over to the [Monthly College and Career Newsletter](#) or see Ms. Spasic in the College and Career Center, Room A209 for more information.

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**College and Career  
Center News**

# The Gates Scholarship



**THE GATES  
SCHOLARSHIP.**

## APPLY TODAY!

The Gates Scholarship (TGS) is a highly selective, last-dollar scholarship for outstanding, minority, high school seniors from low-income households. Each year, the scholarship is awarded to exceptional student leaders, with the intent of helping them realize their maximum potential. **Please visit our website to learn more!**

Accepting applications from July 15, 2024 to September 15, 2024, 2:00 PM Pacific Time  
[www.thegatesscholarship.org](http://www.thegatesscholarship.org)



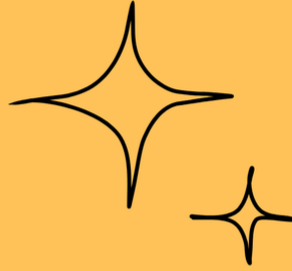
# WELLNESS MATTERS



# SEX ED SQUAD

Meetings every  
Wednesday  
after school!!

- Connect with and educate your community
- Attend awesome events
- Have delicious snacks!!



**Apply and learn about  
Healthy Relationships, Self-Love,  
Mental Health, Gender, Sexuality,  
and More!!**

**DEADLINE IS 09/06**

**[HTTPS://BIT.LY/SQUADAPP24](https://bit.ly/squadapp24)**

**OR**



# LGBTQ+ Youth Mental Health Panel



**Please join us for a panel discussion on LGBTQ+ Youth Mental Health.**

We will be exploring questions like:

**What does being an affirming parent look like?**

How do I find a therapist and how do I make sure they're the right one?

**How do I support my child who is experiencing suicidal ideation?**

How do I support my child whose friends are experiencing suicidal ideation?

**Sept. 16, 2024 — FREE  
6–8 pm**

**Half Moon Bay Library**

Community Room B  
Everyone is welcome

**Register** [bit.ly/LGBTQMHPanel](https://bit.ly/LGBTQMHPanel)



**Brett Trace**  
they/them  
Clinical Coordinator, Outlet



**Danny Dominguez**  
she/her  
Assoc. Professor, UCSF



**Jess Cugg**  
she/her or they/them  
Mental Health Clinician



**Shawn Glamattel, PhD**  
he/him  
Clinical Family Psychologist





**GREENLIGHT  
CLINIC PRESENTS**

# MINDCRAFT

**A VIDEO GAME  
PLAY THERAPY GROUP  
FOR WOMEN AND  
GENDER-EXPANSIVE FOLKS**

**FREE**

## **10 SESSION SERIES**

Wednesdays 5:00 - 6:30 pm  
Starting Sept 18th  
Conducted ONLINE

### **PLAY THERAPY THAT MAY BENEFIT:**

- STRESS MANAGEMENT AND RELAXATION
- SUPPORT FOR SOCIAL ANXIETY, GENERAL ANXIETY, COMMUNICATION, AND COLLABORATION SKILLS
- SOCIAL SUPPORT



SEATS ARE LIMITED!  
TO SCHEDULE AN INTAKE  
CALL (650) 204-0963



## REQUIREMENTS

- **MUST COMMIT TO 10 SESSION SERIES**  
10 sessions: September 18, 25, October 2, 9, 16, 23, November 6, 13, 20, December 4

No meeting on October 30th or November 27th

- **MUST QUALIFY FOR GREENLIGHT CLINIC SERVICES**  
Ages 14 - 26  
Resident of San Francisco Bay Area

- **MUST MEET FOR AN INDIVIDUAL INTAKE MEETING WITH GROUP FACILITATOR**  
Call (650) 204-0963 to arrange this one-time meeting

## FACILITATED BY

JANE GEHRKE, MA, AMFT  
REGISTERED ASSOCIATE MARRIAGE AND FAMILY THERAPIST #126832

REINA PETERSON, MA, AMFT  
REGISTERED ASSOCIATE MARRIAGE AND FAMILY THERAPIST #133852

SUPERVISED BY GILLIAN GREEN, PH.D.  
LICENSED CLINICAL PSYCHOLOGIST, PSY26151





Want to build community?  
Want some extra support?



PARTICIPATE IN A  
WELLNESS GROUP



More information can be found within the form.  
Contact Mr. Marsh: [nmarsh@jeffersonunion.net](mailto:nmarsh@jeffersonunion.net)



**Follow @TNHS\_Wellness for resources + tips!**



GOING THROUGH IT?  
¿NECESITAS AYUDA?

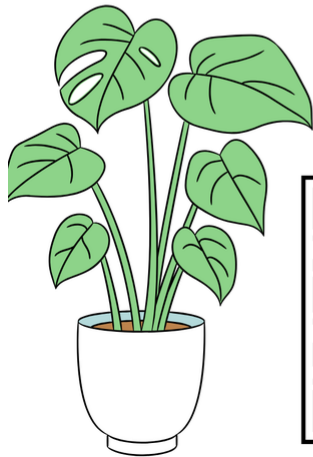
**The Wellness Team** is here for you!

Scan the QR code, complete the form, and we'll meet soon

- or -

*If it feels urgent, just come on down to counseling  
and ask for*

Mr. Marsh & Ms. Mika  
Wellness Counselors



## TERRA NOVA PARENT TEACHER ORGANIZATION (PTO)



### TOGETHER WE CAN ACHIEVE MORE

The Terra Nova PTO feels that together we can achieve more for our teachers and students. Happy teachers and staff create a positive, healthy environment for our students.

Help us give our teachers, staff and students the opportunity to continue thriving at Terra Nova.





To donate click the following link or use the QR code below.  
Donate to the [Terra Nova PTO](#) where every dollar goes back to our teachers, staff and students.

### School Programs Funded by the PTO

- Peer Assistance Program (Peer Helper)
- Mock Trial
- Link Crew Freshman Mentor Program
- Teacher Appreciation Week
- Mini Grants & Stipends for Teachers and Staff



**Donate | We appreciate your support!**



# ATTENTION TIGERS



## TIGERS CARE

KEEP OUR COMMUNITY SAFE  
REPORT THREATS, VIOLENCE, AND BULLYING

## IT'S ANONYMOUS



## STOPit App Access Code TNHSTigers



Immediate Report



### Stay Connected to Terra Nova Events

[School Calendar](#)

[District Calendar 2024/25](#)

[TN Instagram - @terranovapride](#)

[TN Website](#)



**Megan Carey**

Megan is using Smore to create beautiful newsletters