



# Tiger NEWSBYTES

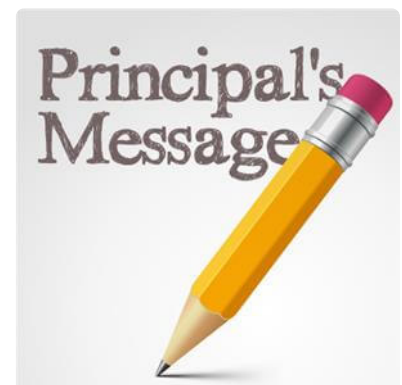
Terra Nova High School E-Newsletter | October 11, 2023

*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.*

Dear Families,

With our school year well underway, I want to take a moment to emphasize the critical importance of ensuring that our students arrive at school on time each day. Our most recent data shows an increase in the number of tardies for 1st period over the past several years.

Every minute in the classroom is precious. When students arrive late, they miss valuable instructional time that can't be fully recovered. Consistently arriving late can add up to a significant loss of learning opportunities over time. Late arrivals also interrupt the flow of a lesson or classroom activity - impacting the teacher and other students. Running late can





also be stressful for students. A rushed start to the day can lead to feeling flustered and agitated throughout the day, which is not helpful to a positive learning environment.

Punctuality is a fundamental aspect of education and plays a significant role in our overall success and development. We appreciate your attention on this matter and any steps you can take to help ensure your student arrives on time daily.

Thank you for your continued support,

Megan Carey  
Principal

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## CAMPUS NEWS

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### TN Band Takes Home Another Trophy

The band kicked off the competitive marching band season at Delta Band review this past weekend. They took third place in their division and got to bring home a trophy. Way to go Tigers!



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**Tigers Selected as Youth Climate Ambassadors**

Youth Climate Ambassadors will connect with peers across the county and network with local professionals working on climate change and sustainability. Most importantly students get a chance to transform knowledge of climate change into local climate

action within their school or local community through a final community impact project. Students receive funding for their final project (up to \$500) and a stipend for completing the program (\$550 per student, with additional support for students living in households with limited financial resources).

Congratulations to Ava Litz, Dane Potter and Anna Zavodnik for being selected for this amazing opportunity.



**Ava Litz**



**Dane Potter & Anna  
Zavodnik**

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Scan this qr code to access the site!



## SEE'S CANDIES FUNDRAISER



Support the class of 2024! Orders ship  
starting 11/10, but last day for orders

is 12/1.

**TICKETS ARE GOING FAST**



## Join Us! TNEF FALL WINE MIXER

SUPPORT OUR STUDENTS  
WEDNESDAY, OCTOBER 18TH

TIME: 6:00 -8:00 PM

**TABLE WINE**  
1710 FRANCISCO BVD

TICKETS:  
TNEducationFoundation.org

ADVANCE TICKETS, \$20  
AT DOOR \$25

# FREE BUS PASSES AND MUCH MORE!

Please take a moment to complete the Free and Reduced Lunch Application . This application provides more than just food for your student. If you qualify, these are some addition benefits you may received:

- Free Yearly Bus Passes (SamTrans)
- Free SAT/ACT/PSAT Exams
- Free/reduced Wifi
- College Application Fee Waivers
- Eligibility for Scholarships



# ¡PASES DE AUTOBÚS GRATIS Y MUCHO MÁS!

Por favor, tome un momento para completar la Solicitud de Almuerzos Gratuitos o de Precio Reducido. Esta solicitud otorga más que la alimentación para su estudiante. Si usted califica, estos son beneficios adicionales que ustedes pueden recibir:

- Pases de Bus Anuales Gratuitos (Sam Trans)
- Exámenes Gratuitos de SAT/ACT/PSAT
- Wifi Gratuita/precio reducido
- Tarifas Exoneradas de Solicitudes a Colegios y Universidades
- Elegibilidad para Becas







## Peninsula Special Interest Lions Clubs

A LEGACY OF HEALTH, WELLNESS AND EDUCATION

### ANNUAL FALL FLU CLINICS

Welcome back to our Flu Clinic where we care for you and about you.

PSILC will hold their Annual Fall weekend Flu Clinic, in addition to their regular daily vaccine clinics. COVID vaccination will be offered if available at appointment time.

✦ **Where:** Global Initiative for Health and Wellness (GIHW) Medical & Vision Clinic at Samaritan House, 19 West 39th Ave, San Mateo, CA 94404

✦ **October Dates:** Saturdays - October 7, 14, 21, 28 from 10am to 2pm

✦ Sundays - October 8, 15, 22 & 29 from 12pm to 4pm

✦ **November Dates:** Saturdays - November 4, 11, & 18 from 10am to 2pm

✦ Sundays - November 5, 12, & 19 from 12pm to 4pm

✦ **PATIENTS REGISTER AT [GIHW.ORG](https://gihw.org) WEBSITE FOR DATES AND TIMES**

✦ **Invitation:** Everyone.

✦ **What to expect:** The process takes 30 Minutes.

✦ Register on line for a date & time for you and family.

✦ Park in the clinic lot.

✦ A nurse will give you a clip board with two forms to fill out.

✦ You will then be called into an exam room where you will receive the flu and/or Covid Vaccine.

✦ You will then sit in your car for 10 minutes before driving.

✦ Although our patients have not had adverse effects, we advise you to call us if you do. 415-378-6789

We serve delicious food and snacks and have entertainment for children.

Volunteers can register at [Volunteer Sign up](#) on GIHW.



## Peninsula Special Interest Lions Clubs

UN LEGADO DE SALUD, BIENESTAR Y EDUCACIÓN

### CLÍNICAS ANUALES DE VACUNACIÓN CONTRA LA GRIPE Y COVID EN OTOÑO

Bienvenidos a nuestra Clínica de la Gripe, donde cuidamos de usted y nos preocupamos por usted.

PSILC llevará a cabo su Clínica Anual de Vacunación contra la Gripe de fin de semana en otoño, además de sus clínicas regulares de vacunación diarias. Se ofrecerá la vacunación contra COVID si está disponible en el momento de la cita..

- **Where:** Global Initiative for Health and Wellness (GIHW) Clínica Médica y de Visión en Samaritan House, 19 West 39th Ave, San Mateo, CA 94404

**Fechas en octubre: Sábados - 7, 14, 21, 28 de octubre de 10am a 2pm**

**Domingos - 8, 15, 22 y 29 de octubre de 12pm a 4pm**

**Fechas en noviembre: Sábados - 4, 11, 18 de noviembre de 10am a 2pm**

**Domingos - 5, 12, 19 de noviembre de 12pm a 4pm**

- **LOS PACIENTES DEBEN REGISTRARSE EN EL SITIO WEB DE [GIHW.ORG](https://gihw.org) PARA OBTENER FECHAS Y HORARIOS**
- **Invitación: Para todos..**
- **Qué esperar:** El proceso toma 30 minutos.
- Regístrese en línea para una fecha y hora para usted y su familia.
- Estacione en el estacionamiento de la clínica.
- Una enfermera le entregará un portapapeles con dos formularios para completar.
- Luego lo llamarán a una sala de examen donde recibirá la vacuna contra la gripe y/o COVID.
- Luego, permanezca en su automóvil durante 10 minutos antes de conducir.
- Aunque nuestros pacientes no han experimentado efectos adversos, le recomendamos que nos llame si los tiene. 415-378-6789
- Ofrecemos deliciosa comida y snacks y entretenimiento para niños.
- Los voluntarios pueden registrarse en [la Inscripción de Voluntarios en GIHW](#)

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## SENIOR SPOTLIGHT

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### Attention Seniors and Senior Parents/Guardians!

**LAST CHANCE TO ORDER SENIOR SWEATSHIRTS IS FRIDAY, 10/13!**



Order forms were emailed, but seniors can also pick them up in their English classrooms.

**We cannot do reorders or take late orders, so please turn in your order form ASAP to not be left out.**

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## TEAM TIGER

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## TN Tigers 2023 Football Season | Volunteers Needed

Here are the links to sign up for the Snack Shack, Tiger Gear, and Membership Booth.

These events are one of the most important ways that TN Athletics Boosters raises money to support all our Athletic Programs at Terra Nova.

Please take a look at the sign-up below and see if you can help out! in the comments field, please note the Sport(s) you are representing!

\* Must be 18 years or older to work in the Snack Shack.

Don't forget parking is available on top if you are working, thank you for your continued support.

Thank you in Advance from Terra Nova Athletic Boosters! Go Tigers!!!!

**Game 4 > 10/19/2023 vs Aragon (Thursday Night Game)**

<https://www.signupgenius.com/go/60b0f4aa5a72ca3f58-20234#/>

**Game 5 > 11/03/2023 \*\*Skull Game – HMB\*\***

<https://www.signupgenius.com/go/60B0F4AA5A72CA3F58-20235>

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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.

**College and Career  
Center News**





# **JUHSD FINANCIAL AID SENIOR FAMILY INFO NIGHT**

Hosted by Skyline College

## **WHEN?**

- Wednesday, November 8th at 6pm

## **Where?**

- Via Zoom

**Or register with  
link below**

<http://bit.ly/3rsj9S4>

**Register through  
Google Form**





## Fall 2023 Lunch Visits

### September

- **9/7**
  - Marines
  - City of Pacifica-Beaches, Parks and Recreation
  - Outdoor Education
  - SFSU Metro College Success Program
- **9/15**
  - National Guard
  - City College of San Francisco (CCSF)
- **9/19**
  - Army
  - County of San Mateo's Jobs for Youth Program
  - Saint Mary's College of California
  - Skyline College
  - University of San Francisco

### October

- **10/20**
  - Army
  - Reed College
- **10/26**
  - Navy
  - SFSU
  - SFSU Metro College Success Program
  - Skyline College

### November

- **11/7**
  - National Guard
  - University of Oregon
- **11/16**
  - Experiment in International Living
  - Job Train
  - Navy
  - SFSU
  - SFSU Metro Success Program
  - Skyline College



## **Terra Nova High School Fall 2023 Flex Time Workshops!**

These presentations and workshops will be offered during flex period on Tuesdays and Thursdays from 11:39am -12:09pm in the college and career center, A209. Students can sign up for upcoming workshops/presentations by stopping by the college and career center and signing up with Ms. Spasic or sending an email to [dspasic@jeffersonunion.net](mailto:dspasic@jeffersonunion.net).

**All workshops will be during Tuesday or Thursday  
Flex period from 11:39am12:09pm**

### **September 2023**

- 9/7 College Application Support
- 9/12 The College Application Process
- 9/21 College Application Support
- 9/26 College Application Support

### **October 2023**

- 10/3 College Application Support
- 10/10 College Application Support
- 10/17 Overview of Skyline College
- 10/19 College Application support
- 10/24 Skyline Application Workshop
- 10/26 Skyline Application Workshop

### **November 2023**

- 11/2 College App Support
- 11/9 College App Support
- 11/14 College App Support
- 11/28- College App Support
- 11/30 -College App Support

### **December 2023**

- 12/7- College App Support
- 12/19 - College App Support

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## WELLNESS MATTERS

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## Open Community support Groups

We invite any member of the public to join us for a series of **FREE** mental health support groups.



### CAREGIVERS SUPPORT GROUP

Join us on Mondays at 6pm MT. For parents, grandparents, or guardians of teens and young adults who struggle with mental health and substance use disorders. Including specific groups for parents of teens, young adults, LGBTQIA+, neurodivergent clients, families of color, and Grupo de Cuidadores en Español.



### SUICIDE SURVIVOR SUPPORT GROUP

A safe space for those affected by the loss of a loved one to suicide to share stories, build community, and gain support across a virtual and healing space.



### ATHLETE SUPPORT GROUP

A therapist-guided space for athletes who are struggling with their mental health to connect with other athletes and learn coping skills.



### PROVIDER SUPPORT GROUP

Free provider support group to share our experiences, coping skills, and different facets of self care to create a trusted network of support.



## Free Parent Support Groups

All groups run on Mondays at 5 PM PT | 6 PM MT | 7 PM CT | 8PM ET



### Parents of Teens

For parents, grandparents, or guardians of teens who struggle with mental health issues. Led by skilled and experienced staff to build connection, community, and compassion.

### Young Adults

For parents, grandparents, or guardians of young adults who struggle with mental health issues. Led by skilled and experienced staff to build connection, community, and compassion.

### LGBTQIA+

For parents, grandparents, or guardians of teens and young adults who identify with the LGBTQIA+ community and struggle with mental health disorders. Led by skilled and experienced staff to build connection, community, and compassion.

### Parent Support for Families of Color

For parents, grandparents and guardians of teens and young adults who identify as Black, Indigenous and People of color and struggle with mental health disorders. Led by skilled and experienced staff to build connection, community, and compassion.

\*This group is open to both parents and caregivers who identify as BIPOC and to parents and caregivers who have children who identify as BIPOC.

### El Grupo de Cuidadores en ESPAÑOL

Para padres, abuelos o tutores que hablan español de adolescentes y adultos jóvenes que luchan con trastornos de salud mental. Dirigido por personal capacitado y experimentado para construir la conexión, la comunidad y la compasión. For Spanish-speaking parents, grandparents, or guardians of teens and young adults who struggle with mental health and substance use disorders. Led by skilled and experienced staff to build connection, community, and compassion.

### Neurodivergent Parent Support Group

Join us for a parent and caregiver support group to learn more about how to support and understand your neurodivergent teen or young adult child. Led by neurodivergent-competent therapists at Charlie Health.

# Going Through It? Want Someone To Listen?

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!

*Ms. Mika- Wellness Counselor*  
*Mr. Marsh- Social Worker*



SCAN ME



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## ATTENTION TIGERS

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TERRA NOVA HIGH SCHOOL  
CONFIDENTIAL SAFETY TIPLINE



**TIGERS ALWAYS PROTECT THEIR OWN**

**SEE SOMETHING?  
HEAR SOMETHING?  
REPORT IT  
CONFIDENTIALLY!**

Bullying/Cyberbullying/Harassment  
Suicidal or Self Harm Threats  
Violence/Abuse/Discrimination  
Theft/Drug/Alcohol/Vaping  
Or anything that impacts campus safety!

**TNTIGERTIPS@GMAIL.COM**



**SOLIDARITY IN  
STUDENT SAFETY**



**Stay Connected to Terra Nova Events**

[School Calendar](#)

[District Calendar 2023/24](#)

[TN Instagram - @terranovalpride](#)

[TN Website](#)



**Megan Carey**

Megan is using Smore to create beautiful newsletters