



Tiger NEWSBYTES

Terra Nova High School E-Newsletter | September 18, 2023

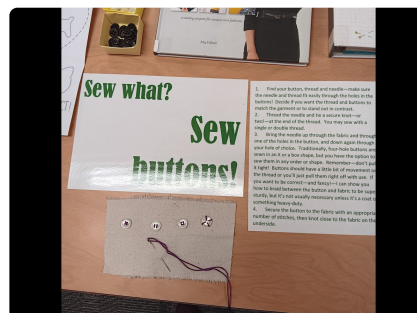
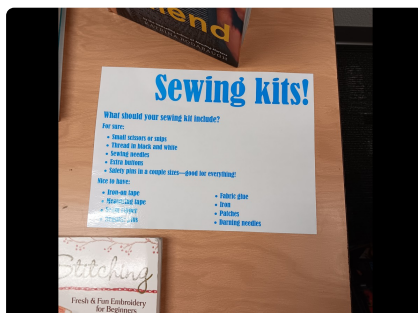
Translation: Para ver este boletín en español: 1) ubique el ícono que ve a la derecha de este artículo (la figura de palo en un círculo) ... está en la parte superior derecha de su pantalla. 2) Haga clic en la imagen. 3) seleccione "Traducir" en la parte superior derecha de su pantalla (computadora).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

CAMPUS NEWS



Library Fun - Sewing, Mending & Patching

Hey, do your clothes need some care in the form of buttons sewn on or mending or patches or...? Come to the **library** during FlexTime or break and find everything you need to save your favorite clothes from holes, spots and snags.



CLASS SHIRTS

CLASS OF 2025

JUNIOR SHIRTS

limited time offer!

EXAMPLE CLASS SHIRT

\$20 CASH TO THE CASHIER 9/4-9/22

DON'T FORGET TO WEAR YOUR SHIRT TO THE HOMECOMING RALLY 9/29

Help support the Class of 2025 today!

Made with PosterMyWall.com

Terra Nova Education Foundation

DID YOU HEAR ABOUT PROJECT REBOOT?

Powered by Terra Nova Education Foundation!
Elevating our campus, one project at a time.
Join us. Donate today!

Thank you!

You are making a difference.

Don't forget to take the Project Reboot Challenge




Congratulations to Terra Nova's cross country team on their outstanding performance at last Saturday's San Francisco Invitational. Go Tigers!



2023/24 TN Athletic Booster Membership

TERRA NOVA ATHLETICS BOOSTER MEMBERSHIP 2023 -2024

Proud To Support Terra Nova Athletes in All Sports

Terra Nova Athletics Booster Club believes that keeping students involved in sports promotes good health, good grades and school spirit

The Terra Nova Athletic Booster Club's primary function is to raise funds to support all athletic programs at Terra Nova. In many public schools, sports programs have been reduced due to budget cuts or eliminated altogether; however, this is not the case at Terra Nova.

PLEASE SCAN THE QR CODE TO REGISTER YOUR NAME FOR MEMEBERSHIP



Terra Nova Athletics Booster Club Membership Packages			
Booster Passes	Package Details	Cost	Payment
Tiger Cub Pass	<ul style="list-style-type: none"> 2 Booster Membership Cards for Entry Children under 13 free 	\$85	<input type="checkbox"/> Credit Card <input type="checkbox"/> Check – CK# _____ <input type="checkbox"/> Cash
Tiger Family Pass	<ul style="list-style-type: none"> 4 Booster Membership Cards for Entry Children under 13 free 	\$120	<input type="checkbox"/> Credit Card <input type="checkbox"/> Check – CK# _____ <input type="checkbox"/> Cash

How to sign up

1. Sporting Events such as Football, Volleyball, Basketball Games
 2. Send this form in with a check to Terra Nova High School
- Attn: TN Athletics Booster Club Membership, 1450 Terra Nova Blvd, Pacifica CA 94044
(please include first, last name, email, phone, student(s))

I Volunteer to work or I have a special talent (check all that apply) , or write your talent in the empty boxes

<input type="checkbox"/> Snack Shack	<input type="checkbox"/> Membership Sales	<input type="checkbox"/> Merchandise Sales	<input type="checkbox"/> Fundraising
<input type="checkbox"/> Fireworks Booth	<input type="checkbox"/> Join the Board	<input type="checkbox"/> Sports Gala	<input type="checkbox"/> Events
<input type="checkbox"/> Baking	<input type="checkbox"/> Graphic Design	<input type="checkbox"/> Carpentry/Painting	<input type="checkbox"/> Printing / Publishing
<input type="checkbox"/> Writing (Press Releases)	<input type="checkbox"/> Web Design		



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.

We thank you for your time!

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

Game 3 > 09/29/2023 vs Capuchino

<https://www.signupgenius.com/go/60b0f4aa5a72ca3f58-20233#/>

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>

COUNSELING CORNER

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**



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.

**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



UPCOMING TIP ORIENTATIONS!

ORIENTATION IS MANDATORY: REGISTER BELOW TO ATTEND!

San Mateo County Union Community Alliance and Local Apprenticeship Programs offer a certificated, Apprenticeship-Readiness Training course that will prepare trainees to enter a green construction career ladder through state certified joint apprenticeship training programs. The program lasts approximately 20 weeks, with classes twice a week from 6-9pm at College of San Mateo (see smcuca.org for updated schedule).

TIP IS **FREE** TO OUR TRAINEES!

WHAT YOU'LL EARN:

- CPR/First Aid certification
- OSHA 10 certification
- TIP Program Certificate
- National Building Trades Certificate
- Priority hiring in some trades

WHAT YOU'LL LEARN:

- Blueprint Reading & Technology
- Tool Identification and Practical Application
- Basic Construction Math
- American Labor History
- Knowledge of the Unions in Construction/Building Trades
- Job-site Attitudes and Behaviors
- Local Union Code of Conduct
- Union Membership, Apprenticeship Roles and Responsibilities
- Green Construction
- Construction Industry Awareness

OPEIU 29 AFL-CIO 174



**SATURDAYS
@ 9AM
SEPT 2, OCT 7
NOV 4, OR DEC 2
IN PERSON AT 1519 ROLLINS RD
BURLINGAME, CA
REGISTER HERE:
TINYURL.COM/2023TIP
(REGISTRATION IS NOT
MANDATORY)**

FOR

RECRUITING FOR ONE
UPCOMING CLASS FROM:

**FEB-JUNE
2024**

**- CLASS IS IN PERSON -
VACCINATIONS ARE
REQUIRED TO ATTEND; MUST
BE ABLE TO SHOW UP-TO-
DATE
RECORDS**

REQUIREMENTS:

- Up-to-date COVID-19 vaccination records
- 18 years of age
- Valid Driver's License
- Appropriate documentation to work in the US
- High school diploma, GED, or equivalent
- Be able to do physical work
- Ability to pass on-the-spot drug testing
- Ability to read, write and communicate in English

RSVP HERE!



tinyurl.com/2023TIP



facebook.com/sanmateotip



[@tipsanmateo](https://www.instagram.com/tipsanmateo)



[@tipsanmateo](https://twitter.com/tipsanmateo)



ATTENTION SOPHOMORES, JUNIORS AND SENIORS!

Outdoor Ed Cabin Leaders Needed for the
2023-24 School Year!

Sept 25-29, 2023
April 15-19, 2024



SCAN THE QR CODE TO APPLY

The Outdoor Ed Program highly recommends students be
vaccinated for COVID in order to be Cabin Leaders.

Students **MUST UPLOAD** the following items to the application
(take a picture and attach)

1. COVID Vaccination Card (if have one)
2. Completed Teacher OF Cabin Leader Form
3. Medication Form (if needed)

A negative COVID test is **REQUIRED** prior to departure.
At home test accepted. Students will submit negative
test to the school staff when they arrive on Monday

WELLNESS MATTERS



September is Suicide Prevention Month

September is Suicide Prevention Month. Recognizing when people in our lives are struggling with emotional pain and helping them feel comfortable to talk about it, can help prevent mental health crises, including suicide. Learning the warning signs, knowing how to start a conversation, and knowing where to get professional

help can make a powerful, life-changing difference.

Learn more about:

- [Youth warning signs](#)
- [Risk & protective factors](#)
- [LGBTQI+ warning signs](#)

For crisis support:

- Call the lifeline at 988 or text "HELP" to 741741 for free crisis counseling 24/7/365
- Call 9-1-1 and request a crisis-trained responder

- Go to your local emergency room
- [Care Solace](#)



Do you want to build a stronger relationship with your kids?

The Parent Project® is a 13-week class that gives parents, grandparents, and caregivers the tools to build strong and healthy families. *All classes are free!*

Sign up for the Parent Project® and get:

- Resources to help you and your kids
- Tools to increase your child's success and attendance at school
- Tips to improve communication with your child
- Strategies to prevent their use of alcohol or drugs
- Practical tools that work for your family

DATES

Classes start:

Wednesday, September 13th, 2023

6:00 pm – 8:30 pm

Virtual Via Zoom

Class dates:

9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1

11/8, 11/15, 11/29, 12/6

Class language:

English

Register in advance:

Eddy Caldera
parentproject@star-vista.org
(650) 554-0656



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**



www.smchealth.org/ParentProject



Únase al curso Parent Project® de ODE

Encuentre respuestas a sus preguntas sobre
crianza de los hijos

¿Desea construir mejores relaciones con sus hijos?

El Parent Project® es un curso de 13 semanas, que le da a los padres, abuelos y apoderados las herramientas para construir familias unidas y saludables.

¡Todas las clases son gratuitas!

Inscríbese al Parent Project® y obtenga:

- Recursos para ayudarse a sí mismo y a sus hijos
- Herramientas para mejorar la asistencia en la escuela y el éxito de su hijo(s)
- Consejos para mejorar la comunicación con su hijo(s)
- Estrategias para prevenir el uso de alcohol y drogas
- Herramientas prácticas que trabajan para su familia

FECHAS

Inicio de clases:

Miércoles 13 de Septiembre del 2023
6:00 pm – 8:30 pm

Virtual Via Zoom

Fechas de las clases:

9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1
11/8, 11/15, 11/29, 12/6

Idioma de la clase:

Español

Inscríbese con anticipación:

Eddy Caldera
parentproject@star-vista.org
(650) 554-0656



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**



www.smchealth.org/ParentProject

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



ATTENTION TIGERS

**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