



# Tiger NEWSBYTES

Terra Nova High School E-Newsletter | September 5, 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.*



## WHAT'S HAPPENING

**Thu, 9/14:** TNEF Meeting | 7pm

**Thu, 9/21:** What Every High School Parent/Guardian Should Know  
Info Night | Library | 6pm - 7pm

**Tue, 9/26:** PTO Meeting | Library | 7pm

[TNHS SCHOOL CALENDAR](#)

We are looking for 3 parents/guardians to join the Terra Nova High School Site Council (SSC).

The Terra Nova SSC is comprised of teachers, classified staff, parents and students. The role of the SSC is to work with the Principal to develop, review and evaluate our school program and all related categorical resources.

Meetings are traditionally held at 3:30 on the last Thursday of the month.



If you are interested in serving on this council, please send your name and contact information to Principal Megan Carey at [mcarey@jeffersonunion.net](mailto:mcarey@jeffersonunion.net) by 5 p.m. on Friday September 15th. All interested parties will be included on a ballot. A vote will take place later this month.

If you have any questions, please reach out to Ms. Carey directly.

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## CAMPUS NEWS

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### Blue Supermoon Howl Off

We had quite a turn out for our Science Department's first Howl Off in honor of the blue supermoon that occurred on Wednesday, August 30th.

Everyone gathered to watch and listen as students and staff howled at the moon! It was fun and silly but seemed to be just what everyone needed for a midday pick me up. It was a fun event for everyone!

A big thank you to our judges, Mr. Bishop, Mr. Schneider and Mr. Mullen (who came up with this fun idea!) Also a big thank you to Mr. Napoli for taking part in the actual event and Mr. Ngo for serving as emcee.

The moon rocks (pun intended) and so does SCIENCE!!!



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## Mock Trial Begins September 8th

Mock Trial gets its case packet on 9/7! Spoiler alert...it's a murder! Students, if you are a budding lawyer or actor, check out mock trial, where law meets drama in a real courtroom with a fictional case. If interested, meet in Ms. Jenkins' room 329 on September 8th during lunch.

This program is sponsored by the TN PTO. Without them, programs like these would not be possible. Support your PTO today!



**ParentVUE**  
powered by Synergy™

## ParentVUE and StudentVUE

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.

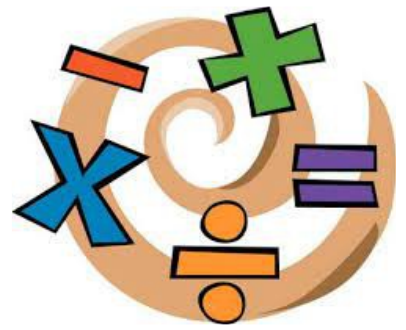
To login to ParentVUE or StudentVUE go to [https://ca-juhisd-psv.edupoint.com/PXP2\\_Login.aspx](https://ca-juhisd-psv.edupoint.com/PXP2_Login.aspx) or download the app from your app store. Be sure to select Jefferson Union High School District and enter zip code 94015 when downloading for the first time.

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## Math Tutors Wanted

Attention Juniors and Seniors! Mr. Potter is looking for a few math tutors to tutor 7th and 8th grade students in pre-algebra and algebra. The pay is \$20 per hour and the location and time are arranged with the parent. Students can email Mr. Potter with their name, current math class, email, and phone number and he will put you on the list. Mr. Potter can be reached at





### **On-Campus Fitness Training with Dominic Vargas**

Open to all Terra Nova students, athletes & non-athletes - everyone is welcome!

**When: 7:05 AM to 8:05 AM**

**Where: Monday through Thursday in the TN weight room**

Dominic Vargas has a BS in Kinesiology and has been a certified personal trainer for the last 15 years, training a wide variety of the public. He will supervise and design a program for your student's needs in a safe, respectful and fun environment Program is ongoing and students can start as early as tomorrow!

### **Medication Forms for the 2023-2024 School Year**

If your student has a health condition that requires them to self-carry medication or have it stored in the main office, please provide your physician signed medication forms by Friday, September 7th. Please note that new forms need to be submitted each school year.

[Medication Form](#)



### **9th Grade Families - TB Test Results Needed**

If you have not turned in your TB test results please do so as soon as possible. TB testing is required by the Jefferson Union High School District. Students may drop off test results or risk assessment forms to the main office.

[JUHSB TB Screening Information](#)  
[TB Risk Assessment Form](#)

## Student Job Opportunity | TN Kitchen Helper

The Terra Nova kitchen is looking for 2 student helpers. Pay is \$16.07/hr. Anyone interested can stop by the cafeteria and talk to Rita Peppers or Danielle Sweeters. You can also email Ms. Sweeters at [dsweeters@jeffersonunion.net](mailto:dsweeters@jeffersonunion.net).



## Pacifica Fog Jog

The Pacifica Parks, Beaches and Recreation Department will host Fog Jog 2023 on Sunday, September 24th. If you would like to participate click on the link below to register.

[Fog Jog 2023](#)

**JOIN THE JUHSD BUDGET COMMITTEE!**

The District is looking for **STUDENTS, GUARDIANS, AND STAFF** to discuss the status of JUHSD finances and determine recommendations for the Board of Trustees through this committee!

**[CLICK HERE TO LEARN MORE AND SIGN UP!](#)**

# 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





**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



SAN MATEO COUNTY

## youth climate ambassadors

Encourage your 9-12th grade students to apply today for the Youth Climate Leadership (YCA) Program. Youth leaders in this program gain the tools they need to take climate action in their community today.



### About YCA:

- Seven-month (Oct - April) youth leadership program to build skills in leading for change
- Mentorship from local climate action leaders
- Bi-monthly virtual workshops and in-person retreats at start, middle, and end of program
- Opportunities to learn, bond and grow as leaders and climate resilient changemakers



### BENEFITS:

- \$550 student stipend
- Leadership skill development and resume building skills
- Learn about the climate crisis
- Become a solutionary changemaker

### STUDENTS APPLY ONLINE:



[TINYURL.COM/YCACOHORT5APPLICATION](https://tinyurl.com/YCACOHORT5APPLICATION)

QUESTIONS? EMAIL  
[SUSTAINABILITY@SMCGOV.ORG](mailto:SUSTAINABILITY@SMCGOV.ORG)



OFFICE OF  
SUSTAINABILITY  
COUNTY OF SAN MATEO



SAN MATEO  
COUNTY  
OFFICE OF  
EDUCATION



PENINSULA  
CLEAN ENERGY



ACTION FOR A  
HEALTHY PLANET

## TEAM TIGER



### 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 2 > 09/08/2023 vs Jefferson**

<https://www.signupgenius.com/go/60b0f4aa5a72ca3f58-20232#/>

**Game 3 > 09/29/2023 vs Cappuccino**

<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>

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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**



## 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



SKYLINE COLLEGE IN PARTNERSHIP WITH JEFFERSON UNION HIGH SCHOOL DISTRICT

# NETWORK ENGINEERING TRAINING PROGRAM

## PREPARE FOR AN INFORMATION TECHNOLOGY (IT) SUPPORT ANALYST CAREER NOW!

**THIS TRAINING PROGRAM WILL PREPARE YOU FOR:**

- Developing the skills and knowledge required for entry-level positions within the networking technology industries.
- Career advancement opportunities for those currently employed in the industry.
- Preparing for IT industry-recognized certifications such as CompTIA A+, Cisco CCNA, FOA Certified Premise Cabling.

**IMPORTANT DATES:**

**SEPT 19, 2023** - Virtual Information Session | 5pm | <https://smccd.zoom.us/j/84808750620>

**SEPT 26, 2023** - In-Person Application Workshop | 5pm | Westmoor High School: 131 Westmoor Ave, Daly City, CA 94015, portable #16. Please RSVP for this event by emailing [angulon@smccd.edu](mailto:angulon@smccd.edu) and to receive campus map.

**SEPT 28, 2023** - Virtual Application Workshop | 5pm | <https://smccd.zoom.us/j/83511439398>

**OCT 12, 2023** - NETX Orientation | 6pm | Westmoor High School portable #16.

### TRAINING PROGRAM OVERVIEW

FACE-TO-FACE WITH HAND'S ON LEARNING AND DYNAMIC EQUIPMENT AND TECHNOLOGY TOOLS

FALL 2023	SPRING 2024	SUMMER 2024	FALL 2024: SKYLINE COLLEGE
<b>NETX 400</b> (3 units) Introduction to LAN Oct 17, 2023 - Dec 15, 2023 6-7:30pm (T/W/TH) Online (Friday)	<b>NETX 420</b> (6 units) PC Configuration and Repair Jan 16, 2024 - May 24, 2024 5:30-9:10pm (T/TH)	<b>NETX 430</b> (3 units) Intro to Routers June 11-August 2, 2024 6-7:40pm (T/W/TH) Online (Friday)	Students may continue taking NETX courses at Skyline College to continue earning industry certifications and pursue a Skyline Certificate or Associates Degree.

**For more information contact:**

**Jefferson Adult School Counselor:** Lisa Lee at [lee@jeffersonunion.net](mailto:lee@jeffersonunion.net)

**Instructors:** Roger Lohmann at [lohmannr@smccd.edu](mailto:lohmannr@smccd.edu)

Radni PirehAbdollahKandi at [pirehabdollahkandi@smccd.edu](mailto:pirehabdollahkandi@smccd.edu)

**Skyline College Transitions Coordinator:** Nereida Angulo at [angulon@smccd.edu](mailto:angulon@smccd.edu)



STRATEGIC  
PARTNERSHIPS  
& WORKFORCE  
DEVELOPMENT

# WELLNESS MATTERS



# JUHSD BACK TO SCHOOL WELLNESS RESOURCES

[WWW.JUHSD.NET/WEILLNESS](http://WWW.JUHSD.NET/WEILLNESS)



**Visit the Wellness Counselor or School Social Worker at your school site!**



The Wellness Counselors and School Social Worker can provide confidential check-ins about school, stress, relationships & more. They can also connect you or your family with resources to food, housing, etc. !

Their offices are generally in the counseling hall.

## Hotlines or Text Lines (Open 24/7)

- Star Vista Crisis Hotline: 650-579-0350
- Crisis Text Line: Text "Listen" to 741-741
- Crisis Text Line en Español: Text "Ayuda" to 741-741
- Trevor Project (for LGBTQ+ Youth): 1-866-488-7386



Provides various health-related services, including counseling & youth development programs

350 90th St, 3rd Fl, Daly City 94014  
650-877-5700 | [dcyouth.org](http://dcyouth.org)



Get connected to mental health services through Care Solace  
888-515-0595

Teen-led mental health organization with a ton of resources for teens.

[www.safespace.org](http://www.safespace.org)



## Resources for Parents & Guardians

Safe & Sound Parent Talkline (24/7):  
415-441-5437

StarVista:  
Child & Parent Services (CAPS):  
650-771-0788

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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