



Tiger NEWSBYTES

Terra Nova High School E-Newsletter | August 28, 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,

Our annual back-to-school night is this Wednesday. The event will kick off with a welcome assembly in the cafeteria at 6:00 pm. From there, families will follow their student's schedule, starting with their student's 1st period class. The bell schedule for the evening is below.

The Counseling Department and Wellness Team will be available at the College & Career Center to meet families and highlight our student supports. Terra Nova swag will be available for purchase outside the gym where members of our PTO, Athletic Booster Club and the Terra Nova Education Foundation will be available to meet and mingle with families.

Please be sure to take a photo of your student's schedule in ParentVUE or StudentVUE prior to arriving. Our Link Leaders will be positioned around campus to direct families.

I look forward to meeting you on Wednesday.

Megan Carey
Principal

Back to School Night Bell Schedule

Welcome Assembly: 6:00 – 6:30

1° 6:36 – 6:46 (10 Min.)

Passing 6:46 – 6:52 (6 Min.)

2° 6:52 – 7:02 (10 Min.)

Passing 7:02 – 7:08 (6 Min.)

3° 7:08 – 7:18 (10 Min.)

Passing 7:18 – 7:24 (6 Min.)

4° 7:24 – 7:34 (10 Min.)

Passing 7:34 – 7:40 (6 Min.)

5° 7:40 – 7:50 (10 Min.)

Passing 7:50 – 7:56 (6 Min.)

6° 7:56 – 8:06 (10 Min.)

Passing 8:06 – 8:12 (6 Min.)

0° 8:12 – 8:22 (10 Min.)



CAMPUS NEWS



Terra Nova Times

The first issue of our school newspaper comes out on Tuesday, August 29th. Our journalism team works hard on each issue so be sure to grab a copy when they release!

Free & Reduced Lunch Application

JUHSD receives funding based on students that qualify for free/reduced meal program applications. Funds from this program have been used to support counseling services, intervention



supports, professional developments, instructional support and materials.

It can also qualify families for benefits like:

- Pandemic Extra Food Benefits ([P-EBT](#))
- SamTrans/Clipper Card - Free/Reduced discounts based on application eligibility.
- Mediacom - Internet discount through Comcast

We need your support by filling out the form

- [FREE & REDUCED LUNCH APPLICATION \(English\)](#).
- [FREE & REDUCED LUNCH APPLICATION \(Spanish\)](#).



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 Thursday, August 31st. 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.

[JUHSD TB Screening Information](#)

[TB Risk Assessment Form](#)

Student Parking Permits | Available Now

Students must have a valid parking permit displayed in their vehicle in order to park on campus. Students may pick-up a parking permit application in the main hallway in front of Ms. Hensley's office.



The following information is required in order for the permit to be considered:

- Valid CA Driver's License
- Current Vehicle Registration
- Current Proof of Insurance (provide updated copy when insurance is renewed)
- \$25 Maintenance Fee (per semester) - cash, check or cashier's check made payable to Terra Nova High School
- Signed and dated parking agreement on file with the Vice Principal



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.

JUHSD Adult Ed Spanish Classes at Jefferson High School

The JUHSD Adult Ed Spanish Class will be held on Mondays, starting 9/11/23 until 12/11/23; no class on 10/9/23, or 11/20/23. Jefferson High School, room A201 6:00 to 8:00 PM.



All levels are welcome. \$85 for the 12-week semester. Please note that GPS will lead you to a locked gate. Follow the signs for "Jefferson Pool" to arrive at the main gate. Hope to see you there!

Enrollment Link: <https://www.juhsd.net/domain/392> "

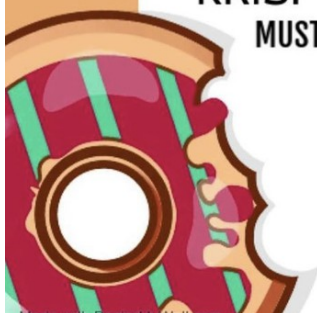


C/O 2025

DONUT **\$15**

Fundraiser

August 14th-September 1st
KRISPY KREME DALY CITY
MUST ORDER ONLINE BY THE DOZEN





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



OFFICE OF
SUSTAINABILITY
COUNTY OF SAN MATEO



SAN MATEO
COUNTY
OFFICE OF
EDUCATION



PENINSULA
CLEAN ENERGY



ACTION FOR A
HEALTHY PLANET

TEAM TIGER



Let's Get Ready for TN Tigers 2023 Football Season!!

We are excited about the upcoming season and gearing up for it. 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 1 > 09/01/2023 vs Lincoln

<https://www.signupgenius.com/go/60b0f4aa5a72ca3f58-20231#/>

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>

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**



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 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
NETX 400 (3 units) Introduction to LAN Oct 17, 2023 - Dec 15, 2023 6-7:30pm (T/W/TH) Online (Friday)	NETX 420 (6 units) PC Configuration and Repair Jan 16, 2024 - May 24, 2024 5:30-9:10pm (T/TH)	NETX 430 (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

Instructors: Roger Lohmann at lohmannr@smccd.edu

Radni PirehAbdollahKandi at pirehabdollahkandi@smccd.edu

Skyline College Transitions Coordinator: Nereida Angulo at angulon@smccd.edu



STRATEGIC
PARTNERSHIPS
& WORKFORCE
DEVELOPMENT

WELLNESS MATTERS

JUHSD BACK TO SCHOOL WELLNESS RESOURCES

WWW.JUHSD.NET/WEELLNESS



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



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



Resources for Parents & Guardians

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

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

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