



# Tiger NEWSBYTES

Terra Nova High School E-Newsletter | August 21, 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.*

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## CAMPUS NEWS

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### FlexTime Resumes

FlexTime resumes this week and will be held every Tuesday and Thursday for the rest 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!



### **Fall Sportsmanship Night | Wed, August 23rd | 7PM**

Fall Sportsmanship Night is mandatory for all athletes and a parent or guardian. It starts in the theater with all sports teams, then breaks off into individual sport teams. This is where you will get information about our league, rules, expectations, coaching philosophies, etc.

- Each family is also asked to donate \$50 per player per season to help offset the costs associated with keeping these programs going.
- Cash or checks made payable to Terra Nova High School - include the sport in the memo line of the check.

### **Picture Makeup Day | Wed, August 23rd**

Lifetouch will be on campus for picture makeups on Wednesday, August 23rd.

**Lifetouch.**

You can pre-order by going to [mylifetouch.com](http://mylifetouch.com). Our picture day ID is EVTT2C9HZ

Due to the high number of students that still need to take their picture, "makeup" day is limited to students who missed orientation or have not yet taken their school picture.

Lifetouch will return to Terra Nova on Wednesday, October 4th for students that wish to retake their school picture. Please bring the package you purchased to the camera on October 4th. Lifetouch will treat the package as payment of your retake.



Cafeteria employees from Terra Nova and Oceana were featured last week in the online edition of the Pacifica Tribune, as they rolled out their new site salad bars for the school year.

Article: [https://www.pacificatribune.com/news/this-year-more-students-will-meet-around-cafeteria-salad-bar/article\\_9107f4f6-3bc3-11ee-b1c9-8f6e70acfd4.html](https://www.pacificatribune.com/news/this-year-more-students-will-meet-around-cafeteria-salad-bar/article_9107f4f6-3bc3-11ee-b1c9-8f6e70acfd4.html)

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## School Food Services - Brunch & Lunch

During the 2023-2024 school year, students will be provided one free brunch meal and one free lunch meal daily. Additional meals can be purchased. We also sell ala carte items at the snack bar.

Cash is accepted but prepaid meal accounts help the lines move faster and gives students more time to eat and relax. It also alleviates the burden of having to find lunch money in the morning. Please visit the [food service page](#) on the JUHSD website to register an account.



## 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 \(Spanish\)](#)

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## Food Delivery Services



Food delivery services like “DoorDash”, “UberEats”, “GrubHub” are prohibited for all students during school hours.

These services are disruptive to school operations and pose severe security hazards. We can't keep our students and staff safe when unauthorized adults are traveling on campus delivering food and other items.

Food is free for all students in our cafeteria so no student should go hungry during the day.

We appreciate your cooperation with this.



**No Food Deliveries**



### **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.

## 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
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## Youth Climate Ambassador - SMC Office of Sustainability

NOW ACCEPTING APPLICATIONS FOR 2023-2024

Applications are currently open for the Youth Climate Ambassadors program for 2023-2024. For consideration into the program, please apply by Friday, September 15, 2023 at 11:59 PM.

APPLY NOW BECOME A LOCAL LEADER IN CLIMATE CHANGE

<https://www.smcsustainability.org/climate-change/youth-programs/youth-climate-ambassador/>

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## 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).



## Terra Nova Times

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



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## 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> "

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# **TERRA NOVA DANCE TEAM EVALUATIONS**

*When: Monday 8/28  
Thursday 8/31 & Friday 9/1*

*Where: Cafeteria*

*What to wear:  
comfortable clothes to dance in*

*If you have any questions  
contact your TNDT captains*

*@simrik.stha*

*@paige\_woodworth*

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## **COUNSELING CORNER**

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STRATEGIC  
PARTNERSHIPS  
& WORKFORCE  
DEVELOPMENT

## FALL 2023 DUAL ENROLLMENT

### EARN COLLEGE CREDIT WHILE IN HIGH SCHOOL!



#### ► HSCI 180

##### Gateway to Health Careers - Online Course

###### Online | Instructor: Heather Gerrish

Introduction of skills, attributes and basic knowledge required for entry into various health care professions. Includes basic assessment, CPR, and math calculations used in health care. Emphasis on providing a foundation for future health career classes. Transfer credit: CSU.

#### ► To Apply

**STEP 1** Scan the QR code to fill out the class interest form.



**STEP 2** Participate in onboarding workshops (students will be receiving an email with workshop dates and information).

#### ► Class Information

Start Date	End Date	Total Units	Onboarding Dates	Class Time
8/23/2023	12/20/2023	3	8/23 & 8/24 from 6-7pm over Zoom	Online Asynchronous



For more information about the class,  
please contact Heather Gerrish at  
[gerrishh@smccd.edu](mailto:gerrishh@smccd.edu)

For more information about Dual Enrollment,  
please contact Angelique Fuentes at  
[fuentesa@smccd.edu](mailto:fuentesa@smccd.edu)





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/WEELLNESS](http://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](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

# 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*



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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