Tiger NewsBytes

Terra Nova High School E-Newsletter, December 20, 2022

CAMPUS NEWS

Current events, news and other updates from around campus



Principal's Message

Dear Terra Nova Families,

On behalf of our teachers and staff, we would like to wish you all a happy and healthy holiday season. We hope you are able to rest and recharge during the winter break. School is back in session on Monday, January 9, 2023.

We look forward to seeing you all in the new year!

Warmly, Megan Carey Principal

Fall Semester Finals are Thursday, 12/22 and Friday, 12/23

Monday, 12/19: Regular Bell Schedule Tuesday, 12/20: Flex Day Schedule

Wednesday, 12/21: No collaboration day - Regular Bell Schedule Thursday, 12/22: Final Exam Schedule Day 1 {Periods 1/2/3} Friday, 12/23: Final Exam Schedule Day 2 {Periods 4/5/6}

Final Exam Schedule Day One: 12/22			
1	8:30 - 10:06	96	
BREAK	10:06 - 10:16	10 minutes	
2	10:22 - 11:58	96	
Lunch	11:58 - 12:28	30	
3	12:34 - 2:10	96	

Final Exam Schedule Day Two: 12/23			
4	8:30 - 10:06	96	
BREAK	10:06 - 10:16	10 minutes	
5	10:22 - 11:58	96	
Lunch	11:58 - 12:28	30	
6	12:34 - 2:10	96	



Small Batch Jam | TN Band Fundraiser | Ends December 31st

See the flyer below for more details.





Small Batch Jam - Terra Nova High School Band Fundraiser

You know you want some! - Email your confirmation number to President@terranovabands.org





Each year the Terra Nova High School Band Boosters sponsors coaches to work with the kids and guide them in marching, mastering their instrument, and show design. Many of our usual main fundraising avenues are still not available this year, so support of the band is much appreciated!

Please email your order confirmation number to, president@terranovabands.org so 30% of the proceeds from your order can be donated to the band.



Flavors come and go quickly, and new flavors are posted weekly, so check the website often!

This year, everything will be done online!

Please remember to email your confirmation number to president@terranovabands.org after you place your order.

Please visit www.smallbatchjamco.com.

From now until December 31st, email your confirmation order to president@terranovabands.org after you place your orders, and the Band will receive 30% of all sales order numbers received!. (This will not give you a discount, but will allow Small Batch Jams to track orders that will benefit the band. The band fundraiser cannot be combined with any other discounts.)



TN Yearbook On Sale Now

The yearbook is being sold for \$100 at <u>yearbookforever.com</u>. Order yourself a copy today!

STUDENT LEADERSHIP

Learn about our student leadership events

Students in Action | Eyeglass Drive

Students in Action is having an eyeglass drive -- give the gift of sight by donating your used PRESCRIPTION glasses. SIA will be giving them to the Pacifica Lions -- Lions International repurposes these glasses so that



people in developing countries without access to vision specialists can have the glasses they need.

Drop your glasses off in the box in the front office -- it's covered in gold foil and hard to miss! Or have your student drop them by Mrs. Jenkins's room, 329.

TEAM TIGER

Sports updates from our Athletic Department

Softball Sign-ups for New and Returning Players

Are you interested in playing softball? Read the flyer below and use the QR code to sign-up. Practice begins Monday, January 30th.

Terra Nova Tiger Softball 2023

Sign-ups for New and Returning Players

- Have fun, be a Tiger softballer! New players are welcome!
- · We have JV and Varsity teams
- · Pre-season Conditioning (for non-Winter Athletes) starts after the Holiday break
- · Practices start on Monday, January 30
- · Games begin in March and end in late May

Here are the first two steps to becoming a Tiger Softball player for next season...

1.) TN Student-athletes scan the QR code below and complete the online form so coaches have your softball information...



2.) Parents/guardians create an account (new players) or update your information on Sportsnet Athletic Clearance/Registration. All student-athletes must be cleared through Sportsnet BEFORE participating in any TNHS sport. This includes an updated medical clearance form found on Sportsnet. This link is found here: https://terranovasports.com/sportsnet-athletic-clearanceregistration/

Questions? Ask a returning Tiger player or contact one of our coaches:

Jay Gangi: jgangi@jeffersonunion.net Sarah Lotti: lottisoftball@gmail.com

Go Tigers!

SENIOR SPOTLIGHT

Important information on Senior happenings.

Grad Night 2023

If you have any questions regarding Grad Night, please contact Jennifer Uter at jenlynn71@hotmail.com.



This is not a school sponsored event.



FUN | GAMES | FOOD | ACTIVITIES | MUSIC = BEST NIGHT EVER!

What: GRAD NIGHT 2023

Where: IT'S A SURPRISE FOR THE SENIORS!

(Parents/Guardians will receive an email the night of the event with the location and who to contact in case of

emergency.)

When: Thursday, May 25, 2023

Time: 11:00 pm to 3:00 am

Cost: Early Bird - \$130.00

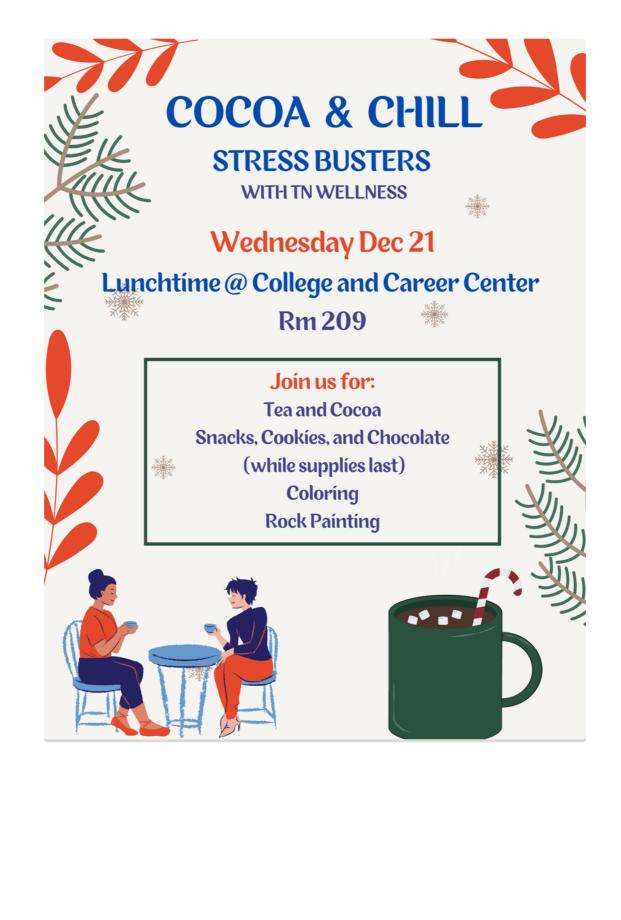
After March 24th - \$145.00

Where to Counseling Office in the

Buy Tickets: Main Hallway from Mrs. Tosetti

COUNSELING CORNER

Messages from the counseling department.





Scholarship Opportunity

THE 2023 JACKIE ROBINSON FOUNDATION (JRF) SCHOLARSHIP
APPLICATION IS NOW OPEN FOR GRADUATING, MINORITY HS SENIORS!
JRF SCHOLARS RECEIVE GRANTS OF UP TO \$30,000 OVER FOUR YEARS.
IN ADDITION, SCHOLARS RECEIVE EXTENSIVE SUPPORT SERVICES,
INCLUDING CAREER GUIDANCE AND INTERNSHIP FLACEMENT,



JANUARY 11, 2023 DEADLINE HTTPS://JACKIEROBINSON.ORG/APPLY/



Speak & Lead With Pride Improve your public speaking and leadership skills today!

The San Mateo County Chapter of OCA is now accepting applications for its premier **Speak & Lead With Pride** program for the 2023 year! This is a hands-on course designed to teach the art of public speaking and leadership skills to Asian Pacific American high school students. Over the course of 6 weeks, participants will gain remarkable **confidence** in their public speaking and leadership abilities. The course will conclude with a *recognition ceremony and speech contest* for a \$500 scholarship prize.

When: Six Saturdays, 10:00 AM - 12:00 PM, all in 2023

Jan. 28th, Feb. 4th, Feb. 11th, Feb. 18th, Feb. 25th, & Mar. 4th, plus a **Recognition Ceremony & Speech Contest**,

on Wednesday, Mar. 8th, 6-8:30 PM

Where: Foster City Recreation Center (Crane and Gull Rooms)

650 Shell Blvd, Foster City, CA 94404

Cost: FREE for all students! 100% financed by OCA San Mateo

IMPORTANT COVID-19 INFORMATION

Proof of vaccination is not required

· Facemasks/face coverings can be worn at your discretion

To learn more about OCA San Mateo and Speak & Lead With Pride, please follow the link below:

http://www.ocasanmateo.org/youth/speakandlead/speakandlead.php

Deadline to Apply: Friday, January 13, 2023

OCA is a national non-profit, non-partisan Pan-Asian advocacy group headquartered in Washington, DC that advocates for Asian Pacific American political, economic, and social justice issues as well as educates Asian Pacific Americans on the importance of civic engagement. OCA is one of the oldest national Asian Pacific American social justice organizations in the United States.

Speak & Lead With Pride 2023 Application

Applicants must be high school students who identify as being Asian Pacific American (APA)/Asian Pacific Islander (API/AAPI). **Applicants must also commit to attend all six Saturday classes plus the Recognition Ceremony and Speech Contest**, scheduled for the evening of March 8th, 2023.

Name:	
Address:	
Гelephone:	
E-mail:	
Expected Graduation Date (Month, Year):	

Application Checklist:

- 1. High school transcript (official or unofficial)
- 2. Letter of recommendation from teacher or counselor
- 3. Writing the required prompt listed below (no more than 1 page)

Required Prompt: How will public speaking and leadership skills help enhance your educational, career, or personal goals?

Applications missing any of the three above will **not** be reviewed.

Please email all applications to andressoohoo@ocasanmateo.org.

Deadline to Apply: Friday, January 13, 2023! Class sizes will be limited!





Mills-Peninsula Medical Center School of Diagnostic Imaging

1501 Trousdale Drive, Burlingame, CA 94010

Radiology School Information Seminar

For anyone interested in a career in

Radiologic Technology

Saturday, January 28, 2023, 9 a.m. Mills-Peninsula Clinic Building Auditorium

- Mills-Peninsula School of Diagnostic Imaging
- 24-month hospital-based radiography program in Burlingame
- · Learn about career opportunities in radiology
- JRCERT-accredited program
- Find out about the qualifications necessary to apply to this tuitionfree program







To reserve your spot, respond using the QR code below. Space is limited. If you have any further questions, Call 650-696-5519





2023 \$6000 Scholarships

Who: College-bound high school seniors who live in San Mateo or Santa Clara Counties

Why: To recognize and reward Service and / or Activism in support of the LGBTQ community

What: Scholarships may be used at any accredited post-secondary institution; college, university or trade school

When: Applications must be submitted online by January 31, 2023

Where: For more information and to apply go to www.equalityscholarship.org



Our Goal: Provide ground and flight training to Bay Area high school juniors with a passion for aviation. Scholarship recipients will complete a 9-week intensive training program during the summer between their junior and senior year to prepare them to take the FAA Private Pilot Airplane examination. We are committed to diversity and encourace all interested students to apply!

Objectives: Promote aviation and cultivate interest in aviation as a career to high school students

Scholarship Candidate Requirements:

- High school student at least 17 years old by August 6th
- Good academic standing
- Passion for aviation
- Ability to complete a challenging, full-time training program during the summer

The Upwind Scholarship provides comprehensive ground and flight training to the sucessful candidate(s).

Specifically, the Scholarship includes:

- FAA third class medical examination
- Ground school instruction
- Flight instruction and training material
- Phase checks at training milestones
- Checkride with FAA designated pilot examiner
- Mentoring from the San Carlos aviation community

Attend our Informational Open House on Saturday, January 28th, 2023 at 3:00pm to learn more!



Questions?

Email us at scholarship@upwindscholarship.com or call (650) 394-5364





SF State University Genentech Foundation Freshman/Sophomore Generated Scholarship



- •For Biology, Biochemistry and Chemistry Majors at SFSU
- Priority Registration for Classes
- Guide Students to Graduation in 4
- Provides Funding to Students in Preparation for Biotech, Graduate **School and Health Professions**
- · Looking for Motivated Students with Potential



Freshman Year - \$4700 Stipend

Pre-Freshman Year Summer Courses in Chemistry and Math (Tuition Paid)

Sophomore Year - \$5700 Stipend

• Summer Directed Research Program (Preparation for doing research in a Lab) (see application link below for more info)



- •Research Laboratory experience while in program.
- · Concurrently enrolled in the Metro Program
- •Strong Potential for Junior and Senior Scholarships with Paid Tuition



Applications DUE March 26th, 2023

link for application:

https://seo.sfsu.edu/incoming-freshmen

Students must matriculate at SFSU to be awarded the scholarship

For more information contact:

seo@sfsu.edu



2023 JFY AI Teglia
Scholarship

OPENS 11/1/2022

STUDENTS QUALIFY FOR THE SCHOLARSHIP IF THEY:

ARE A SAN MATEO COUNTY RESIDENT

WILL BE BETWEEN 16 AND 21 YEARS OLD ON MAY 25, 2023

ARE AT LEAST A CURRENT JUNIOR IN HIGH SCHOOL

HAVE A MINIMUM 2.0 CUMULATIVE GPA

HAVE A MINIMUM 2.0 CUMULATIVE GPA

jobsforyouth.org

SIGN UP FOR A JFY WORKSHOP TODAY TO COMPLETE YOUR ELIGIBILITY.

HAVE NEVER RECEIVED THE JFY AL TEGLIA SCHOLARSHIP BEFORE.



UPCOMING TIP RIENTATIONS

Apprenticeship-Readiness Training course that will prepare trainees to enter a green approximately 20 weeks, with classes twice a week from 6-9pm at College of San

TIP IS FREE TO OUR TRAINEES!

WHAT YOU'LL EARN:

- CPR/First Aid certification

WHAT YOU'LL LEARN:

- Blueprint Reading & Technology

- American Labor History
- · Knowledge of the Unions in

ALL ON SATURDAYS @ 9AM

NOV 19 DEC 3 **JAN 14**

ORIENTATIONS ARE IN **PERSON AT 1519 ROLLINS** RD, BURLINGAME, CA REGISTER HERE: TINYURL.COM/2023TIP

Recruiting for ONE upcoming class from:

FEB-JUNE 2023

- CLASS IS IN PERSON -Vaccinations are required to attend; must be able to show up-to-date records

- Up-to-date COVID-19 vaccination records
- 18 years of ageValid Driver's License
- Appropriate documentation to work in the US

- Be able to do physical workAbility to pass on-the-spot drug testing
- Ability to read, write and communicate in English

RSVP HERE!



tinyurl.com/2023TIP



facebook.com/sanmateotip



@tipsanmateo



@tipsanmateo



<u>PAID Summer Internship Opportunity</u> <u>Offered by Kaiser Permanente</u>

(see website for eligibility criteria)

The KP LAUNCH Internship is designed to expose students to administrative and supporting careers in health care environments. It is not a clinical internship.

About the Experience

- Applicants must be 16 years of age by June 1st, 2023 (must be 16-19)
- A seven-week paid summer work experience paying the hourly minimum wage, which varies by city, of \$15 \$17 per hour.
- Weekly workshops designed to give participants valuable personal and professional skills development.
- A unique relationship with supervisors and mentors to gain insight on how to prepare for a career in health care.
- Networking opportunities with peers and senior leaders through work-based activities, community service projects, or social events.



Applications of interest can be submitted until December 23, 2022 by 11:59 om PST.

ATTENTION SENIORS - Application Extensions

The CSU has extended their first-time freshman application deadlines for many of their campuses. For a complete list of CSU campuses who have extended their deadlines and specific deadlines, please follow this link: CSU Deadline Updates.

UC Merced has extended their application deadline for first-time freshmen to January 6th, 2023. To apply, click here: <u>UC application</u>.

FAFSA/CADAA Financial Aid Information

The Terra Nova Counseling Department would like to share important information regarding how your student can receive free money to pay for college!

What is the FAFSA?

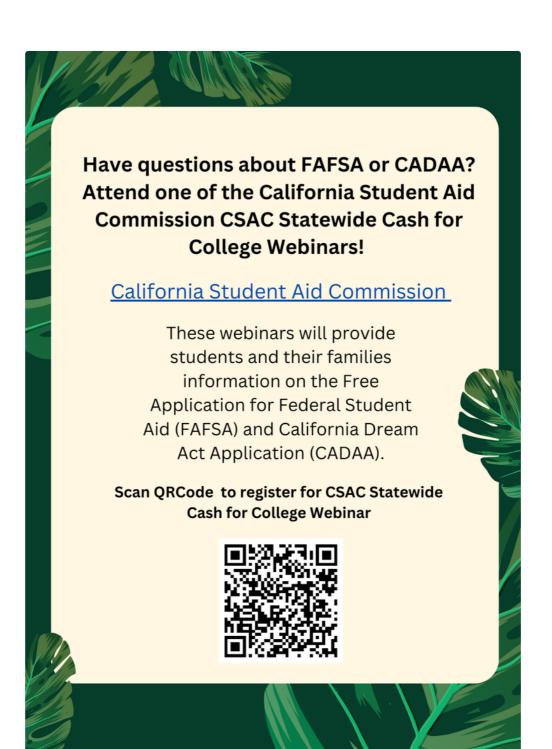
The Free Application for Federal Student Aid (FAFSA) is an application to determine eligibility for federal student aid The FAFSA must be completed in order to apply and be considered for federal student aid such as federal grants, work-study, and loans.

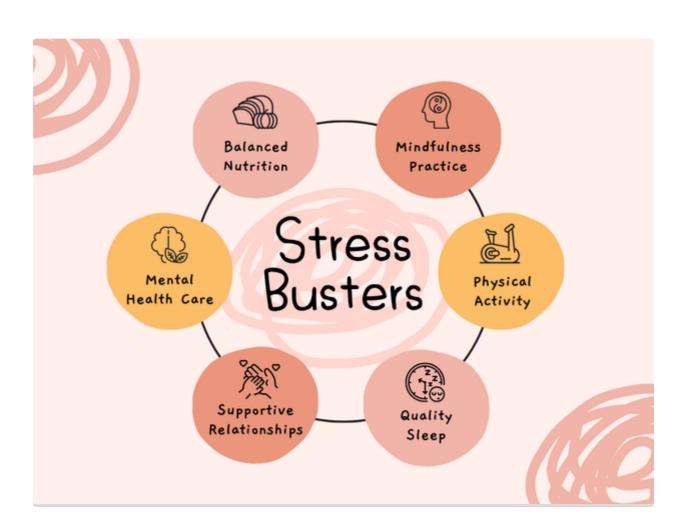
Many states and colleges use FAFSA information to determine eligibility for state and school aid. Completing and submitting the FAFSA is free.

What is CADAA?

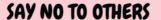
The California Dream Act Application (CADAA) allows students interested in attending eligible California Colleges, Universities, and Career Education Programs to apply for state financial aid.

For more information regarding financial aid and steps to apply click here.









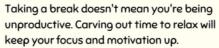
no

When people ask for help it's okay to decline. Saying "no" actually means you know your boundaries and respect yourself. It is an important skill to establish with friends and

HAVE A BAD DAY

Not every day is a perfect day, we will have a lousy or stressful day eventually. But don't forget, it's just a bad day, not a bad life.

TAKE A BREAK



TALK TO PEOPLE

Mr. Marsh and Ms. Pearce are here to listen and support you. Especially during stressful life events, friendship issues, and general anxiety. Finals can be stressful, reach out.











Need support or someone to talk to over the break? Contact one of the resources below

Open 24/7 unless specified

- 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

For Parents/Caregivers

Safe and Sound Parent TALK line: 415-441-5437

Other Resources:

- Daly City Youth Health Center: 650-877-5700
 - o (Mon-Fri 9-5pm; Holiday hours may vary)
- Care Solace (Link to Mental Health Services): 1-888-515-5095



Scan QR Code to View or Save on your Phone

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JUHSD Wellness Typs

Mindfulness Corner

What are 3 things I do best?

What is the highlight of my day, week, or month?

How do I have a positive impact on those around me?

What 5 things make me smile?

What are my boundaries?

Self Care Ideas

5 Minutes:

Drink a glass of water
Take a photo
Stretch
Deep Breaths
Listen to a song

15 Minutes:

Read a book/magazine Eat a healthy snack Draw or color Declutter your space Take a shower/bath

30 Minutes:

Watch a funny show
Go for a walk
Call & catch up with a friend
Take a nap
Exercise
Create a vision board



Inhale for 4 seconds through nose

Hold for 7 seconds

Exhale for 8 seconds through mouth



Free Admission to SF & Bay Area Museums:



Asian Art Museum: 01/08/2023 Legion of Honor: 1/03/2023 de Young Museum: 01/03/2023 Museum of Craft & Design: Every Wednesday Museum of the African Diaspora: 01/14/2023 Oakland Museum of California: 01/08/2023 SFMOMA: 01/05/2023

BAMPFA Berkeley Art Museum: 01/05/2023 Conservatory of Flowers: 1/03/2023

Recursos para las vacaciones de invierro de MASD

¿Necesita apoyo o alguien con quien hablar durante las vacaciones?

Comuníquese con uno de los recursos a continuación

Abierto 24/7 a menos que se especifique

- Línea directa de crisis de Star Vista: 650-579-0350
- Crisis Text Line en Español: Texto "Ayuda" al 741-741
- Proyecto Trevor (para jóvenes LGBTQ+): 1-866-488-7386

Para padres/cuidadores:

Safe and Sound Parent TALK line: 415-441-5437

Otros recursos:

Centro de salud juvenil de la ciudad de Daly: 650-877-5700 (lunes a viernes de 9 a 5 p; el horario de vacaciones puede variar) Care Solace (Enlace a Servicios de Salud Mental): 1-888-515-5095



Escanee el código QR para ver o guardar en su teléfono----->





Consejos de bienestar de MHSD

Rincón de atención plena

¿Cuáles son las 3 cosas que hago mejor?

¿Qué es lo más destacado de mi día, semana o mes?

¿Cómo puedo tener un impacto positivo en los que me rodean?

¿Qué 5 cosas me hacen

Ideas de cuidado personal

5 Minutos:

Bebe un vaso de agua Toma una foto Estira tu cuerpo Respiraciones profundas Escucha una canción

15 Minutos:

Leer un libro/revista Come un bocadillo saludable Dibujar o colorear Ordena tu espacio Tomar una ducha/baño

30 Minutos:

Ver un programa divertido
Ir a caminar
Llama y ponte al día con un amigo
Tomar una siesta
Ejercicio
Crear un tablero de visión



INHALA DURANTE 4
SEGUNDOS POR LA NARIZ

MANTENGA DURANTE 7
SEGUNDOS

EXHALA DURANTE 8
SEGUNDOS POR LA BOCA.

Entrada gratuita a los museos de San Francisco y del Área de la Bahía:



Museo de Arte Asiático: 08/01/2023
Legión de Honor: 1/03/2023
Museo de Young: 01/03/2023
Museo de Artesanía y Diseño: todos los miércoles
Museo de la Diáspora Africana: 14/01/2023
Museo de Oakland de California: 08/01/2023
SFMOMA: 05/01/2023
Museo de Arte BAMPFA Berkeley: 01/05/2023
Conservatorio de Flores: 1/03/2023

ATTENTION TIGERS

Community Announcements & Information

TERRA NOVA HIGH SCHOOL
CONFIDENTIAL SAFETY TIPLINE



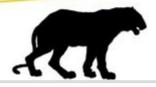


TIGERS ALWAYS PROTECT THEIR OWN

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

