

Tiger NewsBytes

Terra Nova High School E-Newsletter, December 13, 2022

CAMPUS NEWS

Current events, news and other updates
from around campus

Principal's Message

Dear Terra Nova,

A big shout-out to all of our student participants in our fall play. If you had a chance to see it, you would undeniably agree that whether they were on-stage, behind the curtain or in the booth, our students are very talented and hard-working. Thank you to Scot Schneider, Ashleigh Karkazis and Giamaica Zeidler for their hard work in making this a success!

Tomorrow night, the Terra Nova Band will take the stage and perform at their annual holiday concert. The show starts at 7pm and I hope you can join me in celebrating their talent and hard work alongside our Band Director Oliver Bishop.

As we wind down to winter break, it's important to remember that the holidays can be a stressful time of year for adults and teens. Whether it's the stress of holiday shopping, family dynamics or final exams - this time of year can magnify our difficulties and stressors.

Our Wellness Team has put together some flyers that highlight helpful tips and available resources that can help your student and family get through this season feeling strong and positive. I also want to highlight our ongoing flexin' with wellness activities that all students can sign up for.

- **Every Tuesday - Flexin' with Wellness.** Feel like moving your body or getting some fresh air? Meet at the basketball courts for hoops, beats & fresh air with Mr. Marsh.
- **Every Thursday - Flexin' with Wellness.** Feel like chillin' and writing? Meet at the cafeteria for creative writing with Ms. Maya & Ms. Liberty.

As always, please feel free to reach out to our Counseling Department or Wellness Team if you have concerns or questions about your student.

Also, please know that our schedule for next week is different. Next Wednesday, December 21st, is not an early release day. It is a full day with dismissal at 3.30pm. Final exams are scheduled for next

Thursday & Friday. The schedule for these are listed below. Please update your calendar accordingly.

Thank you for your continued support,

Megan Carey
Principal



Winter Band Concert | Wed, Dec. 14th

The Winter Concert for Concert Band and Symphonic Band is on Wednesday, December 14th at 7:00 pm in the theatre. We hope to see you there!

A large yellow circle containing text about the Terra Nova Bands Winter Concert. The background of the entire page is a photograph of a school band in uniform playing instruments on a paved area. The text inside the circle is as follows:

Terra Nova Bands

**TERRA NOVA BANDS INVITE
YOU TO THE**

**WINTER
CONCERT**

WEDNESDAY DEC 14, 2022

7:00PM-8:00PM

Terra Nova High School Theater

1450 Terra Nova Blvd.

Free!

Small Batch Jam | TN Band Fundraiser

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@terrannovabands.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@terrannovabands.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@terrannovabands.org after you place your order.
Please visit www.smallbatchjamco.com.

From now until December 31st, email your confirmation order to president@terrannovabands.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.)

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



TN Yearbook On Sale Now

The yearbook is currently on sale for \$90 at yearbookforever.com. It will be sold at its final price of \$100 starting December 18th.

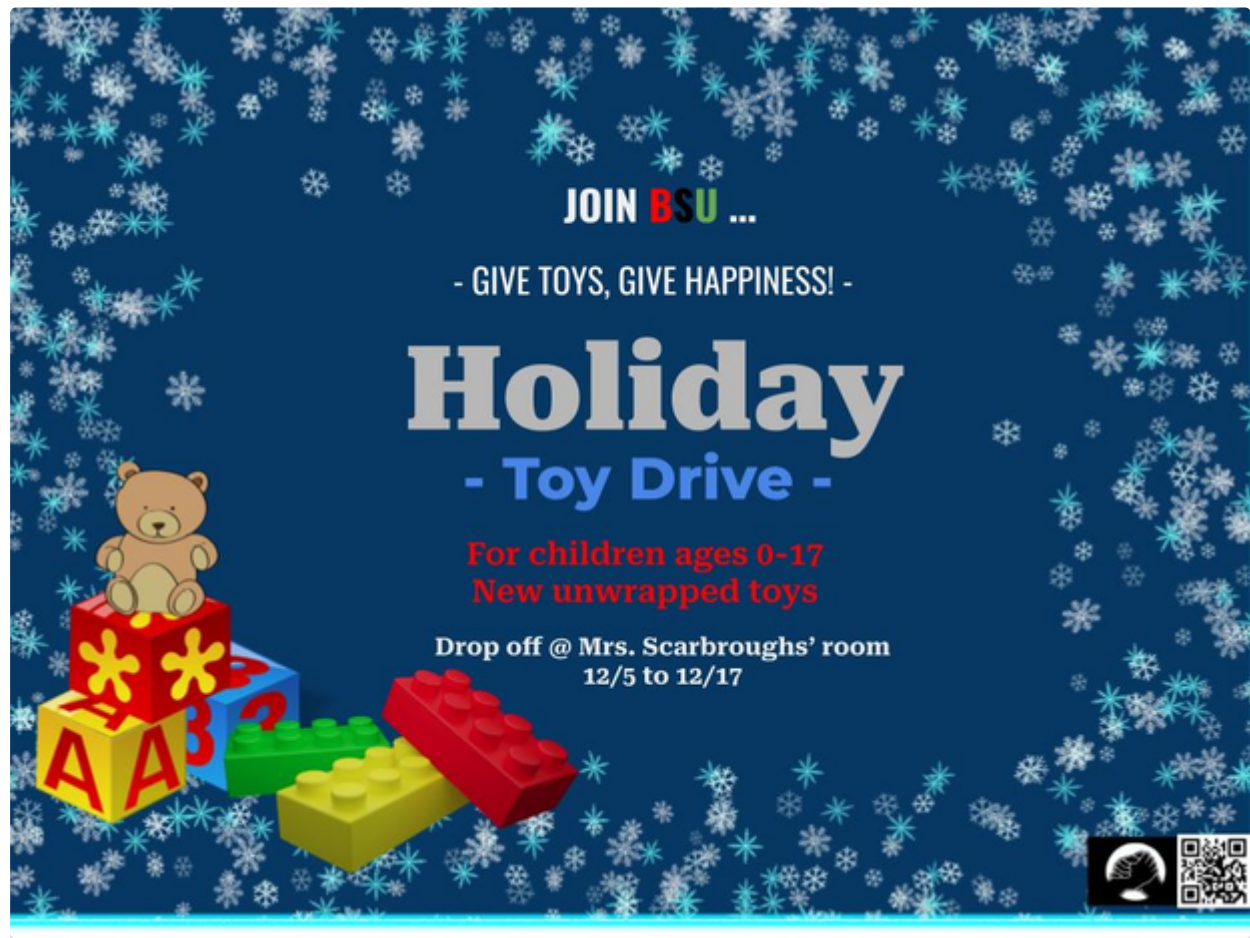
STUDENT LEADERSHIP

Learn about our student leadership events

BSU Club

Do you value diversity, equity, and inclusion at Terra Nova?

Visit BSU, Terra Nova's Black Student Union on Tuesdays during lunch in Mrs. Scarbrough's room.



Asian Club's Soap, Crackle, Pop! Drive | December 12-20

Bring in new, unopened bars of soap starting Monday, Dec 12th until Monday, Dec 20th to M203, Ms. Gutierrez's room, and swap it for rice krispies. The soap will be brought to the Pacifica Resource Center. The rice krispies supply is limited so we can only give out rice krispies while supply lasts and only one rice krispy per student.



COUNSELING CORNER

Messages from the counseling department.



PAID Summer Internship Opportunity **Offered by Kaiser Permanente**

(see website for eligibility criteria)

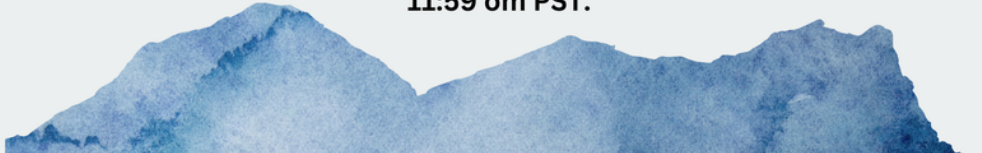
The KP LAUNCH Internship is designed to expose students to administrative and supporting careers in health care environments. It is not a clinical internship.

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 pm 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: [UC application](#).

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](#).

Have questions about FAFSA or CADAA? Attend one of the California Student Aid Commission CSAC Statewide Cash for College Webinars!

[California Student Aid Commission](#)

These webinars will provide students and their families information on the Free Application for Federal Student Aid (FAFSA) and California Dream Act Application (CADAA).

**Scan QRCode to register for CSAC Statewide
Cash for College Webinar**





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

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](http://tinyurl.com/2023TIP)

FOR

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

REQUIREMENTS:

- Up-to-date COVID-19 vaccination records (including booster)
- 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)



IT'S OKAY TO

SAY NO TO OTHERS

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 family.

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

Taking a break doesn't mean you're being unproductive. Carving out time to relax will keep your focus and motivation up.

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.



SCAN ME

JWHSB Winter Break Resources



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**
 - (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



JTHSD Wellness Tips

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

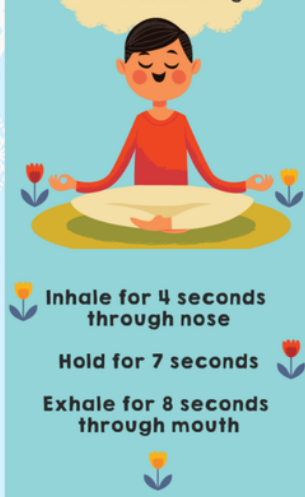
15 Minutes:

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

4-7-8 Breathing



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

ATTENTION TIGERS

Community Announcements & Information

Housing Element Update Community Survey

The City of Pacifica is updating its 8-year housing plan, formally known as the Housing Element 2023-2031. The Housing Element Update is an opportunity to examine the City's housing policies and plan how to meet the housing needs of all segments of our community based on all our



shared values and priorities. To draft beneficial policies and programs, it is vital City staff hear from as wide a representation of our community as possible. While we are doing all we can to share this input opportunity with our community, we are only able to reach so far. We are asking for partners in this process who can help us share this information more broadly, especially with residents who may be underrepresented in the City's policies and programs.

This will not be the only opportunity for input. We are currently working on the draft Housing Element and there will be another opportunity for the community to share input once the draft is published in early 2023. For more information or to subscribe for project updates, go to planpacific.org.

Please don't hesitate to reach out with any questions or comments.

**If a hard copy of the survey is desired, one can be mailed with a self-addressed, stamped envelope included for convenient return of the completed survey. Requests can be made by phone, mail, or email. Contact information is below.*

Encuesta a la comunidad
Survey sa Komunidad
社区问卷调查
PACIFICA



ALOJAMIENTO
PABAHAY
城市住房
HOUSING



参与对话

SUMAMA SA USAPAN

JOIN THE CONVERSATION

ÚNASE A LA CONVERSACIÓN



**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**

