

Tiger NewsBytes

Terra Nova High School E-Newsletter, November 28, 2022

CAMPUS NEWS

Current events, news and other updates
from around campus

Terra Nova's Drama Department Proudly Presents "Rhinoceros" by Eugene Ionesco

Come join a likable guy who stands up for humanity in a world gone mad! As our hero's friends start changing into beasts, he slowly embraces the things that make life worth fighting for... This comical take on fascism and conformity is more relevant today than ever!

Terra Nova Drama goes *BIG* as *"Waiting for Godot meets Jurassic Park!"*



Rhinoceros

Friday, December 9th & Saturday, December 10th @ 7pm

Sunday, December 11th @ 2pm

One weekend only so save the date!

Tickets will be available soon at TNtheatrearts.org



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

TERRA NOVA HIGH SCHOOL

**E-WASTE
COLLECTION
EVENT**

SATURDAY
12/3/22
10AM-2PM

SAVE the PLANET

ACCEPTED	NOT ACCEPTED
Televisions	Toys
Computers	Batteries
Servers	Bulbs
Monitors	Hair Dryers
Laptops	Household Items
Printers	Microwave Ovens
Phones	Fans/Heaters
Stereos	Other Appliances
Cell Phones	
Wire/Cable	

Terra Nova High School
1450 Terra Nova Blvd.
Pacifica, CA 94044

Sponsored by:
 **GREEN
MOUSE**

Contact: Courtney Fil at cfil@jeffersonunion.net

See's Candies Fundraiser | Class of 2024

Support the Class of 2024 by clicking on this [link](#) or the flyer. The Class of 2024 appreciates your support!

See's Candies Fundraiser



Support the Class of 2024 by
purchasing See's Candies treats
through this link!

Send this link to family, friends, and
as many other people as possible to
help raise money for our winter
formal!

TEAM TIGER

Sports updates from our Athletic Department

Winter Conditioning

Students who are interested in athletic conditioning for the winter season, but are not playing a sport, are invited to join Mr. Willemse at the track field on Tuesdays and Thursdays at 3:45. Our primary focus is strength and endurance.

All student-athletes must have current physicals uploaded to Sportsnet. If you have any questions, contact Mr. Willemse at ewillemse@jeffersonunion.net

Tiger Pride!

COUNSELING CORNER

Messages from the counseling department.

Snooze News

Are you a teen between the ages of 14-18 and have a desire to go to bed earlier? Or the parent of a teen?

We are conducting a study to determine whether a specialized behavioral and light intervention can help teens get to bed earlier.



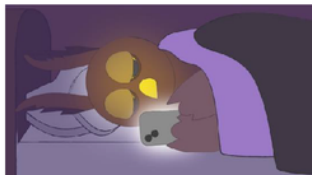
What is required?

- Active participation lasts 10 weeks.
- Special light device placed by the bedside.
- Watch like device worn to monitor sleep patterns.
- Behavioral treatment in one of two formats:
 - **"1:1"**: Attend four weekly remote behavioral sessions; or
 - **"Video"**: Watch a series of brief videos over four weeks.
- Both groups will learn about sleep and how to improve sleep, try exercises at home, and make changes to their sleep schedule.
- Questionnaires at baseline and at the end of the study + a brief sleep log every morning.

You will receive \$300 as payment for your participation.

How to participate?

- 1) Scan the code or click [here](#) to determine your **eligibility**:
- 2) If you meet the basic eligibility criteria, we will send you a copy of the **'Assent Form'** and your parent/ guardian the **'Consent Form'**.
- 3) We will go over the forms together on Zoom and answer any questions.



Whom can I contact?

Deniz Keskinel, Research Coordinator
denizkes@stanford.edu
(628) 276-2436

For complaints, concerns, or participant's rights, contact 1-866-680-2906.




FINANCIAL AID Application Night

Join us!

 **December 1, 2022**

 **5:30 p.m.**



 **Building 6, Room 6-204**

Register here:



bit.ly/fa_night2022

Come prepared! You will need the following:

-  You and your parents login credentials...
For [FAFSA](#) filers: FSA ID OR For [CADAA](#) filers: Dream Act Account
-  2021 Tax Return (1040 and W2's) for yourself and/or parents





Terra Nova High School Fall 2022 Flex Time Workshops!

Students can sign up for upcoming workshops by filling out and [RSVP](#) google form which will be sent to their school email a few days before each workshop.

All workshops will be during Tuesday or
Thursday

Flex period from 11:39am-12:09pm

November

- 11/1 College Application Support
- 11/3 College Application Support
- 11/8 Virtual PIQ Workshop
- 11/10 College Application Support
- 11/15 College Application Support
- 11/17 College Application Support
- 11/29 SMC Trades Introduction Program

December

- 12/1 College Application Support
- 12/6 Overview of College of San Mateo
- 12/8 Cocoa and Cram

ATTENTION TIGERS

Community Announcements & Information



PACIFICA
PARKS
BEACHES
RECREATION

This could
be you!



**ARE YOU LOOKING FOR A FULFILLING
LOCAL JOB?** DO YOU ENJOY WORKING
IN RECREATION AND/OR CHILDCARE?

This could be
you too!



**THE CITY OF PACIFICA
IS HIRING RECREATION
LEADERS!***

***Currently accepting applications for
entry-level and supervisory positions**

**Get training and
experience in:**

- Leading a wide range of recreation activities
- Supervising & engaging with kids and the public in summer, special event, and after-school programs
- Working with various recreation staff at all department levels as part of an incredible team!



Scan this QR code or enter
calopps.org/city-of-pacifica into your
browser to view open positions

Questions?

Email

hr@pacifica.gov

**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**

