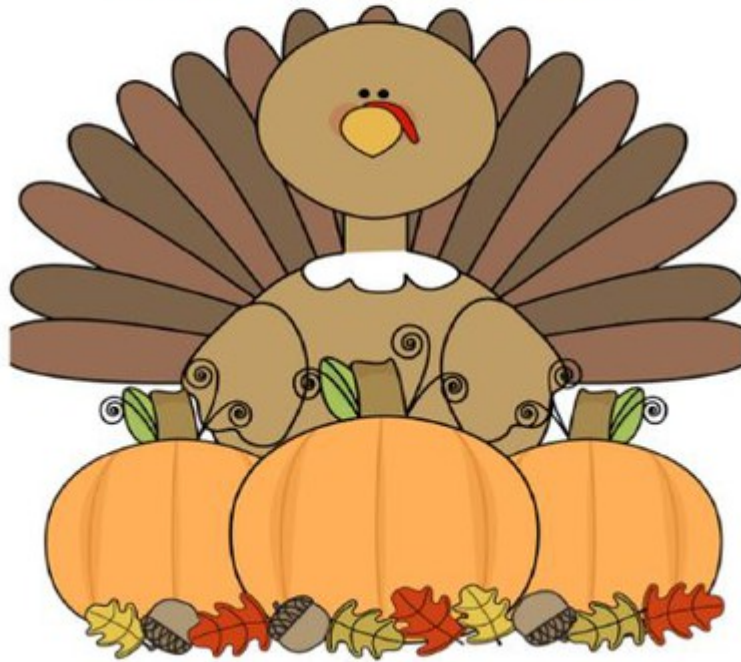


Tiger NewsBytes

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

Thanksgiving Holiday Break



SCHOOL CLOSED | MON, NOV. 21ST - FRI, NOV. 25TH

WE WILL SEE YOU ON MONDAY, NOVEMBER 28TH!

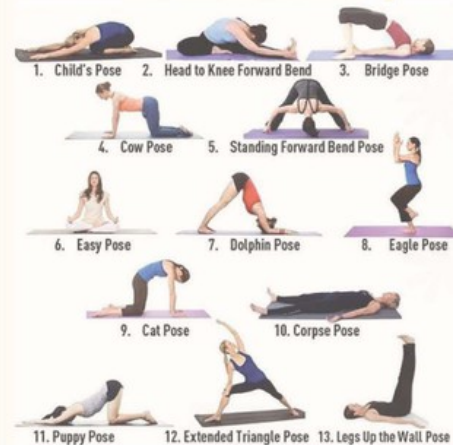
JUHSD WELLNESS BREAK TIPS

4-7-8 BREATHING:

- *BRINGS BALANCE TO YOUR MIND & BODY
- *ALLOWS YOUR MIND TO SLOW DOWN
- *REDUCES STRESS, ANXIETY, & HELPS YOU SLEEP



YOGA POSES THAT MELT AWAY STRESS



Mental Health
Apps for Teens



CALM



CALM HARM



3 GOOD THINGS



MY 3



Created by L. Cajayon, Wellness Intern

JUHSD FALL BREAK RESOURCES

- DALY CITY YOUTH HEALTH CENTER: 650-877-5700 (OPEN M-F 9:00-5:00PM)
- STARVISTA CRISIS HOTLINE: 650-579-0350
- TEEN TEXT LINE: 650-747-6463
- COMMUNITY OVERCOMING RELATIONSHIP ABUSE: 1-800-300-1080
- NATIONAL RUNAWAY SAFELINE: 1-800-RUNAWAY
- NATIONAL SUICIDE LINE: 9-8-8
- NATIONAL TEEN CRISIS LINE: TEXT "LISTEN" TO 741741
- SAN FRANCISCO PARENT TALKLINE: 1-415-441-5437
- RAPE TRAUMA SERVICES (24/7 CONFIDENTIAL ENGLISH/SPANISH): 650-692-7273
- TREVOR PROJECT (FOR LGBTQ YOUTH): 1-866-488-7386
- TRANS LIFELINE: 1-877-565-8860
- SAN MATEO COUNTY IMMIGRATION SERVICES: (650) 363-4194
- CARE SOLACE (CONNECT TO MENTAL HEALTH SERVICES): 888-515-0595

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.

YEARBOOK

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

Televisions
Computers
Servers
Monitors
Laptops
Printers
Phones
Stereos
Cell Phones
Wire/Cable

NOT ACCEPTED

Toys
Batteries
Bulbs
Hair Dryers
Household Items
Microwave Ovens
Fans/Heaters
Other Appliances

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

Contact: Courtney Fil at cfil@jeffersonunion.net

Sponsored by:
 **GREEN
MOUSE**

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.




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**

**TIGER
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**

