Tiger NewsBytes

Terra Nova High School E-Newsletter, October 3, 2022

CAMPUS NEWS

Current events, news and other updates from around campus

JUHSD High School Fair

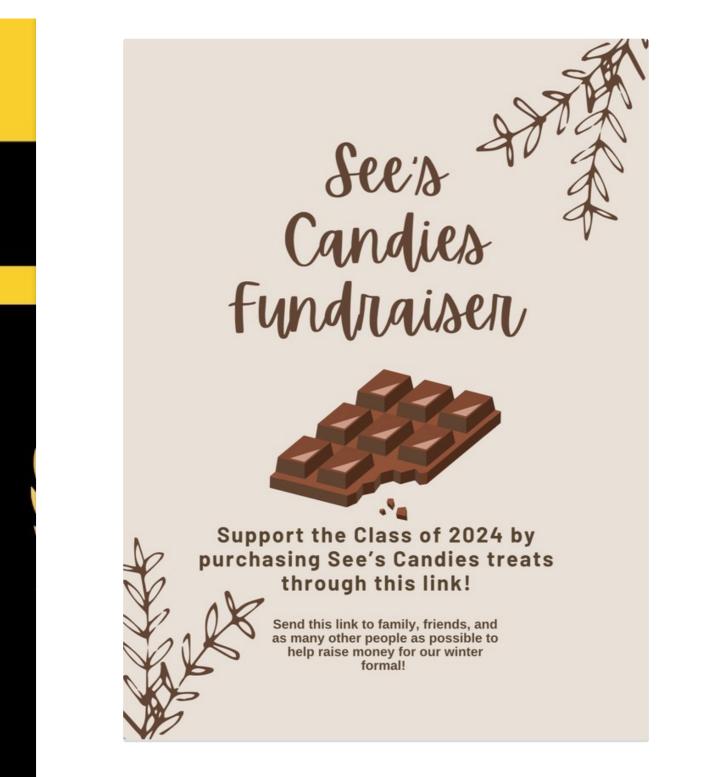
Terra Nova shined bright at the JUHSD High School Fair with the help of our students, Arlo Gonzalez, Dylan DeFilippis, Sev Armstrong and Alana Heusser. Our principal, Megan Carey and school counselor, Maya Lozowski were in attendance as well to meet with future Tiger families and share all the amazing opportunities for students if they choose to come to our school. Go Tigers!





See's Candies Fundraiser | Class of 2024

Support the Class of 2024 by clicking on this <u>link</u> or the flyer. The Class of 2024 appreciates your support!



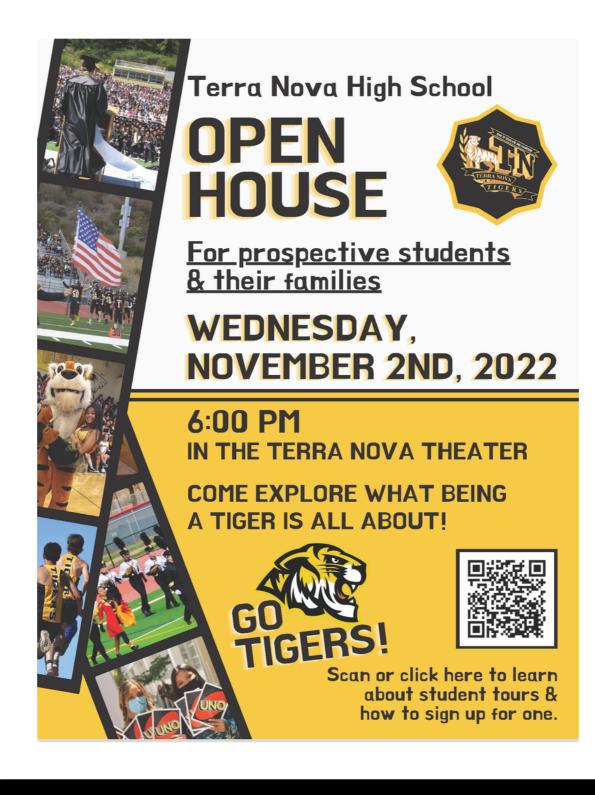


Homecoming Football Game 10/21 | Snack Shack Volunteers Needed

We have an upcoming home football game and we need volunteers to help in the snack shack.

Please see the day and link listed below and sign up if you can. We appreciate your support!

Terra Nova Booster Snack Shack 2022 - Home Game #5 - San Mateo HS Friday 10/21 > <u>CLICK HERE</u>



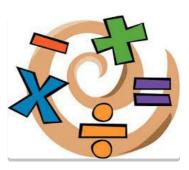
ATTENTION TIGERS

Community Announcements & Information

Math Tutors Wanted

Are you interested in being a one-on-one tutor for 7th and 8th grade students at Cabrillo School?

If interested, please contact Don Potter, 7/8 Math Teacher at <u>donpotter2000@yahoo.com</u>. Students can expect to earn \$15-20 per hour.



COUNSELING CORNER

Messages from the counseling department.





ORIENTATION IS COMING!

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).

WHAT YOU'LL EARN:

- CPR/First Aid certification
- OSHA 10 certification
- TIP Program Certificate
- National Building Trades Certific
- Priority hiring in some trades

WHAT YOU'LL LEARN

- Blueprint Reading & Technology
- Tool Identification and Practical App
- Basic Construction Math
- American Labor History
- Knowledge of the Unions in Construction/Building Trade
- Job-site Attitudes and Behaviors
- Local Union Code of Conduct
- Union Membership, Apprentice
- Responsibilities
- Green Construction
- Construction Industry Awareness

PEIU 29 AFL-CIO 174

saturday @ 9am OCT 15

ORIENTATION IS VIRTUAL VIA ZOOM! REGISTER HERE TO ATTEND: TINYURL.COM/TIP2023 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)

FOR

- 18 years of age
- Valid Driver's License
- Appropriate documentation to work in the US
- High school diploma, GED, or equ
- Be able to do physical work
- Ability to pass on-the-spot drug testing
- Ability to read, write and communicate in English

RSVP HERE!



facebook.com/sanmateotip

@tipsanmateo

@tipsanmateo

tinyurl.com/TIP2023



Attention Seniors !-

Sign up for this Free Financial Aid Presentation! Learn more about the FAFSA/CADAA process!

VIRTUAL Financial Aid Presentation

Skyline College representative, Patricia Flores will be going over how to apply for FAFSA and CADAA

When: Wednesday, October 26 Time: 6:00 - 7:00

Zoom link will be sent out the afternoon of presentation



Scan the QR Code to sign up!

For any questions, email dspasic@jeffersonunion.net





Hosted by Skyline College Partnered with Westmoor

Federal Student Aid



StarVista Wellness and Substance Use Support Groups

If you would like to refer your student or want more information, please contact our School Social Worker, Noah Marsh for more details at <u>nmarsh@jeffersonunion.net</u>.

StarVista Wellness Group

LET'S TALK: MANAGING STRESS AND HOW TO COPE DURING DIFFICULT TIMES

We're in extra difficult times. If you're feeling more stressed than usual or feeling "stuck", know that you're not the only one! Join us for some practical tips on how to manage stress and cope in healthy ways.

WHEN: EVERY THURSDAY, STARTING OCT 6TH WHERE: ROOM 310 TIME: FLEX TIME (11:39AM-12:24PM)

Snacks will be provided!

STAR VISTA

StarVista Substance Use Support Group

LET'S TALK: CHOOSING HEALTHY COPING STRATEGIES DURING DIFFICULT TIMES

We're in extra difficult times. If you're feeling more stressed than usual or feeling "stuck", know that you're not the only one! Join us for some practical tips on how to manage stress and cope in healthy ways.

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STAR VISTA



Terra Nova High School Fall 2022 Flex Time Workshops!

Students can sign up for upcoming workshops by filling our 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 <u>Flex period from 11:39am12:09pm</u>

<u>September</u>

- 9/13 How to Apply to College
- 9/22 Overview of SFSU
- 9/27 How to Create an FSA ID
- 9/29 College Application Support

<u>October</u>

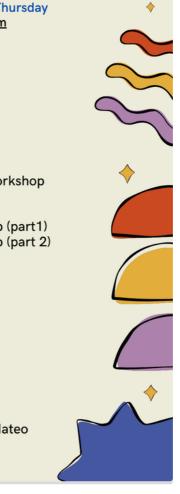
- 10/4 How to Create FSA ID
- 10/6 Jobs for Youth: Soft Skills Workshop
- 10/11 College Application Support
- 10/13 Overview of Skyline College
- 10/18 Skyline Application Workshop (part1)
- 10/20 Skyline Application Workshop (part 2)
- 10/25 College Application Support
- 10/27 College Application Support

November

- 11/1 College Application Support
- 11/3 College Application Support
- 11/8 College Application Support
- 11/15 Financial Aid Support

<u>December</u>

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



ATTENTION SOPHOMORES, JUNIORS AND SENIORS!

Outdoor Ed Cabin Leaders Needed for the 2022-23 School Year

September 26 - 30, 2022 October 24 - 28, 2022 March 20 - 24, 2023 April 17 - 21, 2023

The 22-23 Outdoor Education Program will be utilizing an online platform InformedK12 to register potential cabin leaders.

The Outdoor Ed Program is requiring students be vaccinated for COVID in order to be Cabin Leaders.

2022-23 Cabin Leader Application How to Fill out the Forms (Video)

Students MUST UPLOAD the following items to the application (take a picture and attach)

- 1. COVID Vaccination Card
- 2. Completed Teacher of Cabin Leader Form
- 3. Medication Form (if needed)

A negative COVID test is **REQUIRED** prior to departure. Preferred within 24 hours, but 72 hours of departure is acceptable. The **Friday Morning** before attending outdoor education, families will have their child tested and will submit a negative test to the school staff when they arrive on Monday.





COLLEGE AND CAREER QUESTIONS? COMMUNITY COLLEGE INFO TRADE/APPRENTICESHIP INFO NEED A WORK PERMIT? OUTDOOR ED CABIN LEADER APPLICATIONS JOB/VOLUNTEER LISTINGS

> Email Questions To: Deanne Spasic dspasic@jeffersonunion.net or stop by during brunch/lunch

CCC OPEN HOURS MONDAY: 8:30AM-2PM TUESDAY: 8:30 AM-2 PM WEDNEDSAY: 10AM-3:30PM THURSDAY: 10AM-3:30PM FRIDAY: 8:30-2PM

STOP BY THE CCC AND JOIN THE COUNSELING, COLLEGE AND CAREER GOOGLE CLASSROOM!





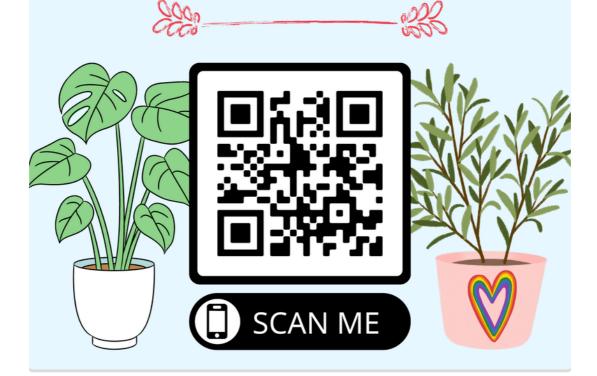
GOING THROUGH IT? WANT SOMEONE TO LISTEN?

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!

Ms. Pearce | Wellness Counselor Mr. Marsh | Social Worker





MS. SPASIC COLLEGE & CAREER CENTER



If you run into trouble with the QR code you c always drop by the Counseling Departmen

GET INVOLVED

Alone we can do so little; together we can do so much.

Helen Keller



