

Tiger NewsBytes

Terra Nova High School E-Newsletter, September 26, 2022

Principal's Message

Dear families,

I want to highlight the many benefits that attending and joining the Terra Nova PTO can bring to your Terra Nova experience.

High school can be a challenging four years for parents, guardians and other providers. There are so many questions and challenges that come at a time where our teen is less chatty and open as they may have been previously.

Our monthly PTO meetings are a great opportunity to mingle with other families and hear interesting presentations from Counseling, College/Career, Wellness and other school programs. Every meeting also features a Principal Chat where I not only present an overview of the many activities taking place on campus but I answer questions, listen to feedback and solicit your advice. I very much view this time as a chance to have a two-way dialogue where we can listen, learn, solve problems and share information with other.

If you haven't already done so, please consider joining our PTO. We meet monthly on the last Tuesday of the month at 7pm in the library. Our next meeting is tomorrow at 7pm and I hope to see you there.

Thank you,

Megan Carey
Principal

CAMPUS NEWS

Current events, news and other updates
from around campus



**American
Red Cross**

Blood Drive Application

Scan the QR Code




OCTOBER 7, 2022

"Donating blood is an act of solidarity.

Let's ensure that blood reaches to those who needs it.

Join the Movement & Save Someone in Need

 **Location: In the Gym 9:00 AM - 2:00 PM**

**SNACK
SHACK**

Home Football Games | Snack Shack Volunteers Needed

We have 2 upcoming home football games and we need volunteers to help in the snack shack.

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

Terra Nova Booster Snack Shack 2022 - Home Game #4 - Hillsdale HS Friday 9/30 > [CLICK HERE](#)

Terra Nova Booster Snack Shack 2022 - Home Game #5 - San Mateo HS Friday 10/21 > [CLICK HERE](#)

TEAM TIGER

Sports updates from our Athletic Department

Congratulations to Terra Nova's Cross Country team for an absolutely savage week of races!

And a special shout out to the following athletes for earning medals:

–Marcus Balistreri - 3rd in the Frosh/Soph Boys' race at Half Moon Bay

–Emilia Ellison - 6th place in the 9th-grade Girls' race at the Hillsdale Knights Joust invitational

–Ryanne Reynolds - 4th place in the 12th-grade Girls' race at the Hillsdale Knights' Joust

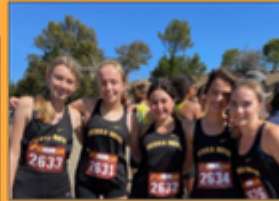


Photo Credits: Emilia Ellison,
Curtis Chan, Jay Gangi

CLUB NEWS

Important information about Clubs on campus

[Tiger News Network \(TNN\)](#)

TNN is meeting on Wednesdays at Lunch in Room 319

[Breakfast Club](#)

Breakfast Club meets every morning in Room 331

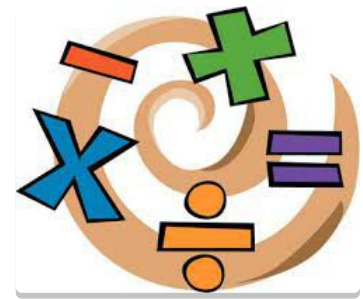
ATTENTION TIGERS

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 donpotter2000@yahoo.com. Students can expect to earn \$15-20 per hour.



COUNSELING CORNER

Messages from the counseling department.

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 nmarsh@jeffersonunion.net.



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.

WHEN: EVERY THURSDAY, STARTING OCT 6TH

WHERE: ROOM 330

TIME: FLEX TIME (11:39AM-12:24PM)

Snacks will be provided!



STAR VISTA

Terra Nova HS
Peer Helpers
2022-2023

Need someone to talk to? Your peers are here to support you!

Abigail Dulos
Aleisha Bray-Montwill
Anthony Wierzba
Ariana Genato
Bianca Del Mundo
Caprice Robinson
Cate Reiker
Deja Hill
Ellen Rubinshteyn
Gabe Lanier
Hailey Alasandro
Jacob Reeder
Jalyn Dominguez
Jenaya Crossley
Lailah Aranzaso



Maddie Rodriguez
Madison Escobar
Makailah James
Marina Espinoza
Nathalie Aguilar Guerrero
Peyton Parrish
Ranz Ulanday
Rianna Alvarez
Serawit Ezra
Sophia Templin
Stephanie Raman
Tyler Wada
Vincent Coleman
Zack Levasseur

How to make an appointment:

- Step 1 - Scan QR code
- Step 2 - Fill out Email, Name, ID #, and Grade Level
- Step 3 - Select way of Contact and Urgency of Mediation
- Step 4: Choose what assistance you're looking for
- Step 5: Breathe...because you took the first step :)



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

September

- 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

October

- 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 (part 1)
- 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
- 11/29 Overview of College of San Mateo

December

- 12/1 College Application Support
- 12/8 Cocoa and Cram



STRATEGIC
PARTNERSHIPS
& WORKFORCE
DEVELOPMENT

Fall 2022
DUAL ENROLLMENT

**EARN COLLEGE CREDIT
WHILE IN HIGH SCHOOL!**



- Open to all Jefferson Union High School District students

HSCI 180

Gateway to Health Careers - Online Course

Fully Online | Instructor: Heather Gerrish

Introduction of skills, attributes and basic knowledge required for entry into various health care professions. Includes basic assessment, CPR, and math calculations used in health care. Emphasis on providing a foundation for future health career classes. Transfer credit: CSU.

- To Apply

Step 1

Scan the QR code to fill out the College Connection Consent Form



Step 2

Students interested must attend the virtual application workshop on Wednesday, September 14, 2022 from 4:00 p.m. - 6:00 p.m.



Zoom link: <https://smccd.zoom.us/j/86515330993>

- Class Information

Start Date	End Date	Total Units	Room	Office Hours
Wednesday 9/21/2022	Wednesday 12/14/2022	3	--	Wednesdays 6:00 p.m. – 9:00 p.m.

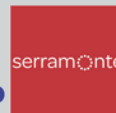


For more information, please contact: Linda Truong at truongl@smccd.edu.

Follow us @dreamjob_skylinecollege  



JUHSD **College and Career Fair**



DISCOVER YOUR
Future



**FREE
EVENT
OPEN
TO ALL**

Register at the Fair
and be entered to win
mall giftcards and
more

**THURSDAY
OCTOBER 27TH**
Serramonte Mall
Daly City
5:00pm - 7:00pm



- Meet with representatives from California Colleges & Employers
- Featuring Women representatives in non-traditional careers
- Attend College and Career Readiness workshops



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.

The background of the flyer features a repeating pattern of stylized tropical leaves in various shades of green, including monstera and palm-like leaves, set against a light cream-colored background. The pattern is dense and covers the entire area of the flyer.

**TN COLLEGE AND CAREER
CENTER (CCC)
ROOM 209**

***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
WEDNESDAY: 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



Schedule a time

TO MEET WITH YOUR COUNSELOR

MS. LOZOWSKI
LAST NAMES A - LA



MS. HUTCHEON
LAST NAMES LE - Z



MS. SPASIC
COLLEGE & CAREER
CENTER



If you run into trouble with the QR code you can
always drop by the Counseling Department

GET INVOLVED

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

Helen Keller

**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**

