

Tiger NewsBytes

Terra Nova High School E-Newsletter, March 2, 2022

Principal's Message

Dear Terra Nova community,

On behalf of the Terra Nova community, I offer our support to Terra Nova families who may have ties to Ukraine, bordering countries and for those with family members in the armed services. The recent events have caused deep fear and heartache and we offer our prayers and hopes for peace to be established soon. We also recognize that this unrest can increase anxiety amongst our young people and encourage you to reach out to our Wellness Team for support.

Across campus, we are quickly embarking on our annual course scheduling. This is the time when students select their preferred courses for next school year. Please take a look at the flier below that outlines the process, deadlines and opportunities for you and your student to learn more about our available courses.

I also want to acknowledge all of our winter teams - Basketball - Soccer - Wrestling - for a great season. These athletes dedicated their time and energy to representing their school and we are proud of all that they accomplished.

Tiger Pride!!

Megan Carey
Principal

TERRA NOVA HIGH SCHOOL
COUNSELING DEPARTMENT

2022-2023 COURSE SELECTION

Important Dates & Reminders:

March 8th: Elective Fair

March 9th: Parent/Guardian Info Night
(6pm via Zoom, [sign up HERE](#) to be sent link)

March 10th-21st: Counselor Class Visits

March 23rd: Course Request Forms DUE

What to Expect:

- Counselors will be meeting students in their classes to discuss course selection for the 2022-2023 school year
- Students will complete their Course Request Form and bring it home for parent/guardian review and signature
- Refer to [Terra Nova High School Course Catalog](#) for course descriptions and graduation requirements
- Advanced Placement/Enriched/Honors Courses may require teacher recommendation/application:
 - [AP Chemistry](#)
 - [AP English](#)
 - [AP Environmental Science](#)
 - [AP European History](#)
 - [AP Psychology](#)
 - [AP US History](#)
 - [AP Government and Politics](#)
- The following electives require applications:
 - [Leadership](#)
 - Peer Assistance, (contact Ms. Calpotura-Wagner & Mr. Krupp)



School Safety - Delivery Services

Food delivery services pose significant safety concerns to our students and staff. There has been an increase in the number of these deliveries arriving to the TN campus throughout the school day.

Please speak with your student(s) and remind them that they are not permitted.

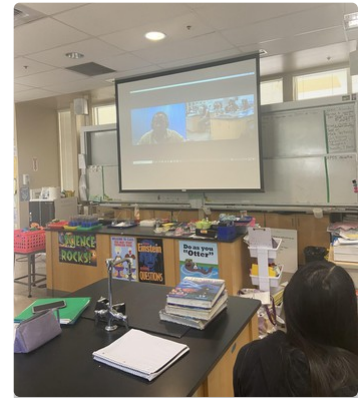
Thank you

CAMPUS NEWS

Current events, news and other updates
from around campus

An Update from the Science Department

To highlight Diversity in Science, the Science Dept. celebrated Black History month in February by having students in various classes work on the contributions to STEM of Black scientists, engineers, and mathematicians through posters and slide presentations. Selected scientists were also highlighted in the school bulletin throughout the month of February. On the last day of the month, Dr. Uzo Uche from Adaptive Biotech in South SF who is originally from Nigeria, shared his journey as a biotech scientist via Zoom to Period 3 APES students.



On Campus COVID Testing for Students

On campus COVID testing is available to students every Thursday from 8-2pm in Room N209.

To register for COVID testing at school, click this [link](#) or go to <https://tinyurl.com/4vpp9zk2> (you only need to register once).

- Results will be available 24 to 48 hours after sample collection
- Testing is at no cost to the individual
- Insurance information does not need to be provided. When asked, you may fill in your insurance information, or you may select that you choose not to provide this information.

You can also find other COVID testing options by visiting [SMCGOV.ORG](https://smcgo.org) or you may also contact your personal physician for additional testing options.

STUDENT LEADERSHIP

Learn about our student leadership events

Spring Formal 2022 | Saturday, March 12th

Terra Nova High School proudly presents our Spring Formal.

Join us at the black and golden globes on Saturday, March 12th for snacks, drinks, games and music.

Tickets can be purchased at the student store during lunch. \$25 for Terra Nova students and \$30 for guests - cash only. A guest pass is required for all non-TN students to attend. Guest passes can be picked up in the Main Office.



Terra Nova Band Fundraiser | Tiger Circus | March 19th

See the flyer below for more information.



A poster for the Terra Nova High School Band Fundraiser Tiger Circus. At the top, a large blue tiger is partially visible behind a red and white striped circus tent. The words "RAFFLE TICKETS", "FOOD", and "DANCING" are written in a stylized, jagged font above the tent. Below the tent, the text "TERRA NOVA HIGH SCHOOL BAND FUNDRAISER" is in a bold, sans-serif font, followed by "TIGER CIRCUS" in a large, blue, outlined font. Underneath, the word "FEATURING" is in a red, outlined font. Below this are three framed images: a person performing a handstand, the Terra Nova Bands logo, and a "Raised on Video" logo. At the bottom, there is a QR code, a red arrow pointing left, the text "Get Tickets & Have a ton of Fun", and a red arrow pointing right. To the right of the arrows, the location "Pacifica Moose Lodge, 776 Bradford Way, Pacifica, CA" and the date "MARCH 19, 2022" are listed, along with the times "doors open at 5:30pm", "Terra Nova HS Jazz Band 6:00pm", and "Dinner at 7:00pm".

RAFFLE TICKETS

FOOD

DANCING

TERRA NOVA HIGH SCHOOL BAND FUNDRAISER

TIGER CIRCUS

FEATURING

Coventry and Kaluza

Terra Nova Bands

Raised on Video

Get Tickets & Have a ton of Fun

Pacifica Moose Lodge
776 Bradford Way, Pacifica, CA

MARCH 19, 2022
doors open at 5:30pm
Terra Nova HS Jazz Band 6:00pm
Dinner at 7:00pm

Asian Club | Flip Flops Drive Starts Friday, March 4th

Asian Club will launch its Step Up Flip Flops Drive this Friday, March 4 - a project for elementary school students in the Philippines who walk barefoot to school. This is the 13th year of the project. Donations of brand new flip flops size 1-6 will be accepted starting March 4 until after Spring Break. Donations may be dropped off at the office or in M203. Check donations made payable to Asian Club are also accepted. We thank you for your support!



Saint Patrick's Day Candy Grams - Support the Class of 2025

Candy Grams will be sold from March 7th - 16th in front of the Jungle. They will be delivered during 1st period on March 17th. The Class of 2025 appreciates your support!



Stand with Ukraine | March 4th | 3:30 pm

STAND WITH UKRAINE RALLY

**on 3/4/22
AT 3:30**

**BRING
SUPPORTIVE
POSTERS**

**WEAR BLUE
AND YELLOW**

**IN FRONT OF
THE TN SCHOOL
welcome
SIGN,
on THE GRASS**

**LEARN ABOUT
THE WAR &
WHAT YOU CAN
DO TO HELP**

SENIOR SPOTLIGHT

Important information on Senior happenings.

TERRA NOVA HIGH SCHOOL

SENIOR HOME STRETCH

Important
save the dates
for seniors.



May
25

Graduation Day

3:30 pm
• Details to follow

Grad Night

9:30 pm - 12:30 am
• Details to be announced

May
23 &
24

Grad Practice

9:00 am - 12 noon
• Mandatory for
seniors

May
20

Senior Check Out Day

• Seniors must be
present in all classes

May
6

Senior Ball

Filoli Gardens
• Details to be
announced

May
2 -
13

AP Testing

• Days and times vary
depending on subjects

April
1 -
27

Scholar Award Application Window

• See Ms. Spasic in the College and
Career Center with questions.
Application workshop dates TBA.

Grad Night Tickets On Sale Now

Grad Night is happening on Wednesday, May 25th from 9:30 pm - 12:30 am.

The Early Bird ticket price is \$105.00 and will go up to \$115.00 after March 18th so buy your ticket early! The ticket price includes the venue, food, activities and transportation to and from the event.

Parents/Guardians must complete the [Grad Night Expectations and Release Form](#) or your student will not be able to participate in Grad Night.

This event is for Terra Nova senior students only.

Questions? Please contact Christy Allen at christyallen271@gmail.com. This event is being put on by your Senior Parent Grad Night Committee and is not a school sponsored event.

GRAD NIGHT

Class of 2022

| FUN | FRIENDS | FOOD |
| ACTIVITIES | MUSIC |
= **BEST NIGHT EVER!**

WHAT

Grad Night 2022

WHERE

It's a surprise for the seniors!

Parents/Guardians will receive an email the night of Grad Night with the event location and who to contact in case of emergency.

WHEN

Wednesday, May 25, 2022

TIME

9:30 pm to 12:30 am

COST

Early Bird - \$105.00

After March 18th - \$115.00

WHERE TO BUY TICKETS

See Mrs. Tosetti in the Counseling
Office in the Main Hallway
during Brunch and Lunch

COUNSELING CORNER

Messages from the counseling department.

TNEF PRESENTS:

THE TERRA NOVA EDUCATION
FOUNDATION HAS PARTNERED
WITH KAPLAN SAT/PSAT PREP
COURSES LEADING UP TO THE
JUNE 4TH SAT TEST DATE!



TNEF /SAT PREP SIGN UP !



**SIGN UP FOR A KAPLAN REMOTE SAT TEST PREP BY
MARCH 9, 2022 FOR A BIG DISCOUNT!**
KAPLAN'S REGULAR PRICE FOR THIS COURSE IS \$600 AND
TNEF IS PLEASED TO OFFER A NEGOTIATED RATE OF \$310.

STUDENTS WILL RECEIVE:

- 18 HOURS OF LIVE OF SAT PREP INSTRUCTION PLUS TWO PROCTORED PRACTICE TESTS
- 16 HRS OF ELECTIVE ON-DEMAND INSTRUCTION
- 8 PRACTICE TESTS, INCLUDING 4 COLLEGE BOARD OFFICIAL PRACTICE TESTS
- UPDATED ONLINE QUIZZES AND QUIZ BANK
- PREP BOOKS FOR THE SAT

TNEF WILL UNDERWRITE SEVERAL DISCOUNTED SPOTS FOR FAMILIES WHO MEET INCOME BASED CRITERIA (REDUCED PRICE OF \$50 FOR THE CLASS). CONTACT TN COLLEGE AND CAREER CENTER TO DETERMINE ELIGIBILITY: DSPASIC@JEFFERSONUNION.NET



Pediatrics Internship Program at Stanford

Stanford Pediatrics Internship Program

Now Accepting Applications for PIPS Summer 2022

Deadline to apply is Sunday, March 13, 2022 at 11:59pm PST

[Stanford Pediatrics Internship Program](#)

The Pediatrics Internship Program at Stanford (PIPS) is a 6 week program in which high school students from diverse backgrounds are invited to learn about science, medicine, and research with Stanford faculty, postdoctoral fellows, students and researchers on medically- oriented projects.

Students will spend 30 hours per week in the program (20-25 hours on a research project, 5 hours in workshops). Workshops will include sessions on professional development, networking, research practices, and college applications. **For summer 2022**, the program will be offered **in-person**, with the option of some remote work, pending Stanford University approval. [Apply Here!](#)

Eligibility Requirement :

1. Currently be **rising juniors or seniors**.
2. Be **16 years old or older** by the start of the program.
3. Be living in the U.S. and must be **U.S. citizens or permanent residents** with a green card.
4. Live in Northern California, ideally no more than a 1-hour commute from the Stanford campus.
5. We strongly encourage applications from students from first generation, low-income, and/or underrepresented backgrounds.
6. Have access to a computer and internet access for the duration of the internship.
7. Be available to start the program on June 20, 2022.

Parent Support Groups



Click to [RSVP](#) for any of the events listed below in March and April.

March

TODAY - Tues, March 1
Anxiety Parent Support Group
12:00 pm - 1:30pm
[RSVP](#)

Tues, March 8
ADHD Parent Support Group
12:00 pm - 1:30 pm
[RSVP](#)

Thurs, March 17
**Learning Differences
Parent Support Group**
6:30 pm - 8:30 pm
[RSVP](#)

April

Tues, April 5
Anxiety Parent Support Group
12:00 pm - 1:30pm
[RSVP](#)

Tues, April 12
ADHD Parent Support Group
12:00 pm - 1:30 pm
[RSVP](#)

Thurs, April 21
**Learning Differences
Parent Support Group**
6:30 pm - 8:30 pm
[RSVP](#)

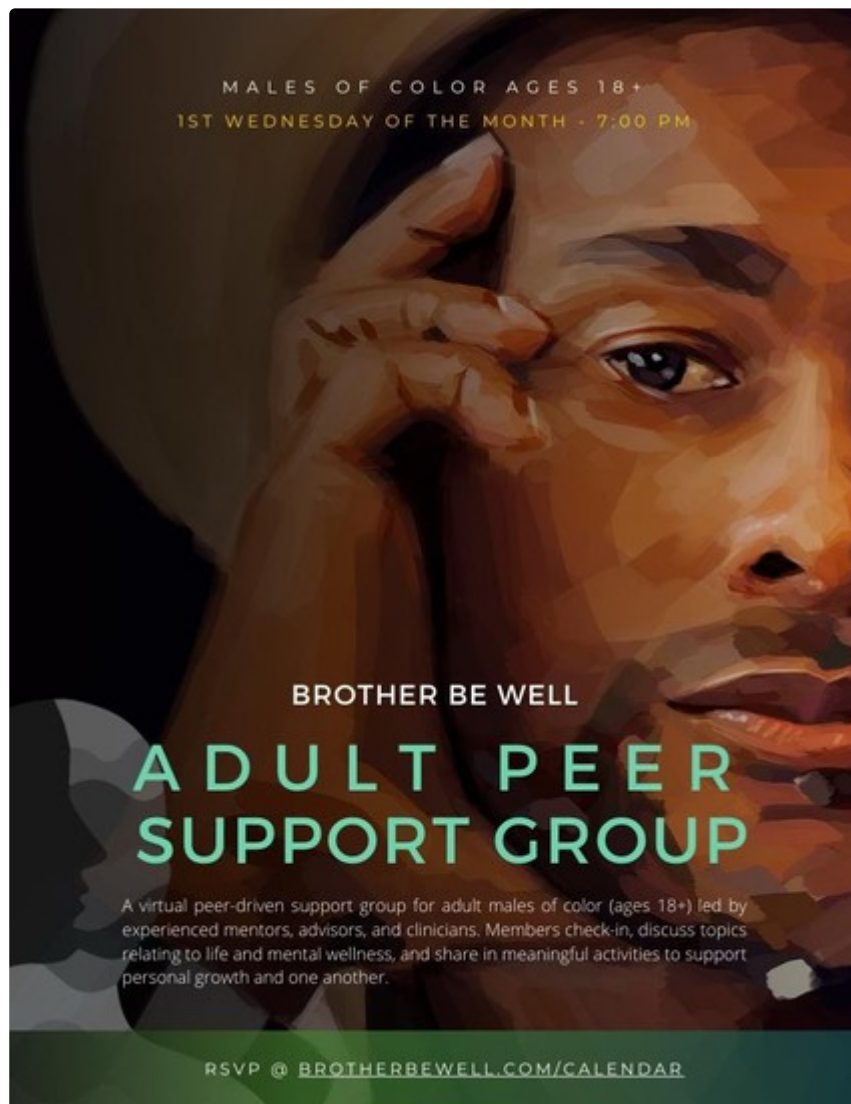
BBW Adult Peer Support Group

Brother Be Well's target audience is boys (ages 13+) and men of color including African American, Native American, Latinx, and Asian and Pacific Islander American, and for those who identify as LGBTQIA+ within these communities.

We offer a monthly peer-driven support group for adult males of color (ages 18+) led by experienced mentors, advisors, and clinicians. Members check-in, discuss topics relating to life and mental wellness, and share in meaningful activities to support personal growth and one another.

BBW Adult Peer Support Group
Live via Zoom
Wednesday, March 2, 2022
7:00 p.m. to 8:00 p.m.

[Click Here to Register](#)



Outdoor Education Cabin Leaders Opportunity

Attention Sophomores, Juniors and Seniors:
Outdoor Ed Cabin Leader needed for the school year
2021-22



April 11-15, 2022

April 25-29, 2022

May 9-13, 2022

The 21-22 Outdoor Education program has a new student and cabin leader registration platform this year. They are using Informed K12 as their online platform and below are videos and brief instructions to through the registration process.

- **The Outdoor Ed Program is requiring students be vaccinated for COVID in order to be Cabin Leaders.**
- **Students MUST UPLOAD Proof of Vaccination(Vaccine Card) and Completed Teachers of Cabin Leader Form to the Outdoor Ed application. (Take a picture and attach)**

Outdoor Education Registration Packet

A negative covid test is **REQUIRED** within **THREE days prior to the Monday that the students depart for Outdoor Education.** The Friday Morning before attending outdoor education families will have their child tested and submit a negative test to the school staff when they arrive on Monday.

(All this information can be found on the College, Career and Counseling Google Classroom: Class code 4p7mnkc)



SCHEDULE A TIME TO MEET WITH YOUR COUNSELOR!

Mrs. Lozowski

last names A-LA



Ms. Hutcheon

last names LE-Z



Ms. Spasic

college & career center



*If you run into any issues with the QR codes, you are
always welcome to drop by the counseling offices*

— Make an Appointment —

WITH YOUR
WELLNESS TEAM



Ms. Calpotura-Wagner (Ms. C)
Ms. Alexis Rosenbaum (Ms. R)

- Appointments to DCYHC for: birth control, STI checks, pregnancy tests
- Issues with friends
- Just need to talk
- Safety concerns
- Substance use
- Problems at home
- Issues with your partner
- Anxiety
- Physical or sexual abuse
- Feeling sad all the time

— WE ARE HERE TO HELP —



LÍNEA DE RESPUESTA COMUNITARIA
(203) 666-4472
COMMUNITY RESPONSE LINE



Are you worried about an eviction for unpaid rent?



Submit or update your application as soon as possible to California's "Housing is Key" rent relief program. This is the most important step you can take! If you have submitted an application, you cannot be evicted for rent you owe or not being able to pay current rent (until April 1 2022). Go to: <https://housing.ca.gov/>.

How can I avoid an eviction and stay in my home?



Even if you submit your application, you may get a "3 day notice to pay rent or quit" from your landlord. You do not need to panic: you can still be protected from the eviction! You do not need to move out! Do not sign any documents!



After you get a "3 day notice", you have 15 days to submit an application to the "Housing is Key" rent relief program if you haven't already, AND give a confirmation letter to your landlord, explaining that you have applied. Keep a copy of the confirmation letter.



20 days after giving the "3 day notice", if the tenant has not applied to the rent relief program, the landlord can turn in paperwork to the court to initiate the eviction process. The eviction process in court can take 4-6 weeks.



If the tenant has applied to the rent relief program and notified the landlord, the court should not process the eviction. If you update your application for each month of rent you need assistance for, you can stay protected from eviction until March 31, 2022.

Do you have questions? Are you worried about another type of eviction?

1. Call Faith in Action's community response line to learn about your rights: 203-666-4472.
2. Contact free legal assistance: call San Mateo County Legal Aid at (650) 517-8911 or Community Legal Services of East Palo Alto at (650) 326-6440.

Share this information with your neighbors and people you know!



LÍNEA DE RESPUESTA COMUNITARIA
(203) 666-4472
COMMUNITY RESPONSE LINE



¿Preocupado por recibir un aviso de desalojo por la renta atrasada?

AYUDA CON LA RENTA
DE COVID-19 DE CALIFORNIA

Envíe o actualice su solicitud lo antes posible al programa de alivio de alquiler "Housing is Key" de California.

¡Este es el paso más importante! Si ha entregado una solicitud, no puede ser desalojado por el alquiler que adeuda o por no poder pagar el alquiler (hasta el 1 de abril de 2022). Vaya a: <https://housing.ca.gov/>

¿Cómo puedo evitar un desalojo y quedarme en mi hogar?



Incluso si presenta su solicitud, es posible que reciba un "aviso de 3 días para pagar el alquiler o renunciar" de su arrendador. No debe entrar en pánico: ¡aún puede estar protegido del desalojo! ¡No necesita mudarse! ¡No firme ningún documento!



Después de recibir un "aviso de 3 días", tiene 15 días para enviar una solicitud al programa de alivio de alquiler "Housing is Key" si aún no lo ha hecho. Si ya lo hizo, tiene 15 días para asegurar que todos los meses adeudados están dentro de la aplicación. Entregue una carta de confirmación al propietario con fecha, explicando que ha presentado la solicitud. Tome una foto o una copia de la carta de confirmación.



20 días después de dar el "aviso de 3 días", si el inquilino no ha solicitado el programa de alivio del alquiler, el propietario puede entregar la documentación a la corte para iniciar el proceso de desalojo. El proceso de desalojo en la corte puede durar de 4 a 6 semanas.



Si el inquilino ha aplicado al programa de alquiler alivio y notificado al arrendador, la corte no debe procesar el desalojo. Si actualiza su solicitud para cada mes de alquiler para el que necesita ayuda, puede permanecer protegido contra el desalojo hasta el 31 de marzo de 2022.

¿Tiene preguntas o está preocupado por otro tipo de desalojo?

1. Llame a la línea de respuesta comunitaria de Faith in Action: 203-666-4472.

2. Comuníquese con asistencia legal gratuita: llame a Asistencia Legal del Condado de San Mateo al (650) 517-8911 o a los Servicios Legales Comunitarios de East Palo Alto al (650) 326-6440.

¡Comparta esta información con sus vecinos y las personas que conoce!