

# ***Tiger NewsBytes***

Terra Nova High School E-Newsletter, January 12, 2022

## **Principal's Message**

Dear Families,

I recognize that there have been a lot of questions, concerns and confusion about the recent surge of the Omicron variant and its impact on our campus. I'd like to address as many of the questions as possible below.

As you know, the guidelines continue to change and can change suddenly. This letter is my third draft alone - as I want to convey accurate and timely information to you especially in the context of how it all impacts our campus and your student(s). Please know that families will continue to be informed of any change and updates from the district or myself. You can also visit the district's Covid Response Page.

As Superintendent Presta shared earlier this week, we have temporarily suspended sending contact notification letters. I can attest that the temporary suspension is allowing us to focus on school operations. We continue to follow up on every reported possible positive case and share the information with the district office so that the dashboard can be updated.

Parents/guardians are asked to report a positive COVID result with us by completing the [COVID Self-Reporting Form](#) or by contacting the school directly via phone or email. To help with our documentation, please provide us with the date tested, the date test results were received and the date symptoms began, if applicable. If you complete the self-reporting form, you must follow up with the Attendance Office so we can clear the absences.

If your student did experience a positive test result, they may be able to return after 5 days if they meet the following criteria:

- They may return after at least 5 days of isolation if they have tested negative with a rapid test and are asymptomatic.

If your student meets this criteria, a [verification form](#) **MUST** be completed by a parent/guardian. Otherwise they are to remain home and continue following the 10 day timeline. At no point should a student return if they are still feeling unwell or experiencing symptoms.

We continue to experience an unusually high rate of absences. I recognize that the empty desks only heightened the concern amongst our students and families. I want to stress that not all of these absences are the result of a positive case. We follow all safety guidelines and urge our students and families to do the same.

Proper mask wearing is the single most important step we can all take to stay healthy. Please take some time tonight to talk with your student about this and refer to the updated CDPH mask wearing guidelines and FAQ. Masks are still required in all indoor settings on campus and I encourage students to keep them on even when outdoors unless they are actively eating or drinking.

COVID testing is available for students on campus every Thursday from 8 to 2pm. 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
  - Due to the high testing rates, results may be delayed
- 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://SMCGOV.ORG) or you may also contact your personal physician for additional testing options.

We continue to encourage students to stay home if they are feeling unwell or experiencing any symptoms associated with COVID. They should stay in touch with their classes via Google Classroom. Our teachers continue to adjust their lesson plans and assignments to accommodate our students - please be patient with them as it is difficult to manage such varying levels of attendance. They are facing another herculean challenge and will continue to be flexible and compassionate.

I sincerely thank you for your continued support of our school community and the staff. Knowing that we have your support makes these challenging times feel a bit lighter.

Megan Carey  
Principal

## CAMPUS NEWS

Current events, news and other updates  
from around campus

### SamTrans Bus Passes

January bus passes are on sale now until Friday, January 14th. They are \$22.





## FlexTime Reminder

Cut-off times and days for making Flex appointments have changed.

Friday afternoon is the cut-off for making Tuesday appointments and Tuesday afternoon is the cut-off for making Thursday appointments.

We encourage all students to make both appointments on Fridays, and to choose the teacher from whom they need the most support.

Students who don't sign up for a spot will be automatically scheduled into a Flex location.

## 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://smcgov.org) or you may also contact your personal physician for additional testing options.

## Senior Ads on Sale for the 2022 Yearbook

Don't miss out on the opportunity for this special commemoration for your senior.

Ads can be purchased online by clicking the following link: [Senior Ad](#)

### Prices:

- 1/8 Page: \$65
- 1/4 Page: \$125
- 1/2 Page: \$250
- Full Page: \$375

The deadline to purchase is January 29, 2022.

Thank you for supporting our yearbook!





Do you want to show your graduate how proud you are, but are not sure how?

Buy them a personal senior ad in the 2021-2022 yearbook! Senior ads are completely customizable memory capsules that will last with your student for years! They can be purchased completely online and range in size and price starting at \$65!

1/8 page: \$65

1/4 page: \$125

1/2 page: \$250

Full page: \$325

To purchase yours, visit  
[https://yearbookforever.com/schools/terra\\_nova\\_high\\_school\\_buy\\_yearbook\\_7916/RmyVc3tJ2LFW4U02lnlcKlwT/personal-ads](https://yearbookforever.com/schools/terra_nova_high_school_buy_yearbook_7916/RmyVc3tJ2LFW4U02lnlcKlwT/personal-ads)

If you have any questions, email our supervisor Mr. Colvig at: [rcolvig@juhsd.net](mailto:rcolvig@juhsd.net)



Happy Valentine's Day!

Support the Sophomore class by purchasing See's Candy treats from the online shop linked in the QR code below! Profits will be donated to the Sophomore class! All support is greatly appreciated!

Purchases available January 11th-28th!



# TEAM TIGER

Sports updates from our Athletic Department

## Winter Season

Our winter sports season is continuing. Games are listed on our school calendar. Any changes to the schedule will be updated on our calendar and shared as quickly as possible.

## Athletic Booster Club Meeting

The Terra Nova Athletic Booster Club will hold their monthly meeting tomorrow, Thursday, January 13th at 7pm via Zoom.

Please consider attending to learn how you can support our athletic programs and to hear updates from our Athletic Director.

Join Zoom Meeting

<https://us02web.zoom.us/j/81618391763?pwd=QWEwc0ZRTjc4QkkzZXVqdzhpekJtQT09>

# COUNSELING CORNER

Messages from the counseling department.

## Available Workshops During Flex Time

The Counseling Department will be hosting a variety of workshops this month during Flex. Once we receive your RSVP, we will add you to Flex time. There is limited space and students are accepted on a first-come, first-served basis. The RSVP form can be accessed here: [RSVP for Flex](#). Please submit this as soon as possible.

**All workshops will be held in the College and Career Center, Room 209. In the RSVP form, you can sign up for more than one Flex workshop.**

**Thurs. Jan. 13 and 20** - Career Exploration Series ( Part I- Interest Profiler, Part 2 - Discuss Interest Profiler Results)

**Tues. Jan.18** - Pilot City Presentation ( Explore Internships)

**Tues. Jan 25** - Union Buildings Trades Apprenticeships (11th /12th graders only)

**Thurs. Jan. 27** - College of San Mateo Application Workshop (12th graders only)



## Career Exploration Series

We will be holding our Career Exploration Workshop on 1/13 and 1/20 during Flex. Click the link to RSVP. [Career Exploration Workshop](#)



### College Campus Tours

[Sign Up here for Skyline Campus Tour](#) (see information on flyer below)

[Sign up Here for College of San Mateo Campus Tour](#) (see information on flyer below)



**ATTENTION: TERRA NOVA  
JUNIORS & SENIORS**

## ***SKYLINE COLLEGE CAMPUS TOUR***

**WHEN: Friday, January 28, 2022  
10:30AM - 12:30PM**

- Click [HERE](#) to sign up by January 12!
- Once signed up, stop by the College & Career Center to get your permission slip.
- Limited space available!

*College Tours made possible by the generous support of  
the Terra Nova Education Foundation*



**ATTENTION: TERRA NOVA  
JUNIORS & SENIORS**

## ***COLLEGE OF SAN MATEO CAMPUS TOUR***

**WHEN: Friday, February 11, 2022  
9:15AM - 12:00PM**

- Click [HERE](#) to sign up by January 21!
- Once signed up, stop by the College & Career Center to get your permission slip.
- Limited space available!

*College Tours made possible by the generous support of  
the Terra Nova Education Foundation*





## 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

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Ms. C,

Gilbert,

Ms. R



SCAN ME



- Appointments to DCYHC for: birth control, STI checks, pregnancy tests
- problems with friends
- just need to talk
- safety concern
- problems at home
- problems with your partner
- anxiety
- physical or sexual abuse
- feeling sad all the time
- substance use



Helping All Ages and Stages  
Through Life's Challenges



## HEALTH AMBASSADOR PROGRAM-YOUTH (HAP-Y)

StarVista's HAP-Y program is hosting a training program that will offer support and education around mental health and wellness. Youth who successfully complete the program earn a completion bonus of \$700. Submit your application now- we have a new cohort starting every January, May, and September!

We are looking to engage youth who are:

- interested in learning more about mental health & wellness
- passionate about serving their community
- between 16-24 years of age
- residents of San Mateo County
- able to commit to 40-50 hours of training over 14-week period

For more information, please contact program coordinator  
at [hapy@star-vista](mailto:hapy@star-vista).



StarVista • 610 Elm Street, Suite 212, San Carlos, CA 94070 • (650) 591-9623 • [www.star-vista.org](http://www.star-vista.org)



# \*PIVOT

REGISTRATION  
NOW OPEN

This FREE 12-Week program is designed to inspire the Warrior Spirit of youth ages 11-17 to be empowered individuals as they embark on this Vaka Journey.

*Pacific Islander Voices  
Outreach &  
Transformation*

CALL FOR  
UPCOMING  
DATES!

For more information  
on registration please contact:  
Meri Veavea – Project Coordinator  
415-215-5507

BRIDGE SOUTHERN CALIFORNIA COMMUNITY COLLEGE **BSCC**



ASIAN AMERICAN  
RECOVERY SERVICES  
A PROGRAM OF RECOVERY 311



## Pacific Islander Voices, Outreach, Transformation



Asian American Recovery Services

1115 Mission Road, South San Francisco 94080

**Office Hours: 9am – 5pm Monday through Friday**

### About Program

PIVOT is a FREE 12-week program that provides Pacific Islander Youth (11-17 years) in San Francisco and San Mateo County with culturally responsive services to prevent future involvement in the Juvenile Justice System



### Weekly Workshop

- Self-Identity
- Self-Care
- Identifying Emotions
- Anger/Violence Prevention
- Family & Social Connections
- Relationships
- Substance Abuse
- Problem Solving
- Restorative Justice/Social Justice
- Mental Wellness

❖ Case Management available 3 times a week 3pm-7pm

### Contacts

Meri Veavea – Project Coordinator

[mveavea@aars.org](mailto:mveavea@aars.org) | (650) 243-4850

Agnes Fakahua – Case Manager/Health Worker

[afakahua@aars.org](mailto:afakahua@aars.org) | (415) 215-9772



Workshops taught as  
Canoe “VAKA” Journey  
(Canoe Pedagogy)

**Goal: Empowering the youth to make better choices and  
being accountable for their behavior**



## Outdoor Education Cabin Leaders Opportunity

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



January 24-28, 2022  
April 11-15, 2022  
April 25-29, 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)**

# Calling all poets, spoken word artists, writers, and rappers!



Win a chance to represent Daly City as the

## Daly City Youth Poet Laureate

Daly City Public Library Associates (DCPLA) is proud to announce the launch of the 2022-23 Daly City Youth Poet Laureate program. In partnership with the National Youth Poet Laureate Program by Urban Word and Daly City Public Library, the program celebrates teen poets who live or attend school in Daly City and exhibit a commitment to artistic excellence, civic engagement, leadership, and social justice.

### The Youth Poet Laureate receives:

- \$5,000 award
- VIP status to represent Daly City at community events between May 2022 and May 2023
- Publication of 5 of your poems in the National Youth Poet Laureate annual anthology by Penmanship Books

### Optional Free Online 2-Day Workshop

Hosted by San Mateo County Poet Laureate Aileen Cassinetta and 2021-22 Daly City Youth Poet Laureate Madeleine Hur

Wednesdays, December 1 & 8, 2021  
5:00-6:00 pm

Register for the workshop by emailing [info@dcpla.org](mailto:info@dcpla.org) by Nov. 30, 2021.

Submit 5 original pieces with your application by January 31, 2022.  
Apply online at [dcpla.org/youthpoetlaureate](https://dcpla.org/youthpoetlaureate).

### Applicants must meet the following criteria:

- Reside OR attend school in Daly City
- Be between the ages of 13 and 18 years old by the application deadline
- Serve as Laureate for the program year, May 2022-May 2023

For additional information, email DCPLA Executive Director Victoria Magbiling at [info@dcpla.org](mailto:info@dcpla.org) or call (415) 596-8194.





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!**