



BELL SCHEDULE:

[Regular Day Bell Schedule](#)- ROAR Period 3

QUOTE OF THE DAY:

"If you don't have time to do it right, when will you have the time to do it over?" ~ John Wooden

ANNOUNCEMENTS:

COLLEGE IN THE SPOTLIGHT

The college in the spotlight this week is Sacramento City College. Not sure what you want to study in college? Many community colleges are offering Meta Majors to help students decide.

Sacramento City College offers: Arts and Communication, People and Society, Business and Industry, Science, Math, and Engineering, as well as Health and Health Professions.

HOMECOMING BIDS

The homecoming dance is quickly approaching. Ticket sales start soon. Do not forget to pick up a bid application if you plan on bringing a student from another school. Stop by the Student Services window to get your bid today.

FBI SACRAMENTO TEEN ACADEMY

Interested in forensics or working for the FBI? Apply to the FREE FBI Sacramento Teen Academy that will take place in Roseville on Friday, Nov. 7, 2025. You will learn from the pros in many areas within the FBI. Open to current junior and senior high school students. Click [here](#) to apply and notice application due dates and submission options. See Mrs. Granucci in room 702 for more information.

COLLEGE AND CAREER CENTER:

UPCOMING COLLEGE VISITS:

University of the Pacific- Thursday, September 4th at 9:00am

St. John's College- Thursday, September 4th at 2:00pm

University of Nevada, Reno- Friday, September 5th at 9:00am

University of Oregon- Tuesday, September 16th at 9:00am



GAMES:

VARSITY FLAG FOOTBALL

6:00pm @Franklin

FROSH FOOTBALL

vs West Park @6:00pm

GIRLS VARSITY GOLF

3:00pm vs River Valley @River Oaks GC. Early release- 1:00pm

GIRLS TENNIS

4:00pm vs Rio Americano @Johnson Ranch North. Early release- 2:10pm

GIRLS VOLLEYBALL

vs Bear River @4:30/5:30/6:30