



BELL SCHEDULE:

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

QUOTE OF THE DAY:

"Nature has given us all the pieces required to achieve exceptional wellness and health, but has left it to us to put these pieces together." ~ Diane McLaren

ANNOUNCEMENTS:

COLLEGE IN THE SPOTLIGHT

Woodbury University is our college in the spotlight this week. Located in Burbank, California, Woodbury is a small, private university known for its hands-on programs in business, architecture, media, and design. With about 1,000 undergraduates, students get a tight-knit community and work closely with their professors. Woodbury emphasizes creativity, real-world projects, and preparing students for careers right after graduation. The campus is just a few miles from major studios and companies, giving students great opportunities for internships in Los Angeles. If you're looking for a college that combines creativity, business, and professional connections, Woodbury might be a great fit. To learn more, visit www.woodbury.edu

TIGER TUTORING

The Tiger Tutoring Center is now fully staffed with four amazing student tutors! We are open Tuesdays, Wednesdays, and Thursdays from 3:30-4:30 PM in room 604. Our tutors are Iqbal, Samantha, Sienna, and Alexa. We also have a teacher supervisor. Please come in for some help with your homework or test prep!

SENIOR QUOTES

Seniors, your quotes are due by December 1st. bit.ly/seniorquote26

CLUBS:

TABLETOP GAME CLUB

Meets Friday right after school in room 936. Come get your game on.

MEDICAL CLUB

Show support for the Medical Club and Cancer Awareness month. Wear pink on Wednesdays and visit 702 during lunch for candy!



GAMES:

FLAG FOOTBALL

6:00/7:30pm at Twelve Bridges

FROSH FOOTBALL

vs Tokay at 6:00pm

GIRLS TENNIS

3:30pm at Mira Loma. Early release- 2:00pm

WATER POLO

at Mira Loma: JVB at 4:00pm, early release at 2:30pm/ VB at 5:00pm/ VG at 6:00pm