



HAMILTON HIGH SCHOOL

School Community Newsletter

Cris Oseguera, Principal & Boss

Cristina Diaz, Designer & Chief

July 2026

**FIRST DAY OF
SCHOOL
August 11, 2026**

Warm Summer Greetings HHS Families!

We hope you are enjoying your summer and are looking forward to the upcoming school year, which begins on Tuesday August 11! We would especially like to welcome our 9th grade students and families and thank them for having chosen to join our HHS school community and family-Our Class of 2030!

We concluded our previous school year having graduated our largest class is Hamilton High School history and with that special group setting positive high standards and achievements for future classes to emulate and surpass. We are thankful for their shared experience with us and wish them ongoing good fortune and success!

This next year is going to be fantastic and we await the opportunity to celebrate each of our students' as the year progresses! This newsletter contains brief important information and dates to help you plan for the upcoming weeks. As you prepare to come back to school, keep an eye on both our school and district website for important announcements. We will also continue to message through Aeries Communication.

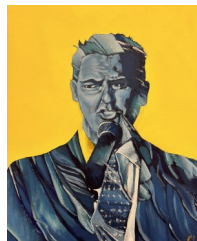
As the new school year approaches, please review our attached school calendar and begin to make plans around the school year dates. We believe regular attendance is vital to continued academic and personal growth and we love to have our students present, active, and involved on a daily basis. We anticipate many amazing and educational activities for our students and we look forward to sharing in the growth our students will experience!

We will see you all soon- Go Braves!

Appreciatively,

Cris Oseguera co20

Principal



Frosh Orientation August 4

Frosh Orientation will be held on August 4, 2026 from 9am to 12pm. We will start in the cafeteria where the Class of 2030 will meet our ASB Officers, receive general school information, and have the opportunity to meet new classmates. Students may also receive their class schedule and tour the school.

Orientation will end around 12pm with a lunch from The Brave Farmer Truck. We hope all Incoming Frosh can attend, but if you already have family plans please don't alter them.



Data confirmation on AERIES Parent Portal opens Saturday, August 1, 2026.

We will once again continue to complete our back to school paperwork electronically through

Aeries Parent Portal starting on August 1st.

You will need to log onto your parent portal to complete this process.

* Log onto your Parent Portal and update/verify your information.

**If your student is new to our district, you will need to create an account in the parent portal. I will be sending out information to all new students which will include instructions and your student's specific information that will link you to your child.

* If new to HHS- Create a Parent Portal starting August 1.

If you already have a student with us, they can be added to the same account. I will send that information out as well. Your student will also need a student portal. They can use the same information to create a Student account.

It is very important that you complete this process prior to the first day of school, which is August 11, 2026, to be completely enrolled. This will fully ensure we have the most up to date information on your student for contacting purposes and in case of an emergency. If your student is out of district and the paperwork is not complete, their Inter-district could potentially be delayed and/or denied.

If you have any questions, please don't hesitate to contact me in the office or via email. (530)826-3261 ext@1009 or crios@hudsdschools.org



URGENT!! If you will be playing a sport this fall as a student-athlete, you MUST complete the following before July 27, 2026:

1. **Have a physical completed and turn in to HHS Office (or upload correctly into AthleticClearance.com).** Physical Forms are available on our webpage under "Athletics" tab or in our office.
2. **Fill out and Complete info on <https://athleticclearance.com/> (Athleticclearance.com).** This **MUST** be done before you will be able to practice or tryout. Be sure to pick "Hamilton High School" from Hamilton City and "2026-27."
3. Complete any additional paperwork, as needed. For example, complete your Parent Portal and Data Confirmations in Aeries and any other requested forms.
4. **Tryouts and/or practices begin on Monday July 27.** you will be unable to physically participate if a physical and athletic clearance are not completed.

Summer Sports Workout INFO- These are Voluntary, but recommended. (Subject to Coaching updates).

****Volleyball** will hold Open Gym's M-F beginning July 13 at 3:30-5:30pm. Tryouts for JV and Varsity will be Monday July 27 at 5:15-7:15pm.

****Football** holds workouts on field Tuesday- Wednesday-Thursday for Frosh/new to football 6-7pm; Returning Players Workout 5-6pm plus field work.

We are looking forward to seeing all of you ready to participate on July 27! Please be sure to get your physicals complete **AND** complete [Athleticclearance.com](https://athleticclearance.com/) **AND** also your Parent Portal and Data Confirmations.

Go Braves! Mr. O



Heat Awareness and Safety Tips

Summer Heat is Here!! Here are some tips to stay safe during extreme heat:

Stay cool: Stay in air conditioning or a cool place, like a mall or library or your home. You can also use a fan to circulate air, but don't point it at yourself if the room is hotter than 90°F. Take cool showers or baths, or keep your skin wet with a damp sponge or spray bottle.

Stay hydrated: Drink plenty of water, even if you're not thirsty, especially if you're outside or active. Avoid sugary, caffeinated, and other non-healthy drinks. If you have a fluid restriction or fluid retention issues, consult your doctor before increasing your fluid intake.

Protect your skin: Wear loose, lightweight, light-colored clothing, a wide-brimmed hat, and sunscreen with a high SPF.

Limit outdoor activity: Avoid the hottest part of the day, and try to stick to morning and evening hours. If you must be outside, take frequent breaks in shady or air-conditioned areas to rest and let your body cool down.

Consider others: Check on family, friends, and neighbors, and watch for signs of heat illness. Also, don't leave people or pets in a closed car, even for a short time.

Remember that we can all help each other with staying safe and being aware. Show your compassion by reaching out to loved ones during the summer heat!

**FREE Community BBQ at Hamilton High
Saturday, July 18, 2026, 12pm-3pm**

Come join us for a day of good old-fashioned fun, visiting with friends and family. Enjoy a BBQ with salads, chips, and cold drinks. There will be a water slide, dunk tank, and a spray down for anyone that wants to cool off. You can also play volleyball, badminton, core hole, all while making new friends. We will also have live music by local musicians for your entertainment.

This even is sponsored by the churches in Capay and Hamilton City with support from the Hamilton City Lions Club, Capay Rancho Women's Club, Outreach to Outcomes, and Hamilton High School. Our goal is to show friendship and love to all brothers and sisters.

Grab your neighbors and join us at the Hamilton High School starting at 12pm to 3pm, BBQ will begin at 12:30pm.

This is a FREE Event!!!
For more information call (707)362-0750.

