

Foothill Technology High School Bulletin

February 14, 2018

IMPORTANT DATES and REMINDERS

February 14th – NO FIRE

February 15th and 16th – Festival of Talent Auditions –
Buena High School Auditorium

February 16th – Lincoln’s Birthday – NO SCHOOL

February 19th – President’s Day – NO SCHOOL

February 21st – Junior Parent Night – 6:15-7:30PM

Students/Faculty

Yearbook – Is taking friend pictures for the Yearbook on February 15th in D-105 or Frazier’s room.

The Special Ed Department - Is collecting new stuffed animals and baby blankets for My Stuff Bags organization. The collection starts now and will go until April 20. Please drop off any new stuffed animals or baby blankets in room F109. The items collected will go towards a special bag made for children in need. Please see Mrs. Concepcion if you have any questions.

Yearbook – Any Ventura or Buena music students send pictures of music performances or practices to Yearbook at ftshyrbk@gmail.com or to Mr. Frazier I D-105.

Mindfulness - Foothill will be offering a 9-week Mindfulness course during FIRE on Tuesdays and Thursdays, starting next week, February 20.

So, what is mindfulness? Mindfulness is paying attention to our experience in a way that allows us to respond rather than react. It is a quality of inner-stillness that is always available, even when our life or circumstances feel out of control and chaotic. We spend a lot of time developing our intelligence in school, and strengthening our bodies through sports and exercise. But we give our mind very little attention. When we develop and strengthen our mind we are increasing our ability to focus, recognize and manage our emotions, make better decisions, balance our busy lives, and empathize in our relationships.

If this sounds like something you would be interested in learning, please sign up on Thursday at lunch in the quad. There are only 30 spots available and it is open to anyone who is not currently enrolled in FIRE.”

Love writing, art, or photography? Journalism might be for you. Applications for next school year’s Foothill Dragon Press staff are now open. Apply to be a part of this nationally recognized publication by visiting Mr. Li’s room I-107 or Mr. Li’s wiki. All applications are due on Feb. 23.

Bioscience - Are you interested in joining Bioscience? There is a Bioscience application meeting during lunch Feb. 13th and Thursday Feb 15 in Mrs. Anderson’s room in E104. You must attend one of the two meetings to apply! Come learn about the program. If you cannot make it to one of the two meetings, make an appointment with Mrs. Anderson this week.

Attention AP Students - This Thursday (Feb 15th) is a due date to pay for an AP Exam. Everything is done at the Student Store and this is also where you can get a form for reduced fees and/or a PFSO Scholarship form. The completed forms **MUST** be turned in to the student store by the End of School on Thursday.

Extended Hours in the Media Center - Thursday from 4:00-7:00 pm; start Quarter Three strong with some free tutoring or get your homework done for the three-day weekend!

Matchmakers – Are here and are ready to be purchased. Come to the Student Store to buy it, and then go pick it up at the Stage during lunch on thru 2/15.

Career Exploration Test: Students interested in Career Exploration can register for the **March 3rd ASVAB** which helps students identify their interests and provides them with information about their Verbal, Math, Science, and Technical skills. **Sign up in the Media Center and grab a Parent Permission Slip too!**

Media Center-Community Service, Career, College and Book News

For more detailed information please visit our [bi-weekly newsletter](#)

Community Service News

- The Friends of the Library are having a book sale on February 17th at E.P. Foster library/ Topping Room. We need help from 8:45 am until 4pm but particularly between 8:45 and 11 & then from 2pm - 4pm. All set up will be on Friday February 16th. We may have volunteer hours that day also. We understand it is a school holiday. Of course students are welcome to stay the entire day as we have work for them to do but we **ESPECIALLY** need help for those time periods. If afternoon students want to arrive at 12:00 and stay till 4pm that would be fine. Students may contact me at thomskate@gmail.com or 805 750 6630.

Volunteer(s) of the Month

Congratulations to our February Volunteers of the Month:

Kainoa Barrios
Corinna McCoy
Amanda Roll

Scholarship News

- Please visit the scholarship list we have compiled: <https://docs.google.com/spreadsheets/d/1eL6NKwpYeML85TSM92OIXHJn1HTbBSQ3PMtxpy39MxM/edit#gid=38022808> to explore options of scholarships you may be qualified to apply to. Students are welcome to use the media center to print scholarships they are interested in but currently we do not have copies for each one (there are so many). Check quickly as several have Jan 31st and Feb 2nd deadlines.

Career News

Students interested in Career Exploration can register for the **March 3rd ASVAB** which helps students identify their interests and provides them with information about their Verbal, Math, Science, and Technical skills. FTHS is hosting an **informational night for parents** on **Tuesday, February 20th at 6:00 PM**, regarding the student ASVAB experience. Taking the ASVAB in no way obligates a student to join the military, and the results of the test may be informative for your student's future career choices. See Ms. Nordin with any questions.

Career Speakers

Profession	Contact	Contact's Email	Date of Visit	Day	Time	Location
Youth Employment Opportunity Program	Alexis Ortiz	aleixs.ortiz@edd.ca.gov	2/15/18	Thursday	11:15 AM	media center

FAFSA: <https://fafsa.ed.gov/> Must be completed by March 2nd, 2018

ATHLETICS

For Additional Info, Check Each Team's Webpage on the Foothill Website

DATE	EVENT	GAME LOCATION	ADMISSION	CLASS RELEASE TIME	DEPARTURE TIME
Wed, 2/14	Boys Basketball CIF-SS Div. 5AA 1 st Round playoff HOME vs. Le Lycee, 7:30pm	Ventura College Athletic Event Center	CIF Prices: \$10 General \$5 Student w/ID <i>Only approved CIF passes accepted</i> \$2 parking on-campus	No early release	n/a
Wed, 2/14	Boys Soccer CIF-SS Div. 7 Wild Card playoffs @ Don Bosco Tech, 3pm	Don Bosco Tech HS, Rosemead	n/a	11:35am	11:45am bus
Wed, 2/14	Girls Water Polo CIF-SS Div 5 1 st Round playoffs @ Moorpark, 3:30pm	Body Xchange Sports Club, 543 W Los Angeles Ave, Moorpark	n/a	1:35pm	1:45pm bus?
Thurs, 2/15	Girls Basketball CIF-SS Div. 4AA 1 st Round playoffs HOME vs Nipomo, 7pm	Ventura College Athletic Event Center	CIF Prices: \$10 General \$5 Student w/ID <i>Only approved CIF passes accepted</i> \$2 parking on-campus	No early release	n/a
Thurs, 2/15	Girls Soccer CIF-SS Div. 6 1 st Round playoffs HOME vs. TBA, 5:00pm	Ventura College stadium	\$2 parking on-campus	No early release	n/a

CAFETERIA MENU

Breakfast Special – Entrée/Cereal/a Side and Milk - \$2.00

Lunch Special –Entree/ 3-Sides and Milk - \$3.50

MondayOrange Chicken

TuesdayChicken Taquitos with Refried Beans

Wednesday.....Garlic Butter Pasta with Chicken

Thursday.....Chicken Alfredo

FridayLincoln's BD -NO SCHOOL