

Mission Oak High School

February 10-14, 2025



Greetings Hawk Community

Greetings Hawk Community,

We have made it through another week and moving into a three day weekend! Enjoy the extra day of rest as we honor President Lincoln's Birthday.

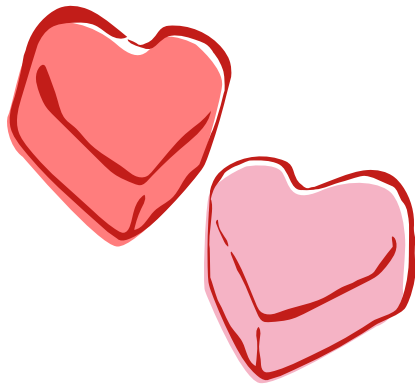
Next week, progress reports will be going out via regular mail. This is a good opportunity to see how your child is doing academically. If you have any questions or concerns, please reach out to the teacher.

This weekend are the last two performances of the musical Chicago by our Drama team. See the schedule below, if you have not gone to see it, go this weekend. Our students are absolutely amazing performers!

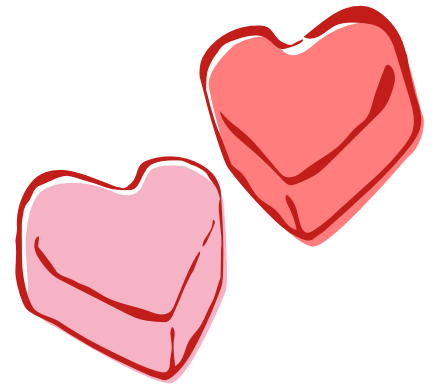
Enjoy the three day weekend and we look forward to seeing our students back on Tuesday!

Mr. Carrasco





IMPORTANT UPCOMING DATES



- Feb. 10 - Lincoln's Birthday - School Holiday (No School)**
- Feb. 11-12 - Incoming 9th Grade Registration (see schedule below)**
- Feb. 14 - Senior Group Picture and Senior Portraits Make-up**
- Feb. 17 - President's Day - School Holiday (No School)**
- Feb. 19 - Make-up Registration for Incoming 9th Graders (see schedule below)**
- Feb. 25 - Aquatic Complex Ribbon Cutting Ceremony**
- Feb. 26 - School Site Council in the Admin 2 Room @ 3:45 PM**

Read more on

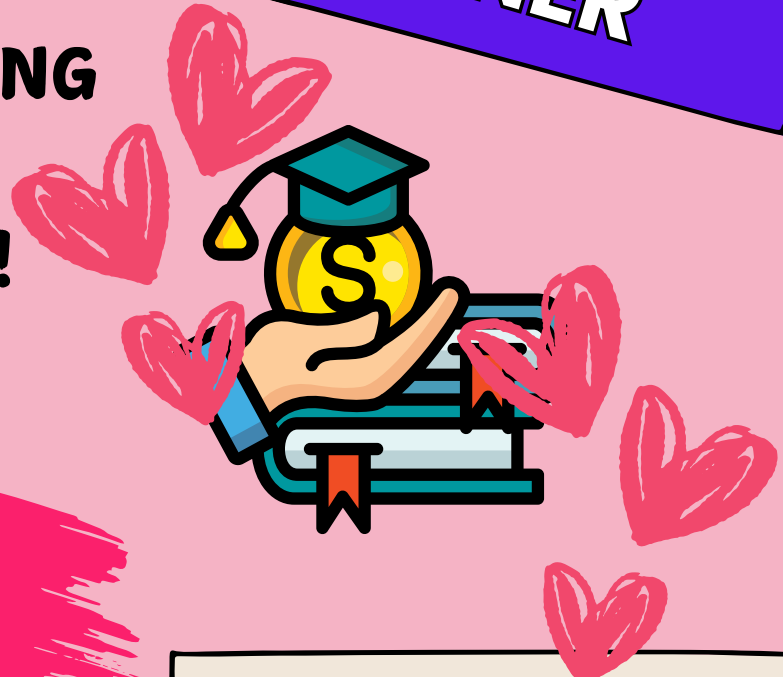
<https://mohs.tjuhsd.org/Events>



Follow

THE COUNSELING NEST ON INSTAGRAM!

COUNSELING CORNER



“If you are applying for scholarships, you must bring in a **PHYSICAL** copy. See Mrs. Aguilar in the Career Center if you have any questions.”

**APPLICATION
OPENS
Dec. 1ST - March 3rd
FOR FINANCIAL AID**



**Financial Aid
Friday**

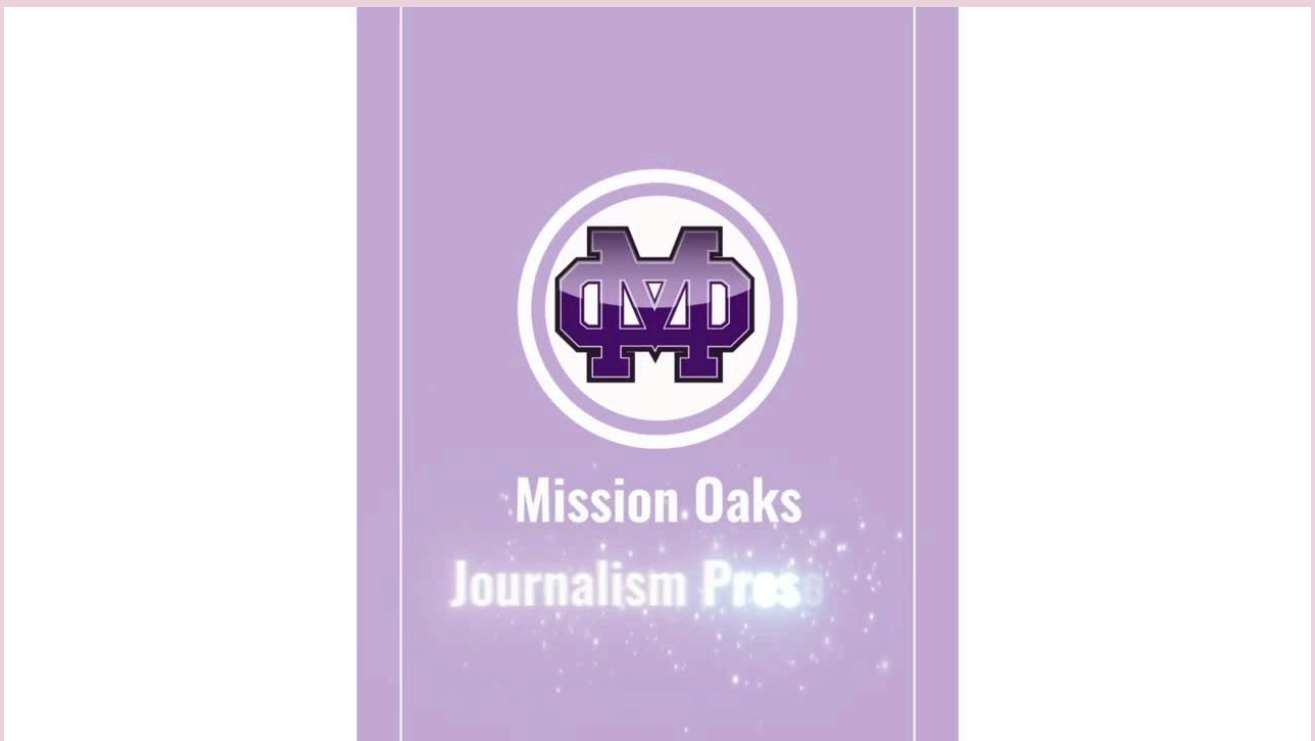
Counselors are still available in the **LIBRARY** every Friday, beginning Dec 6th from 9:30am-4:30pm to help with Financial Aid Applications.

KSEE 24 Interviews Hawks for Character Counts!



We want to congratulate Peter Portillo and Mariano Pinto Lema for exhibiting character counts here at Mission Oak and being interviewed by reporters at KSEE 24. Their interview will air LIVE on Feb. 18th on KSEE 24. GO HAWKS!

Check out Journalisms Latest Talon Review!





Incoming Ninth (9th) Grade Students (Class of 2029)

If you know of a student who is currently in eight grade and will start as a ninth grader in August 2025 at Mission Oak, it is time to get registered for classes! Check out the schedule below for dates and times. Call the counseling office with any questions.

Mission Oak High School		
Google Meets Link https://url.tjuhsd.org/moreg		
Rally Night; HAWK Nation Celebration	Tuesday, 11/19/24	5:30 - 7:00PM / Main Gym
Alpine Vista (Last Names: A-L)	Tuesday, February 4, 2025	3:30 - 6:00PM Via Google Meet
Alpine Vista (Last Names: M-Z)	Wednesday, February 5, 2025	3:30 - 6:00PM Via Google Meet
Pixley	Thursday, February 6, 2025	9:00AM - 3:30PM In Person (Pixley Middle School)
Pixley & Tipton	Tuesday, February 11, 2025	3:30 - 6:00PM Via Google Meet
Cherry, Live Oak, Liberty, Los Tules, Palo Verde, Mulcahy, St. Aloysius, Buena Vista, Sundale	Wednesday, February 12, 2025	3:30 - 6:00PM Via Google Meet
MAKE-UP REGISTRATION	Wednesday, February 19, 2025	8:00AM - 12:00PM & 1:00 - 3:00PM In Person & Via Google Meets

(559) 687-7308

Please contact the Counseling Office if you have any questions.

MISSION OAK HIGH SCHOOL IS OFFERING



BUSINESS 174 & 181

MARKETING PRINCIPLES/ INTRO TO ENTREPRENEURSHIP

COS DUAL ENROLLMENT CLASS OFFERED TO JUNIORS AND SENIORS. TAKE A COLLEGE COURSE ON CAMPUS & EARN COLLEGE CREDIT

BUS 174

- **INTRODUCTION TO FUNDAMENTAL MARKETING CONCEPTS**
- **PLANNING, PRODUCING, STORING, PROMOTING, SELLING, AND DISTRIBUTING COMMODITIES**
- **FOCUS ON MARKET RESEARCH AND SEGMENTATION**
- **UNDERSTANDING CONSUMER BEHAVIOR**
- **DEVELOPING MARKETING PLANS**
- **EXPLORING ADVANCEMENTS IN E-BUSINESS AND THE INTERNET**



MUST HAVE A 3.0 GPA

BUS 181

- **UNDERSTANDING COMPLEX TASKS IN ENTREPRENEURSHIP**
- **DEVELOPING A BUSINESS IDEA**
- **PROCESS OF STARTING A BUSINESS**
- **ACQUIRING RESOURCES**
- **KEY COMPONENTS OF A BUSINESS PLAN**



COLLEGE OF THE SEQUOIAS



FAMILY ENGAGEMENT WORKSHOPS

Presented by PIQE

TUESDAY | FEBRUARY 11
6:00 PM

Principal Isidro Carrasco invites you to these workshops.

This 8-week Signature Family Engagement Program is meticulously crafted to empower families to become integral contributors to their children's educational journey.

What We Offer:

- Strategies to bolster your children's social and emotional well-being.
- Digital literacy skills essential for supporting your children's academic success.
- Expert guidance on navigating educational systems to enhance your children's learning experience.
- Insights into higher education pathways and opportunities.
- Specialized support for families seeking to build confidence and knowledge in facilitating their children's educational progress.

FOR MORE INFORMATION CONTACT:

Ivon Alcantar
Associate Director
ialcantar@piqe.org | (559) 240-7407



Mission Oak High School- In front of the Admin Office
Tipton Elementary School- In the community room
Pixley Middle School- Room 604



PROGRAMA DE INVOLUCRAMIENTO FAMILIAR

Presentado por PIQE

MARTES | 11 DE FEBRERO
6:00 PM

¡El Director Isidro Carrasco

El Programa de Involucramiento Familiar, con duración de 8 semanas, ha sido cuidadosamente diseñado para brindar a las familias herramientas y conocimientos que les permitan participar activamente en la educación de sus hijos.

LO QUE OFRECEMOS:

- Estrategias para fortalecer el bienestar social y emocional de sus hijos
- Habilidades digitales esenciales para apoyar el éxito académico de sus hijos
- Orientación experta para navegar los sistemas educativos y mejorar la experiencia de aprendizaje de sus estudiantes
- Información sobre las opciones y oportunidades disponibles en la educación superior
- Apoyo especializado para familias que deseen desarrollar su confianza y conocimiento para ayudar a sus hijos en su recorrido académico

PARA MAYORES INFORMES COMUNICARSE CON:

Ivon Alcantar
Directora Asociada
ialcantar@piqe.org | (559) 240-7407



Mission Oak High School- Frente a la oficina de administración
Tipton Elementary School- En la sala comunitaria
Pixley Middle School- Salon 604

Conéctese Con Nosotros



www.PIQE.org



@PIQEUSA

Are you a Junior or Senior?

Earn 80 to 100
Community Service
hours!

**SCICON
COUNSELORS WANTED**

More Information in
the Post Below

We are seeking student counselors to chaperone Alpine Vista to SCICON during the month of March.

There are two separate dates available for you to choose from.

March 3rd-7th OR March 24th-28th

Please reach out to Mrs. Martinez in the Counseling Center or email her at Valerie.Martinez@tulare.k12.ca.us for further details and questions.

MO Tutoring Schedule 2024/2025

If you need tutoring, please see the **NEW** schedule below to get the extra help you need.



Tutoring Schedule
2024/2025

Subject	Teacher	Classroom	Days	Times
English/ Psychology	Doctor Luttrell	206	Monday Tuesday Wednesday Thursday Friday	Lunchtime Lunchtime Lunchtime Lunchtime Lunchtime
History/AP Human Geo.	Mr. Rice	P10	Monday Wednesday Friday	Lunchtime Lunchtime Lunchtime
Math	Mrs. Setser	100	Tuesday	3:45-5:15
	Ms. Ramirez	105	Thursday	3:45-5:15
	Mr. Soleno	504	Monday Tuesday Wednesday Thursday Friday	Lunchtime Lunchtime Lunchtime Lunchtime Lunchtime
	Mr. Duffek (All Levels of Math and Engineering)	503	Monday Tuesday Wednesday Thursday Friday	Lunchtime and after school by appointment Lunchtime and after school by appointment Lunchtime and after school by appointment Lunchtime and after school by appointment Lunchtime and after school by appointment
Science	Mrs. Edmond	123 (A Days) 503 (B Days)	Monday Tuesday Wednesday Thursday Friday	Lunchtime and 3:30-5:00 Lunchtime and 3:30-5:00 Lunchtime and 3:30-5:00 Lunchtime and 3:30-5:00 Lunchtime and 3:30-5:00
	Mr. Conn	122	Tuesday Thursday	3:30-4:00 3:30-4:00
	Mr. Martin	124	Monday Tuesday Wednesday Thursday	Lunchtime Lunchtime Lunchtime Lunchtime
	Mrs. Buchanan	117	Tuesday	Lunchtime
Art and Open Tutoring	Mrs. Boen	604	Tuesday Wednesday Thursday	Lunchtime and 3:30-5:30 Lunchtime and 3:30-5:30 Lunchtime and 3:30-5:30
SPED	Ms. Galindo Ms. Nadler Mrs. Damron Ms. Orozco	115 114 P3 116	Monday Tuesday Wednesday Thursday	Lunch time Lunch time Lunch time Lunch time

*Note: XL Tutoring is available in the mornings from 7:00am-8:15 in the Library and after school from 3:45-5:30.

Congrats to our 745 students who made the Honor Roll! The following letter is going out soon to those families along with the bumper sticker!



Your Mental Health MATTERS



Are you or someone you care about struggling with Mental Health?

- Persistent sadness that lasts two weeks or more
- Withdrawing from or avoiding social interactions
- Hurting oneself or talking about hurting oneself
- Talking about death or suicide
- Outbursts or extreme irritability
- Out-of-control behavior that can be harmful
- Drastic changes in mood, behavior or personality

- Changes in eating habits
- Unexplained weight loss/gain
- Difficulty sleeping
- Frequent headaches or stomachaches
- Difficulty concentrating
- Changes in academic performance
- Avoiding or missing school



**COMMON
WARNING
SIGNS**

Healthy ✓

- Deep breathing & relaxation strategies
- Make a gratitude list or Journal
- Creative expression (art, music or dance)
- Do something you love!
- Spend time with loved ones
- Change or reframe your thoughts
- Movement (walking, sports, exercise)
- Cry, laugh, scream - allow yourself to feel
- Take care of yourself (eat healthy foods, get plenty of sleep, etc.)
- Enjoy time in nature
- Take a break from social media/technology
- Reach out to a trusted adult

Unhealthy ✗

- Using drugs or alcohol /self-medicating
- Engaging in self-harm
- Hurting others (violence and abuse)
- Ignoring or bottling up your feelings
- Continuing to make the same choices even when the consequence is unhelpful or hurtful to you or someone else
- Disconnecting or detaching from your thoughts, emotions, sensations, body or surroundings
- Making little problems or worries seem like big problems
- Withdrawing, keeping to yourself and avoiding others

**MENTAL HEALTH SCHOOL-
BASED RESOURCE**



Please reach out to your School Social Workers to request an appointment to check-in. If you are unsure who they are, here is our information:

Mrs. Madrigal (brenda.madrigal@tulare.k12.ca.us)

Ms. Sandy (sandy.badgerj@tulare.k12.ca.us)



Mrs. Madrigal



Ms. Sandy

**Self Referral
QR CODE**



Tu Salud Mental IMPORTA



¿Está usted o alguien que le importa luchando con la salud mental?

- Tristeza persistente que dura dos semanas o más
- Retirarse o evitar las interacciones sociales
- Hacerse daño o hablar de hacerse daño
- Hablando de muerte o suicidio
- Arrebatos o irritabilidad extrema
- Comportamiento fuera de control que puede ser dañino
- Cambios drásticos en el estado de ánimo, el comportamiento o la personalidad
- Cambios en los hábitos alimenticios
- Pérdida/ganancia de peso inexplicable
- Dificultad para dormir
- Dolores de cabeza o de estómago frecuentes
- Dificultad para concentrarse
- Cambios en el rendimiento académico
- Evitar o faltar a la escuela



SEÑALES DE
ADVERTENCIA
COMUNES

Saludable ✓

- Estrategias de relajación y respiración profunda
- Haz una lista de gratitud o un diario
- Expresión creativa (arte, música o danza)
- ¡Haz algo que ames!
- Pasa tiempo con tus seres queridos
- Cambia o replantea tus pensamientos
- Movimiento (caminar, deportes, ejercicio)
- Llorar, reír, gritar - permítete sentir
- Cuidese (coma alimentos saludables, duerma lo suficiente, etc.)
- Disfruta del tiempo en la naturaleza
- Tómese un descanso de las redes sociales/tecnología
- Acude a un adulto de confianza

Malsano ✗

- Consumir drogas o alcohol/automedicarse
- Participar en autolesiones
- Lastimar a otros (violencia y abuso)
- Ignorar o reprimir tus sentimientos
- Continuar tomando las mismas decisiones incluso cuando la consecuencia es inútil o dañina para usted o para otra persona.
- Desconectarse o desapegarse de sus pensamientos, emociones, sensaciones, cuerpo o entorno
- Hacer que los pequeños problemas o preocupaciones parezcan grandes problemas
- Retirarse, guardarse para uno mismo y evitar a los demás.

RECURSO ESCOLARE DE
SALUD MENTAL



Comuníquese con los trabajadores sociales de su escuela para solicitar una cita para registrarse. Si no estás seguro de quiénes son, aquí tienes nuestra información:

Sra. Madrigal (brenda.madrigal@tulare.k12.ca.us)

Sra. Sandy (sandy.badgerj@tulare.k12.ca.us)



Mrs. Madrigal



Ms. Sandy

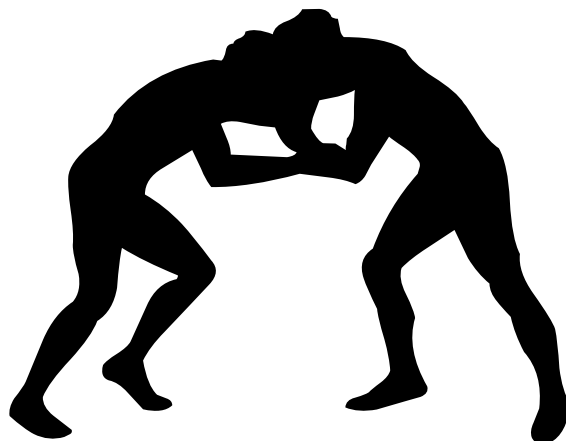
CÓDIGO QR DE
AUTOREFERENCIA



SPORTS

Please click on the link below to see the calendar for the athletic competitions.

<https://missionoakathletics.com/main/calendar?>

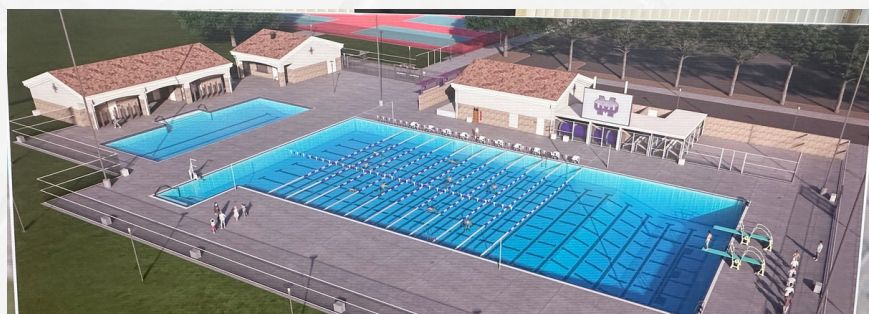




**Mission Oak High School
Aquatic Complex
Ribbon Cutting Ceremony**

Join us for this historic
event on ...

**February 25, 2025
4:30 PM**





LEAVE A LEGACY

In November of 2023, the Tulare Joint Union High School District and various community partners broke ground on a 50 meter Aquatics Complex at Mission Oak High School. The Aquatics Complex will serve as a focal point for student athletics and a hub for community engagement. The shared space will be available to local swim clubs and community groups. It will also allow the City of Tulare and the Chamber of Commerce to explore hosting larger competitive events to draw dollars into the economy. This is a major project that will leave a legacy of health, athleticism, student opportunity, and economic growth for the community.

The Tulare High School Foundation has pledged to fund a large shade structure for the spectator bleachers. You can help us and leave a lasting legacy by purchasing a customized engraved brick that will be installed around the complex entrance. Promote your business, honor a family member, share a quote, leave a positive message for students...it's up to you! You can even add your logo or create a custom "array" of multiple bricks. With prices starting at \$100, we hope that every business, family, or community member will be able to find a way to support this amazing project!



**DESIGN
& PAY
ONLINE**



Scan the QR code or
go to the website address
below and click the brick!

www.tularehsf.org/aquatics-complex

BUILDING THE FUTURE BRICK BY BRICK

SINGLE BRICKS

PRICE	BRICK SIZE	BRICK TYPE
\$100	4" x 8"	Text Only
\$105	4" x 8"	Text + Logo
\$155	4" x 8"	Text + Custom Logo
\$500	8" x 8"	Text Only
\$505	8" x 8"	Text + Logo
\$555	8" x 8"	Text + Custom Logo
\$1000	12" x 12"	Text Only
\$1005	12" x 12"	Text + Logo
\$1055	12" x 12"	Text + Custom Logo

MAXIMUM CHARACTERS & LINES

4" x 8" Bricks	3 Lines, 18 Characters per Line
8" x 8" Bricks	6 Lines, 18 Characters per Line
12" x 12" Bricks	10 Lines, 23 Characters per Line
4 Brick Array	12 Lines, 36 Characters per Line
6 Brick Array	12 Lines, 54 Characters per Line
9 Brick Array	18 Lines, 54 Characters per Line

GOT A GREAT LOGO? CREATE A CUSTOM ARRAY!

An array consists of your text and/or logo engraved over a number of bricks and is perfect for businesses.



PRICE	ARRAY SIZE	BRICK TYPE
\$1500	(4) 8" x 8"	Text Only
\$1555	(4) 8" x 8"	Text + Custom Logo
\$2000	(6) 8" x 8"	Text Only
\$2055	(6) 8" x 8"	Text + Custom Logo
\$2500	(9) 8" x 8"	Text Only
\$2555	(9) 8" x 8"	Text + Custom Logo

LOGO VS CUSTOM LOGO

Text + Logo allows you to choose from many different stock symbols like these.



Text + Custom Logo allows you to upload your own logo.

Logos and text will be centered on your brick or array by the vendor.

NEED HELP?

TRACEY DOMINGUES
559.688.2021



The Tulare High School Foundation was specifically established to be a tax-deductible means for businesses and individuals to support Tulare Joint Union High School District and its Schools, Clubs, Teams, Academies, and other sanctioned organizations and activities, like FFA and Band. Funds raised by the Tulare High School Foundation can be used for the purchase of equipment, supplies, instruments, and experiences that are not covered by the district budget. Our goal is to be a portal through which individual and corporate funds can be distributed as grants to students or staff who apply.

PO BOX 2131 • TULARE, CA 93275 • 501(c)(3) ORGANIZATION TAX ID# 77-0520289 • www.tularehsf.org

Community Schools Partnership Program



What are Community Schools?

The Tulare Joint Union High School District Community School Partnership Program is here to support our students and families by enhancing educational opportunities and fostering community engagement. Our program is dedicated to creating a connected and supportive learning environment where every student can thrive.

If you identify a student that needs resources, scan the QR code to complete a referral!!

Benefits:

- Community Resources
- Respond to Student Needs
- Address Learning Barriers
- Student Attendance

Other Services:

- Food
- Employment
- Mental health
- School and Hygiene supplies
- Housing
- And Other Services

For more information:

Jesse Ruvalcaba

jesse.ruvalcaba@tulare.k12.ca.us

(559) 687-7308 Ext: 2448



Community School
Coordinator Referral

Escuelas Comunitarias



¿Qué son las escuelas comunitarias?

El Programa de Asociación Escolar Comunitaria del Distrito Escolar Secundario Conjunto de Tulare está aquí para apoyar a nuestros estudiantes y familias mejorando las oportunidades educativas y fomentando la participación comunitaria. Nuestro programa está dedicado a crear un entorno de aprendizaje conectado y de apoyo donde cada estudiante pueda prosperar.

Si identificas a un estudiante que necesite recursos, escanea el código para completar una referencia!!!

Beneficios:

Recursos Comunitarios
Enfoque en las necesidades de los estudiantes
Sobresalir las barreras de aprendizaje
Asistencia estudiantil

Otros Servicios:

Comida
Trabajo
Salud mental
Asistencia Pública
Vivienda
Entre otros servicios

For more information:

Jesse Ruvalcaba

jesse.ruvalcaba@tulare.k12.ca.us

(559) 687-7308 Ext: 2448



Referencia para el coordinador de escuelas comunitarias

CAPTURE YOUR MEMORIES IN THIS YEAR'S MISSION OAK HIGH SCHOOL YEARBOOK!

treering

10% off
purchase by
October 31



Customize Your 2 Free Pages

Add photos from your computer, Facebook, Instagram, Google Drive & more.

Answer fun Memory Questions to help remember the year.

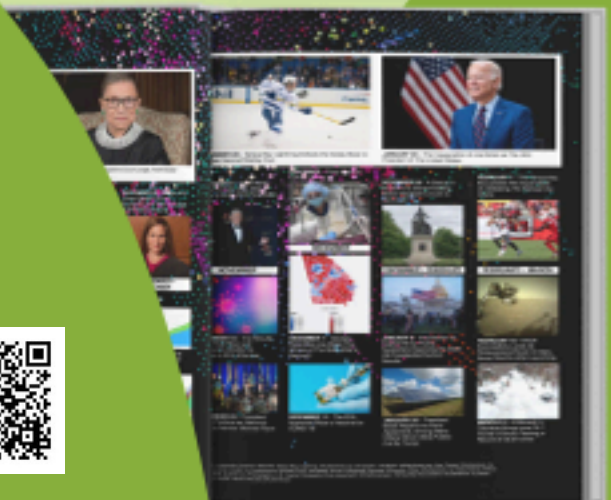
The 2 Custom Pages are FREE and are printed ONLY in your book. Want more pages? Each additional 2 pages is just \$1.99.

To Purchase & Customize Your Yearbook, Use The QR Code Below, or:

Must be a parent or student 13 years or older.

1 Go to: www.treering.com/validate

2 Enter your school's passcode:



Regular price: **\$64.66**

*Does not include sales tax, if applicable

Create Custom Pages by: **Apr 4**