

# Mission Oak High School

February 17-21, 2025



## Greetings Hawk Community

Greetings Hawk Community,

Welcome to this week's edition of our school newsletter! I hope you had a chance to see the musical performance of Chicago by our Drama students, it was amazing! Congratulations to them all for six great shows!

This newsletter is a great way for us to share some of the highlights of the week, keep you informed about important dates and deadlines, and celebrate the accomplishments of our students and staff. As always, thank you for your continued support of our school community. We value your partnership in providing the best possible education for our students. I encourage you to take a few minutes to read through the updates and stay connected.

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

Mr. Carrasco



 **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.**

# **IMPORTANT UPCOMING DATES**



**Feb. 14 - Senior Group Picture and Senior Portraits  
Make-up**

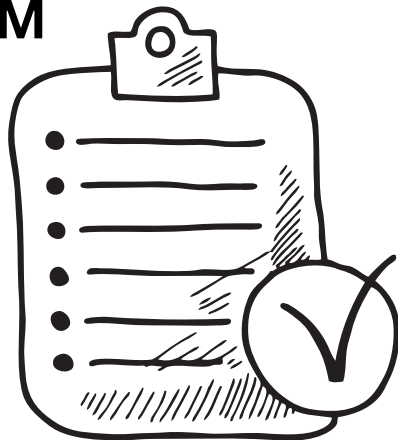
**Feb. 17 - President's Day - School Holiday (No  
School)**

**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>





**Early this weekend, our fellow ASB students drove up to Pasadena High School to deliver all the items donated to help.**

**In total, they have raised approximately \$15,000 in total of donations.**



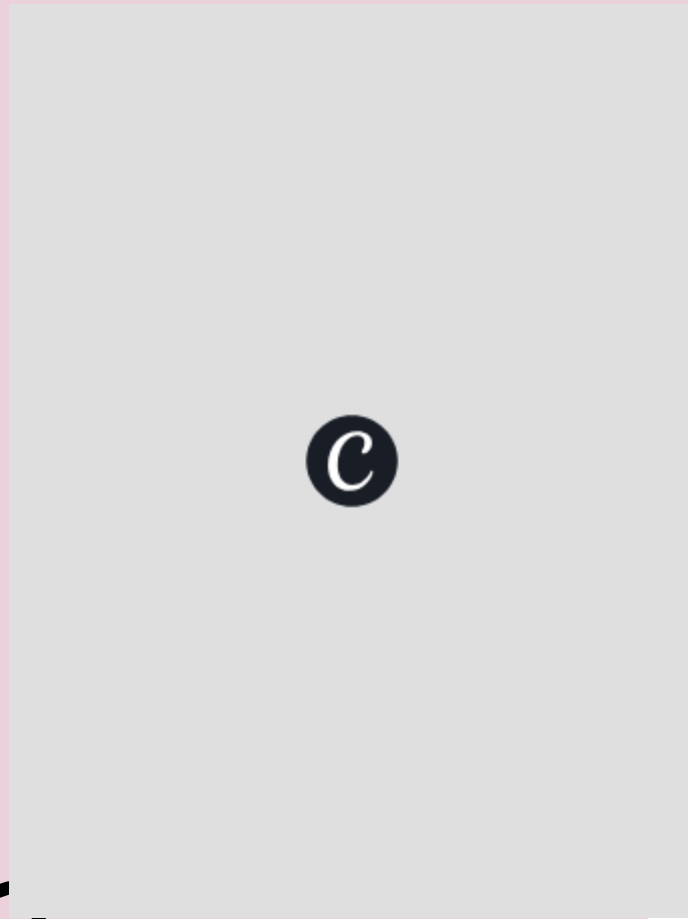
# Michael Duarte

## WINS LIONS CLUB SPEECH CONTEST

LAST WEEK MICHAEL DUARTE AND MADDIE CARTER COMPETED IN THE LIONS CLUB SPEECH CONTEST. MICHEAL DUARTE TOOK HOME FIRST PLACE, MAKING MISSION OAK PROUD. GO HAWKS!



**Check out Journalism's  
Latest Digital Magazine!  
(Click on image for link)**





2025-2026

CASB  
TTT

APPLICATION FOR  
INCOMING FRESHMEN

**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**



# Mission Oak - CAASPP Testing Calendar 2025



<p><b>April 28-A</b></p> <p><b>Day 2 - CAASPP ELA</b></p> <p>CAST Science Sophomores in Science Classes</p> <p><b>SPED- ELA</b></p>	<p><b>April 29-B</b></p> <p><b>Day 2- CAASPP ELA</b></p> <p>CAST Science Sophomores in Science Classes</p> <p><b>Sped- ELA</b></p>	<p><b>April 30 - A</b></p> <p><b>Day 3- CAASPP ELA</b></p> <p>CAST Science Sophomores in Science Classes</p> <p><b>Sped- Cast</b></p>	<p><b>May 1 - B</b></p> <p><b>Day 3- CAASPP ELA</b></p> <p>CAST Science Sophomores in Science Classes</p> <p><b>Sped- Cast</b></p>	<p><b>May 2 A</b></p> <p><b>Day 4-CAASPP English Makeups in English Classes</b></p> <p><b>SPED-Makeups</b></p>
<p><b>May 5 - B</b></p> <p><b>AP Testing</b></p> <p><b>Day 4- CAASPP English Makeups in English Classes</b></p> <p><b>CAASPP/CAST Make ups</b></p>	<p><b>May 6 - A</b></p> <p><b>AP Testing</b></p> <p><b>CAASPP/CAST Make ups</b></p>	<p><b>May 7 - B</b></p> <p><b>AP Testing</b></p> <p><b>CAASPP/CAST Make ups</b></p>	<p><b>May 8 - A</b></p> <p><b>AP Testing</b></p> <p><b>CAASPP/CAST Make ups</b></p>	<p><b>May 9 - B</b></p> <p><b>AP Testing</b></p> <p><b>CAASPP/CAST Make ups</b></p>
<p><b>May 12 - A</b></p> <p><b>AP Testing</b></p>	<p><b>May 13 -B</b></p> <p><b>AP Testing</b></p>	<p><b>May 14 - A</b></p> <p><b>AP Testing</b></p>	<p><b>May 15 - B</b></p> <p><b>AP Testing</b></p>	<p><b>May 16 - A</b></p> <p><b>AP Testing</b></p>

## April/May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	April 1	April 2	April 3	April 4
April 7	<p>April 8-A</p> <p><b>Day 1- CAASPP Math</b></p> <p><b>SPED- Math</b></p>	<p>April 9-B</p> <p><b>Day 1- CAASPP Math</b></p> <p><b>SPED- Math</b></p>	<p>April 10-A</p> <p><b>Day 2- CAASPP Math</b></p> <p><b>SPED- Math</b></p>	<p>April 11-B</p> <p><b>Day 2- CAASPP Math</b></p> <p><b>Sped- Math</b></p>
April 14- A	April 15 -B	April 16 -A	April 17 -B	April 18 -A
April 21 -B	<p>April 22 -A</p> <p><b>Day 3- CAASPP Math Makeups in Math Classes</b></p> <p><b>SPED- Math Makeups</b></p>	<p>April 23 - B</p> <p><b>Day 3- CAASPP Math Makeups in Math Classes</b></p> <p><b>SPED- Math Makeups</b></p>	<p>April 24 - A</p> <p><b>Day 1- CAASPP ELA</b></p> <p><b>SPED- ELA</b></p> <p>CAST Science Sophomores in Science Classes</p>	<p>April 25- B</p> <p><b>Day 1- CAASPP ELA</b></p> <p><b>SPED- ELA</b></p> <p>CAST Science Sophomores in Science Classes</p>



# 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 <a href="https://url.tjuhsd.org/moreg">https://url.tjuhsd.org/moreg</a>		
<b>Rally Night; HAWK Nation Celebration</b>	<b>Tuesday, 11/19/24</b>	<b>5:30 - 7:00PM / Main Gym</b>
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
<b>MAKE-UP REGISTRATION</b>	<b>Wednesday, February 19, 2025</b>	<b>8:00AM - 12:00PM &amp; 1:00 - 3:00PM</b> In Person & Via Google Meets

(559) 687-7308

**Please contact the Counseling Office if you have any questions.**



# 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:** **Mission Oak High School-** Frente

**Ivon Alcantar**

**Directora Asociada**

**ialcantar@piqe.org | (559) 240-7407**



**Tipton Elementary School-** En la oficina de administración

**Pixley Middle School-** En la sala comunitaria

**Salon 604**

Conéctese Con Nosotros



[www.PIQE.org](http://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](mailto: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.

# 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](mailto:brenda.madrigal@tulare.k12.ca.us))

Ms. Sandy ([sandy.badgerj@tulare.k12.ca.us](mailto: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
- Cuidarse (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



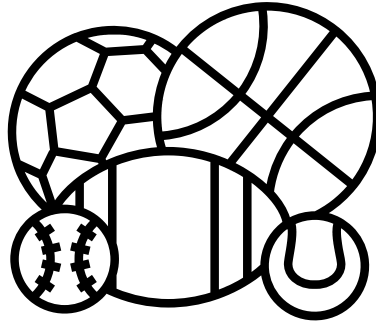
Ms. Sandy

CÓDIGO QR DE  
AUTOREFERENCIA



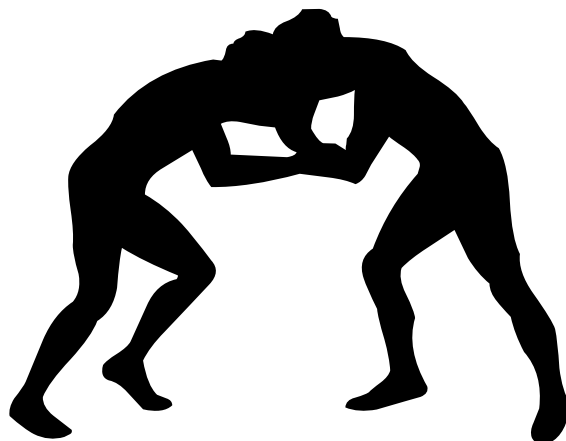
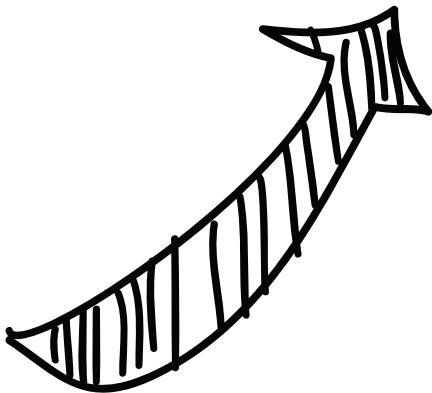
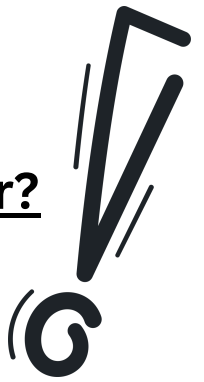


# ***SPORTS***



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

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

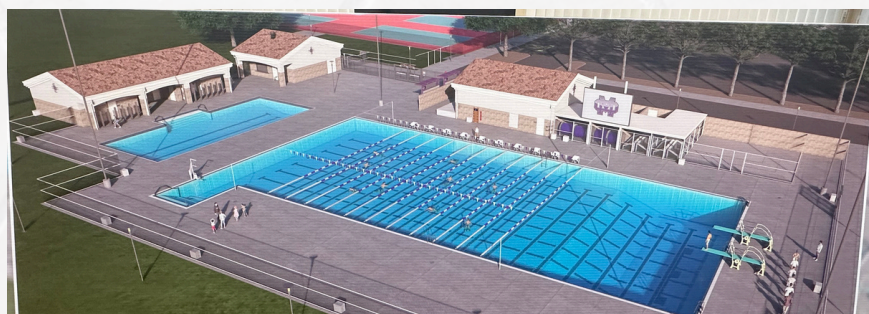




**Mission Oak High School  
Aquatic Complex  
Ribbon Cutting Ceremony**

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](http://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](http://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.

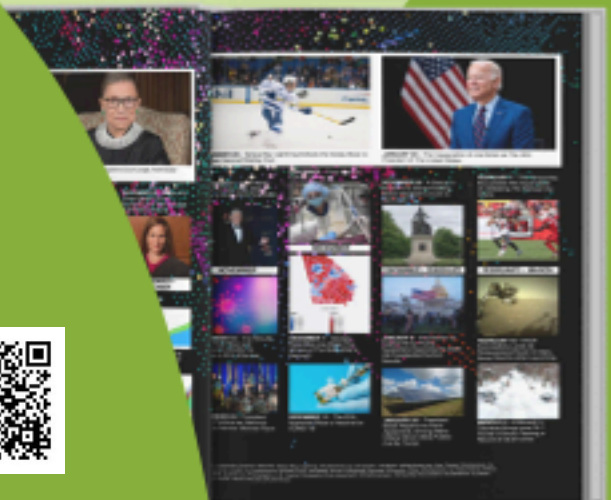
The 2 Custom Pages are FREE and are printed ONLY in your book. Want more pages? Each additional 2 pages is just \$1.99.

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](http://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**