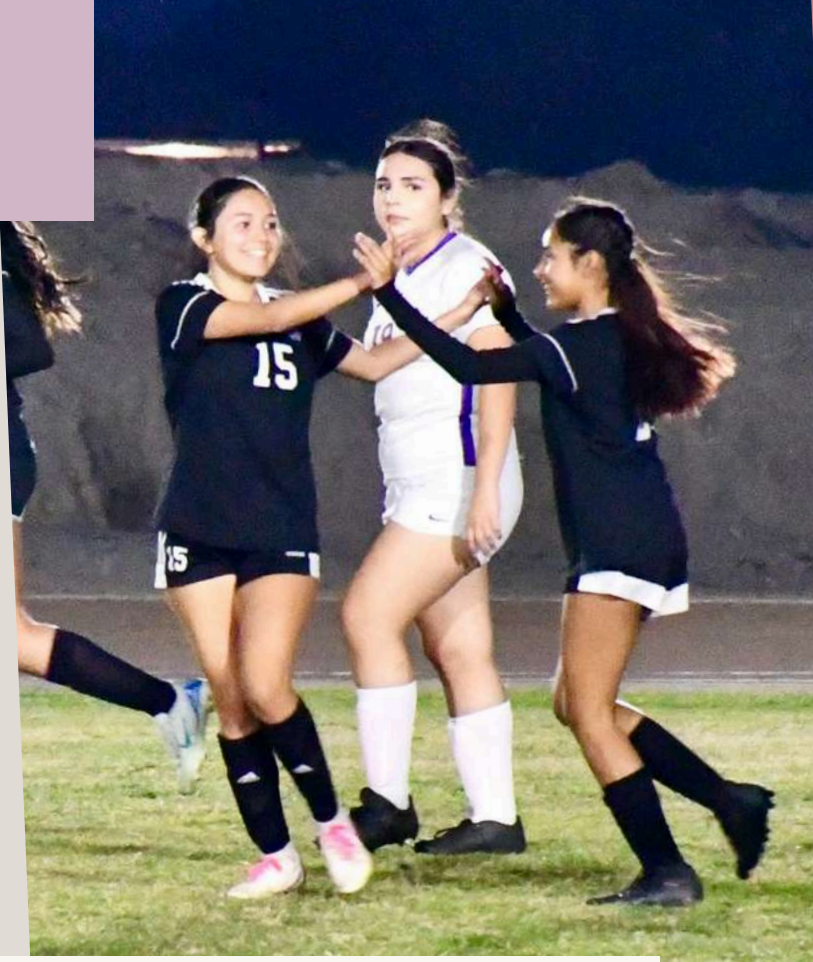


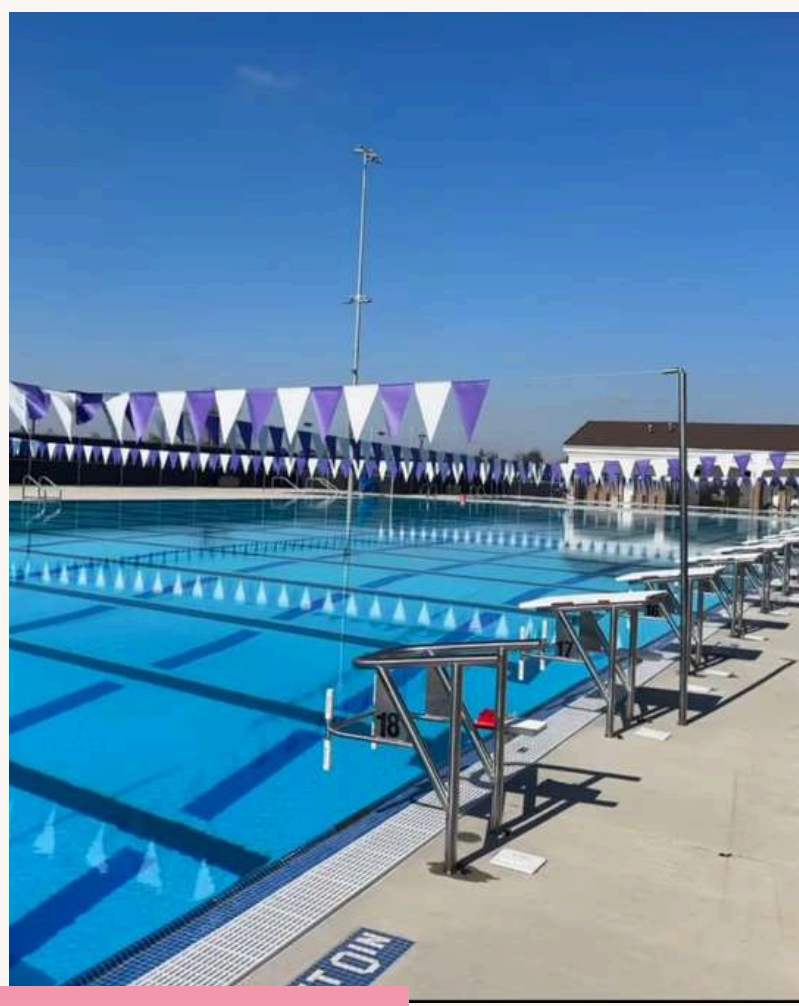
DO MORE OF WHAT YOU LOVE

Friends

YOU GOT THIS



SUCCESS



focus



SWEET

HAPPINESS

THE TALON PRESENTS: Sweethearts Edition



Live in the moment



balance



be yourself



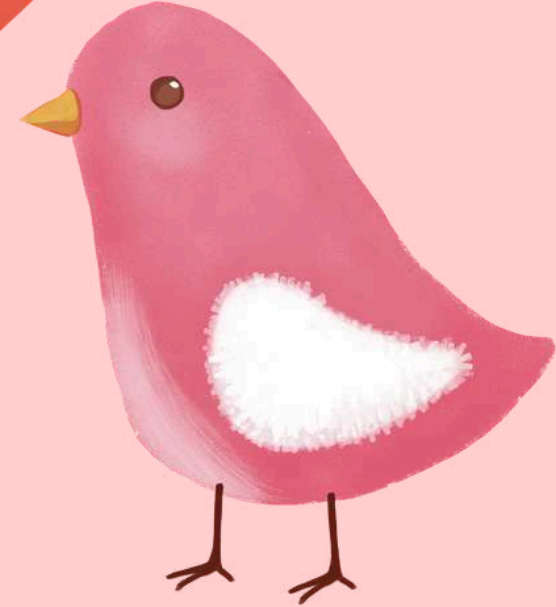
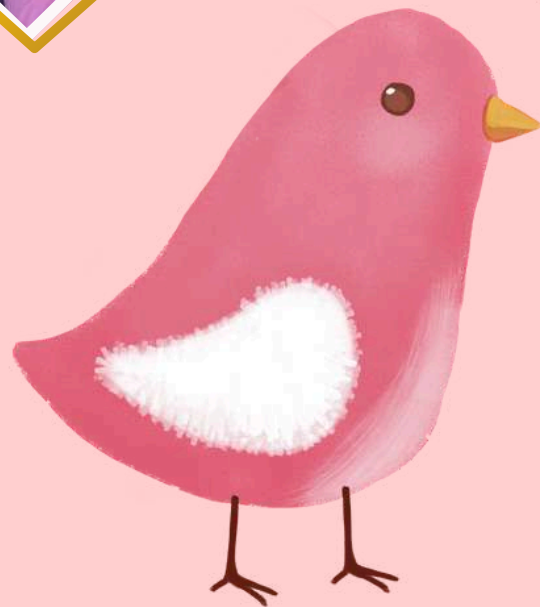
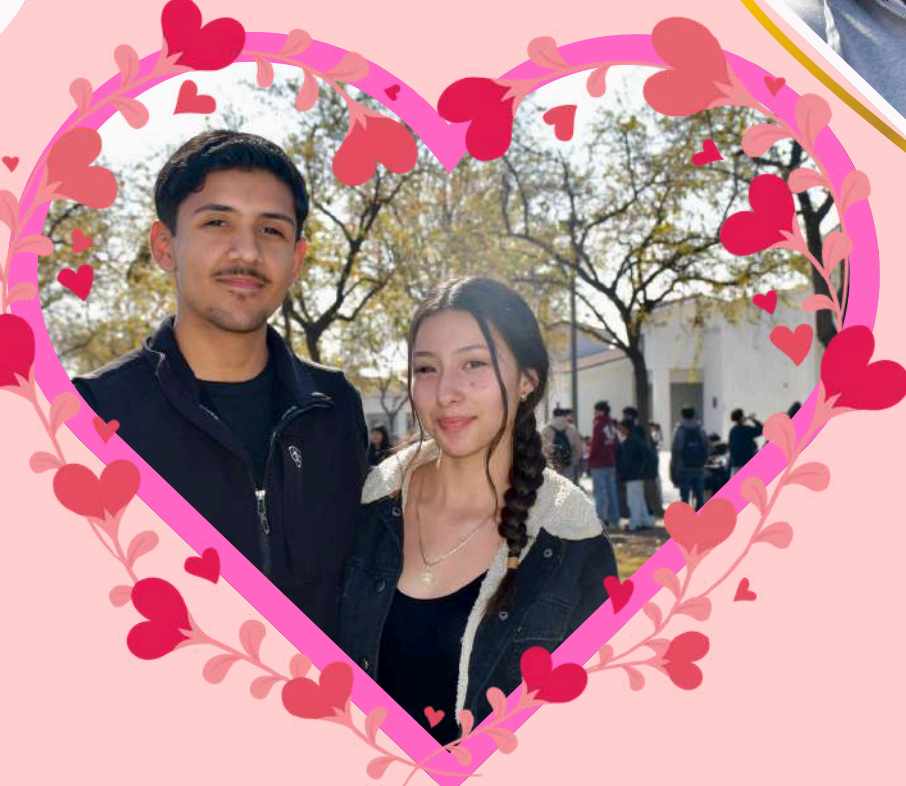
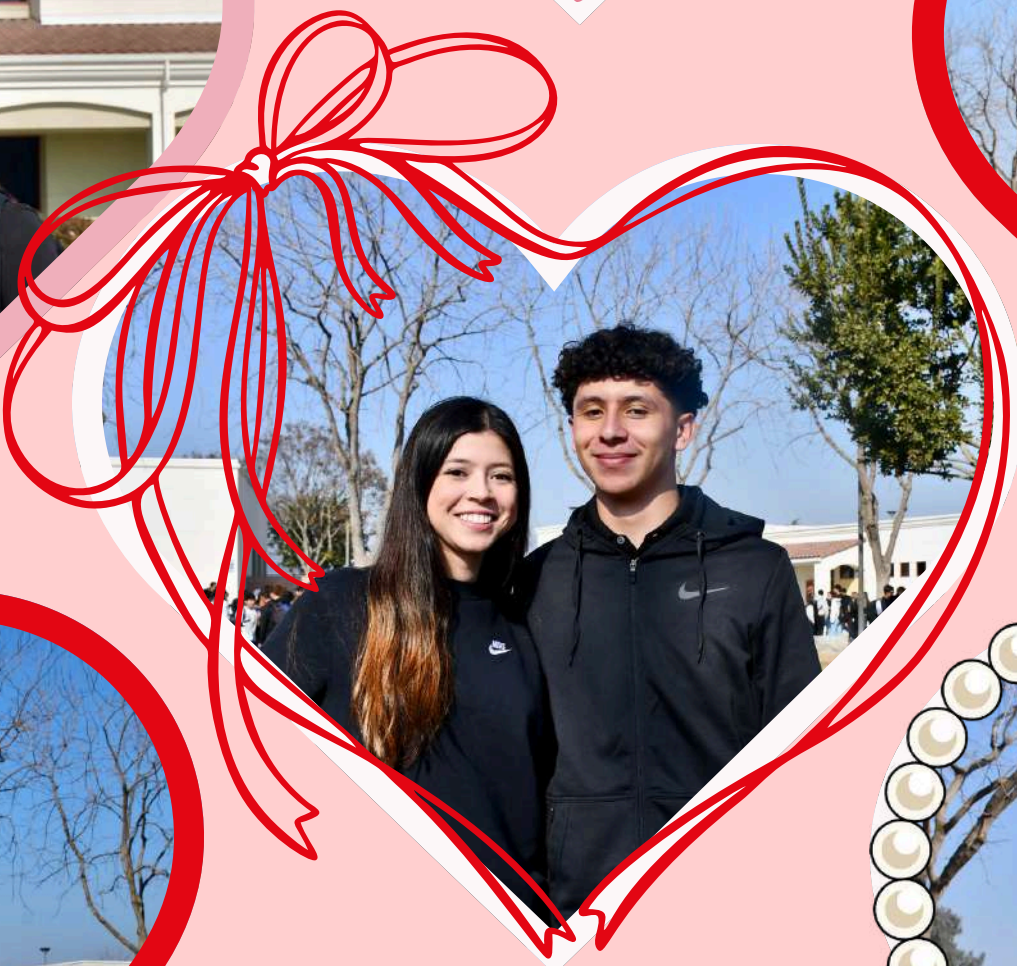
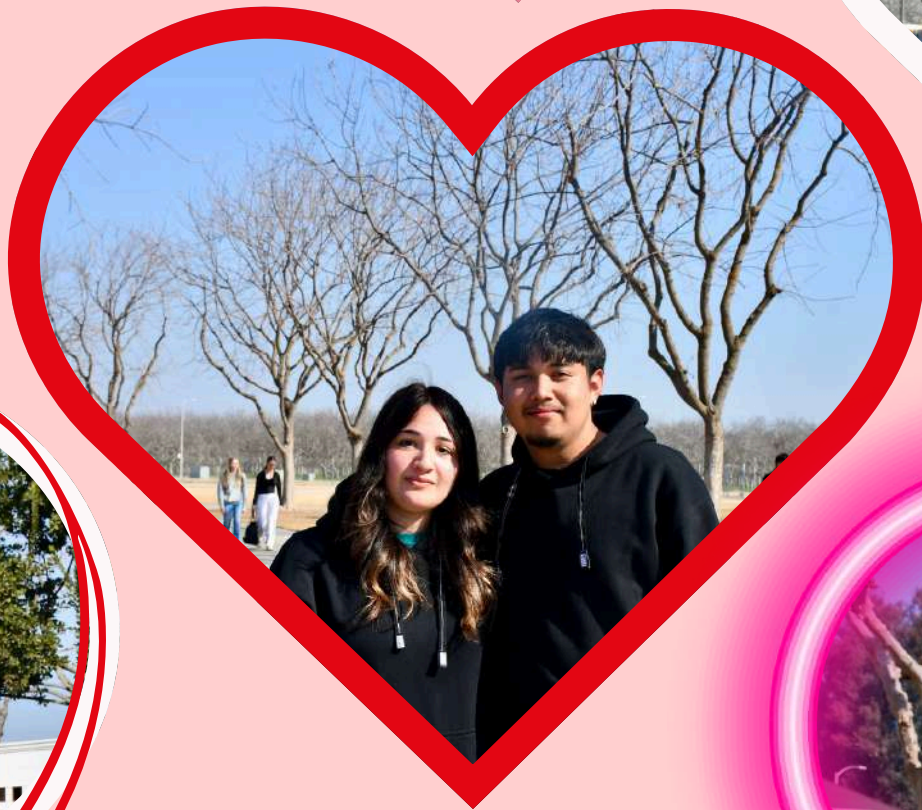
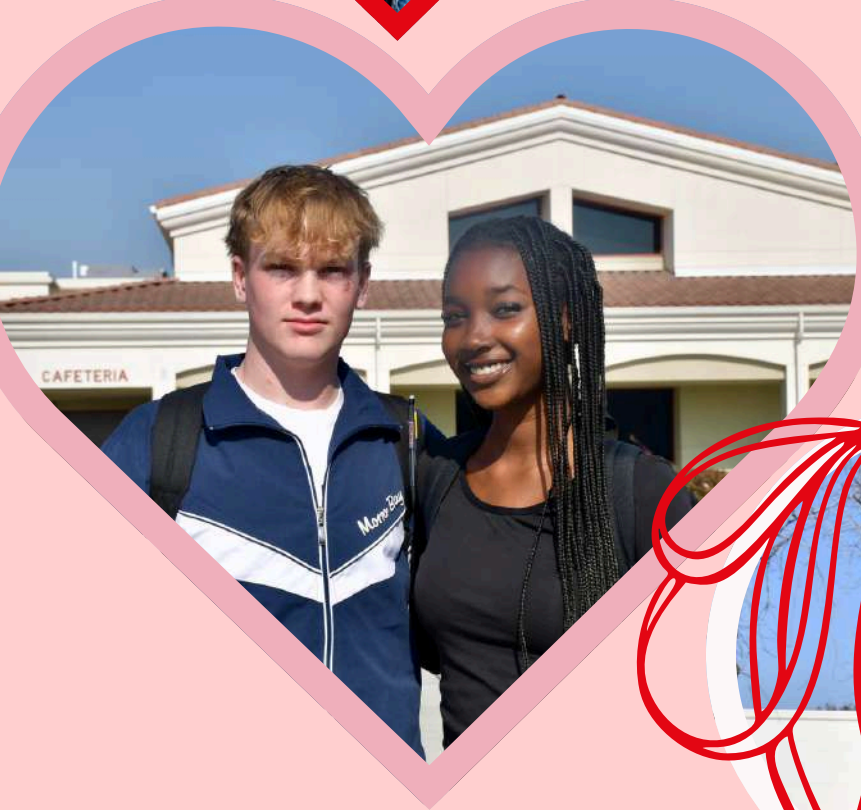
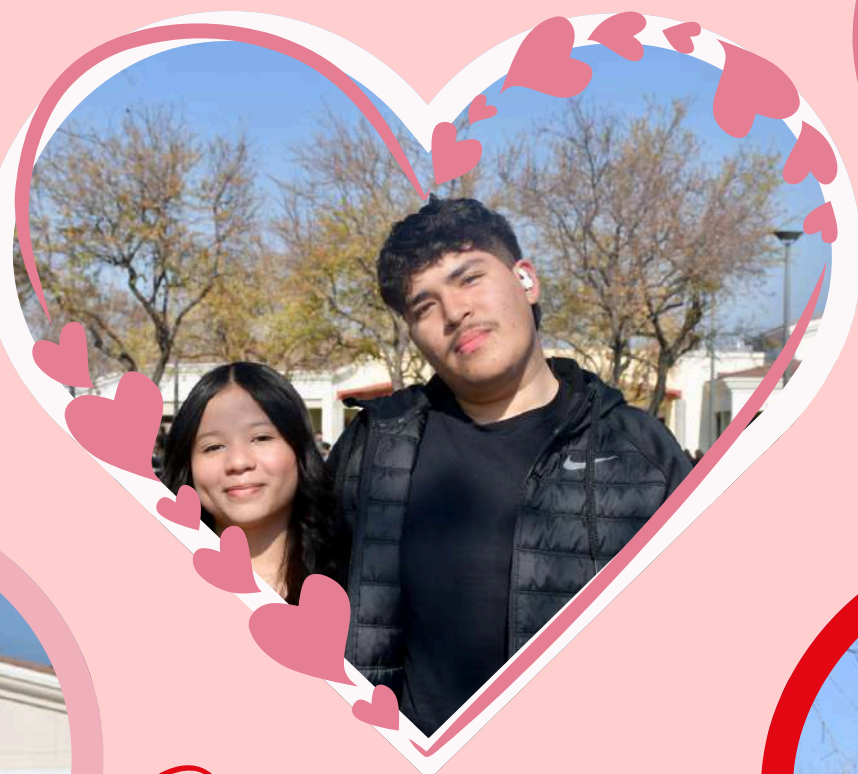
INSPIRATION

R
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N



XOXO

Campus Lovebirds



Tulare's Involvement in L.A. Wildfires



Mission Oak, along with other Tulare schools and Tulare associations, are getting together to help the areas affected by these horrible California wildfires. The areas most affected are the cities of Palisades, Altadena, and Pasadena and more.



Mission Oak ASB reached out to local partners and set up a donation drive to collect needed items for Pasadena and Altadena. The donation drive was set up at the Tulare County Fairgrounds, February 3rd - 6th. People showed up between 3-7 PM and supported by buying a 'Pasadena Strong' T-shirt.



Mrs. Inchcliff, Our Dedicated Administrator

By: Andria Alves

When it comes to making an impact on our student body it would be hard to find somebody who does it better than our Administrator Mrs. Inchcliff. She has been an administrator here at Mission Oak for 4 years, and in that time, she has built multiple rapport with staff, students, and supports.

Before coming here to Mission Oak, Mrs. Inchcliff has taken on many other roles. Straight out of college at Fresno State, she attended the Police Academy and was in the law enforcement field for around four years. As time passed education made its way into her life, she was an English teacher for 12 years and is now in her sixth year of administration.

Mrs. Inchcliff is grateful for all of her experiences but being the assistant principal of counseling is something she is very grateful for.

“So being on this side and having a whole different set of skills that I have to have for this profession has really just softened my heart.”

Mrs. Inchcliff tributes much of her attitudes in life to her mother, “I’m definitely my mother’s child. She’s a very driven individual, very independent... I have very much taken after her in that.”

Mrs. Inchcliff embodies those traits and uses them in her daily life and career.

Mrs. Inchcliff’s role here at Mission Oak requires her to listen to students and be supportive while still remaining a disciplinary character. She cares deeply for her job and her students. Despite all of the tough days she says, “The students for the 99.9% of the time make it worth it.”

Despite the turns, life may give her Mrs. Inchcliff values strength and the ability to push through change. “Accountability, perseverance, and just overcoming... overcoming obstacles because you are going to have those throughout life.”



“Don't let your past dictate your future, it's all about adaptability.”
-Mrs. Inchcliff



How to Maintain a Healthy Relationship in High School



RELATIONSHIPS IN HIGH SCHOOL CAN BE EXCITING AND MEANINGFUL, BUT THEY CAN ALSO BE CHALLENGING. TO BETTER UNDERSTAND HOW TO FOSTER HEALTHY RELATIONSHIPS, WE SAT DOWN WITH OUR SCHOOL PSYCHOLOGIST TO DISCUSS HOW HIGH SCHOOL STUDENTS CAN BUILD POSITIVE CONNECTIONS, WHILE ALSO RECOGNIZING THE RED FLAGS THAT SIGNAL POTENTIAL HARM—ESPECIALLY WHEN IT COMES TO ISSUES LIKE DOMESTIC VIOLENCE.

Unhealthy relationships can often feature constant controlling behavior, isolation, emotional manipulation. If you notice patterns where you feel bad about yourself, anxious, or drained, it's a sign that something might not be right. It's important to trust your instincts. A relationship should lift you up and make you feel good about yourself rather than not making you feel smaller or unsafe.



Here are some questions we asked for the importance of knowing you're in good healthy relationships in your life.

Q Traits of a Healthy Relationship? X

High school relationships can be tricky, but it's important to remember that a healthy relationships should be built on trust, respect, good communication, and support for each other's goals as well with respecting boundaries.

Q Helping Peers in Abusive Relationships? X

Approaching a friend with care and patience can help them feel understood and less alone. If you suspect a friend is in an abusive relationship, be supportive, listen without judgment, and encourage them to talk to a trusted adult or counselor.

Q How do I leave a toxic or unhealthy relationship? X

Leaving a toxic relationship can be challenging, but trust that you deserve happiness. Set boundaries with the person, and have an honest conversation about your need to move on. Seek support from trusted people. It's okay to walk away, even if it's hard. Your peace is worth it.

RELATIONSHIPS ARE AN IMPORTANT PART OF OUR LIVES, BUT THEY SHOULD NEVER COME AT THE COST OF OUR WELL-BEING. IT'S IMPORANT TO RECOGNIZE WHEN A RELATIONSHIP ISN'T HEALTHY AND TO SEEK SUPPORT WHEN NEEDED. REMEMBER, IT'S OKAY TO ASK FOR HELP, AND YOU DESERVE TO BE IN A RELATIONSHIP THAT SUPPORTS AND EMPOWERS YOU.



I am worthy of love, respect, and happiness.

Mission Oak Grand Splash

AQUATICS COMPLEX



With the new spring semester well underway, our aquatics program will be splashing into the new season with a ribbon cutting ceremony on February 25th. Our community should expect an exciting event that includes an introduction to this new complex, student-athletes and board members speaking and best of all cutting the ribbon and opening our new aquatics program to our athletes.

With them being the first to jump into this new part of our school. Once jumping in students and families will be able to take a tour around this complex and see and learn more about this amazing building. Principal Carrasco has been one of the key factors in this state-of-the-art building, stating that “We definitely have the only pool that is an Olympic size pool in Tulare county... I think that’s gonna create a lot of events here at Mission Oak for championships, regionals and those kinds of big events,” Mr. Carrasco said.

With the school first opening its doors in 2008, it has had tremendous amounts of growth throughout the years. Our school continues to innovate and add any needs in our interest to grow as a school. “We are very appreciative of everything we've done and it has always definitely been for the benefit of our students,” Mr. Carrasco said.

Head Coach Moya, of girls water polo and our swimming program has shown her gratitude for the working of this complex, “ To me it means growth, legacy for us to have access to our own space to grow and display our program as something bigger now is an exciting new chapter and I can’t wait!” Not only would this be in use for our athletes but also open to our community. The school plans to offer swimming lessons or club team practices to use the pool if needed. All in all, inviting our community to use and recognize this new, grandeur complex.

With the construction of the pool it is a riveting time to be a Mission Oak Hawk. Stay tuned for so many memories and events!



NO SOCCER

Go Hawks!

The Mission Oak boys soccer team is having an outstanding season with a record of 12-3-3. Despite their last season they came in 5th place in the WYL and this season they have had an impressive turnaround. They are currently second place in WYL just behind Tulare Western. With determination and grit the boys can become West Yosemite League Champions. Senior player Brady Stevens shares his excitement to finish off the season strong. "Our goals are definitely to win the league and win a valley championship this year."



The Mission Oak girls soccer team has had a decent season with a 7-9-5 record. Last season, they came close to qualifying for the playoffs. This season they are on the perfect path to qualify for the playoffs. This team is really building on from their past experiences, with many practice hours and determination it's exciting to see what they can achieve. Senior player Sylvia Diaz shares, "We have definitely improved since last year and I'm excited to finish off the season working together as a team."



By: Vanessa Gomez and Sarah Rodriguez

MISSION OAK BASKETBALL



GIRLS BASKETBALL TEAM IS HAVING A PRETTY SOLID SEASON WITH AN OVERALL RECORD OF 12-14. THEY ARE CURRENTLY IN 2ND PLACE FOR THE WYL AND ARE RIGHT BEHIND DINUBA FOR FIRST PLACE. THIS YEAR THE BASKETBALL TEAM IS NEARLY ALL UNDERCLASSMEN AND HAVE STILL MANAGED TO BUILD A STRONG FOUNDATION FOR EVEN GREATER FUTURE SUCCESS.

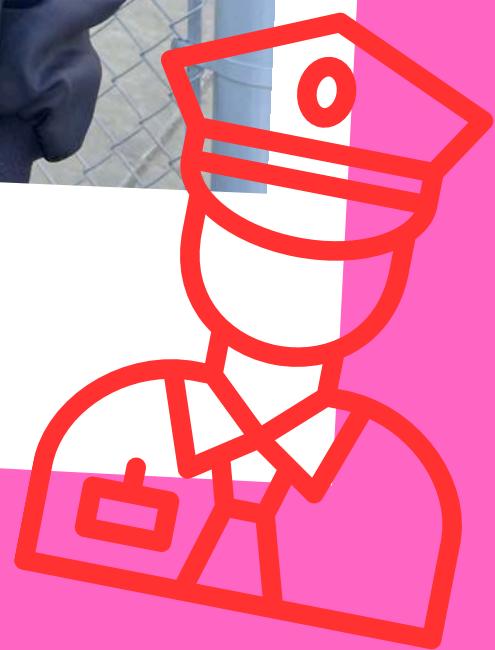
FOR THE PAST TWO YEARS THE GIRLS BASKETBALL HAVE TAKEN THE WYL CHAMPION TITLE AND WITH NINE RETURNERS NEXT SEASON THEIR FUTURE IS LOOKING BRIGHT. SOPHOMORE KAECYN HENDERSON SHARES HER THOUGHTS ON THE SEASON, "WE HAVE STARTED TO BECOME A TEAM, THERE IS NO LONGER SELFISH PLAY, IT'S TEAMWORK."



THE BOYS BASKETBALL TEAM IS LOOKING TO BOUNCE BACK IN ORDER TO QUALIFY FOR THE PLAYOFFS. DESPITE A CHALLENGING SEASON WITH A 9-16 RECORD, THE TEAM HAS SHOWN OUTSTANDING RESILIENCE AND DETERMINATION.

CAPTAIN MALAKAI RODRIGUEZ SHARED HOW THE TEAM IS BATTLING TO FINISH THE SEASON STRONG, "OUR DISCIPLINE HAS GOTTEN A LOT BETTER AND WE ARE STARTING TO PLAY MORE AS A TEAM."

BY: SARAH RODRIGUEZ AND VANESSA GOMEZ



SAL, THE LOVING, CARING, BUBBLY SECURITY GUARD

If there were ever a security guard who made an exorbitant amount of a difference, Sal, our precious guard, would certainly make the list.

Sal has been a part of our Mission Oak crew for quite some time. Throughout his time he has created bonds and connections with students on campus. "I love how everyday I get to interact and see what the day holds, everyday is a new day." Prior to being a school security guard he has worked at the hospitals and other faculty companies guarding. When not working, he spends time with his family and doing things he loves, such as golfing, playing video games and all in all creating special moments with his loved ones. Sal does plan to leave being a security guard pretty soon in hopes to find another career that interests him before retiring.

Overall Sal is truly one of a kind. Always smiling, making jokes, having a positive attitude and will always be very important on our campus. As we start the new semester, Sal has an important message. "As we are now in a new semester, have a fresh start, go to class, do your work, you're almost done with this school year!"



By: Jazelle Campos

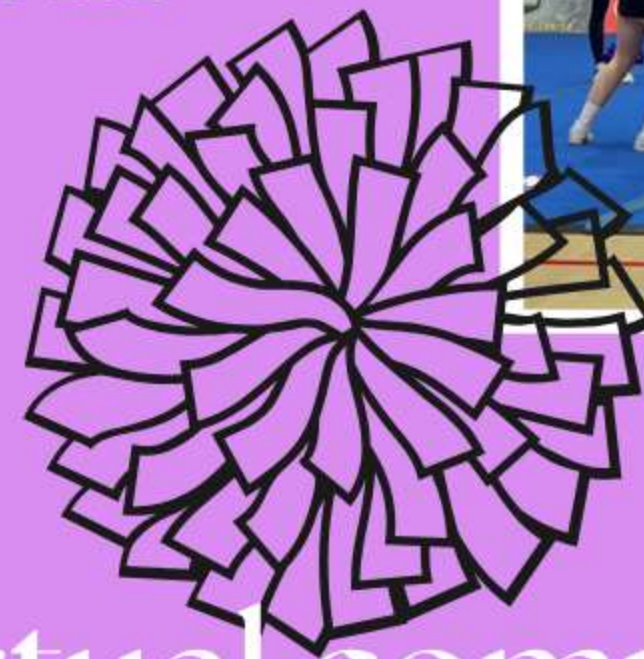
Mission Oak Cheer leading Recap



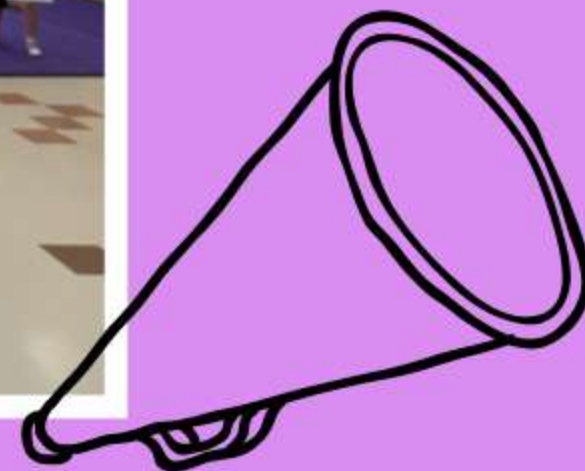
Bullard Spirit showdown placing 1st in and 3 categories, Crowd leader, Group stunt, and Advanced Non tumbling



CIF invitational in Fresno
Buchanna placing 1st in Advanced
Non-tumbling and 3rd in
Crowdleader



Virtual competition placing
2nd in Crowd leader and 3rd
in both Stunt group and
Traditional

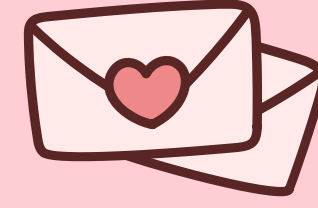
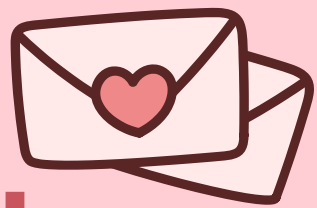


“I am very proud of my girls this season. They are amazing and overcoming adversity and continue to push to be the best they can be.”

Randall Leal

Valentine's Day for one

Valentine's Day doesn't always have to be about romantic love; it can be a day for self-love and personal well-being. The day can be a chance to focus and engage in activities that encourage happiness, self-care, and lots of relaxation. Here are some ideas that you can try out this Valentine's Day:



1. You can have your own spa day at home or take yourself to a spa center to relax.
2. Going on a shopping spree can make you forget how single you are, and buy your favorite clothing items.
3. Picnic dates with friends at the park can be a great way to express your love to your friends and create bonds.
4. Baking and treating yourself to food or sweets will help you improve your mood and help you steer your mind away from the utterly single and lonely person you are.
5. Simply go out for a walk or take a pottery class to learn more about arts and crafts.
6. Free your mind by taking a walk to the park or playing tennis at Del Lagos Park.
7. Lastly, the gym can be a good place to cope with your emotions and get jacked.



Striking Creativity - Mrs. Boen

Mrs. Boen, one of our much appreciated art teachers at Mission Oak, has made art an enjoyable subject for many students here. She has taught many different forms of art through the years. One thing she has learned through it all is “to have a lot of patience.”

Ever since Mrs. Boen was young she has been interested in art that have slowly evolved in complexity over the years. What got her interested in being an art teacher was the fact that “being an actual artist in this day and age is a little bit difficult.” Being an art teacher allows her to still do what she loves to do but making a career out of it. She finds that sewing and crochet are her favorite kinds of artistic things to work with.

On why art is important for humanity she feels that “it’s a way to communicate and connect.”



As an artist herself, she enjoys the art of Van Gogh and Will Bullas.

She finds it most satisfying to see students that hold a lot of passion for art and show their creativity. For her to see students that could make a life with their art is what makes teaching worth it.



D.I.Y. VALENTINES GIFT'S

Candy Vending Machine

Supplies:

- snacks
- cardboard
- hot glue
- garden wire



Paper Record Player

Supplies:

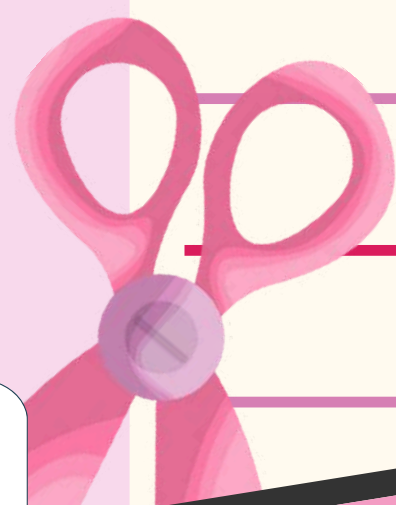
- different colored paper
- scissors
- tape



Handmade Paper Flowers

Supplies:

- book pages
- scissors
- hot glue



BEST DATE IDEAS

Picnic: Find a lively space to set up a picnic and admire the scenery.



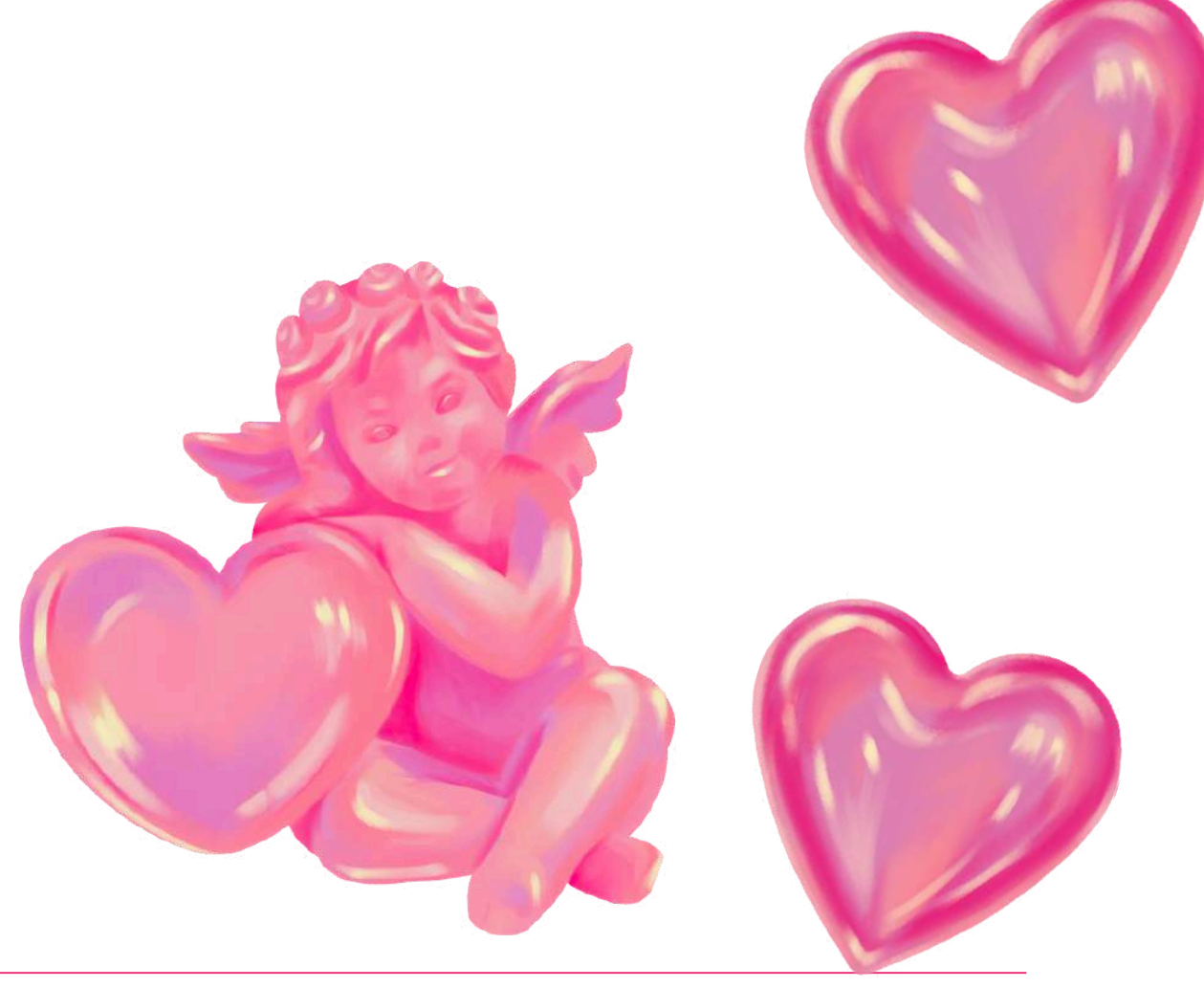
Drive in movie: Get your blankets, pillows, snacks, and enjoy the night sky while watching a movie in your car.

Arcade: Play different games that are engaging with your partner and enjoy friendly competition.



Dining: Eat out with your partner while getting to know them.

WORST DATE



4

1
.....w.....s

2
Cafeteria - We
will stare and
judge!

3
Hiking - Cardio
= sweaty and
that's bad

4
Mcdonald's -
fake meat in
burgers

5
Camping - I'm
not mosquito
food

6
.....w
.....
.....

7
Movie theater and dip -
i wanna get to know
you not the movie

8
.....w
.....
.....y

9
.....w
.....y
.....w

How do you celebrate Valentine's Day?

Valeria Piña

"I celebrate by treating myself and spending time with my friends and family."

Pariss Guillen

"On Valentine's Day I plan on going to Chick-fil-A and enjoy a meal with my friend."

Jimenna Hernandez

"I spend Valentine's Day going out to dinner with my family."

Isabella McCullough

"I celebrate it by getting dinner with my mom since it's her birthday."

