

# Mission Oak High School

January 20-24, 2025



## Greetings Hawk Community

Greetings Hawk Community,

It was great to see all of our students and staff back from vacation! We have hit the ground running with our new semester and busy athletic schedule. There are quite a few things coming in the near future. The most exciting event coming up is the opening of the Mission Oak Aquatic Complex which has one small warm-up pool and one Olympic size pool. We will be having the Ribbon Cutting Ceremony on February 25 at 4:30. Hope to see you there! As always, check your student's grades at least once a week to ensure all the work is turned in. Email or call the teacher with any questions.

Mr. Carrasco

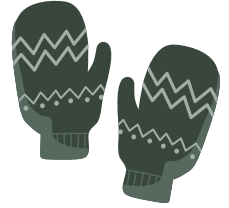


Happy New Year!





# ***IMPORTANT UPCOMING DATES***

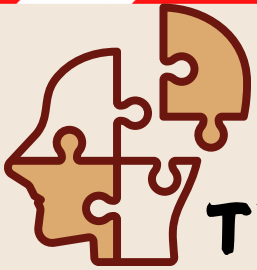


- Jan. 20 - Martin Luther King Jr. Day - School Holiday**
- Jan. 28 - ELAC Meeting in the Library @ 6:00 PM**
- Jan. 30-31 - Senior Portraits in Gov/Eco Classes**
- Jan. 30-Feb. 1 - Chicago Musical by Drama Club (see info below)**
- Feb. 4-6 - Incoming 9th Grade Registration (see schedule below)**
- Feb. 6-8 - Chicago Musical by Drama Club (see info below)**
- Feb. 10 - Lincoln's Birthday - School Holiday**
- Feb. 11-12 - Incoming 9th Grade Registration (see schedule below)**
- Feb. 17 - President's Day - School Holiday**
- 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

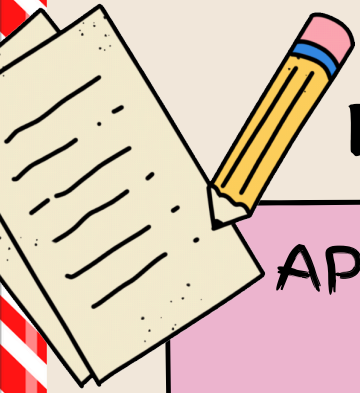
<https://mohs.tjuhsd.org/Events>



 **Follow**

**THE COUNSELING  
NEST ON  
INSTAGRAM!**

**COUNSELING  
CORNER**



**APPLICATION  
OPENS  
DEC. 1ST - April 2nd  
FOR FINANCIAL AID**



**BREAKING NEWS**



**COLLEGE OF THE SEQUOIAS**  
Application workshop!!

When: Jan. 22nd and Jan. 23rd. During your English class.

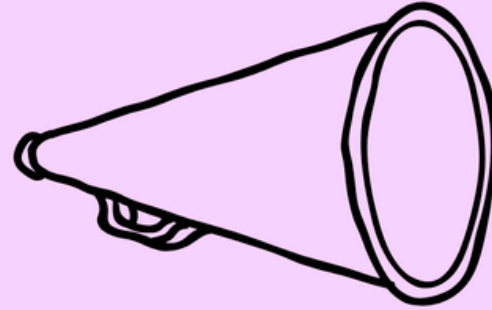
What you need: (1) Your social security number (if you have one)  
(2) Your Chromebook fully charged

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

**Financial Aid  
Friday**





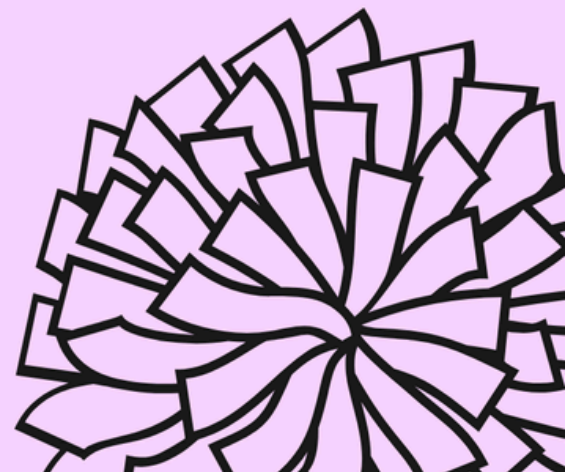


# #SQUAD

## *Congratulations!*



**To our Mission Oak  
2024-2025 competition  
team for their  
sophisticated win in  
non-tumbling,  
crowleader, group  
stunt and first place in  
all three categories**







*Mission Oak High School*

# **FINANCIAL AID NIGHT**



*Wednesday, January 29th*

*MOHS Library*

*Drop in anytime between*

*3:30pm - 7:00pm*

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**Come and get help with your Financial Aid Application!!!  
Don't miss out on cookies & hot cocoa!**

*Seniors & Parents/Guardians should bring a charged chromebook  
and items on the checklist that was emailed to seniors*





*Mission Oak High School*

**NOCHE DE AYUDA  
FINANCIERA**

*Miercoles, Enero 29*

*En la Biblioteca*

*3:30pm - 7:00pm*

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*¡¡¡Vengan a obtener ayuda con su Solicitud de Ayuda  
Financiera!!!*

*Tendremos galletas y chocolate caliente*

- Estudiantes del grado 12 y padres/tutores deben traer una computadora y los documentos en la lista que se les envió a los estudiantes por correo electrónico.





# 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





# Graduation Info

Please verify your name ASAP! Diplomas will be ordered per your LEGAL name in Aeries, once diplomas are ordered and received and you require a name correction, such as spelling or name, the cost will be approximately \$60 for a new diploma, so please verify if any corrections are needed. You MUST provide proof of name with a birth certificate, social security card or any other legal documents. Please see Mrs. Gomes or Mrs. McPhetridge to make the necessary corrections or if you have questions, thank you! DEADLINE TO SUBMIT CORRECTIONS IS 1-31-2025!

Senior portraits will be taken on January 30 and 31 during school hours. Students will be scheduled through their government or economics class or during an open period if they don't have Gov. or Econ. Additionally, remember to order your cap and gown! You can order them online or by calling (559) 431-2541.



Verissimo Photography  
presents  
*Senior*  
**PORTRAITS**  
**January 30th-31st**  
**WHERE: Faculty Lounge (701)**  
**WHEN: During GOV/ECON**  
**WHAT: 4 Images Taken with**  
**CAP/GOWN/PURPLE SASH**  
**Packages from**  
**\$34-\$260**  
PROOF SHEET will be given to take home  
ORDERING DEADLINE TBD  
**YEARBOOK PICTURE**  
**CHOSEN BY GRADUATE**







## Lindsay Citrus Harvest

**Saturday, January 25, 2024**  
**10 am – 12 pm**

Here are a few reminders about Saturday's event:

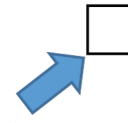
1. First time volunteers must turn in a volunteer form signed by a parent. Forms will be available at the event or online at: [unitedwaytc.org/harvesting-hope](http://unitedwaytc.org/harvesting-hope)
2. Volunteers must provide your own transportation. Volunteers can park or be dropped off at the location but students twelve and under must be supervised by an adult.
3. Dress to get dirty. Come comfortably in jeans, a sweatshirt, and old work or tennis shoes. It will be a sunny cool morning with a forecast in the 60s.
4. Please have breakfast before you come. Only water will be provided at this event. But you can eat all the oranges you want! Bring a grocery bag to take some home.
5. We will be working at a home on private property with other volunteers. The owner has graciously donated their trees to us. With this in mind, we are all expected to be on our best behavior.
6. Please arrange to be picked up by 11:45 am in case we end early.
7. Follow us on Instagram @harvestinghopetc or Facebook @harvestinghopetularecounty

Please call (559) 972-9148 for more information.

## Directions to Harvest



Location Address:  
1407 Oak Ave.,  
Lindsay CA 93247



Tulare/Lindsay Highway 65

w. Tulare rd.

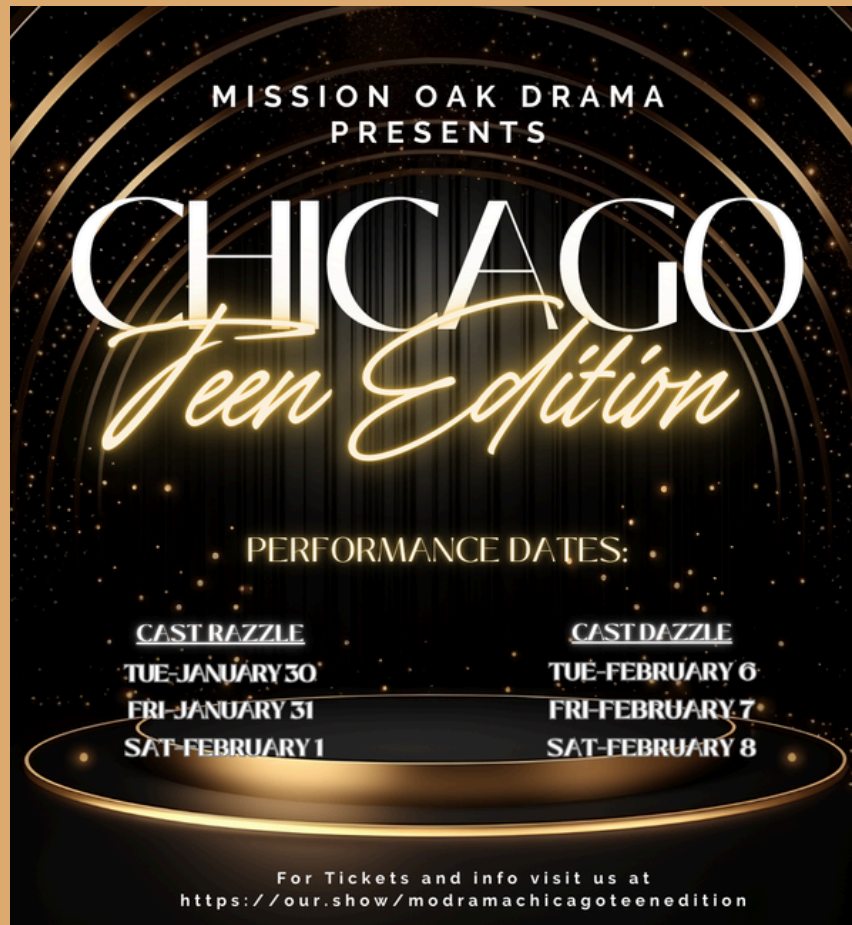


We look forward to working with you. Thank you so much for volunteering. You will have a great time!

In partnership with:







## Performances

Thu. January 30th 2025, 7:00 pm  
Fri. January 31st 2025, 7:00 pm  
Sat. February 1st 2025, 7:00 pm  
Thu. February 6th 2025, 7:00 pm  
Fri. February 7th 2025, 7:00 pm  
Sat. February 8th 2025, 7:00 pm

Tulare Union Auditorium

<https://www.onthestage.tickets/show/mission-oak-drama/673d04483aafec0f5d76642b>

Questions about the show?  
[carmen.paregien@tulare.k12.ca.us](mailto:carmen.paregien@tulare.k12.ca.us)

# MO Tutoring Schedule 2024/2025



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

| Subject                | Teacher  | Classroom                    | Days   | Times   |
|------------------------|--|------------------------------|--|---|
| English/<br>Psychology | Doctor Luttrell  | 206                          | Monday<br>Tuesday<br>Wednesday<br>Thursday<br>Friday | Lunchtime<br>Lunchtime<br>Lunchtime<br>Lunchtime<br>Lunchtime   |
| History/AP Human Geo.  | Mr. Rice   | P10                          | Monday<br>Wednesday<br>Friday                        | Lunchtime<br>Lunchtime<br>Lunchtime   |
| Math                   | Mrs. Setser  | 100                          | Tuesday  | 3:45-5:15   |
|                        | Ms. Ramirez  | 105                          | Thursday   | 3:45-5:15   |
|                        | Mr. Soleno   | 504                          | Monday<br>Tuesday<br>Wednesday<br>Thursday<br>Friday | Lunchtime<br>Lunchtime<br>Lunchtime<br>Lunchtime<br>Lunchtime   |
|                        | Mr. Duffek<br>(All Levels of Math and Engineering)     | 503                          | Monday<br>Tuesday<br>Wednesday<br>Thursday<br>Friday | Lunchtime and after school by appointment<br>Lunchtime and after school by appointment<br>Lunchtime and after school by appointment<br>Lunchtime and after school by appointment<br>Lunchtime and after school by appointment |
| Science                | Mrs. Edmond  | 123 (A Days)<br>503 (B Days) | Monday<br>Tuesday<br>Wednesday<br>Thursday<br>Friday | Lunchtime and 3:30-5:00<br>Lunchtime and 3:30-5:00<br>Lunchtime and 3:30-5:00<br>Lunchtime and 3:30-5:00<br>Lunchtime and 3:30-5:00   |
|                        | Mr. Conn   | 122                          | Tuesday<br>Thursday                                  | 3:30-4:00<br>3:30-4:00  |
|                        | Mr. Martin   | 124                          | Monday<br>Tuesday<br>Wednesday<br>Thursday           | Lunchtime<br>Lunchtime<br>Lunchtime<br>Lunchtime  |
|                        | Mrs. Buchanan  | 117                          | Tuesday  | Lunchtime   |
| Art and Open Tutoring  | Ms. Rodriguez  | 604                          | Tuesday<br>Wednesday<br>Thursday                     | Lunchtime and 3:30-5:30<br>Lunchtime and 3:30-5:30<br>Lunchtime and 3:30-5:30   |
| Open Tutoring          | Mrs. Palomarez   | Admin 1                      | Monday<br>Tuesday<br>Wednesday<br>Thursday<br>Friday | 3:30-5:00<br>3:30-5:00<br>3:30-5:00<br>3:30-5:00<br>3:30-5:00   |
| SPED                   | Ms. Galindo<br>Ms. Nadler<br>Mrs. Damron<br>Ms. Orozco | 115<br>114<br>P3<br>116      | Monday<br>Tuesday<br>Wednesday<br>Thursday           | Lunch time<br>Lunch time<br>Lunch time<br>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.



**A huge congratulations to our senior John Reitsma who was selected as the Tulare 2024 Kiwanis & Chamber Youth of the Year! He will be recognized later this month at their year annual banquet. Congrats John!**

*Congrats!*







# 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<br>Via Google Meet  |
| Alpine Vista (Last Names: M-Z)   | Wednesday, February 5, 2025         | 3:30 - 6:00PM<br>Via Google Meet  |
| Pixley   | Thursday, February 6, 2025          | 9:00AM - 3:30PM<br>In Person (Pixley Middle School)                         |
| Pixley & Tipton  | Tuesday, February 11, 2025          | 3:30 - 6:00PM<br>Via Google Meet  |
| Cherry, Live Oak, Liberty, Los Tules, Palo Verde, Mulcahy,<br>St. Aloysius, Buena Vista, Sundale | Wednesday, February 12, 2025        | 3:30 - 6:00PM<br>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><br>In Person & Via Google Meets |

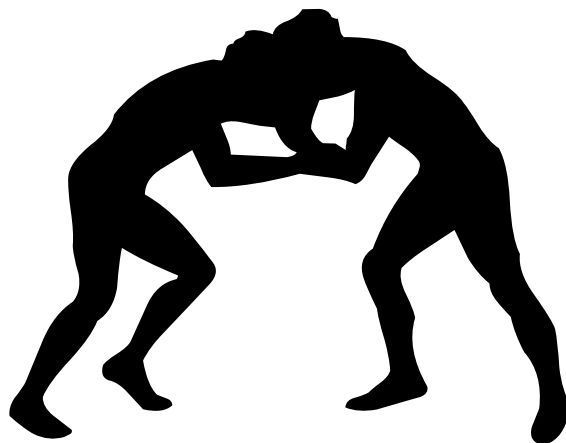
(559) 687-7308

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

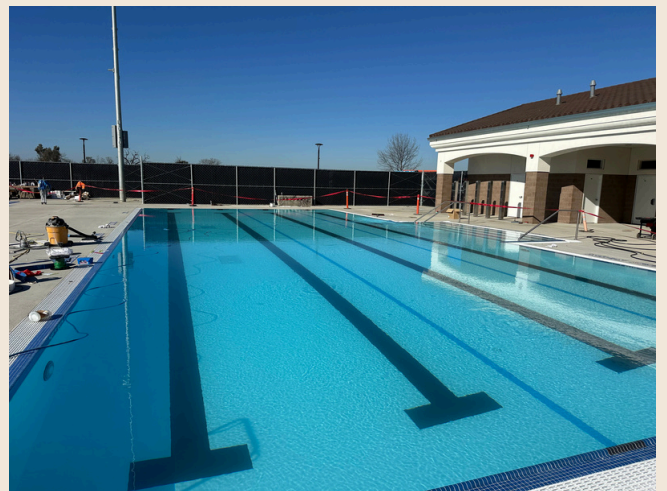
# ***SPORTS***

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

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



Finally, there is water  
in the pools!



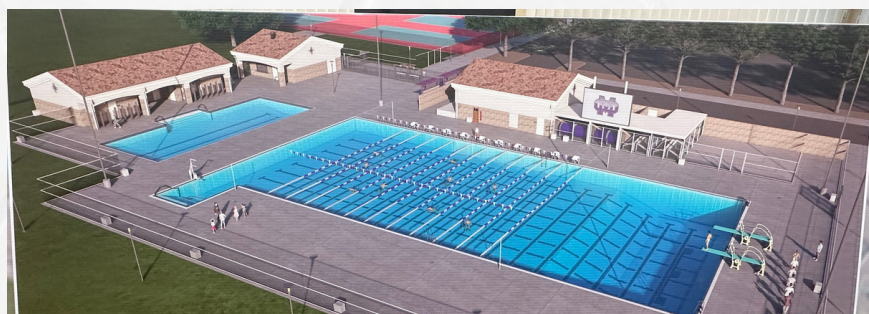




**Mission Oak High School  
Aquatic Complex  
Ribbon Cutting Ceremony**

Join us for this historic  
event on ...

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



# 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.

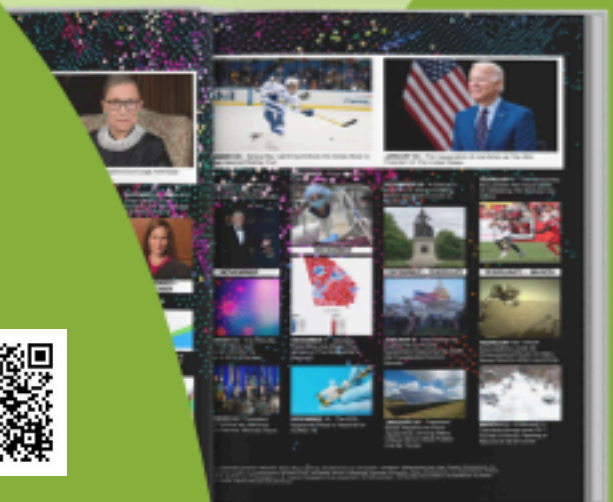
The 2 Custom Pages are FREE and are printed ONLY in your book. Want more pages? Each additional 2 pages is just \$1.99.

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**