

# Mission Oak High School

January 27-31, 2025



## Greetings Hawk Community

Greetings Hawk Community,

We are well on our way to the start of the second semester. Students and staff are once again in the swing of focusing on their school work. As I visit classrooms, I see both teachers and students working together to learn the content. Please continue to monitor your child's grades in Aeries. If you need any help to get the information needed to log in, please reach out to your child's counselor or to Mrs. Michelle Fernandes, our Dean of Students who oversees our technology department on campus. Don't forget to 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.



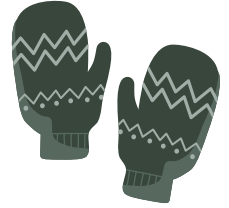
Mr. Carrasco

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. 29 - Financial Aid Night in the Library @ 3:30 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 - March 3rd  
FOR FINANCIAL AID



Financial Aid  
Friday

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



# FRESHMAN TAILGATE

Written by: Andria Alves



**This week we hosted a tailgate for incoming 8th graders and freshmen with free pizza and drinks. In a riveting game against Dinuba our boys basketball team played hard and sadly lost 60-63. With support from many soon to be hawks the gymnasium was brought to life and we can't wait to welcome our new hawks next school year! GO HAWKS!!!!**





**This week, Tulare Council Member Jose Sigala visited our ASB class to present a \$10,000 check on behalf of the City of Tulare. We would like to formally express our sincere gratitude to the City of Tulare Council for their generous contribution.**



# **DODGEBALL TOURNAMENT**

**Applications due Jan. 30th @  
the ASB room**

**FEB 3RD-FEB 7TH**



# COMMUNITY DONATION DRIVE



The Tulare Fairgrounds and local high schools in Tulare launched a heartfelt community effort to support families in the Altadena, Sierra Madre, and Pasadena area who have been affected by the recent devastating fires. This initiative brings together students, staff, and the broader Tulare community in a united show of solidarity and compassion.

Eric Barba, Principal of Pasadena High School, has expressed immense gratitude for the support. A former Principal of Monache High School in Porterville, Barba shared the significant challenges his district's students, families, and staff are facing. Many families, particularly in the Altadena, Pasadena, and Sierra Madre area, have lost their homes and belongings, leaving them in urgent need of assistance. Schools in Pasadena Unified are gradually reopening, with Pasadena High School hoping to resume this coming week, subject to further developments.

**DONATION DRIVE February 3-6, 2025 3-7 PM**

**LOCATION: Tulare County Fairgrounds, Building 5 located on Martin Luther King Ave.**

The community of TULARE COUNTY is invited to support families stricken by the fires by donating the following items:

This drive can only accept the items listed below.

**\$25 Gift Cards**

*To Restaurants, Walmart, Target, Grocery & Clothing stores.*

**Sports Equipment**

*Football, basketballs, soccer balls, cleats, sports attire (For all ages, K-12)*

**Hygiene Products**

*Such as deodorant, feminine products, toothpaste, and toothbrushes (For all ages, K-12)*

**School Clothes**

*All clothes and shoes must be NEW with tags still on. (All sizes welcome, K-12)*

The community is also invited to purchase a "Pasadena Strong" t-shirt offered by 301 Printery in Tulare. 100% of the proceeds will be donated to this drive!

[https://www.301printery.com/pasadena\\_strong/shop/home](https://www.301printery.com/pasadena_strong/shop/home)



**[Related Article Here](#)**



*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)

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
- 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**

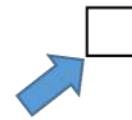
Here are a few reminders about Saturday's event:

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/ 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	Ms. Rodriguez	604	Tuesday Wednesday Thursday	Lunchtime and 3:30-5:30 Lunchtime and 3:30-5:30 Lunchtime and 3:30-5:30
Open Tutoring	Mrs. Palomarez	Admin 1	Monday Tuesday Wednesday Thursday Friday	3:30-5:00 3:30-5:00 3:30-5:00 3:30-5:00 3:30-5:00
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.



# 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

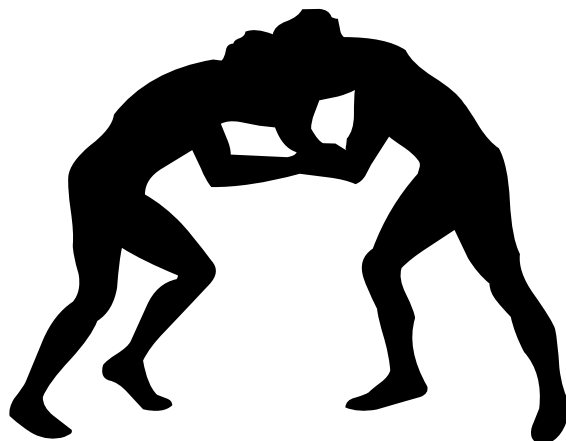
**Please contact the Counseling Office if you have any questions.**



# ***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**







# 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**

Create Custom Pages by: **Apr 4**

\*Does not include sales tax, if applicable