

Mission Oak High School

June 2-6, 2025



Greetings Hawk Community

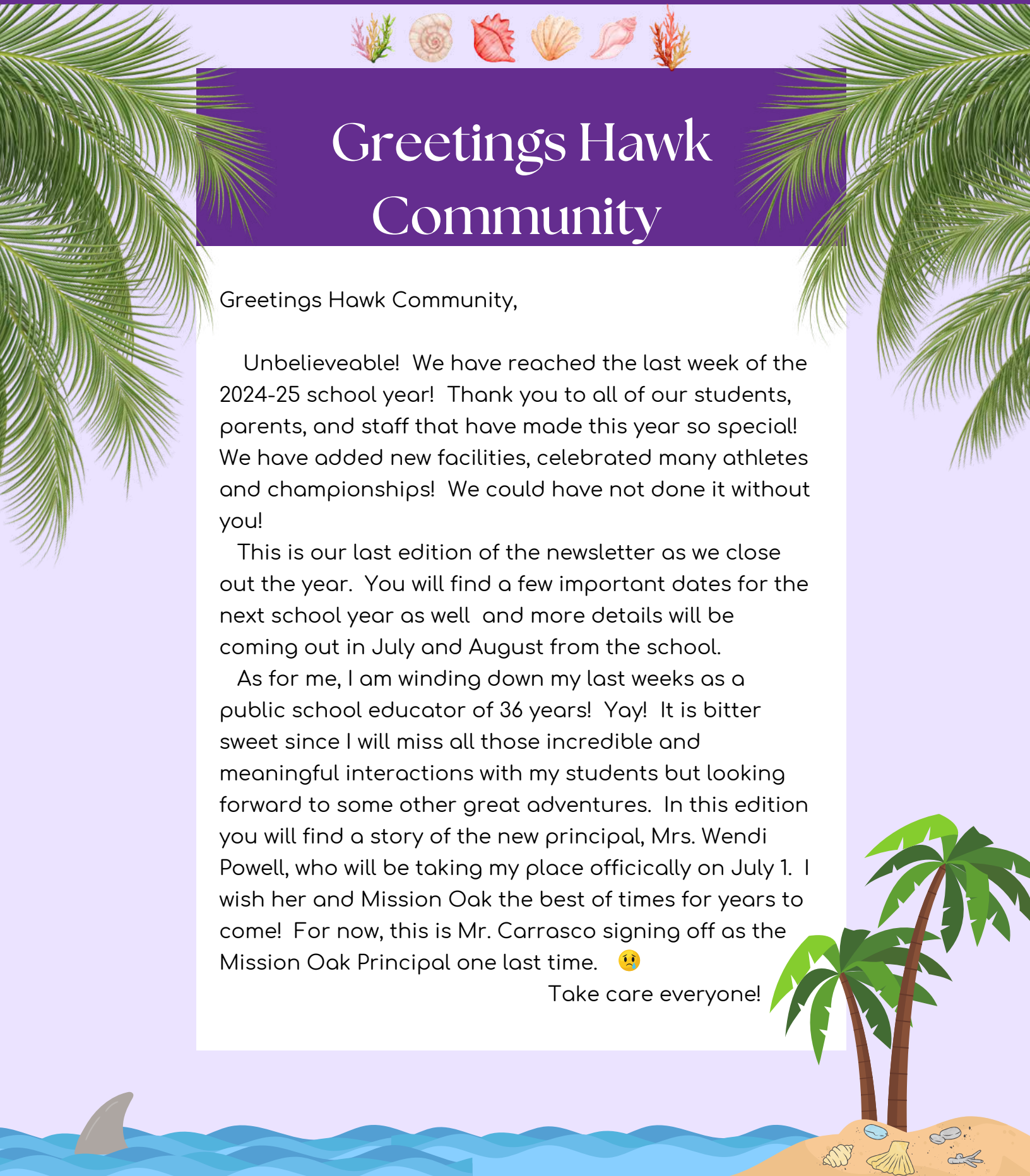
Greetings Hawk Community,

Unbelievable! We have reached the last week of the 2024-25 school year! Thank you to all of our students, parents, and staff that have made this year so special! We have added new facilities, celebrated many athletes and championships! We could have not done it without you!

This is our last edition of the newsletter as we close out the year. You will find a few important dates for the next school year as well and more details will be coming out in July and August from the school.

As for me, I am winding down my last weeks as a public school educator of 36 years! Yay! It is bitter sweet since I will miss all those incredible and meaningful interactions with my students but looking forward to some other great adventures. In this edition you will find a story of the new principal, Mrs. Wendi Powell, who will be taking my place officially on July 1. I wish her and Mission Oak the best of times for years to come! For now, this is Mr. Carrasco signing off as the Mission Oak Principal one last time. 😞

Take care everyone!



Wendi Powell

Mission Oak High School Welcomes New Principal, Mrs. Wendi Van Hooser-Powell

Mission Oak High School is proud to introduce its new principal for the 2025–2026 school year, Mrs. Powell. A proud native of Tulare, Mrs. Powell grew up just a few miles from where Mission Oak now stands. She fondly recalls childhood memories of riding horses and motorcycles through the fields that once surrounded the area.

Powell attended Sundale Elementary and graduated from Tulare Union High School. She then continued her education at the University of West Georgia, where she played collegiate softball. Even while away, Tulare remained close to her heart. After graduating, she returned home to coach at Tulare Union and substitute teach for the district while working on her credential and master's degree.

She is the proud mother of two children—one a Tulare Western graduate currently attending Boise State, and the other a junior at Tulare Western. With 23 years of experience in education, Mrs. Powell brings a wealth of knowledge and a deep commitment to student success. Over the years, she has served in a variety of roles, including coach, teacher, school counselor, assistant principal, and principal.

Now, she's thrilled to bring her passion for education to Hawk Nation. "I feel so lucky to now have a love for all three high schools in Tulare, I can't wait to represent purple and all things Mission Oak," she shared.

Mission Oak is excited to welcome Mrs. Powell into our community. She looks forward to meeting students, staff, and families and continuing Mission Oak High School's tradition of excellence.

Welcome to the nest, Mrs. Wendi Van Hooser-Powell!



Mission Madness



Mission madness took place last week, in a week long event that colminated in after school preformance on Friday. The week was full of events starting with students dressing up for the week everyday having its own theme.



Mission Oak Seniors and Parents Graduation Information

2025

Graduation will be on June 5th, 8:00 pm at Bob Mathias Stadium

Senior Attendance:

The TJUHSD has implemented a Senior Attendance policy that must be met during the senior year for participation in the commencement ceremony. Students may not have more than 30-period absences in order to participate in the graduation. Saturday School attendance (4 hours) may clear 4-period absences from school. See your Assistant Principal for more information.

Graduation Expectations:

This event is a graduation ceremony. Graduates and their guests are expected to use appropriate conduct throughout the event.

Graduation is a time for each student to be recognized for achievements during their high school career.

Caps and Gowns:

Students are required to wear caps and gowns to the graduation ceremony, however, they are not allowed to decorate them or alter

them in any way that stands out to others. Only school issued cords and medals are permitted. No leis, corsages or other personal decorations are allowed. Also, only the MOHS issued stole is allowed to be worn at the graduation ceremony.

Suggested Attire for Graduation:

Dress pants, dress Shirt with collar (tie preferred), Skirt, Dress, and dress shoes. Shoes should have a back strap. **NO HIGH HEELS** (thin heels are not allowed on the turf or track) **WEDGES are good!**

Inappropriate Attire:

Jeans, sweat pants, yoga pants, tennis shoes, flip-flops, sunglasses, flowers, leis, corsages.

Important Dates

★ Graduation Practice: May 22, 2025 (3rd period) @MO Football Field

★ Graduation Practice: May 30, 2025 (2nd period) Gym

★ Senior Awards Assembly: May 30, 11:10 am (4th period) in the Gym

★ Ticket Distribution: May 30, After Senior Awards Assembly - Wrestling Room

★ Graduation Practice: June 5th, 8:30 am at Bob Mathias Stadium.

All seniors will board the bus at the MO bus pickup on Oakmore st. at 8:00am. Bring a hat and wear sunscreen.

**Seniors are not allowed to drive to the stadium for practice.*

Graduation Night: Wednesday, June 5th at 8:00 pm

Graduates arrival time—6:30pm in the Tulare Union Auditorium

Stadium Gates open 6:30pm and the Ceremony starts at 8:00pm

Everyone must have a ticket to enter the stadium

Ask your graduate what side of the stadium they are sitting on. (Graduates will receive this information at the June 5th practice.)

Ticket & Parking Information

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- Seating is general admission, not reserved
 - If a guest requires ADA accommodations, the graduate will be able to pick up a pass for parking and ADA seating at graduation practice, the morning of June 5th. The pass will allow the individual, and a companion access to ADA seating. ADA parking will be on Kern St. by the pool and stadium If you have questions on ADA accommodations, please contact Brenda Najera (559) 687-7308.

Diplomas

After the graduation ceremony, graduates will pick up their diploma on the south end of the stadium..

****Diplomas will be held if all fees/fines have not been paid. Fees may be paid at the Switchboard, cash or credit card (service fee applies), before school, after school or break.*

Congratulations to the Class of 2025 and their families.

IMPORTANT UPCOMING DATES



June 3 – Sr. Sunset @ 6:30

**June 4 – Minimum Day 8:30–
1:05**

**June 5 – Minimum Day 8:30–
1:05**

**June 5 – Graduation
Ceremony for the class of
2025 at 8:00 PM**

**Read more
on**

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



NOTICE TO SENIORS

- **AS GRADUATION APPROACHES, PLEASE BE REMINDED THAT A 95% ATTENDANCE RATE IS REQUIRED TO PARTICIPATE IN THE GRADUATION CEREMONY.**
- **EFFECTIVE IMMEDIATELY, IF YOU ARE ON THE SATURDAY SCHOOL LIST OR HAVE ACCUMULATED MORE THAN 30-PERIOD ABSENCES, YOUR OFF-CAMPUS LUNCH PRIVILEGES WILL BE REVOKED UNTIL YOUR ATTENDANCE IMPROVES AND YOU ARE REMOVED FROM THE LIST.**



Tulare Joint Union High School District

School Calendar for 2025-2026

Month	M	T	W	TH	F	Instructional Days	Staff Work Days	Significant Dates	Explanation
August 2025					1				
	4	5	6	7	8			August 11-13	First Teacher Duty Days
	11	12	13	14	15	12	3	August 14	First Day of School
	18	19	20	21	22				
	25	26	27	28	29			August 26	Back to School Night (Minimum Day)
September 2025	1	2	3	4	5			September 1	Labor Day
	8	9	10	11	12	20	0	September 10	Fair Day
	15	16	17	18	19				
	22	23	24	25	26				
	29	30							
October 2025			1	2	3				
	6	7	8	9	10	22	0	October 8	Staff Development (Minimum Day)
	13	14	15	16	17			October 10	9-Week Grading Period
	20	21	22	23	24				
	27	28	29	30	31			October 31	No School Day
November 2025	3	4	5	6	7				
	10	11	12	13	14	14	0	November 11	Veteran's Day
	17	18	19	20	21			November 24 - 28	Thanksgiving Holiday
	24	25	26	27	28				
December 2025	1	2	3	4	5				
	8	9	10	11	12	14	1	December 19	Teacher Duty Day
	15	16	17	18	19				(1st Semester - 82 days)
	22	23	24	25	26			December 22 -	Winter Vacation
	29	30	31					January 9	
January 2026				1	2				
	5	6	7	8	9	14	0		
	12	13	14	15	16				
	19	20	21	22	23			January 19	Martin Luther King Day
	26	27	28	29	30				
February 2026	2	3	4	5	6				
	9	10	11	12	13	18	0	February 9	Lincoln's Birthday
	16	17	18	19	20			February 16	President's Day
	23	24	25	26	27				
March 2026	2	3	4	5	6				
	9	10	11	12	13	20	0	March 13	9-Week Grading Period
	16	17	18	19	20				
	23	24	25	26	27				
	30	31						March 30 -	Spring Vacation
								April 6	
April 2026			1	2	3				
	6	7	8	9	10	18	0		
	13	14	15	16	17				
	20	21	22	23	24				
	27	28	29	30					
May 2026					1				
	4	5	6	7	8	20	0		
	11	12	13	14	15				
	18	19	20	21	22				
	25	26	27	28	29			May 25	Memorial Day
June 2026	1	2	3	4	5			June 9 - June 10	Last Day of School (Min. Day)
	8	9	10	11	12	8	1	June 11	Last Teacher Duty Day
Total Student Instructional Days:						180	5		

Minimum Days

August 26
October 8
June 9
June 10

Graduation

Tulare Western - June 9, 2026
Tulare Union - June 10, 2026
Mission Oak - June 11, 2026

Legend

○ - Legal Holiday

□ - Grade Periods

■ - Teacher Duty Day (No School)

■ - Non-School Day

Approved on: 11/16/23

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
- Cuídate (come 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

