

Mission Oak High School

May 12 - 16, 2025



Greetings Hawk Community

Greetings Hawk Community,

I hope you have had a great start of the month of May! It has been a busy week as we continue to head towards the end of the school year. We have many events coming up so please check the calendar often.

It was a historic day on Friday in the athletic arena. First, baseball won its first every league championship! The softball team also won league championship. Baseball plays at home on Monday and softball is away. Go out to the games and support our athletes. And in our new Aquatic Complex hosted the division two finals which means we had 52 schools and 496 athletes competing to go to state.

We have two major events coming up this week. First the Fresno State Educational Talent Search will honor its graduates on Tuesday at 6:30. We will also have our Outstanding Hawk Awards on Wednesday at 6:30. Hope to see you at one of our many events!

Mr. Carrasco



WAY TO GO HAWKS!



THE
MIRACLE
LEAGUE
OF VISALIA



HAWKS TENNIS-MIRACLE LEAGUE
VOLUNTEERS MAY 3, 2025

Mission Oak High School is now a formally recognized PLTW (Project Lead The Way) Distinguished High School.



A big thank you to Mr. Duffek and our
Engineering Academy for their hard
work.



Follow

April/May 2024

**COUNSELING
CORNER**

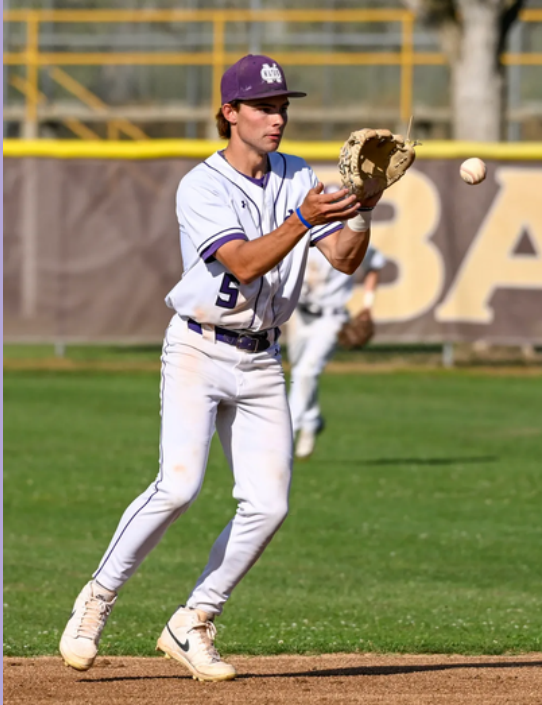
| | | | | |
|--------------|--|--|---|---|
| Wednesday | | | | |
| April 2 | | | | |
| April 7 | April 8 - A Day 1- CAASPP Math SPED- Math | April 9 - B Day 1- CAASPP Math SPED- Math | April 10 - A Day 2- CAASPP Math SPED- Math | April 11 - B Day 2- CAASPP Math SPED- Math |
| April 14 - A | April 15 - B | April 16 - A | April 17 - B | April 18 - A |
| April 21 - B | April 22 - A Day 3- CAASPP Math Makeups in Math Classes SPED- Math Makeups | April 23 - B Day 3- CAASPP Math Makeups in Math Classes SPED- Math Makeups | April 24 - A Day 1- CAASPP ELA SPED- ELA CAST Science Sophomores in Science Classes | April 25 - B Day 1- CAASPP ELA SPED- ELA CAST Science Sophomores in Science Classes |

Mission Oak - CAASPP Testing Calendar 2025



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

Mission Oak Baseball and Softball Win League!



On Friday, May 9, our baseball team made Mission Oak history! This was the first year that our baseball team has ever won a league championship! Congratulations to the team and coaches! We are so proud of you and look forward to watching you in the playoffs soon. The last home game of the regular season will be on Monday, May 12, at 4:30. Come out to see our incredible team!





Also, on Friday, May 9, our girls softball team beat Hanford 6-0 to clinch the West Yosemite League championship! Congratulations to our team and coaches on such a great accomplishment. We will also see and support them through the playoffs!



TEACHER APPRECIATION WEEK



This week, we honored our teachers for teacher appreciation week. We truly appreciate everything our outstanding teachers do to keep our schools functioning and running. Go Hawks!

LET'S REIGN



MOHS - NEW SEASON



2025 - 2026

CHEER TRYOUTS!!!

DATE: MAY 14, MAY 15 & MAY 16

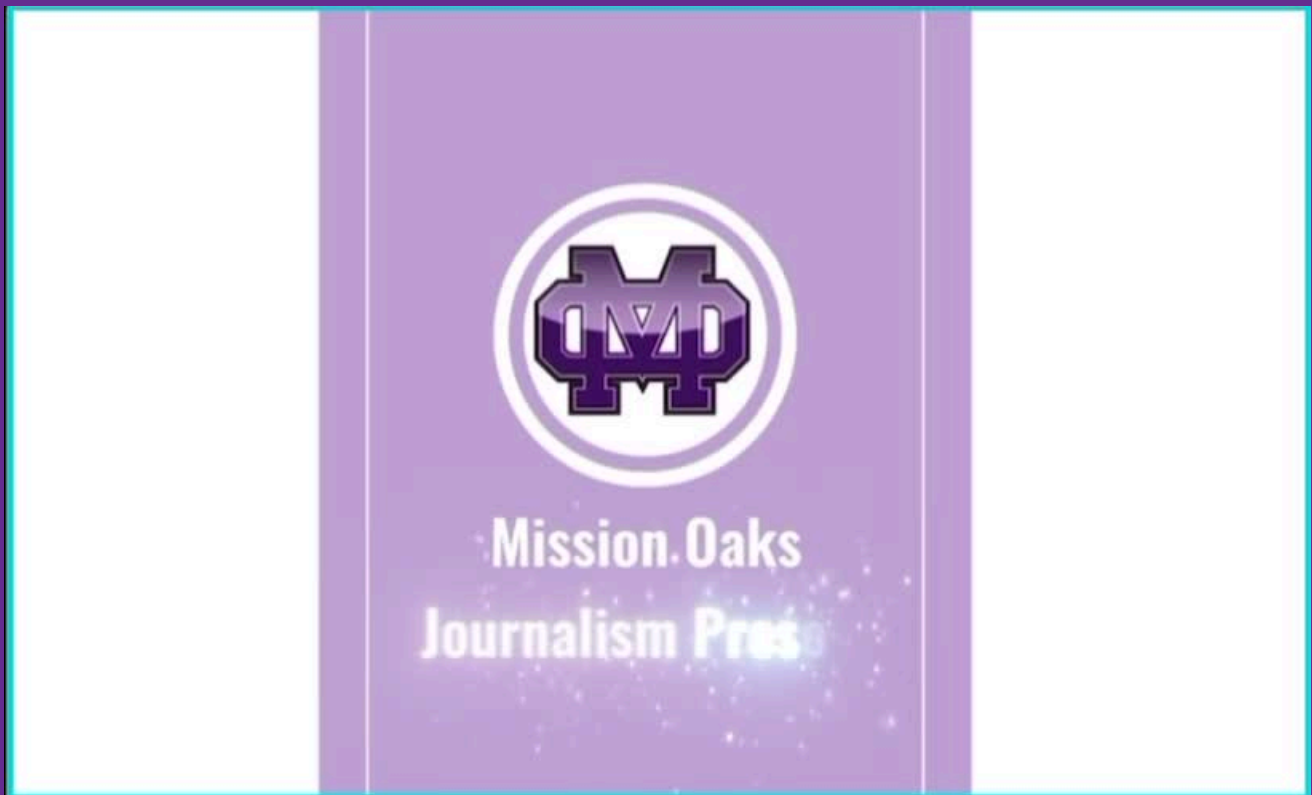
TIME: 4PM-6PM || LOCATION: CAFETERIA



TEAM ANNOUNCEMENT: MAY 17 || PARENT MEETING: MONDAY, MAY 19TH



Mission Oaks latest Talon review!



IMPORTANT UPCOMING DATES



**May 8th– Graduation Day –
20-day rule for seniors.**

**May 14th – Auditions to sing
the National Anthem @
Graduation**

**June 5 – Graduation 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.**



SPORTS



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

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



MISSION OAK HIGH SCHOOL

2025 SENIOR DATES and INFORMATION

March/April Academic Wings Night

| | |
|-------------|--|
| March 20 | Student Board Awards at TJUHSD District Office |
| April 24 | COS STEPS Orientation & Priority Registration (MO Library) |
| April 11 | Deadline to submit your speech to Mr. Carrasco for Graduation Speaker |
| April 22-30 | Graduation Speech Try Outs (entire week) |
| April 22-30 | Try Out for Senior Graduation Ceremony Welcome |
| May 1 | National Decision Day (final day to commit to your college) |
| May 3 | Prom Dance (Country M Ranch) |
| May 8 | 20 Day Rule Begins |
| May 13 | ETS Graduation |
| May 14 | Outstanding Hawk Awards Night (6:30 pm) (9-11 graders) |
| May 16 | Powder Puff Game |
| May 19-23 | Mission Madness |
| May 20 | Scholarship Night -Seniors receiving awards and scholarships will be notified before the scholarship event (6 pm) |
| May 21 | Spring Concert (TU Auditorium 6pm) |
| May 22 | Senior Marching Practice MOHS Football Field (3rd Period) |
| May 22 | Cap and gown distribution at practice MOHS Football Field |
| May 22 | Senior D/F List Due to Counseling |
| May 22 | Senior Fees (sports equipment, locks, calculators, band fees, etc.) from staff/coaches due to Leslie Rebelo by 3:30 p.m. |
| May 27 | Senior Talent Show/ Yearbook Dedication |
| May 28 | Library Fees are due no later than 3:30 p.m. (Leslie) |
| May 28 | Final Senior payments due no later than 3:30 p.m. (Payments can be made only before and after school, breaks, and lunch, the office closes at 4:30 pm)(locks=\$10 fee will be added to the student) |
| May 28 | Graduate Exit Survey (required for prior ticket distribution) |
| May 28 | PSL Graduation (MO Cafeteria 6 pm) |
| May 29 | Plato Deadline |
| May 29 | AOE Graduation (MO Cafeteria 6 pm) |
| May 29 | Senior Grades due by 3:30 p.m. |
| May 29 | Distinguished Grad Regalia Distribution (During Lunch, last break, and after school) |
| May 29 | What We Will Do With Our Wings Ceremony 2:30 p.m. (College Signing Ceremony) |
| May 30 | Graduation Practice 9:35 am- 10:45 am in the gym (Seniors in cap and gown) |
| May 30 | Senior Awards Assembly 10:45 - 12:10 pm in the gym Parents and Juniors are invited to attend!!! |

MISSION OAK HIGH SCHOOL
2025 SENIOR DATES and INFORMATION

| | |
|--------|---|
| May 30 | Distribution of Tickets (10 per student) Wrestling Room after Awards assembly. Tickets will only be distributed to students who are meeting graduation requirements. No tickets will be given to students that are earning a "D" or "F" in a required course for graduation or not meeting attendance requirements |
| May 30 | Grad Night (Magic Mountain) |
| TBD | Yearbooks distribution |
| June 3 | Turn in Chromebooks Seniors (Tentative) |
| June 3 | Senior Sunset (6:30 pm, MOFootball Field) |
| June 5 | Tickets will be distributed for those students who did not receive tickets on May 31 and if the student is meeting graduation requirements. Tickets will be distributed at the Senior Breakfast. |
| June 5 | Graduation Day 8:30 a.m. – Final graduation rehearsal at Bob Mathias Stadium (Students must use school transportation-no private vehicles allowed) 10:00 a.m. – Senior Breakfast (Veterans Memorial Building) 6:30 p.m. – Meet at the Tulare Union Auditorium 8:00 p.m.– Graduation Ceremony at Bob Mathias Stadium |



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. If you have any questions or need clarification, please visit Mrs. Blythe in the Assistant Principal's Office.



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

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 |

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 |

BUILDING THE FUTURE BRICK BY BRICK

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

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

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



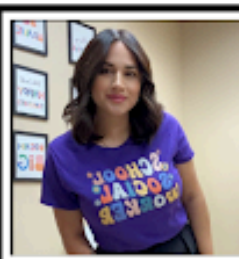
**MENTAL HEALTH SCHOOL-
BASED RESOURCE**



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)

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

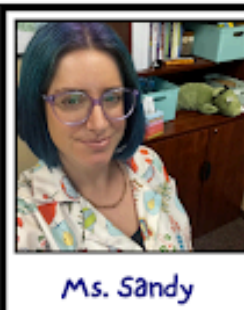
Comuníquese con los trabajadores sociales de su escuela para solicitar una cita para registrarse. Si no estás seguro de quiénes son, aquí tienes nuestra información:

Sra. Madrigal (brenda.madrigal@tulare.k12.ca.us)

Sra. Sandy (sandy.badgerj@tulare.k12.ca.us)



Mrs. Madrigal



Ms. Sandy

CÓDIGO QR DE
AUTOREFERENCIA

