

# Mission Oak High School

May 19 - 23, 2025



## Greetings Hawk Community

Greetings Hawk Community,

I hope you have had a great week and are looking forward to the weekend! Thank you all to our parents who have come out this past week to celebrate their student's success at one of several events.

There are a few key events over the next two weeks as we head down the final stretch. First, Scholarship Night for our seniors will be on Tuesday, May 20 at 6:30. May 30 at 10:45 will be our Senior's Honor Assembly. The last two days of school are June 4-5 and both days will be minimum days. Classes will be from 8:30-1:05. Our graduation ceremony is set for June 5 at 8:00 at Bob Mathias stadium.

Our Baseball and softball teams begin their playoff run today, Friday, at 4:30. Baseball will be at home and softball will play at Kingsburg. Good luck to all of our athletes.

Mr. Carrasco



# 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

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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

- 
- 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

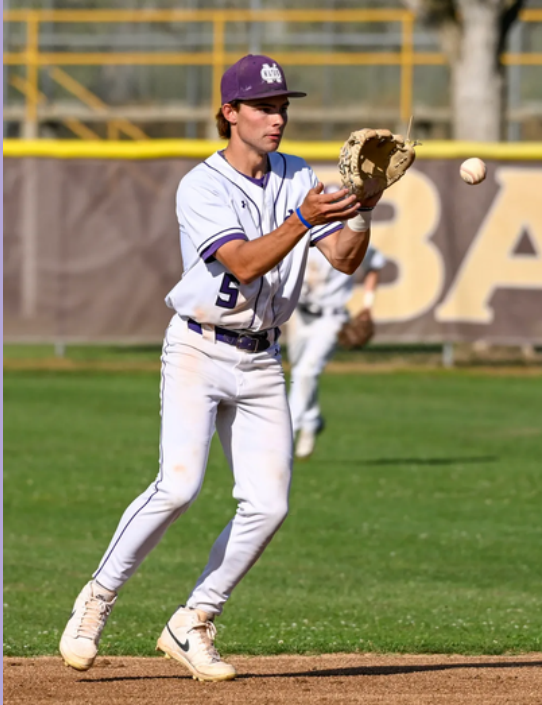
After the graduation ceremony, graduates will pick up their diploma on the south end of the stadium..

*\*\*\*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.



Mission Oak Baseball and Softball  
Start Playoff Runs – Friday  
Baseball @ Home and Softball @ Kingsburg



MAY 19 - MAY 23

# Mission Madness

## Season of the Hawks

MONDAY

*Sports Season*

DRESS IN SPORTS ATTIRE.



TUESDAY

*Hunting Season*

DRESS IN CAMOUFLAGE.



WEDNESDAY

*Vacation Season*

DRESS IN BEACH ATTIRE.



THURSDAY

*Rushing Season*

FRAT BOYS / SORORITY GIRLS.



FRIDAY

*Spirit Season*

DRESS IN MISSION OAK GEAR.





# ***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](http://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](http://www.tularehsf.org)

# 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



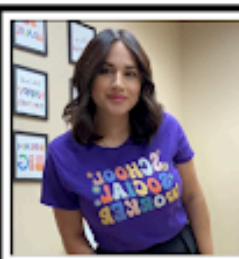
**MENTAL HEALTH SCHOOL-  
BASED RESOURCE**



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

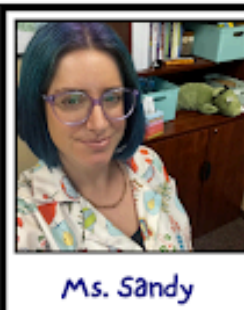
Comuníquese con los trabajadores sociales de su escuela para solicitar una cita para registrarse. Si no estás seguro de quiénes son, aquí tienes nuestra información:

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

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



Mrs. Madrigal



Ms. Sandy

CÓDIGO QR DE  
AUTOREFERENCIA

