

Mission Oak High School

May 5 - May 9, 2025

Greetings Hawk Community

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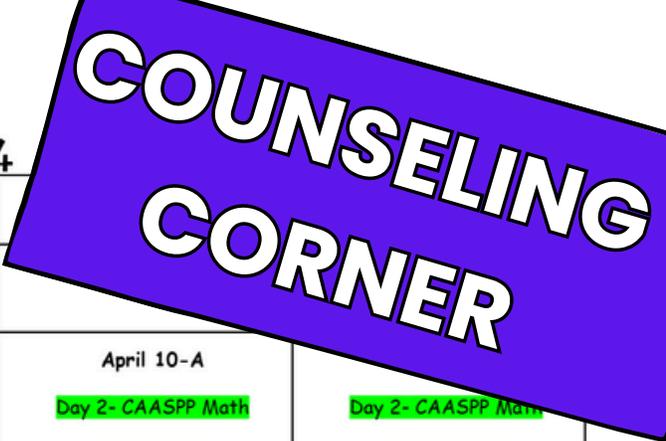
I hope you have had a great start of the month of May! Hard to believe but we are down to our last full month of school!

We had a great day of celebration for the Mental Health Week. We ended the week with a resource fair and Mrs. Jones and Mrs. Madrigal convinced our administrators to take the Ice Bucket Challenge! **Click on the video below to see the action!** Enjoy the weekend!

Mr. Carrasco



April/May 2024



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 Unified Soccer vs. Western!

Mission oaks Unified soccer game against western was a huge success and had an amazing turnout!



MENTAL HEALTH AWARENESS MONTH

THIS WEEK, WE
FOCUSED ON MENTAL
HEALTH AT MISSION
OAK WITH DRESS-UP
DAYS, MENTAL HEALTH
BOOTHS, EVENTS, AND
MORE. 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 *



CHEER ANNOUNCEMENT

**THIS YEARS UNIFORM FITTING
DATE IS HAPPENING BEFORE THE
TRYOUT DATE!!**

**ALL students trying
out – or thinking
about it – are highly
recommended to
attend.**

Date: Friday, May 2

Time: 4PM-6:30PM

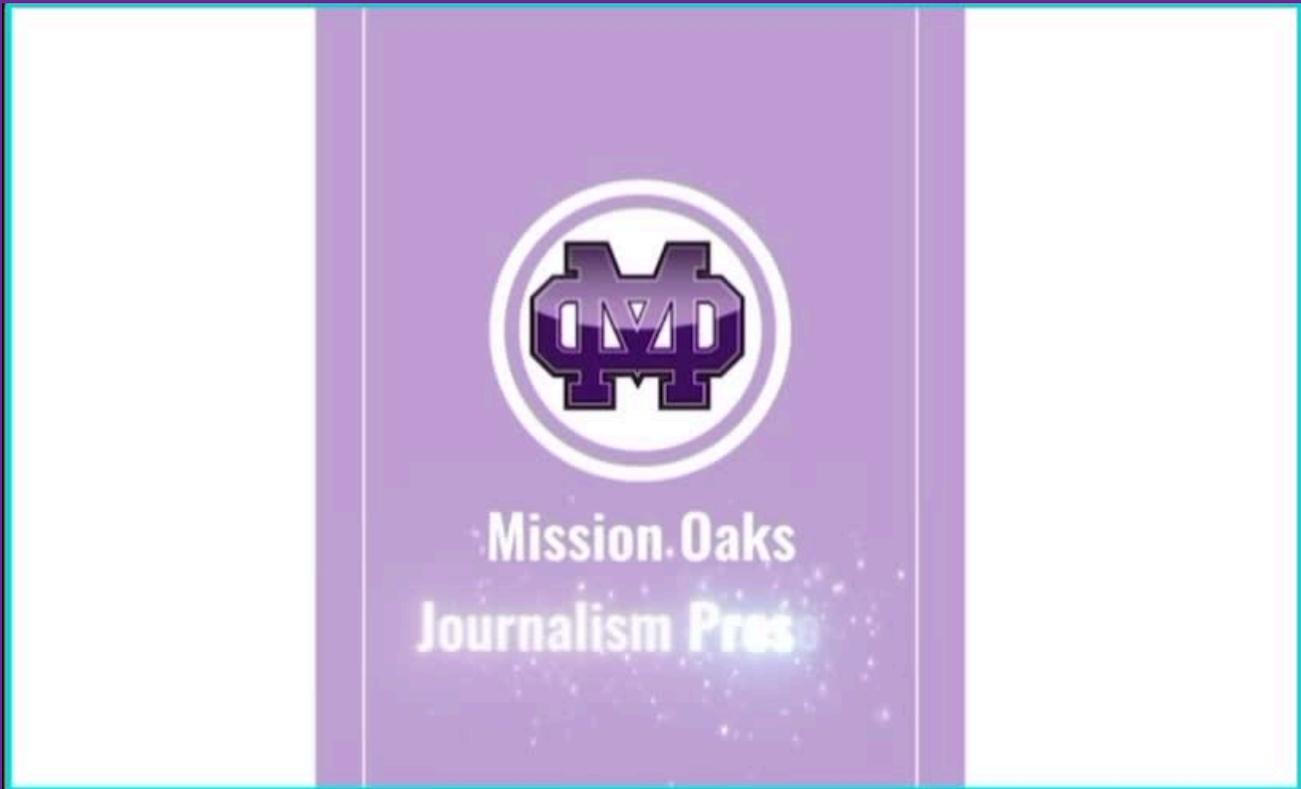
Location: Girls Locker
Room

◆◆ *All attendees will receive the official cheer packet
(three days ahead) of the release, AND the New
Head Coach (Coach V) will be there to answer any
questions.* ◆◆

*Please note: Attendance does not guarantee a spot on the team.
This adjustment is due to the later season start and current Varsity availability.*



Mission Oaks latest Talon review!



IMPORTANT UPCOMING DATES



May 3 – Mission Oak Prom

May 8th – 20-day rule for seniors begins.

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

June 5 – Graduation at 8:00 PM.

Read more
on

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



Harvesting Hope

Wants to thank...



Students, staff, parents and more for their dedication and willingness in volunteering in every Harvesting Hope Harvest this school year. Over 10 TONS of fruit has been picked this year. Check out the link below for an in-detail article of Harvesting Hope.



ARTICLE LINK HERE



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

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.



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.

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

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.

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
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



