

Mission Oak High School

April 28-May 2, 2025



Greetings Hawk Community

Greetings Hawk Community,

I hope you have had a great week back to school after Spring Vacation! We are quickly moving towards the end of school year. Next week we will be in May, the last full month of school.

Here at Mission Oak we are busy getting ready for all the end-of-the-year events. Please keep checking dates and calendars as we proceed towards the end of the year. A couple of things to remember for the last two school days is that they are minimum days. Those dates are June 4 and 5. Classes will run from 8:30 AM - 1:05 PM. Our graduation ceremony will be on June 5 at 8:00 PM at Bob Mathias Stadium on the Tulare Union campus.

Next weekend is our Prom on May 3 at the Tulare Ag Center Banquet from 6 - 11 PM. Tickets can be purchased in the ASB room or after school in Room 206. Each ticket is \$40 per person. Have a great weekend and stay safe!

Mr. Carrasco





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	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

April 28th to May 2nd

Kick off to May



Mental Health Awareness Month

*Let's prioritize our mental well-being and be kind to
our minds*

School Social Workers

Mrs. Madrigal

Ms. Sandy

Daily Activities



April 28

Mindful Monday

Morning Mindfulness

Kindness Pins



May 1

Crafts make me feel better

Pinwheel Decorating



April 29

Cruise Day Game Day



Giant Tic Tac Toe, Giant Connect 4 and Cornhole

May 2

MO Day on the Green/Mental Health Fair/Club Rush

Join us for some fun during LUNCH

April 30

Wellness Walk

Walk Around Campus & Coping Strategies Stations



Dress Up Days



April 28
Marvelous Monday
Superhero Day



May 1
Tell Us How You
Feel Thursday
Wear a color to
match your mood



April 29
Cruise Day Tuesday
Dress up like you are
going on a relaxing
vacation!



May 2
Green Day Friday •
Wear Green to
Bring Awareness

MENTAL HEALTH IS IMPORTANT



April 30
Wellness Wednesday
Workout Clothes



THE
TULARE
HISTORICAL MUSEUM



is proud to host and invite you to the



MISSION OAK HIGH SCHOOL PANCAKE BREAKFAST

to benefit the *Tulare Assembly Center Memorial Project*.

SATURDAY, APRIL 26, 2025

8:00 — 11:30 AM

IN THE ART GALLERY ROOM

444 W. Tulare Ave. Tulare, CA 93274

\$10 PER PLATE

Sponsored by:



Tickets are available for purchase in advance at the museum & also available at the door.

For more information, contact the Tulare Historical Museum: (559) 686-2074

Breakfast includes PANCAKES, HAM, COFFEE and/or ORANGE JUICE

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





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

Location: Girls Locker Room

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



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

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.

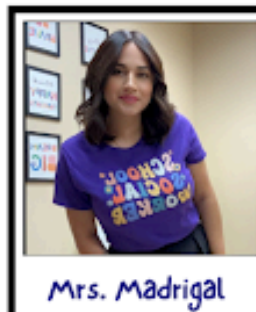


RECURSO ESCOLARE DE
SALUD MENTAL

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

