

Mission Oak High School

April 7-11, 2025



Greetings Hawk Community

Greetings Hawk Community,

Happy Friday! I hope you have had a great week! We are in April and the year seems to go really fast now! Our juniors will begin testing in Math this coming week. Encourage your student to get plenty of rest and to do their best. Sophomores will take the Science test later in April after spring break. Juniors will take the CAASPP in ELA after spring break as well. Seniors. Check out the testing schedule in the newsletter for all the dates.

Spring break will take place from April 14th to 21st! Classes will resume on Tuesday, April 22. Please keep checking in with your child to make sure they're keeping up with their schoolwork.

If you've got a senior, make sure to take a look at the section in the newsletter with all the important senior information and dates and mark your calendars. Let us know if you have any questions or concerns at all!

Mr. Carrasco



 **Follow**

THE COUNSELING NEST ON INSTAGRAM!

If you are applying for scholarships, you must bring in a **PHYSICAL** copy. See Mrs. Aguilar in the Career Center if you have any questions.



**UC DAVIS**
VETERINARY MEDICINE
*Veterinary Medicine Teaching
and Research Center*

FarmVet2B

High School Internship
June 16-27 2025



Scan to apply

FarmVet2B is a 2 week internship for Tulare high school students who are serious about a career in Livestock Vet Med.



Students will visit food animal farms and interact with private practitioners, state/federal vets and researchers to understand the role in advancing livestock health and contributing to food safety and security.

Requirements:

1. Interest in livestock Vet. Med.
2. Going on to Senior (Fall 2025) at a Tulare/Visalia High School
3. GPA 3.0 or higher.
4. Complete application
5. Available for internship dates

Deadline April 15th 2025

FINANCIAL AID AWARD LETTER

WORKSHOP

Friday, April 11th at Lunch in the Library

Did You Receive a Letter or Email Similar to This?

What is this deadline for?



What does this mean?



Why does this college offer more?

Subsidized? Unsubsidized?

University of the United States (UUS)
Undergraduate College Financing Plan
Student Name, Identifier: MM / DD / YYYY

Total Cost of Attendance 2022-2023		
Tuition and fees	On Campus Residence	Off Campus Residence
Housing and meals	\$X,000X	\$X,000X
Books and supplies		
Transportation		\$X,000X
Other education costs		\$X,000X
Estimated Cost of Attendance	\$X,000X / yr	\$X,000X

Expected Family Contribution
Based on FAFSA: \$X,000X / yr
Based on Institutional Methodology: X,000X / yr

Scholarship and Grant Options
Scholarships and Grants are considered "Gift" aid - no repayment is needed.

Scholarships	Grants
Merit-Based Scholarships	Need-Based Grant Aid
Scholarships from your school	Federal Pell Grants
Scholarships from your state	Institutional Grants
Other scholarships	State Grants
Employer Paid Tuition Benefits	Other forms of grant aid
Total Scholarships	Total Grants
\$X,000X / yr	\$X,000X / yr

VA Education Benefits
VA Education Benefits: \$X,000X / yr

College Costs You Will Be Required to Pay
Net Price To You: \$X,000X / yr
(Total cost of attendance minus total grants and total scholarships)

Loan and Work Options to Pay the Net Price to You
You must repay loans, plus interest and fees. \$X,000X / yr

Loan Options*	Work Options
Federal Direct Subsidized Loan (x.xx% interest rate) (x.xx% origination fee)	Work-study
\$X,000X / yr	Hours Per Week (estimated)
Federal Direct Unsubsidized Loan (x.xx% interest rate) (x.xx% origination fee)	XX / wk
\$X,000X / yr	Other Campus Job
Total Loan Options	Total Work
\$X,000X / yr	\$X,000X / yr

* For federal student loans, origination fees are deducted from loan proceeds.

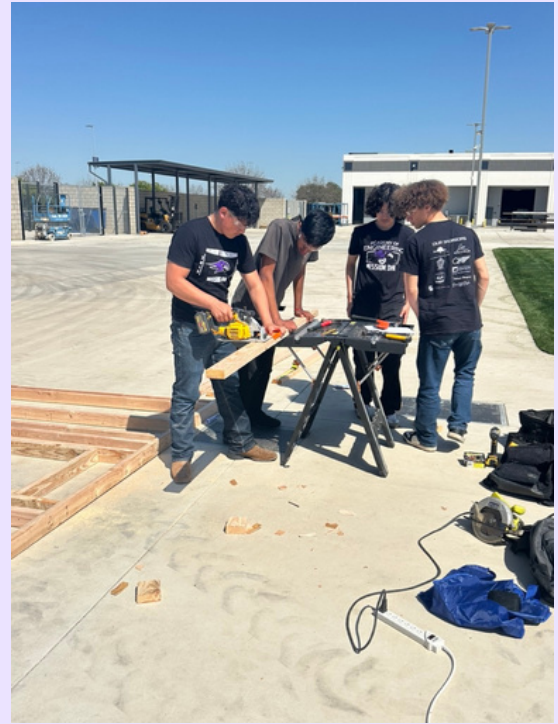
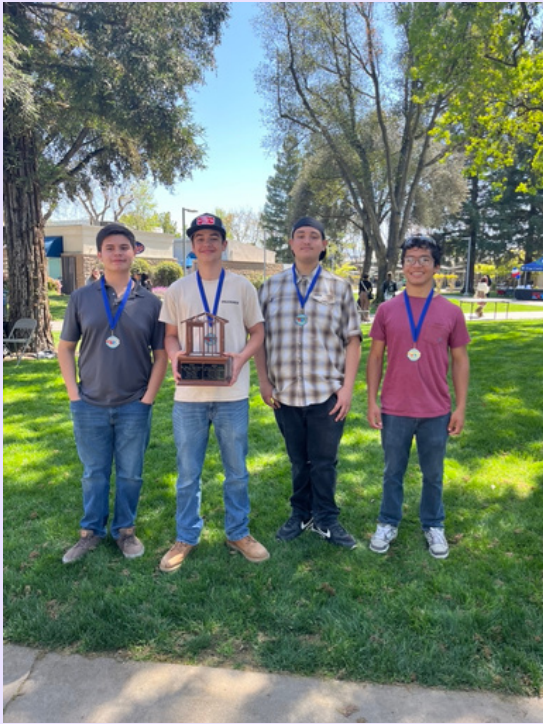
Other Options
You may have other options to repay the remaining costs. These include:
• Tuition payment plan offered by the institution
• Parent PLUS loans, which your parent can apply for
• Non-Federal Private education loan, which you or your parent can apply for after passing a credit check
• Other Military or National Service Benefits

For More Information
University of the United States (UUS)
Financial Aid Office
123 Main Street
Anytown, ST 12345
Telephone: (123) 456-7890
E-mail: financialaid@uus.edu

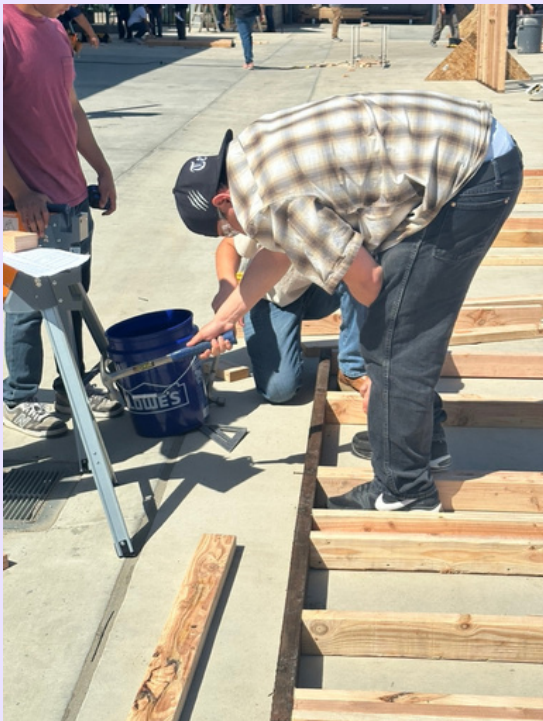
Loan Amounts
Note that the amounts listed are the maximum available to you. To learn about loan repayment choices and calculate your Federal Loan monthly payment, go to: <https://studentaid.gov/manage-loans>

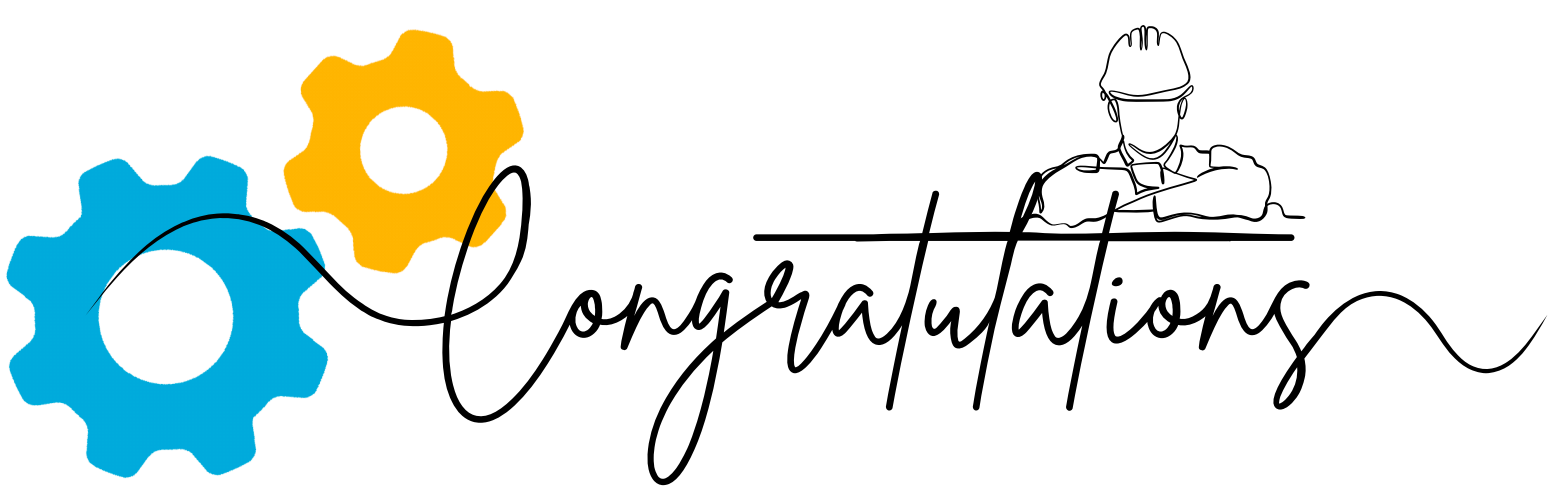
Next steps



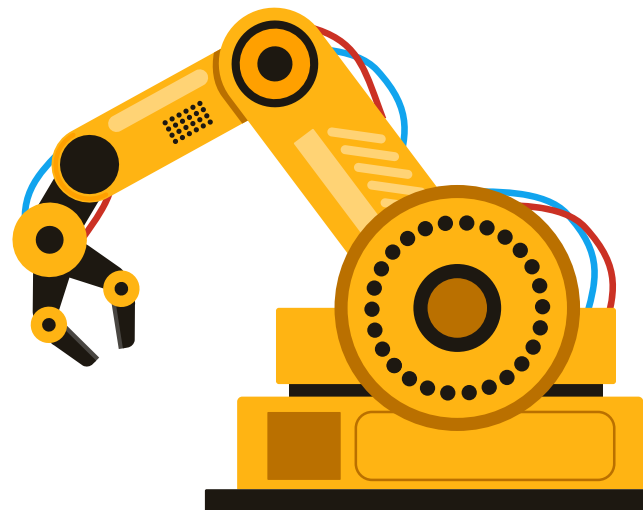


Congratulations to our construction program students who earned first place in today's building competition (see photo at upper left corner).





CONGRATULATIONS TO OUR
MISSION OAK ENGINEERING
ACADEMY! OUR PROGRAM HAS
REACHED THE KATHERINE
BLASIK DISTINGUISHED MEMBER
LEVEL AT NAF! THIS IS A
TESTAMENT TO OUR PROGRAM
AND ALL OF ITS HARD WORK. GO
HAWKS!



Hawks Celebrated At MO Ceremony



On Wednesday, Mar. 26th, over 200 students received their WINGS patch, indicating a robust GPA of over 3.6! With over 300 students, staff and parents present, students were called up one-by-one by Principal Carrasco to receive their award. Congratulations Hawks!



Teacher Inspirers

Donovan Chavez

“A teacher that inspires me is Mr. Gallegos because he’s always checking up on me, checking up on me academically, preparing me for the future, and is always there when I am feeling down”.

Diamond Gonzalez

“Mrs. Rodela, she is such a positive human being and very sweet”.

Essence Okotcha

“Mrs. Jones is a very strong lady. She’s been through a lot and still manages to have a positive mindset.”

Shehzad Gutierrez

“Mr. Jones because he sees that I’m trying my best & helps me understand the work out if im not doing it right or if my from is wrong during weight training.”

IMPORTANT UPCOMING DATES



Apr. 2 – deadline for FASFA apps

**Apr. 11 – Commencement
speeches due to Mr. Carrasco by
11:59 PM.**

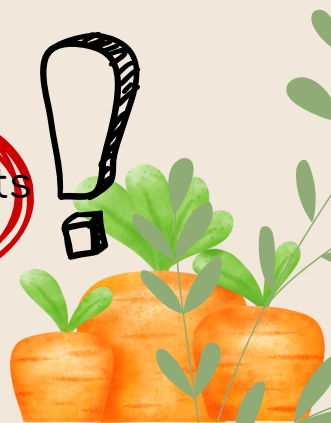
**Apr. 10 – Annual MO,z art
festival**

May 3 – Mission Oak Prom

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

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.

April/May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	April 1	April 2	April 3	April 4
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



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

TULARE JOINT UNION HIGH SCHOOL DISTRICT



Dear Parent/Guardian:

Each spring, students in California participate in the statewide testing program, the California Assessment of Student Performance and Progress (CAASPP) System. The assessments in the CAASPP System provide information to teachers, parents/guardians, and students about students' progress and readiness for college and career. This year, your child will take the following test(s) depending on his or her grade level:

Smarter Balanced test for English language arts/literacy (11th grade only)

Smarter Balanced test for mathematics (11th grade only)

California Science Test (10th and 12th grade only)

The Smarter Balanced online tests are based on the California Content Standards, also known as the Common Core State Standards, for mathematics and ELA. For eleventh graders, these tests will have a direct impact on the California State University's (CSU's) Early Assessment Program (EAP). The CSU and participating California community colleges will use student results from the Smarter Balanced Summative Assessments as a student's EAP status in English and mathematics:

Students who score at the highest performance level ("Standard Exceeded") are considered *ready* for college-level coursework

Students who score at the "Standard Met" performance level are considered *conditionally ready* for college-level coursework in English and/or mathematics. Students must take an approved English and/or mathematics course in twelfth grade and receive a grade of "C" or better to be considered College Ready.

Students who score at the "Standard Nearly Met" performance level are considered *not yet ready* for college-level coursework in English and/or mathematics and will need additional preparation in the twelfth grade.

Students who score at the "Standard Not Met" performance level are considered *not ready* for college-level work in English and/or mathematics. They will need substantial improvement to demonstrate knowledge and skills needed for success in entry-level credit-bearing college coursework after high school.

California's new state standards for science call for students to think and work like scientists and engineers—asking questions and learning through hands-on investigation and discovery. California is in the process of implementing the California Next Generation Science Standards. As part of that implementation, students in tenth and twelfth grade at the high school level will take the science assessment called the California Science Test, or CAST.

To learn more about either the Smarter Balanced Summative Assessments or the CAST, go to the California Department of Education Parent Guides to Understanding Web page at <https://www.cde.ca.gov/ta/tg/ca/documents/pgtu-summative.pdf>. You can look at sample test questions on the practice tests, which can be found on the CAASPP Web Portal at <http://www.caaspp.org/practice-and-training/index.html>.

Pursuant to California *Education Code* Section 60615, parents/guardians may annually submit to the school a written request to excuse their child from any or all of the CAASPP assessments.

If you have any questions regarding your child's participation in the CAASPP assessments, please contact your child's school.

Kevin Covert

Assistant Superintendent

TULARE JOINT UNION HIGH SCHOOL DISTRICT



Estimado padre/tutor:

Cada primavera, los estudiantes de California participan en el programa de evaluación estatal, el Sistema de Evaluación del Rendimiento y Progreso Estudiantil de California (CAASPP). Las evaluaciones en el Sistema CAASPP brindan información a los maestros, padres/tutores y estudiantes sobre el progreso y la preparación de los estudiantes para la universidad y la carrera. Este año, su hijo(a) tomará la(s) siguiente(s) prueba(s) dependiendo de su nivel de grado:

Prueba Smarter Balanced de lengua y literatura en inglés/alfabetización (sólo en el grado 11)

Smarter Balanced de matemáticas (solo en el grado 11)

Examen de Ciencias de California (solo grados 10 y 12)

Las pruebas en línea de Smarter Balanced se basan en los Estándares de Contenido de California, también conocidos como Estándares Estatales Básicos Comunes, para matemáticas y ELA. Para los estudiantes de undécimo grado, estas pruebas tendrán un impacto directo en el Programa de Evaluación Temprana (EAP) de la Universidad Estatal de California (CSU). La CSU y los colegios comunitarios de California participantes utilizarán los resultados de los estudiantes de las Evaluaciones sumativas Smarter Balanced como el estado EAP de un estudiante en inglés y matemáticas:

Los estudiantes que obtengan una puntuación en el nivel de rendimiento más alto ("Estándar Superado") se consideran *listos* para los cursos de nivel universitario

Estudiantes quienes obtienen un puntaje en el nivel de rendimiento "Estándar Alcanzado" se consideran *condicionalmente listos* para cursos de nivel universitario en inglés y/o matemáticas. Los estudiantes deben tomar un curso aprobado de inglés y/o matemáticas en el duodécimo grado y recibir una calificación de "C" o mejor para ser considerados listos para la universidad.

Se considera que los estudiantes que obtienen un puntaje en el nivel de rendimiento "Estándar Casi Alcanzado" *aún no están listos* para los cursos de nivel universitario en inglés y/o matemáticas y necesitarán preparación adicional en el duodécimo grado.

Se considera que los estudiantes que obtienen una puntuación en el nivel de rendimiento "Estándar No Alcanzado" *no están listos* para el trabajo de nivel universitario en inglés y/o matemáticas. Necesitarán una mejora sustancial para demostrar el conocimiento y las habilidades necesarias para tener éxito en los cursos universitarios con créditos de nivel de entrada después de la escuela secundaria.

Los nuevos estándares estatales de ciencias de California exigen que los estudiantes piensen y trabajen como científicos e ingenieros, haciendo preguntas y aprendiendo a través de la investigación práctica y el descubrimiento. California está en el proceso de implementar los Estándares de Ciencias de la Próxima Generación de California. Como parte de esa implementación, los estudiantes de décimo y duodécimo grado a nivel de escuela secundaria tomarán la evaluación de ciencias llamada Prueba de Ciencias de California o CAST.

Para obtener más información sobre las evaluaciones sumativas Smarter Balanced o CAST, visite la página web Guías para padres para entender del Departamento de Educación de California en <https://www.cde.ca.gov/ta/tg/ca/documents/pgtu-summative.pdf> Puede ver preguntas de prueba de muestra en las pruebas de práctica, que se pueden encontrar en el portal web de CAASPP en <http://www.caaspp.org/practice-and-training/index.html>.

De conformidad con *Código de Educación*, los padres/tutores pueden enviar anualmente a la escuela una solicitud por escrito para excusar a su hijo de cualquiera o todas las evaluaciones CAASPP.

Si tiene alguna pregunta sobre la participación de su hijo en las evaluaciones CAASPP, comuníquese con la escuela de su hijo.

Kevin Covert

Assistant Superintendent

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
- Cuidese (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



Community Schools Partnership Program



What are Community Schools?

The Tulare Joint Union High School District Community School Partnership Program is here to support our students and families by enhancing educational opportunities and fostering community engagement. Our program is dedicated to creating a connected and supportive learning environment where every student can thrive.

If you identify a student that needs resources, scan the QR code to complete a referral!!

Benefits:

- Community Resources
- Respond to Student Needs
- Address Learning Barriers
- Student Attendance

Other Services:

- Food
- Employment
- Mental health
- School and Hygiene supplies
- Housing
- And Other Services

For more information:

Jesse Ruvalcaba

jesse.ruvalcaba@tulare.k12.ca.us

(559) 687-7308 Ext: 2448



Community School
Coordinator Referral

Escuelas Comunitarias



¿Qué son las escuelas comunitarias?

El Programa de Asociación Escolar Comunitaria del Distrito Escolar Secundario Conjunto de Tulare está aquí para apoyar a nuestros estudiantes y familias mejorando las oportunidades educativas y fomentando la participación comunitaria. Nuestro programa está dedicado a crear un entorno de aprendizaje conectado y de apoyo donde cada estudiante pueda prosperar.

Si identificas a un estudiante que necesite recursos, escanea el código para completar una referencia!!!

Beneficios:

Recursos Comunitarios
Enfoque en las necesidades
de los estudiantes
Sobresalir las barreras de
aprendizaje
Asistencia estudiantil

Otros Servicios:

Comida
Trabajo
Salud mental
Asistencia Pública
Vivienda
Entre otros servicios

For more information:

Jesse Ruvalcaba

jesse.ruvalcaba@tulare.k12.ca.us

(559) 687-7308 Ext: 2448



Referencia para el
coordinador de
escuelas comunitarias