

# Mission Oak High School

March 3-7, 2025

## Greetings Hawk Community



Greetings Hawk Community,

It has been 17 years that Mission Oak has been without their own pool on campus. Finally, this past Tuesday we had the opportunity to see our students jump into our own Hawk Pool! It was a great time and event to open the Aquatic Complex and many future generations will benefit from it. Thanks to everyone who came to witness our students jump into the pool! Click on the video below to see the first dive ever!



[Click for video](#)



**By: Andria Alves**

Our Mission Oak pool was introduced on February 25th at our opening ceremony. There was a tremendous turnout of around 250 parents, athletes, staff, and students; along with important members of the Tulare community.

The event began with our district's Superintendent giving a speech with Principal Carasco and students shortly after.

A ribbon was cut to signify the commencement of the pool's availability for events like practices, meets, tournaments, championships and so on. The culmination of the event was our student athletes jumping in the pool and showing off their abilities that will only prosper in the future of our new pool.

Swim head coach Mrs. Moya is excited for the opportunities the new pool will give to our program.



“To me it means growth, legacy for us to have access to our own space to grow and display our program as something bigger now is an exciting new chapter and I can't wait!” Moya said.



 **Follow**

## THE COUNSELING NEST ON INSTAGRAM!

**COUNSELING  
CORNER**



“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.”

**APPLICATION  
OPENS  
Dec. 1ST - March 3rd  
FOR FINANCIAL AID**



**Financial Aid  
Friday**

**Counselors are still available in the LIBRARY every Friday, beginning Dec 6th from 9:30am-4:30pm to help with Financial Aid Applications.**



# GOOD LUCK GALEB

STATE WRESTLING CHAMPIONSHIPS

MECHANICS BANK

ARENA-BAKERSFIELD FEB 27-MAR 1



LET'S GO HAWKS



# **IMPORTANT UPCOMING DATES**

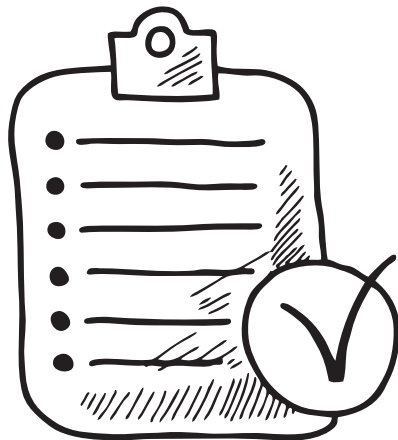


**Feb. 25 - Aquatic Complex Ribbon Cutting Ceremony**

**Feb. 28 - Mr. Mission Oak competition at Richard Torrez Gymnasium at 5 p.m.**

**Mar. 3 - FAFSA Deadline for financial aid**

**Mar. 8 - Harvesting Hope Tangerine Harvest**



Read more on

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





# 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)

# 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.



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

## 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)



# HARVESTING HOPE

Tulare County

## TANGERINE HARVEST!

Saturday, March 8, 2025

10 am – 12 pm

1. First time volunteers must turn in a volunteer form signed by a parent. Forms will be available at the event or you can download forms on our website: <https://www.unitedwaytc.org/harvesting-hope>

2. Volunteers must provide your own transportation. Volunteers can park or be dropped off at the farm but students 12 and under must be supervised by an adult.

3. Dress to get dirty. Come comfortably in jeans, and old work or tennis shoes. It will be a very beautiful day with a forecast in the high 60s.



**4. PLEASE BRING YOUR OWN PRUNING (GARDEN) SCISSORS IF YOU OR YOUR PARENTS OWN A PAIR.**

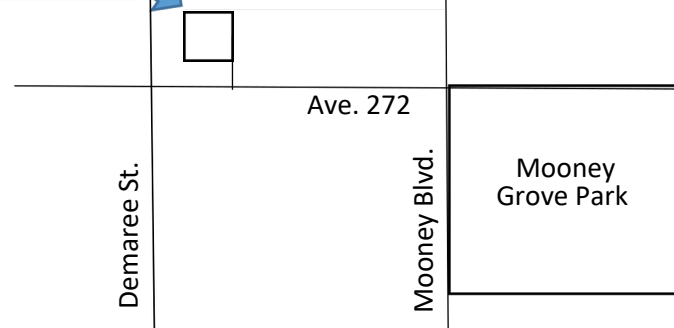
5. Bring garden gloves to wear during the harvest. If you do not have a pair, we will have some available.

Please call (559) 972-9148 for more information.

## Directions to Tangerine Orchard

5 acre tangerine farm

Location Address:  
10994 Ave. 272  
Visalia, CA 93277



*We look forward to working with you. Thank you so much for volunteering. You will have a great time!*

In partnership with:





2024 - 2025
Harvesting Hope/ United Way
Volunteer Liability Waiver
& Parent Permission Slip



By signing this application, I agree to release Harvesting Hope/United Way, its agents, its employees, and its certified volunteers from and against any claim arising from my or my child's participation in the program noted on this form. I agree to indemnify and hold Harvesting Hope/United Way harmless from and against any claims, whether caused by passive negligence or otherwise. I will pay all costs incident to any claim, including, without limitation, attorneys' fees. I agree that this agreement is intended to be as broad and inclusive as is permitted by the law of the State of California.

FOR GOOD AND VALUABLE CONSIDERATIONS, including permission to participate in Harvesting Hope/United Way gleaning, volunteering, and related activities, I, for myself, my successors, heirs, assigns, executors, administrators, spouse and next of kin:

- 1. Agree that prior to participating I will inspect the facilities, equipment and areas to be used, and, if I believe any of them are unsafe, I will immediately advise the person supervising the Harvesting Hope/United Way activity, facility or areas;
2. Acknowledge that I fully understand that my participation may involve risk of serious injury or death, including economic losses, which may result not only from my own actions, in-actions or negligence, but also from the actions, in-actions or negligence of others and the condition of the facilities, equipment or areas where the Harvesting Hope/United Way activity is being conducted; I understand to follow all COVID best practices by wearing a mask, social distance and sanitize as much as possible;
3. Assume any and all risks of bodily injuries to myself, including medical or hospital bills, permanent or partial disability, death and damages to my property, caused by or arising from my participation in this event or activity;
4. Covenant not to use, or present any claim for personal injury, property damage or wrongful death against Harvesting Hope/United Way (and their officers, employees and agents) or the owner of the gleaning project property for damages attributable to my participation in the Harvesting Hope/United Way activity;
5. Release, waive, discharge and relinquish Harvesting Hope/ United Way (and their officers, employees and agents) and the gleaning project property owner from any liability, loss, damage, claim, demand or cause of action against them whether same shall arise by their negligence or otherwise;
6. Agree that photographs, pictures, slides, movies or videos of me may be in connection with my participation in this event or activity without compensation from Harvesting Hope/United Way (or Permittee/Sponsor) and consent to the use of these photographs, pictures, slides, movies or videos for any legal purpose;
7. Warrant that I am in good health and have no physical condition that would prevent me from participating in this event or activity;

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Name Phone

Email Address

Street Address City State Zip M F

School (if any) Expected Grad Date Birthday (month/day/year) Gender (circle)

Add me to the email update list (1-3 emails per month)

Signature Date

Parent/Guardian (if under 18) Date



**2024 - 2025**  
**Harvesting Hope/United Way**  
**Contrato de Renuncia de Responsabilidad**  
**& Permiso de los Padres**



Al firmar esta solicitud, estoy de acuerdo en liberar Harvesting Hope/United Way, sus agentes, sus empleados y sus voluntarios contra cualquier reclamación que surja de mi participación o la de mi hijo en el que se destaca en este formulario. Estoy de acuerdo en mantener indemne Harvesting Hope/United Way de contra cualquier reclamación, ya sea causado por negligencia pasiva o de otra manera. Voy a pagar todos los costos de incidente a cualquier reclamo, incluyendo, sin limitación, honorarios de abogados. Estoy de acuerdo en que este acuerdo debería de ser tan amplio e inclusivo como lo permita la ley del Estado de California.

CONSIDERACIONES PARA bueno y valioso, como el permiso para participar en Harvesting Hope/United Way jardinería de la agricultura, el voluntariado y las actividades conexas, yo, por mí mismo, mis sucesores, herederos, cesionarios, albaceas, administradores, cónyuge y parientes más cercanos:

1. De acuerdo en que antes de participar voy a inspeccionar las instalaciones, equipos y áreas a utilizar, y si yo creo que ninguno de ellos son inseguros, inmediatamente me asesoraré a la persona que supervisa la actividad Harvesting Hope/United Way, instalaciones o áreas;
2. Reconocer que entiendo perfectamente que mi participación puede implicar un riesgo de lesiones graves o muerte, incluidos los económicos pérdidas, que pueden dar lugar no sólo a partir de mis propias acciones, en-acciones o negligencias, sino también de las acciones, en-acciones o negligencias de los demás y la condición de las instalaciones, equipos o áreas donde se realiza la actividad realizada sea sano Tulare; Entiendo que debo seguir todas las mejores practicas de COVID al usar una mascarara, distanciar social y desinfectar tanto como sea posible;
3. Asumir todos los riesgos de lesiones corporales a mí mismo, incluyendo cuentas médicas o de hospital, permanentes o parcial, invalidez, muerte y daños a mi propiedad, causados por o como resultado de mi participación en este evento o actividad;
4. Pacto de no utilizar, o presentar una demanda por lesiones personales, daños a la propiedad o muerte injusta contra Harvesting Hope/ United Way (Y sus funcionarios, empleados y agentes) o el dueño de la jardinería / finca agrícola del proyecto por los daños imputables a mi participación en la actividad Harvesting Hope/United Way;
5. Exonera, desempeñar y renunciar a ser saludable Tulare (y sus funcionarios, empleados y agentes) y la jardinería / proyecto de parque propietario de cualquier responsabilidad, pérdida, daño, reclamo, demanda o causa de acción en contra de ellos si misma se levantará por su negligencia o de otro modo;
6. De acuerdo en que las fotografías, imágenes, diapositivas, películas o videos de mí puede ser en relación con mi participación en este evento o actividad sin compensación de Harvesting Hope/United Way (o Permisionario / patrocinador) y el consentimiento para el uso de estas fotografías, imágenes, diapositivas, películas o vídeos para cualquier propósito legal;
7. Garantiza que estoy en buen estado de salud y no tienen condición física que me impida participar en este evento o actividad;

*Reconocimiento de entendimiento: He leído esta exención de responsabilidad, asunción de riesgos y acuerdo de indemnización, entiendo completamente sus términos y entiendo que renuncio a derechos sustanciales, incluido mi derecho a demandar. Reconozco que estoy firmando el acuerdo libre y voluntariamente, y mi intención es que mi firma sea una liberación completa e incondicional de toda responsabilidad en la mayor medida permitida por la ley.*

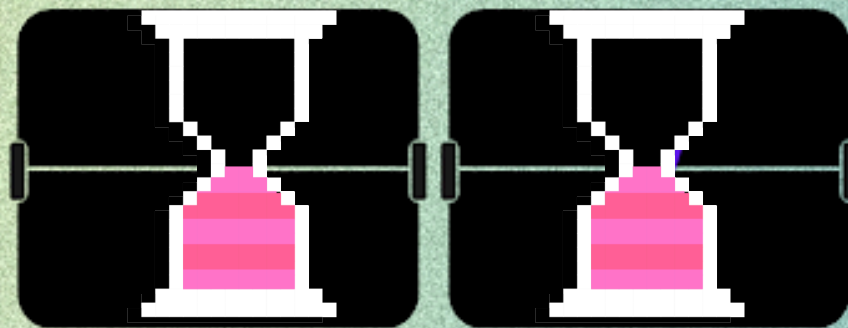
Nombre		Telefono	
Correo Electronico			
Domicilio	City	State	Zip
		M	F
Escuela	Fecha de Graduacion	Fecha de Cumpleaños	Genero(circle)
<input type="checkbox"/> Agregarme a la lista de actualizaciones por correo electrónico	Firma		Fecha
Firma de Padre (si menos de 18)			



# FINANCIAL AID!!

The Final

# Countdown



Days

Left TO SUBMIT YOUR  
APPLICATION!!

**DEADLINE 3/3/25**

# FINANCIAL AID FRIDAYS!

## NOW UNTIL FEB. 28TH

Every Friday

9:30 am – 4:30 pm

### LOCATION

Feb. 21: Library

Feb. 28: Library

### What to Bring:

- Chromebook
- Items on checklist  
(emailed to students)





# MO SPRING COLLEGE TOUR! THURSDAY, MARCH 27

*The Counseling Department at Mission Oak High School presents our annual college tour trip. We will be visiting California State University, Monterey Bay!*

## WHAT WILL YOU DO?

- ✔ Take a tour around the campus
- ✔ Learn about the admissions process
- ✔ Experience the CSUMB Pep Rally!

## STUDENTS WHO'S ELIGIBLE TO ATTEND:

- ✔ Have an Overall GPA of 2.0 or Higher
- ✔ No Ds or Fs in current classes
- ✔ No Disciplinary Issues
- ✔ No more than 30+ unexcused absences

**IF INTERESTED:  
PICK UP PERMISSION FORMS AT THE  
COUNSELING OFFICE**

**LIMITED SPOTS AVAILABLE!  
FIRST-COME FIRST-SERVED BASIS**

**ACCEPTING PERMISSION  
FORMS UNTIL:  
MONDAY, MARCH 17TH**

Please contact Mr. Perez for more information

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

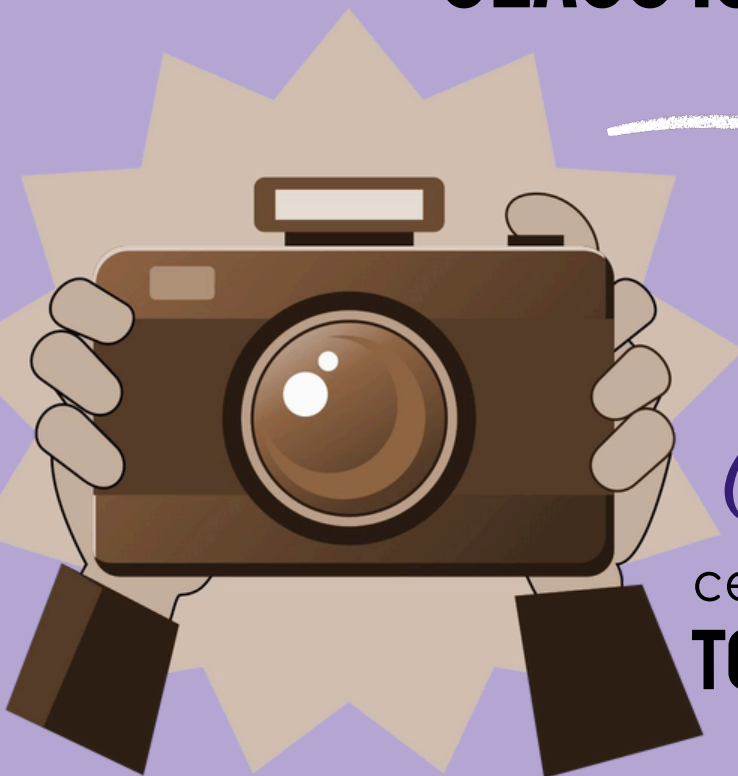
- May 30 Distribution of Tickets (10 per student) Wrestling Room after Awards assembly.  
Tickets will only be distributed to students who are meeting graduation requirements.  
No tickets will be given to students that are earning a "D" or "F" in a required course  
for graduation or not meeting attendance 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



# IT'S TIME TO SIGN UP FOR *Mission Oak's* PHOTOGRAPHY CLASS!

Ready to explore the art of digital photography and develop the skills and the eye to capture images that show off your artistic side?  
**IF YOU ANSWERED YES, THEN THIS**

**CLASS IS FOR YOU!**



**HOW TO SIGN UP:**

**GRAB A FRIEND AND STOP BY  
ROOM 605 OR EMAIL**

*Ms. Rodela*

celina.rodela@tulare.k12.ca.us

**TO GET YOUR NAME ADDED TO  
THE LIST TODAY!** 😊

**OPEN TO 9TH-12TH GRADE**



YOU'RE INVITED TO

# PSYCHOLOGY WINTER CAMP

MARCH 8TH & 9TH

VIA ZOOM

10:00 AM - 6:00 PM

JOIN US FOR OUR ANNUAL REMOTE WEEKEND  
CAMP GEARED TOWARDS HIGH SCHOOL  
STUDENTS! PWC WILL INCLUDE PSYCHOLOGY  
CENTERED WORKSHOPS, KEYNOTE SPEAKERS,  
ACTIVITIES, AND MORE!

RSVP:





# Mission Oak - CAASPP Testing Calendar 2025



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

## April/May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	April 1	April 2	April 3	April 4
April 7	<p>April 8-A</p> <p><b>Day 1- CAASPP Math</b></p> <p><b>SPED- Math</b></p>	<p>April 9-B</p> <p><b>Day 1- CAASPP Math</b></p> <p><b>SPED- Math</b></p>	<p>April 10-A</p> <p><b>Day 2- CAASPP Math</b></p> <p><b>SPED- Math</b></p>	<p>April 11-B</p> <p><b>Day 2- CAASPP Math</b></p> <p><b>Sped- Math</b></p>
April 14- A	April 15 -B	April 16 -A	April 17 -B	April 18 -A
April 21 -B	<p>April 22 -A</p> <p><b>Day 3- CAASPP Math Makeups in Math Classes</b></p> <p><b>SPED- Math Makeups</b></p>	<p>April 23 - B</p> <p><b>Day 3- CAASPP Math Makeups in Math Classes</b></p> <p><b>SPED- Math Makeups</b></p>	<p>April 24 - A</p> <p><b>Day 1- CAASPP ELA</b></p> <p><b>SPED- ELA</b></p> <p>CAST Science Sophomores in Science Classes</p>	<p>April 25- B</p> <p><b>Day 1- CAASPP ELA</b></p> <p><b>SPED- ELA</b></p> <p>CAST Science Sophomores in Science Classes</p>

# 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](mailto:brenda.madrigal@tulare.k12.ca.us))

Ms. Sandy ([sandy.badgerj@tulare.k12.ca.us](mailto: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

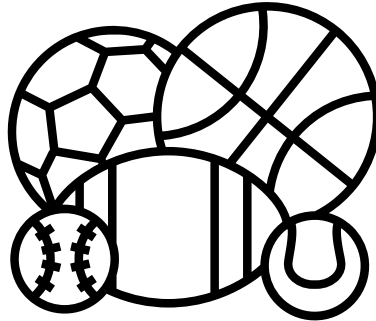


Ms. Sandy

CÓDIGO QR DE  
AUTOREFERENCIA

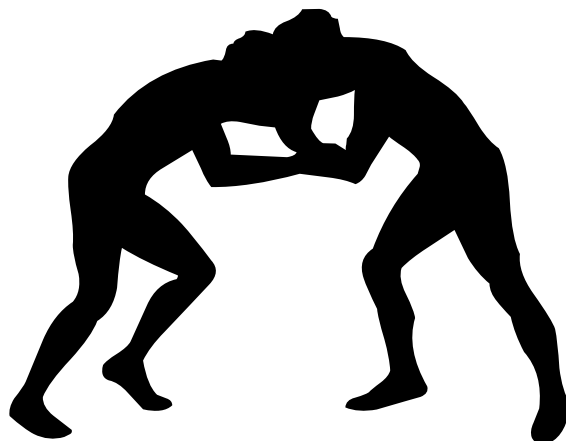
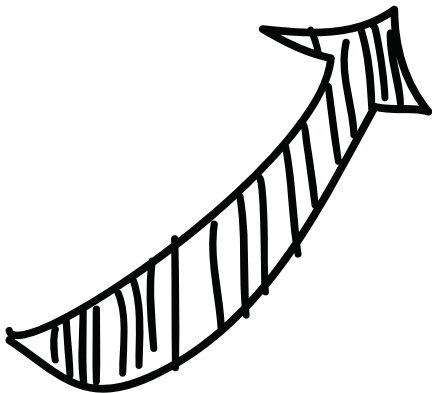


# ***SPORTS***



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

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



# 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

# CAPTURE YOUR MEMORIES IN THIS YEAR'S MISSION OAK HIGH SCHOOL YEARBOOK!

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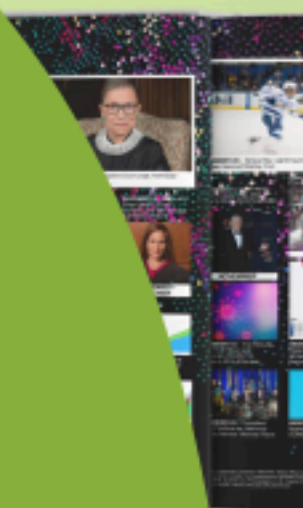
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