

Mission Oak High School

May 26 - 30, 2025



Greetings Hawk Community

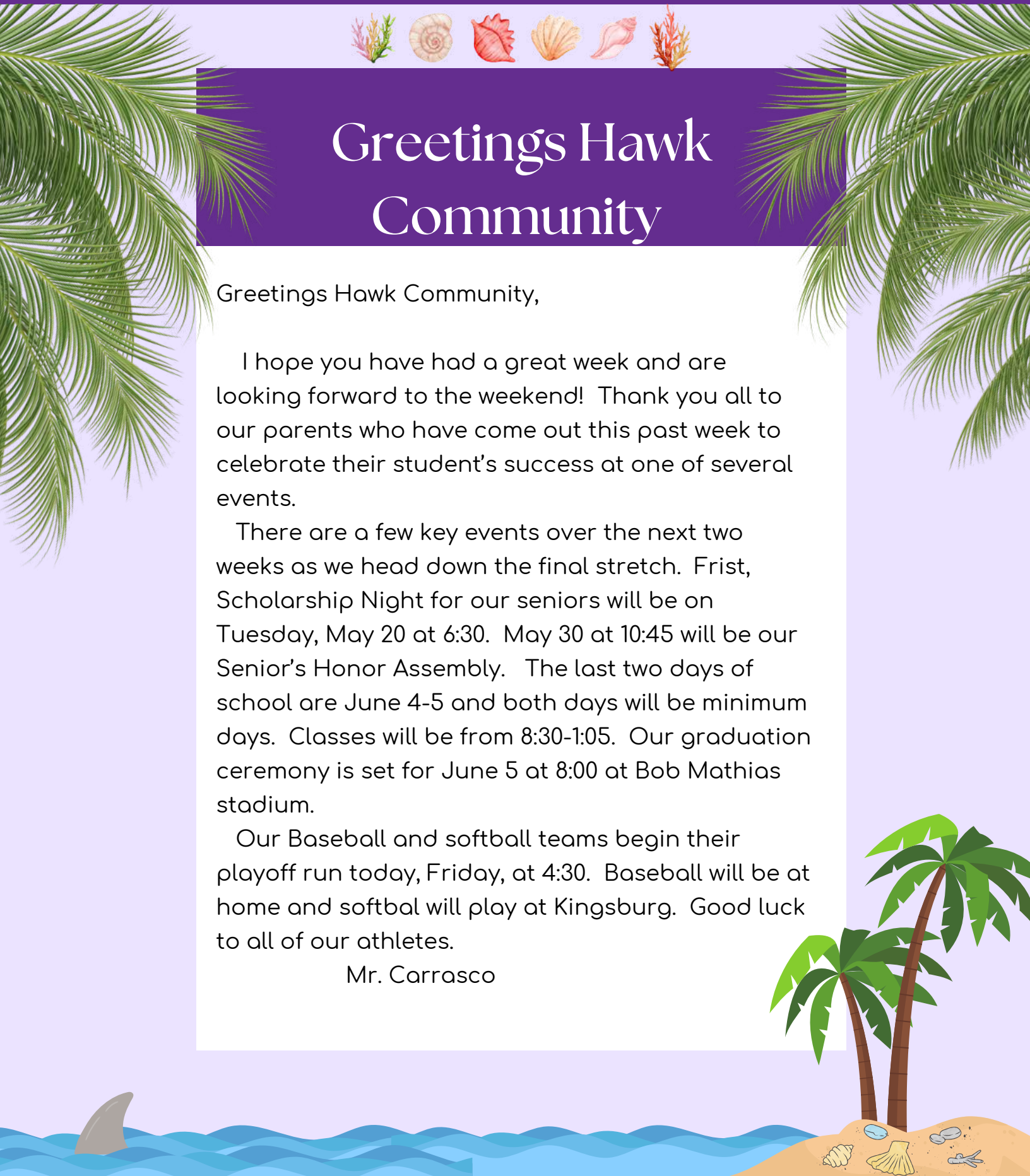
Greetings Hawk Community,

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

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

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

Mr. Carrasco



Mission Oak Seniors and Parents Graduation Information

2025

Graduation will be on June 5th, 8:00 pm at Bob Mathias Stadium

Senior Attendance:

The TJUHSD has implemented a Senior Attendance policy that must be met during the senior year for participation in the commencement ceremony. Students may not have more than 30-period absences in order to participate in the graduation. Saturday School attendance (4 hours) may clear 4-period absences from school. See your Assistant Principal for more information.

Graduation Expectations:

This event is a graduation ceremony. Graduates and their guests are expected to use appropriate conduct throughout the event.

Graduation is a time for each student to be recognized for achievements during their high school career.

Caps and Gowns:

Students are required to wear caps and gowns to the graduation ceremony, however, they are not allowed to decorate them or alter

them in any way that stands out to others. Only school issued cords and medals are permitted. No leis, corsages or other personal decorations are allowed. Also, only the MOHS issued stole is allowed to be worn at the graduation ceremony.

Suggested Attire for Graduation:

Dress pants, dress Shirt with collar (tie preferred), Skirt, Dress, and dress shoes. Shoes should have a back strap. **NO HIGH HEELS** (thin heels are not allowed on the turf or track) **WEDGES are good!**

Inappropriate Attire:

Jeans, sweat pants, yoga pants, tennis shoes, flip-flops, sunglasses, flowers, leis, corsages.

Important Dates

★ Graduation Practice: May 22, 2025 (3rd period) @MO Football Field

★ Graduation Practice: May 30, 2025 (2nd period) Gym

★ Senior Awards Assembly: May 30, 11:10 am (4th period) in the Gym

★ Ticket Distribution: May 30, After Senior Awards Assembly - Wrestling Room

★ Graduation Practice: June 5th, 8:30 am at Bob Mathias Stadium.

All seniors will board the bus at the MO bus pickup on Oakmore st. at 8:00am. Bring a hat and wear sunscreen.

**Seniors are not allowed to drive to the stadium for practice.*

Graduation Night: Wednesday, June 5th at 8:00 pm

Graduates arrival time—6:30pm in the Tulare Union Auditorium

Stadium Gates open 6:30pm and the Ceremony starts at 8:00pm

Everyone must have a ticket to enter the stadium

Ask your graduate what side of the stadium they are sitting on. (Graduates will receive this information at the June 5th practice.)

Ticket & Parking Information

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- Seating is general admission, not reserved
 - If a guest requires ADA accommodations, the graduate will be able to pick up a pass for parking and ADA seating at graduation practice, the morning of June 5th. The pass will allow the individual, and a companion access to ADA seating. ADA parking will be on Kern St. by the pool and stadium If you have questions on ADA accommodations, please contact Brenda Najera (559) 687-7308.

Diplomas

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

****Diplomas will be held if all fees/fines have not been paid. Fees may be paid at the Switchboard, cash or credit card (service fee applies), before school, after school or break.*

Congratulations to the Class of 2025 and their families.

IMPORTANT UPCOMING DATES



**May 8th– Graduation Day –
20-day rule for seniors.**

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

**June 5 – Graduation at 8:00
PM.**

**Read more
on**

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



NOTICE TO SENIORS

- **AS GRADUATION APPROACHES, PLEASE BE REMINDED THAT A 95% ATTENDANCE RATE IS REQUIRED TO PARTICIPATE IN THE GRADUATION CEREMONY.**
- **EFFECTIVE IMMEDIATELY, IF YOU ARE ON THE SATURDAY SCHOOL LIST OR HAVE ACCUMULATED MORE THAN 30-PERIOD ABSENCES, YOUR OFF-CAMPUS LUNCH PRIVILEGES WILL BE REVOKED UNTIL YOUR ATTENDANCE IMPROVES AND YOU ARE REMOVED FROM THE LIST.**



SPORTS



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

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



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
- Cuídate (come 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

