



TROY HIGH SCHOOL WARRIOR WEEKLY



May 19, 2023

Warriors, happy Friday! Summertime is getting closer, and we are now less than two weeks away from graduation for the Class of 2023 and summer then break for the rest of us. We still have a smattering of AP, IB and Cambridge A-level examinations happening but we are clearly getting ready for finals both seniors and the rest of our students. I have said this before, and I am going to sound like a broken record for those of you who knows what that means...Students, today and now is the time to do everything you are able to finish the semester strong and earn the grades for which you have been working all semester. Let's go, Warriors!

Our FJUSHD Mental Health provider, Ms. Carrie Slick shared some of the wonderful mental health awareness activities and opportunities we have had on campus this month to support our students. Ms. Slick wrote, *"I wanted to share a bit about the activities we provided out of the Lounge with the support of (ASB Advisor) Mr. Rich Liem and ASB for Mental Health Awareness this past week."*

With the MHAM (Mental Health Awareness Month) theme this year being "anxiety", we set out to share the message with students that often there are many small things we can do to help us manage stress and anxiety. We handed out mini bubble wands and sensory breathing stickers as fun ways to teach students to pause and take some breaths. We also offered two art activities, coloring and an airbrush stenciling activity, to encourage the use of art making as a way to take brain breaks during this significant month for testing.

I collaborated with Violet, Sofia, Ria, Alyse, and Maria from ASB on several social media posts. They did an incredible job with this. The posts provided education, as well as tips on how to manage stress and anxiety. They even created a self care bingo post.

Here are a few pictures of the events and posts. Looking forward to providing more activities for our Warriors in the future.

LET'S TALK ABOUT: ANXIETY!	LET'S TALK ABOUT: ANXIETY!	LET'S TALK ABOUT: ANXIETY!
WELLNESS PRACTICE #1 MORNING CHECK IN Spend 1-5 minutes in the morning taking time to connect with yourself. create a space that is calming and without distractions. Scan through your body and notice what sensations or emotions you might be holding. Just notice, don't judge or criticize yourself. This is about ways you can support yourself throughout the day given how you are feeling. Are there moments you can set aside to take breaks, is there something you can bring to school that gives you comfort, is there a person you can talk with if things get overwhelming?	WELLNESS PRACTICE #2 SELF COMPASSION There are so many conflicting messages around us about what determines our value. We have to develop a supportive voice inside of ourselves, that anchors us in the truth about our inherent value and worth. Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, self-compassion means you are kind and understand when confronted with personal failings- after all, who ever said you were supposed to be perfect and is that even possible for anyone?	WELLNESS PRACTICE #3 KNOW YOUR LIMITS Part of caring for your whole self is knowing what caused you to be unwell. Not all anxiety or stress is bad. Positive stress propels us to take risks and grow, even if we are uncomfortable with something. Anxiety can also signal us about our limits. If you find yourself getting overly anxious often, ask yourself if there is something you need to do less of or eliminate from your day. Some examples might be engaging too much with social media, staying up too late to do work, take a break from activity to rest.



MAY

Mental Health Awareness Month

Ask for help. Drink water. Be open to support. Go outside. Prioritize rest. Focus on one thing at a time. Remind yourself what you're grateful for. Take a break. Spend time with friends. Listen to music. Think positively. Read a book. Draw. Journal. Blow bubbles. Take a shower. Ask for a hug. Talk to someone you trust. Cook or bake. Cuddle a pet. Take slow breaths. Play a game. Cry. Say positive affirmations. Clean. Garden. Use a stress ball. Exercise. Write a letter. Play with slime or dough. Listen to a podcast. Stretch. Ask for help. Drink water. Be open to support. Go outside. Prioritize rest. Focus on one thing at a time. Remind yourself what you're grateful for. Take a break. Spend time with friends. Listen to music. Think positively. Read a book. Draw. Journal. Blow bubbles. Take a shower. Ask for a hug. Talk to someone you trust. Cook or bake. Cuddle a pet. Take slow breaths. Play a game. Cry. Say positive affirmations. Clean. Garden. Use a stress ball. Exercise. Write a letter. Play with slime or dough. Listen to a podcast. Stretch. Ask for help. Drink water. Be open to support. Go outside. Prioritize rest. Focus on one thing at a time. Remind yourself what you're grateful for. Take a break. Spend time with friends. Listen to music. Think positively. Read a book. Draw. Journal. Blow bubbles. Take a shower. Ask for a hug. Talk to someone you trust. Cook or bake. Cuddle a pet. Take slow breaths. Play a game. Cry. Say positive affirmations. Clean. Garden. Use a stress ball. Exercise. Write a letter. Smile.



Together We Can Erase
The Stigma





April Chalk Art by Mrs. Shannon Cogswell

FJUHSD and Troy High School remain committed to providing Mental Health support to our FJUHSD community. There are many options at your disposal, so please take advantage of them as needed. Some of the numerous Mental Health resources available to our FJUHSD Family, include Parents and Guardians. Please use the resources that are available to you and these resources can be also be found on our district website [HERE](#).

Additionally, FJUHSD has partnered with [Care Solace](#), a wonderful agency available to help our FJUHSD families access community mental health resources. It is free, confidential, and they are experts at connecting mental health providers to anyone needing support. Please feel free to review by clicking here, [Care Solace](#). FJUHSD also has these additional mental health resources and links to Orange County and National mental health support.

- [FJUHSD Virtual Calming Room: https://sites.google.com/fjuhsd.org/fjuhsd-virtual-calming-room/home](https://sites.google.com/fjuhsd.org/fjuhsd-virtual-calming-room/home)
- [FJUHSD Parenting Resources: https://www.fjuhsd.org/Page/4317](https://www.fjuhsd.org/Page/4317)
- [OC Support and Crisis Resources: https://www.namioc.org/help-support-overview](https://www.namioc.org/help-support-overview)
- [National Alliance on Mental Illness \(for OC\): https://www.namioc.org/](https://www.namioc.org/)

Prioritizing Student Mental Health: Resources for Schools



Support your students' mental health during **Student Mental Health Awareness Week and Mental Health Awareness Month** with these resources for schools. From adverse childhood experience storytelling to suicide prevention toolkits and resiliency programs, these resources can help you further create a nurturing learning environment for your students.

CalHOPE Schools Initiative

The CalHOPE Schools Initiative links three powerful resources together at one easy access point for California educators: A Trusted Space: Redirecting Grief to Growth; Angst: Building Resilience; and Stories of Hope: SHORTS.

Greater Good Education Program

Implement social and emotional learning (SEL) programs in schools and classrooms.

Care, Cope, Connect

Access a guide to support families of young students who may be feeling fear, anxiety, or loss.

Youth Mental Health First Aid Trainings

Teachers, counselors, and other staff supporting students can learn how to help young people experiencing mental health challenges and how to recognize warning signs.

Center for Resiliency, Hope and Wellness in Schools

Create nurturing school environments with evidence-based trauma and early intervention strategies.

Teachers and Staff School Well-Being Toolkit

For teachers and school staff to practice self-care and support the well-being of their school community.

Healthy Minds, Thriving Kids

Evidence-based resources to teach your students the mental health skills they need to be ready to learn.

Suicide Prevention | A Toolkit for High Schools

Learn what to say to someone you know who may be at risk.

Visit the *Children and Youth Mental Health Resource Hub* for more information:
www.chhs.ca.gov/youthresources



California Department of
EDUCATION



CONTACT US

Karl Zener, Public Information Officer
Carrie Montoya, PIO Assistant

(714) 870-2803
kzener@fjuhsd.org
cmontoya@fjuhsd.org

HANDLES

Instagram: fullerton_joint_union_hsd
Twitter: @fjuhsd
Facebook: Fullerton Joint Union High School District
YouTube: Fullerton Joint Union High School District
TikTok: @fjuhsd



Social Media



FJUHS Website



Stay Connected: www.fjuhsd.org

Warriors, here is the link to the May Superintendent's FJUHS newsletter. For the global FJUHS insight, news, and events, it does not get much better! <https://conta.cc/3oV5Yas>

The excellent Troy High School Family video: <https://youtu.be/a3HtnItxd8>



BE SAFE, BE SMART SCHOOL IS A SAFE SPACE





NOTICE
WEAPONS
OF ANY KIND
PROHIBITED

SAFETY BEGINS WITH US

REMINDER: Toys that look like weapons are prohibited in school for various safety reasons. Please help us keep weapons, dangerous objects, and weapon replicas out of our schools.

Staying local for college?

BECOME AN AVID TUTOR AT TROY!!

FOR THE 2023-24 SCHOOL YEAR

**We are hiring recent graduates who want to
serve as paid tutors for our AVID Students**

Payment: \$15.00/Hour

**Tuesdays and Thursday for 8.5 hours a week
from 8:30am-12:51pm**

**Tutors will work with small groups of
students under the supervision of a teacher.**



Training will be provided



**WOULD YOU LIKE MORE
INFORMATION OR WANT TO APPLY?**

**Contact Mrs. Wilson
Email: twilson@fjuhsd.org**

Sign up here →





Pictured at top is Ms. Geri Petersen, and pictured below is Ms. Petersen with our entire Food Services team at Troy High School. FJUHSD Business Services Director, Mr. Edgar Manalo came out to Troy to recognize Geri as she is one of four people in California who was recognized as a Hunger Hero for the State of California! Mr. Manalo also provided the following narrative on this award and how Geri was selected. *Geri will be recognized and*

featured in the No Kid Hungry California's Hunger Heroes media/social blast. Geri was nominated for all the work that she has done at Troy HS, including her 30+ years of service to FJUHSD. As part of the application submission, Geri was showcased by FJUHSD Food Services showing how [Troy HS](#) (click on link) has increased its meal offerings. The NoKidHungry selection committee were intrigued with the data presented, but more importantly selected Geri as a finalist to recognize her efforts & leadership in increasing all the meals offered at her site. Her hard work truly aligns with NoKidHungry California's purpose of feeding all kids. Congratulations to Ms. Geri Petersen and our outstanding Troy High School Food Services Team!



Springtime flowers in Alta Loma, CA. May, 14, 2023.

We have a significant number of students who recently performed above and beyond in a Chemistry contest hosted by the Orange County Chemical Society Education Committee. Here is the communication shared with Troy Chemistry Teacher, Mr. Justin Kim. “Dear Chemistry Teacher, Thank you for having your students participate in Orange County’s 57 annual American Chemical Society First Year Chemistry Test. You are commended for participating in a test that had its beginnings in Orange County in 1964! A total of 193 students from 27 high schools, public and private, were registered to participate.



The county AVERAGE was 57 or 63% and the HIGH score was 86 or 96%.. students' scores from the 4/22/23 exam, out of 90 possible, are listed below.

<u>Name</u>	<u>Score</u>
Aditya Peddi	86
Jacob Chen	84
Stanley Wang	81
Elizabeth Fu	80
James Lopez	77
Diya Sreedhar	75
Bruce Deng	71
Yuqi Yang	70

For more than 50 years, the American Chemical Society has recognized outstanding chemistry students who have participated in the ACS testing program. Again, we will be hosting an awards dinner honoring the top first year and advanced chemistry students from each high school, the 11 United States National Chemistry Olympiad (USNCO) participants, the top six Olympiad teams, the top six first year exam teams, the two Orange County Science Fair winners,

and the 2023 Orange County Chemistry Teacher of the Year. Please extend our invitation to these honored students and the students' chemistry teacher(s)...

First Year Winner Aditya Peddi

First Year Team Jacob Chen

First Year Team Stanley Wang

First Year Team Elizabeth Fu

First Year Team James Lopez

Chemistry Olympiad Winner Shuoyan Chen

Chem Olympiad Team Shuoyan Chen

Chem Olympiad Team Zhujian You

Chem Olympiad Team Cloris Shi

Chem Olympiad National Exam Participant Shuoyan Chen

Chem Olympiad National Exam Participant Austin Park

Congratulations to all these deserving students, and to their Chemistry Teachers for helping them learn the chemistry and prepare them for these chemistry challenge competitions!



Last evening, IB Coordinator, Ms. Charlotte Kirkpatrick hosted Troy's IB Diploma Celebration with IB Diploma Candidates families, and teachers was held in the Performing Arts

Building. As always, this is a tremendously talented group of students and their hard work has paid off and will continue to pay off in college next year!



It is springtime! Look closely, this is a different picture. ☺.



I hope everyone had a nice Mother's Day, last weekend! This weekend we are going to enjoy some wonderful weather! In between the warm days and cool nights, and lots of chances to get out for some hikes, biking, swimming, tennis, golf, and all other types of outdoor activities. Yet, there is still plenty of time for naps! Especially if you are Luna. Here you can see Luna effectively defeating my sofa doggie cover. Pictured at left the cover is all messed up, and at pictured at right you can see the reason why... Fortunately, she had not been running around in the mud.

We only have two weeks of school left in the regular school year! Granted, for many of us we are still working through the summer, Summer School, Internships, home projects, and then at some point hopefully, taking the opportunity to get in some rest and relaxation. Even so, it is still wind down time. However, for this weekend, I plan on spending some time with family and friends. Everyone, have a great weekend, do something fun, rest, relax and repeat and I will see everyone back here on Monday morning!

W.V. Mynster