



OCEANA HIGH SCHOOL
02/12/2024



Special Announcements and Events:

2/19-23/24 no school - Ski Week

2/15/24 Thursday - OHS library closed after school (only open for Senior Ex work group)

Canned food drive: 2/27-3/17, non-perishable foods. Advisory with the most wins a donut party!

Spring Fling! March 1, 2024 Tickets begin at \$30 - for sale in the student store

Senior Package: Yearbook + Prom ticket + senior sweatshirt! All for \$193

Prom ticket + senior sweatshirt \$125 (no yearbook)

For sale on Thursdays at student store

Youth Summit! March 16, 11-2pm Free! Lunch provided **please register [here](#).**

March 22nd -Next month is Interim Food Fair - this is your opportunity to raise funds for your interim classes! Time to think about items to sell.

Blind date with a book! Looking for something new to read? Do you like surprises? Don't judge a book by its cover! Come by the library for the return of our blind date with a book display.

No peeking! Reviews or clues are provided - just browse and see what sparks your interest. You might just find your new favorite book/author/genre.

-Also, Valentine coloring bookmarks available to color and return for laminating



STOPit: An Online Reporting Tool is an online reporting tool designed to deter and help stop bullying, cyber abuse, and other inappropriate behaviors. Anonymously report concerns through the STOPit App, or website, which are sent to a 24/7 Incident Response Center Submit photo or video evidence (App/web only) Report using [this link](#), the app or the QR codes on posters.

Registering for Sports

To participate in athletics, your child must be registered on [SportsNet](#), and you must submit a physical through SportsNet. Please note, physicals are good for one year.



Free classes and activities from our local public library

[Check here](#) for new events.

All at Pacifica Sharp Park Branch (Hilton) unless noted

Customs of the Lunar New Year Monday, February 12, 2024 3:30PM – 5:00PM

A slideshow and talk on customs of the lunar new year, such as the origins of the Dragon Dance, stories of the zodiac animals, and how people celebrate the Spring Festival today. After the talk, there will be a hands-on art lesson on how to paint flowers and animals, and learn to write simple characters and phrases.

Join the UCCE Master Food Preservers of San Mateo and San Francisco Counties for Soup-a-palooza! -a celebration of SOUP! FREE virtual workshop **February 15, 4 -5 pm** on Zoom. On February 15, we will talk about all things related to soup. We will share comforting budget-friendly recipes, gift ideas, tips and tricks for making instant soup, and freezing and pressure canning soup for future meals. So grab your spoons and ...



Let's make soup! [Register here](#)

This workshop is made possible by the San Mateo County Library System and the UCCE Master Food Preserver Program of San Mateo and San Francisco Counties.



be the change youth coalition presents...

"Keep Kind On Your Mind"

PACIFICA YOUTH SUMMIT

FREE ADMISSION

SATURDAY, MARCH 16TH

11:00 AM - 2:00 PM

INGRID B. LACY MIDDLE SCHOOL

FREE LUNCH FOR ALL ATTENDEES

YOUTH-LED WORKSHOPS
ON MENTAL HEALTH 101 &
SUBSTANCE USE

FREE PHOTOBOOTH

YOUTH-LED FOCUS
GROUPS
LIVE STREAMED PODCAST

register for free here !!

ANY QUESTIONS? CONTACT MARY BIER
MBIER@JEFFERSONUNION.NET

PACIFICA PREVENTION PARTNERSHIP

Daly City Youth Health Center



South San Francisco Library (your Pacifica library card works here too!)

Saturday Morning Yarn Calling all Knitters and Crocheters, Saturday yarn crafting is back at the Main Library! Newcomers are welcome and there will be limited supplies and instruction available. Work on an established project or start a new one—experienced craftspeople will be on hand to assist you, should you have questions. We hope to see you there! 10:30-12:00. 2/10/24, 2/24/24 (every other Sat.)

Community Service:

Incoming freshmen, remember that you can bring up to 25 hours in with you.
Be sure to check the community service google classroom for ideas.



Need ideas? Check Google Classroom:

<https://classroom.google.com/u/0/c/MTUxMDgyNTc1NzRa>

Join community service google classroom with this code: hvvro3i OHS

Website: <https://www.juhsd.net/Domain/9> OHS Community Service Information link [here](#).

★ Community Service during COVID ★

In recognition of the fact that COVID has had an enormous impact on students' ability to earn community service hours, and the fact that no one anticipated COVID and therefore it was not possible to plan in advance for the reduced community service opportunities now available, we are temporarily reducing Oceana's community service requirement as follows:

- Class of 2024: $8+8+18+25 = 59$ hours
- Class of 2025: $8+18+25+25 = 76$ hours
- Class of 2026: $18+25+25+25 = 93$ hours
- Class of 2027: $25+25+25+25 = 100$ hours



Silver cords:

For any year where the total number of required hours less than 50, silver cords will be awarded for 500% of the total hours:

- Total required hours = 42 → silver cord = 210 hours

For any year where total number of required hours more than 50 hours, silver cords will be awarded for 250 hours.

If you have questions, please contact Mr. Weiss at aweiss@jeffersonunion.net

★ OCEANA HABITAT PROTECTORS / NATIVE PLANT NURSERY ★

Connect with nature, land, and people on campus after school on Wednesdays. Visit Mr. Weiss in the library for the registration forms.

★BOYS & GIRLS CLUB SPORTS PROGRAMS★

The Boys & Girls Club are currently running two basketball leagues for their members ranging from 3rd grade to 8th grade and are looking for volunteers to coach, do the scoreboard and scorebook, and help out with fundraisers.

Throughout the school year they will be running basketball, volleyball, soccer, and football leagues and clinics, so they will be continuously seeking volunteers with sports knowledge and experience to work with their youth.

If you are interested in helping out with their athletics program, please contact Mariah Panlasigui at mpanlasigui@theclubs.org

★SENDING SUNSHINE★

Volunteer from home by spreading love one card at a time."We are a registered charity that aims to relieve the conditions attributable to being aged by providing companionship through handwritten cards. Together, we can spread sunshine to our seniors." <https://www.sendingssunshine.ca>

★VOLUNTEER IN PACIFICA ELEMENTARY AND MIDDLE SCHOOLS★

Pacifica School Volunteers will place you with a classroom teacher, homework center, or after-school program. Just complete the Online High School Volunteer Registration Form:

<https://docs.google.com/forms/d/e/1FAIpQLSftV-pT76orEINh2EGxEHJ7NWRybL3RIGwi9ajlGQN8ROeVUg/viewform> See Mr. Weiss in the library if you have questions.

BEACH CLEANUPS – EARTH HEROES NEEDED!

<https://www.pacificbeachcoalition.org/street-beach-cleanups/>

From the Pacifica Beach Coalition:

"As you are well aware, all of our events and beach cleanups are canceled due to COVID-19. However, litter is still around us and the ocean still needs our help. So, are you ready to make a difference and join our latest cleanup program? Our goal is to get as many Earth Heroes as possible to cleanup a location of their liking and inspiring others, while staying safe and respecting County and State orders."



SF/MARIN FOOD BANK The San Francisco/Marin Food Bank needs volunteers! Go to <https://www.sfmfoodbank.org/volunteer/> for more information.

★CARDS OF HOPE★

Many foster youth never receive cards for holidays, birthdays, or "just because." Our Cards of Hope program makes sure they do.

Throughout the year, we send cards for birthdays (for youth ages 6-16.) We also send cards of encouragement to youth and to their staff and social workers.

<https://braidmission.org/get-involved/cards-of-hope/>

COUNSELING:



<https://sites.google.com/jeffersonunion.net/ohscounseling/home>

Questions about school, grades, graduation, college?

Our Academic Counselors, Ms. Owyang and Ms. Chinn can help!

Mayen Chinn (she/her): Monday, Wednesday, Thursday mchinn@jeffersonunion.net
9th-11th grade last names A - Li

Alyssa Owyang (she/her): M-F aowyang@jeffersonunion.net
9th -11th grade last names Lo-Z and all 12th grade

Feeling stressed, anxious, or struggling with other mental health concerns?

Our Wellness Counselor, **Jeannette Herbert** and Social Worker, **Liberty Cajayon** are here to help. To make appointments with our Academic Counselors, please sign up in the counseling hall or email your counselor.

For Wellness or Social Worker appointments, please use the link below for an appointment:

Wellness Counseling Appointment Form

Wellness Counselors can provide support with short term mental health, stress management/mindfulness, grief/loss, anxiety, depression, health appointments, crisis,

<https://forms.gle/2oZyjLU5csUtPeg46>

Athletics! Join the Google Classroom for more information about athletics and to stay up to date with the latest events. **The code is: 636nd2q.**

AC -Academic Council: All are welcome Thursdays from 3:20-5:20 in room 207.
[Share your thoughts](#) about agenda items with your representatives.

Free academic support 24/7! you can reach out to [paper.co](https://paperkit.net)
Here's a [screencast](#) to teach you how to get started.

The San Mateo Union High School District, San Mateo County Office of Education, College of San Mateo, Coast Pride, LGBTQ Commission of San Mateo County, and San Mateo Pride Center invite

SAN MATEO COUNTY HIGH SCHOOL STUDENTS TO:

2024 PRIDE PROM

Celebrate the 2nd Annual Pride Prom, an inclusive, safe, welcoming, night to remember for 9th-12th grade students who attend high school in San Mateo County.

This FREE event will celebrate and uplift LGBTQ young people and advocate for the sustained and continued efforts in our County to build places where youth are seen and supported in environments free from hate and discrimination.

We recognize that while high school district proms are inclusive and welcoming, not all students have an opportunity to celebrate themselves at their prom. This event will provide a variety of activities, including dancing and a DJ, lots of food, drinks and much more.

Friday, February 23, 2024, 6:30 - 10 p.m.

College of San Mateo
College Center Building, 1st floor
Free Parking - Lot G and Lot M or any other lot that is for students.

FREE No cost to students

Dress Code: Just be You!

THIS IS A SAFE SPACE

EXPRESS YOURSELF

www.smuhsd.org/prideprom

2024 PRIDE PROM

Friday, February 23, 2024, 6:30 - 10 p.m.

Learn more: www.smuhsd.org/prideprom

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Los alumnos actuales de las escuelas secundarias del condado de San Mateo (de 9.º a 12.º grado) a asistir:

2024 BAILE DE GRADUACIÓN DEL ORGULLO

Celebrar el segundo baile anual de graduación del Orgullo, una noche inclusiva, segura y acogedora para celebrar a los alumnos de nuestra comunidad que asisten a la escuela secundaria en el condado de San Mateo. En este evento GRATUITO, celebraremos y apoyaremos a los jóvenes LGBTQ y promovemos los esfuerzos continuos de nuestra comunidad para construir lugares en los que los jóvenes se sienten vistos en su totalidad y respetados en entornos sin odio ni discriminación.

Si bien la noche debe ser para alumnos sin distinción, también es una celebración de esta comunidad entusiasta. Las personas de cualquier identidad sexual y de género están invitadas a expresarse y divertirse.

Reconocemos que, aunque los bailes de graduación de las escuelas secundarias del distrito son inclusivos y acogedores, no todos los alumnos tienen la oportunidad de celebrarse en dicho evento. En este evento, se organizarán diversas actividades, incluido el baile y DJ, habrá mucha comida, bebida, y mucho más.

Viernes, 23 de febrero de 2024 de 6:30 a 10:00 p.m.

College of San Mateo
College Center Edificio 10, 2º piso
Entrada gratuita. Ingresos 10 y 18 se repartirán entre los alumnos.

Sin costo para los alumnos

Código de vestimenta: ¡Sé tú mismo!

REGÍSTRATE PARA EL BAILE

ESTE ES UN LUGAR SEGURO

EXPRESATE

www.smuhsd.org/prideprom

2024 BAILE DE GRADUACIÓN DEL ORGULLO

viernes, 23 de febrero, 2024 6:30 - 10 p.m.

Aprende más: www.smuhsd.org/prideprom

ESTE ES UN LUGAR SEGURO

EXPRESATE

Books Unbanned Card for California Teens Free LA County Library access!

Your freedom to read is a fundamental right. To help support teenagers ages 13-18 years old in California, LA County Library's Books Unbanned initiative offers free and unrestricted access to the Library's entire digital eBook and audiobook collection on Libby, by OverDrive, which includes many frequently-banned titles. The Books Unbanned card allows 5 check outs at a time and is valid for one year. [For more information and to apply click here](#)



Voting Registration

If you are interested in registering to vote, here is a link to California's online voter registration application: [RegisterToVote.ca.gov](https://register.to.vote.ca.gov)



Suicide Prevention: For immediate help, you can reach out for 24/7 free confidential crisis support:

Call the San Mateo County Crisis Line (run by Starvista) at 1-650-579-0350 or visit

sanmateocrisis.org Text "BAY" to 741741

National 988 Suicide and Crisis Lifeline: **call or Text 988**

[Teen resources here.](#)

Reporting COVID Cases to JUHSD



In an attempt to keep the District's [COVID-19 Dashboard](#) up-to-date, we ask that staff and currently enrolled students report positive COVID cases through this [Self Reporting Form](#). By promptly reporting any positive COVID-19 cases, you contribute to the swift implementation of necessary measures to mitigate the spread of the virus. We understand the importance of privacy and assure you that all information provided will be treated with the utmost confidentiality, in accordance with relevant privacy regulations. For additional COVID-related information, please visit the District's [COVID](#)

[Response Webpage](#).



Keep Our School Community Safe!

Anonymously report threats,
violence, and bullying with STOPit

our Opportunities listed here: <https://classroom.google.com/u/0/c/MTUxMDgyNTc1NzRa>

Have questions about community service? Don't be shy to ask!

Check out the community service page on the OHS website ([click here](#))

Club, sports or interesting events/fundraisers you'd like listed in the **bulletin**?

Please submit them - [here](#). Deadline: Friday afternoon

