

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

<u>Senior Package:</u> Yearbook + Prom ticket + senior sweatshirt! All for \$193 Prom ticket + senior sweatshirt \$125 (no yearbook)
<u>For sale on Thursdays at student store</u>

Youth Summit! March 16, 11-2pm Free! Lunch provided please register here.

<u>March 22nd</u> -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 <u>SportsNet</u>, 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

<u>Customs of the Lunar New Year</u> 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 ...

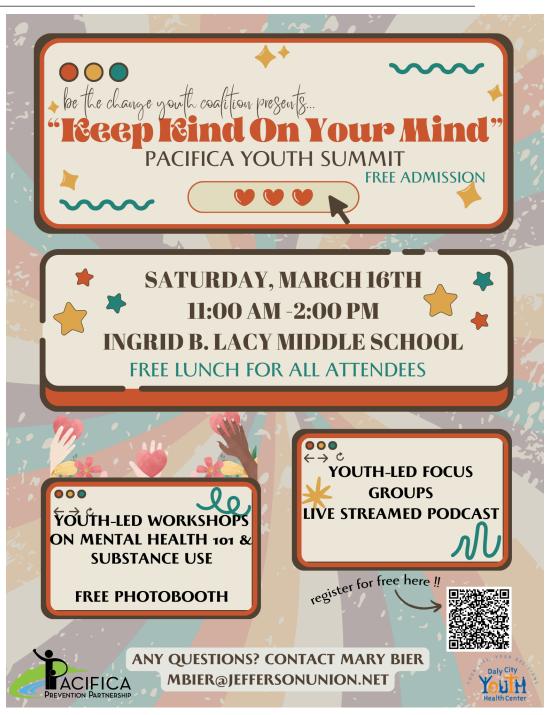
niversity of California coperative Extension

Master Food

Let's make soup! Register here

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







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.sendingsunshine.ca

★VOLUNTEER IN PACIFICA ELEMENTARY AND MIDDLE SCHOOLS★

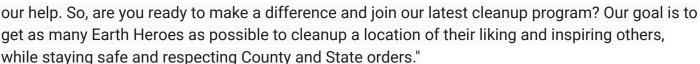
Pacifica School Volunteers will place you with a classroom teacher, homework center, or after-school program. Just complete the Online High School Volunteer Registration Form: https://docs.google.com/forms/d/e/1FAlpQLSftV-pT76orEINh2EGxEHJ7NWRYbL3RIGwi9ajIGQN8 ROeVUg/viewform See Mr. Weiss in the library 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



<u>SF/MARIN FOOD BANK</u> 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:



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

<u>Mayen Chinn (she/her):</u> Monday, Wednesday, Thursday <u>mchinn@jeffersonunion.net</u>

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/2oZyjLU5csUtPeq46

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

<u>AC -Academic Council</u>: All are welcome Thursdays from 3:20-5:20 in room 207. <u>Share your thoughts</u> about agenda items with your representatives.

Free academic support 24/7! you can reach out to paper.co
Here's a screencast to teach you how to get started.



<u>Books Unbanned Card for California Teens</u> 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



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**<u>Teen resources here.</u>

Reporting COVID Cases to JUHSD



In an attempt to keep the District's <u>COVID-19 Dashboard</u> up-to-date, we ask that staff and currently enrolled students report positive COVID cases through this <u>Self Reporting Form</u>. 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/MTUxMDgvNTc1NzRa
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

