



# TROY HIGH SCHOOL WARRIOR WEEKLY



September 23, 2022

Warriors,

Friday, Friday, Friday! It has been a very busy week, more so than normal with our two days of Club Rush! It was awesome to see our students out both with their clubs and looking to join new ones! Thank you to all our club officers, ASB, APSA-Mr. Jeff Padgett, and of course our club advisors! None of these clubs would be possible without everyone working together and enabling these fantastic experiences to be available to our students! Great job, Warriors!



September is Suicide Prevention Month, and we continue to message our Troy Family with valuable information. We have additional resources in FJUHSD and at Troy High School for our community, and all Troy Staff are available for any student if they need to talk, there are resources available. Our Counselors and Mental



Health Counselors are outstanding, and here to help. Parents and Guardians, please use the resources that are available to you. Many of the resources can be found on our district website [HERE](#).

Additionally, FJUHSd has partnered with [Care Solace](#), a wonderful agency that can help our FJUSHD 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/>

**Here is a very important news item to all Troy students from our Counselors!**

**Deadline to Drop an Additional Class or Class Level**

Students may request to drop an additional class or drop down in course levels (i.e., H/AP/IB to the lower level), if space is available. Students in grades 9-11 must be enrolled in a minimum of 6 classes; students in grade 12 must be enrolled in a minimum of 5 classes. The deadline to drop an additional class or level down is Friday, October 21, 2022 by 3:30 p.m. Students must see their school counselor *in person* before first period, at break, lunch, or after sixth period by the deadline.

***Mrs. Sarah Saleen, M.S., PPS***

***Troy High School Counselor***

***Troy Counseling Website:*** <https://www.fjuhsd.org/domain/199>

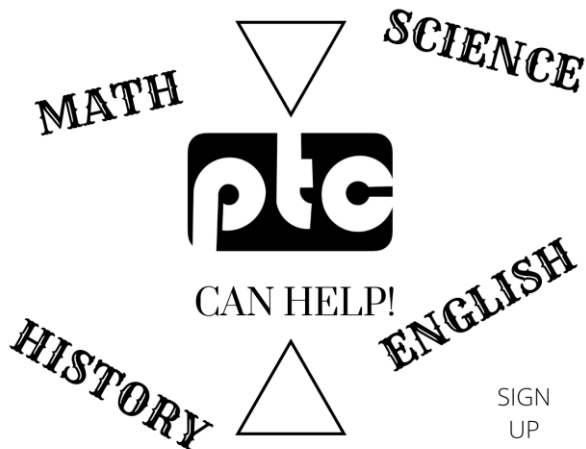


Troy resident artist: Mrs. Shannon Cogswell with slight a modification by resident non-artist, Dr. Will Mynster. The Fall Season is here and Halloween is coming!



**STRUGGLING WITH  
YOUR CLASSES?**

**NEED A TUTOR?**



QUESTIONS? COME TO ROOM 318  
OR VISIT  
[tinyurl.com/troyptc](http://tinyurl.com/troyptc)

SIGN  
UP  
HERE



**BE A  
TROY  
TUTOR!**

- EARN SERVICE HOURS
- HELP THE TROY COMMUNITY

SIGN  
UP  
HERE



QUESTIONS? COME TO ROOM 318  
OR VISIT  
[tinyurl.com/troyptc](http://tinyurl.com/troyptc)



Troy Students if you need extra help, why not ask a student that has already taken the class in which you may be having difficulty? Troy's Peer Tutoring Club is here to help you! Scan the QR code or go visit Troy Teacher, **Ms. Park** in Room 318 to sign up for help.

If you feel you don't need help and would like to become a Peer Tutor, we also have that opportunity for you! On the next page is information on how you could become a Peer Tutor!





Check your email for our FJUSHD September District Newsletter! <https://www.fjuhsd.org/Page/4890> The September Newsletter is available.



From our Troy Girl's Golf Coach, Mr. Allen Ulibarri, here is our Week 6 update!

*"Wow, what a week of golf! With over half the regular and league season over it has been incredibly busy around the links.*

*This week Troy had 5 matches including the show-down between league unbeatens Troy and Sunny Hills varsity teams. Troy went 4-1 during this stretch. While the JV team put up a valiant fight being one player short, we ultimately lost to Ayala 217-221. Jooyoung Kim (2023) and Hannah Zhu (2026) were round medalist.*

*However, it was all roses from there. Troy varsity defeated Sonora 183-251 with Cyanne Kim (2025), Amy Won (2025) and Victoria Ditching (204) scoring 36 or 3 over. The JV then had their turn at winning again with victories over Huntington Beach and Sunny Hills. Medalists were Amy Won (2025) and Addison Joe (2024).*

*Finally, in the battle of league unbeatens the Lady Warriors outlasted Sunny Hills 204-207 with the match going down to the final four players including Anabel Im (2025) who parred the 9th hole to secure the win and medalist honors." For anyone wondering about the young lady in the blue dress... "Chloe is the younger sister of*

*Player Manager, Anna Ham. She has become our little mascot and was spreading the lemon-powered donuts around!”*



The Freeway League is a tough place to play especially in a sport where all the teams are evenly matched. Girls' Volleyball had a tough week with varsity losing to tough matches first to Sonora and then Sunny Hills. This team is serving and passing much better than last year, and are working on power to finish off the points. Our team is fighting for victories, and they will turn the corner!

In other sports news for the week, Boys' Water defeated La Habra 21-8, and cruised to a convincing win. Girls Tennis also jumped on the bandwagon and did not lose a set in defeating La Habra and Buena Park.

Football has a bye week and we resume play on September 30<sup>th</sup> at home with our first Freeway League game vs. La Habra High School. However, Troy running back, Fisher Huss is the second leading rusher in Orange County. Next Friday night's game between Troy and La Habra is setting up to be a game not to be missed!



Last Friday our Red Cross Club held our first Blood Drive of the year! Thank you to our students and their advisor, Ms. Charlotte Kirkpatrick for organizing and helping with collecting much needed blood donations for our region. Students and staff at Troy donated 104 units of blood! This means there are 312 lives that will be impacted by our donations! Great job, Warriors! We have our next blood drive in November, so keep an eye, or should I say an arm out? ☺



# TROY HIGH SCHOOL

## Report an Absence



or

714-626-4416

Messages only



### **This is how to report and clear absences at Troy High School!**

FOR ALL ABSENCES PARENT/GUARDIANS MAY: (Choose one)

- call the attendance office within 3 days of the absence at (714) 626-4416 and LEAVE A MESSAGE OR
- fill out the Google form under “Attendance” on the troyhigh.com website OR scan the QR code for Google form OR

- Student to bring note to attendance office with

- Student's Name
- Student's ID number
- Date of absence(s)
- Reason for absence
- Parent signature and date (on a note)

Attendance Office.....(714) 626-4416 messages only!

- Attendance Office hours - 7:00am to 4:30pm



# COLLEGE FAIR 2022

FJUHSD SOUTH COLLEGE FAIR

**OVER 100 COLLEGES AND UNIVERSITIES PARTICIPATING IN THIS EVENT.**

19 SEPTEMBER 2022

6:00 PM - 7:30 PM

TROY HIGH SCHOOL  
2200 EAST DOROTHY LANE  
FULLERTON, CA 92831

QUESTIONS? PLEASE CONTACT YOUR SCHOOL'S GUIDANCE TECHS:

- BUENA PARK HIGH SCHOOL  
Johana Chaidéz [jchaidéz@fjuhsd.org](mailto:jchaidéz@fjuhsd.org)  
Rachelle Jackson-Gomez [rjackson-gomez@fjuhsd.org](mailto:rjackson-gomez@fjuhsd.org)
- FULLERTON UNION HIGH SCHOOL  
Anali Conde [aconde@fjuhsd.org](mailto:aconde@fjuhsd.org)  
Kristi Morrow [kmorrow@fjuhsd.org](mailto:kmorrow@fjuhsd.org)
- TROY HIGH SCHOOL  
Erin Black [erblack@fjuhsd.org](mailto:erblack@fjuhsd.org)  
Stephanie Rosner [srosner@fjuhsd.org](mailto:srosner@fjuhsd.org)



On Monday night we were able to hold the 2022 College Fair with the normal compliment of colleges and universities in attendance. Thank you to Ms. Erin Black and Ms. Stephanie Rosner for doing the heavy lifting and organizing this event. Thank you to our school counselors, our AVID coordinator, Ms. Wilson and Mr. Mike Rubalcava our Night Custodian lead, for helping with more work behind the scene on the day of the event. The College Fair was a wonderful success, and being outside with the wonderful weather was far better than being in the gyms. With the number of colleges and people in attendance, it really felt like we were back to pre-pandemic days, and it was great to see everyone speaking with the college reps. It was a wonderful night, and a great opportunity for all FJUHSD students in attendance!

# ATTENTION AP STUDENTS & PARENTS

## Please read:

We want to make you aware of important dates regarding Advanced Placement (AP) testing and sign-ups for exams given in May 2023. Students should have already registered in each AP classroom for their MyAP account with join codes provided by the teacher. Next, we will continue this year to utilize the Total Registration online system for exam registration, cancellation requests and payments. The cost per AP exam this year is \$101.00. The link for Total Registration is <https://user.totalregistration.net/AP/051009>; it will be available on Monday, September 5 at 12:01 AM.

**Reminder: Students MUST be enrolled in the AP class at Troy in order to sign up for the exam; we will review rosters for enrollment. All exams will be taken in-person at Troy High School.**

Thank you!

Follow these links for tutorials on how to sign up for MyAP:

<https://apstudents.collegeboard.org/access-your-ap-resources/join-your-class-online>

<https://apcentral.collegeboard.org/pdf/joining-your-ap-class-section-students.pdf>

### ACTIVITY

### TIMELINE

AP Classroom (MyAP) sign-ups:

Currently taking place with current AP teacher

AP Exam Sign-ups and Payment  
via Total Registration (See link above)

Monday, September 5 - Monday, November 14, 2022  
(For year-long classes or Fall Sem. AP Govt./AP Econ. Classes)

Monday, January 9 - Wednesday, March 8, 2023  
(Spring Semester AP Government and AP Economics classes only)

Late Sign-up:

Additional \$25.00 fee applies  
Additional \$40.00 fee applies

Friday, November 11 - Monday, November 14, 2022  
Starting Tuesday, November 15, 2022

Deadline to cancel exam for **Full Refund**  
(less \$4.00 processing fee per exam)  
(For year-long classes or Fall Sem. AP Govt./AP Econ. Classes)

Friday, November 11, 2022

Deadline to cancel exam for **Full Refund**  
(less \$4.00 processing fee per exam)  
(*Spring AP Government and AP Economics only*)

Friday, March 10, 2023

Deadline to cancel exam for **Partial Refund**  
(Less \$50.00 per exam dropped)

Friday, April 7, 2023 (11:59 PM)

**\*After April 7, 2023, NO REFUNDS will be issued for any canceled exams\***





# AP EXAM SCHEDULE MAY 2023

(Locations will be posted later)

## WEEK ONE

### 8 AM EXAM

(check-in 7:30a.m.)

### 12 PM EXAM

(Check-in 11:30a.m.)

Monday, May 1

U.S. Government

Chemistry

Tuesday, May 2

Chinese Language  
Environmental Science

Psychology

Wednesday, May 3

English Literature & Comp (Seniors only)  
AP Studio Art (during class)

Computer Science A

Thursday, May 4

Macroeconomics

Statistics

Friday, May 5

European History  
U.S. History

NO EXAMS

## WEEK TWO

### 8 AM EXAM

(Check-in 7:30a.m.)

### 12 PM EXAM

(Check-in 11:30a.m.)

### 2 PM EXAM

(Check-in 1:45p.m.)

Monday, May 8

Calculus AB  
Calculus BC

Computer Science  
Principles

Tuesday, May 9

English Language & Comp.  
(Grades 10 & 12)

Physics C: Mech  
(noon)

Physics C: E&M  
(2 p.m.)

Wednesday, May 10

Spanish Language

Biology

Thursday, May 11

French Language  
World History

Physics 1

Friday, May 12

Music Theory

Physics 2

# HOPE BEGINS WITH ME.

Suicide prevention research shows that hope can decrease the risk of thoughts of suicide. Here are some suggestions for ways to promote hope within yourself.

## Healthy Distractions

When we are having complex thoughts and feelings, it can be very helpful to distract ourselves from those thoughts/feelings. Going outside for a walk, listening to encouraging music, reading, dancing, or other short-term distractions can help you shift your focus into something positive.

## Breathe

Breathing can calm your body and your mind. Breathing can increase your chances of finding a healthy outlet.

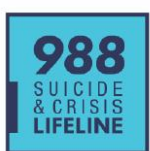
## Challenge the Negative Thoughts

Remind yourself of people, places, and things that bring you love, hope, or happiness. Remind yourself of your goals, your passions, and your talents. Use these reminders to counter the negative thoughts.

## Talk to a Loved One

Sometimes our thoughts/feelings can be overwhelming. Reach out to a trusted adult or loved one so they can help you in the moment.

[Click here for more suicide prevention resources.](https://afsp.org/suicide-prevention-resources)



**CRISIS TEXT LINE |**

**Text HELLO to 741741**  
Free, 24/7, Confidential

<https://afsp.org/suicide-prevention-resources>



## **COVID-19 Reminder for all Troy High School Students!**

In accordance with the Center for Disease Control (CDC), CA Dept. of Public Health (CDPH), and Orange County Health Care Agency (OCHCA), **Please do not attend school** if you have experienced any COVID-related symptoms:

- Flu-like symptoms such as fever of 100.4 or greater
- Chills
- Cough
- Sore throat
- Runny or stuffy nose that is not associated with a pre-existing condition or other chronic health condition.
- Last but not least, **if you have taken a COVID-19 test** and are still waiting for results, **please do not attend school until you receive the results of that test**, and then **only come to school if you are negative for COVID-19!**
- **If a student is exposed or tests positive for COVID-19:**

Students should remain home when sick. If the student is confirmed positive for COVID-19 or displays positive symptoms parents should contact the school office or designated administrative position (School nurse, APSA, etc...) as in place last year. Testing options including Antigen home tests or Antigen testing at the SHHS Ag farm will remain for exposed and symptomatic staff or students.



Last week our NJROTC and five other schools joining with our cadets had their first “back to normal” Basic Leadership Training since 2019. The event began on Friday night and ended Sunday at noon! Yes the students, instructors, and chaperones stayed overnight, divided by gender with like chaperones into the South Gym and North Gym. During the course of the

weekend, the new cadets learned the basics of drill, marching, salutes, following and responding to commands, and falling into formation. As can be seen in the prior photos, these cadets learn very quickly and in short order were looking like the well-oiled machine they have become over the years! Great job Warriors, and great job to all the cadets that joined us last weekend! Thank you to all of our chaperones, custodial, and food services support, and our NJROTC Booster parents. This event would not and could not have happened without the entire team working together!



**BUENA PARK, FULLERTON, LA HABRA,  
SONORA, SUNNY HILLS, & TROY**

# **FJUHSD MARCHING BAND & COLORGUARD SHOWCASE**

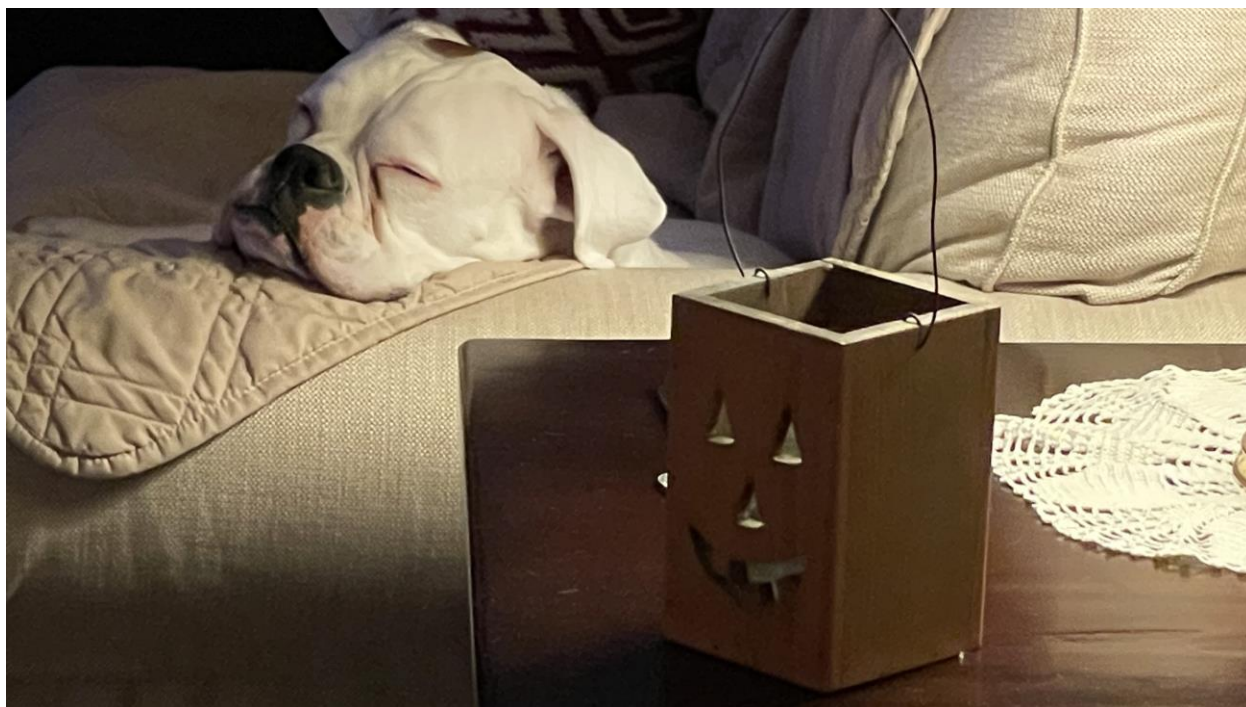
**MUSIC STUDENTS FROM SIX  
HIGH SCHOOLS PERFORMING**

**24TH SEPT, 2022 6PM-8PM**

**FULLERTON STADIUM**

**SAVE THE DATE**





Fall officially began yesterday evening and while the daytime temperatures may not feel like fall until mid-week, we are still going to cool down at night...I hope. No matter what, have an enjoyable weekend, and if you have the chance, come out and support all the FJUSHD school bands on Saturday night at Fullerton Stadium! The fun begins at 6:00pm and you will want to be in your seat by 5:30pm!

This weekend, I plan on finishing my Fall/Halloween decorations on the inside of the house. Luna is not too concerned about the true Jack O' Lantern on the end table while she is taking a nap. I hope we all get in some much deserved rest and relaxation and I will see everyone back here on Monday morning!

W.V. Mynster