



TROY HIGH SCHOOL WARRIOR WEEKLY



January 28, 2022

Troy High School – January 10, 2022

Warriors,

It seems difficult to believe we are almost done with the first month of 2022, but Tuesday will be February 1st. We are a month into the spring semester, and despite some COVID surge tweaks here and there—some larger than others, we are weathering the storm. Indications are that we are either at or just past the peak of the surge and hopefully there is rapid improvement if the models of the Omicron variant surge in other parts of the world and country hold true.

Meanwhile, I hope everyone had the opportunity to read our Superintendent, Dr. Steve McLaughlin's email last Friday. Here is a copy of his email.

January 21, 2022

Dear FJUHSD Families,

*The California Department of Public Health (CDPH) updated its [COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year](#) and added new guidance for [Group-Tracing Approach to Students Exposed to COVID-19 in a K-12 setting](#) which include **newly revised quarantine recommendations and contact tracing**. According to CDPH, the new guidance allows for a “quicker and broader response to cases identified in school settings, accomplished through prompt notification, testing, and isolation protocols.”*

This new guidance began, Tuesday, January 18, 2022, and it will apply to all students who are in close contact with a person who is COVID-19 positive.

What does this mean for you and your student?

If your student is in a classroom or space on school campus with a person who tests positive for COVID-19, you will receive a letter from your school informing you that your student may have been exposed to COVID-19. This letter will be sent to all students, regardless of vaccination status or previous infection. The letter will share the following next steps which will apply for all students:

- *Your student may remain in school unless they develop symptoms or test positive for COVID-19.*
- *According to the California Department of Public Health, it is recommended that your student is tested for COVID-19 within 3-5 days or sooner if your child starts to show symptoms. CDPH does not require that your child is tested.*
- *If your student develops symptoms of COVID-19 or tests positive for COVID-19, please ensure they isolate at home immediately and notify your school.*
- *Your student must continue to wear a mask indoors in the school and community per school, local, and state requirements.*

To help you with these new guidelines, click [here](#) to view a one page overview of the new guidance.

Per CDPH and OCHCA, please remember that we will continue to follow our health and safety guidelines such as students masking indoors, washing hands frequently, and staying home when they are sick or have symptoms.

Sincerely,

A handwritten signature in black ink, appearing to read "Steve McLaughlin".

Steve McLaughlin, Ed.D. Superintendent

Troy High School still has COVID-19 test kits available for each student. These COVID-19 test kits were provided by The California Department of Public Health (CDPH) and we have been given an allotment of one test kit for each student.

It is the intent of these kits to reduce the amount of time students may be out of school due to COVID-19, per current CDPH guidelines for when a student may return to school. We are continuing the distribution of the COVID-19 home test kits for students at Troy High School and it is still prioritized through for those students who are experiencing symptoms or believe they have been recently exposed. Parents, please contact Ms. Noemi Vargas-Segura at (714) 626-4427 to request a home test kit or with any inquiries you may have about the home test kits. Students, if you or your parents for you, have not yet picked up a COVID-19 test kit you may do so from Ms. Vargas-Segura. Reminder, COVID-19 test kits are not to be used at school. The Fullerton Joint Union High School District will not be monitoring test outcomes but will be available to provide resources and respond to any positive result.

For up to date Troy High School information on programs, sports, clubs, counseling, virtually anything having to do with Troy High School, our school website has quite a bit of valuable information and links. Our school website is a valuable resource, and I encourage everyone to check it out! <https://www.fjuhsd.org/Page/19> .

Spring Semester Deadline to Drop an Additional Class or Class Level:

Students may request to drop down in course levels (i.e., H/AP/IB/C to the lower level) if space is available or drop an additional class. Students in grades 9-11 must be enrolled in a minimum of 6 classes and students in grade 12 must be enrolled in a minimum of 5 classes. The deadline for a level change or to drop an additional class is Friday, March 18th by 3:00 p.m (end of the third grading quarter). Students must see their counselor in person before first period, at break, lunch or after sixth period by the deadline. If a student is in an Honors, Advanced Placement (AP), International Baccalaureate (IB) and/or Cambridge course and wishes to request to move down in levels, they have until 3 PM on Friday, March 18th to do so. To request a level change, the student is to see their school counselor in-person at break, lunch, before first period or after sixth period. Parent/guardian permission is required. As long as there is room in the lower-level course and it will work with the student's schedule, the request can be accommodated.



Our Troy Counselors, pictured from left: Mr. Varieur, Ms. Morck , Ms. Evans, Ms. Saleen, Ms. Avila

Two More News Items from our Guidance Department!

1. Hello 12th Grade Parents and Guardians,

This is a reminder to submit the Free Application for Federal Student Aid (FAFSA) *or* the California Dream Act Application (CADAA) as soon as possible. If your student will be attending ANY two-year college, four-year college or a trade/technical school, they **MUST** submit either application to receive financial aid from the state and/or federal government. You may find the links to the FAFSA and CADAA on our website here: <https://www.fjuhsd.org/Page/609>. Completing either application requires parent/guardian information, so please work with your student to complete either form.

If your student is pursuing scholarships or grants, either form may be *required* in order to award aid. For the Fullerton College Promise Program that provides two years of free tuition, completing the FAFSA or CADAA is required (<https://promise.fullcoll.edu>). If your student is not looking for aid or believes they will not qualify for aid, we encourage them to still apply as they may decline the aid offered to them. Some FAFSA or CADAA deadlines for institutions are as early as February 1, 2022 and the final deadline for many institutions is March 2, 2022. Get started today so that your student does not miss out on aid that may help them afford their post-secondary institution.

2. The SAT has been talked about quite a bit recently as a number of colleges and universities have announced they are no longer going to require the SAT for incoming freshmen students. Here is a recent story regarding the SAT exam and how some universities and the College Board are making some changes.

<https://www.latimes.com/california/story/2022-01-25/sat-making-big-changes-going-digital-shorter-unique-tests>

Last weekend the Troy Science Bowl competition team had a great day and finished 3rd, narrowly missing going to Nationals. Science Teacher and Troy Science Bowl Coach, Ms. Nga Ngo wrote, *“Science bowl came down to the competition of the top 3 teams: Troy, Arcadia and Uni. The score ended with 126, 126, 128 respectively. Unfortunately, the chosen tie break question in the round went to Arcadia and so we ended up 3rd.”* Ultimately, Arcadia ended up beating University High School and they are making the trip to Nationals in May. Great job, Warriors!



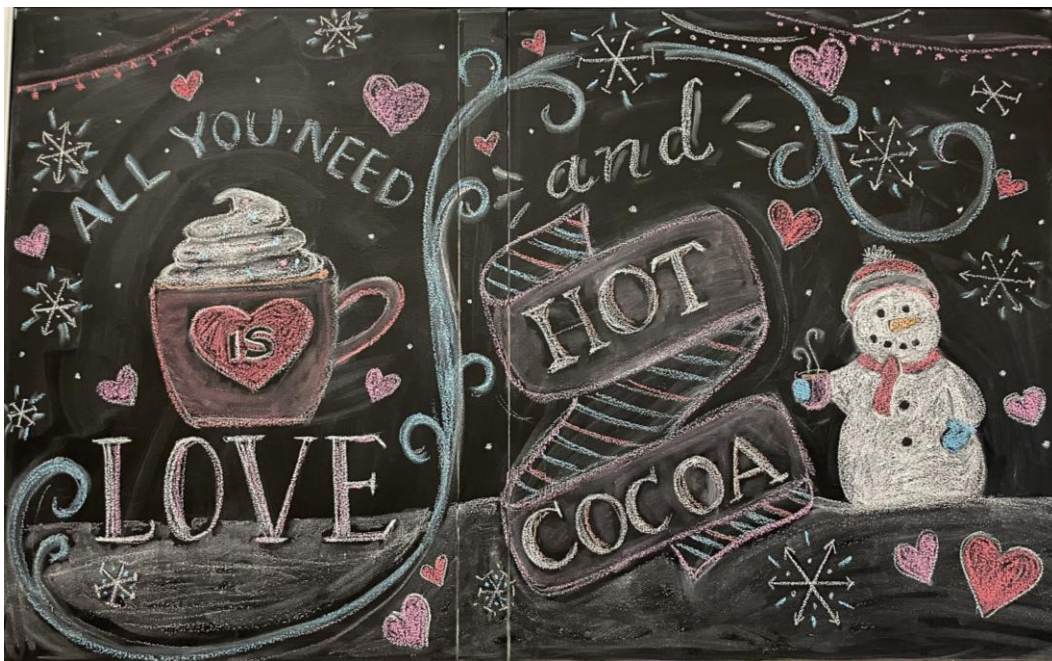
Troy High School – January 25, 2022



The deadline for current 8th grade students to apply to the Troy Tech Magnet Program for the 2022-23 school year is today, Friday 28th at 6:00pm! Here is all the information and links to the information on you will need for application to the Troy Tech Magnet Program!

applicants.troyhigh.com @WeAreTroyTech

- Troy Tech Testing for January 2022 has been cancelled due to district safety guidelines. Current 8th grade students will be evaluated based on their online application only. Apply online between now and 6pm on January 28, 2022 at applicants.troyhigh.com
- [Application Instructions and FAQ January 2022](#) includes details on writing samples, evaluation, and troubleshooting was updated on 1/5/2022.



2022 Winter Troy Main Office Holiday Chalk Art, by Mrs. Shannon Cogswell.

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), we ask that you complete the Qualtrics survey each morning prior to arriving on campus. However, **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.

Following the recommendations issued by the Centers for Disease Control (CDC), the California Department of Public Health (CDPH) has issued guidance in support of full in-person instruction and to as much instructional time as possible. A link to that guidance is included at the bottom of this communication.


Please note that masks will be required by all staff and students while indoors regardless of vaccinated status. As an extra precaution, FJUHSD is committed to continuing the enhanced cleaning procedures established to ensure that our schools are clean, sanitized, and safe.

[CDPH COVID-19/K-12-Guidance](#)

Safety Procedures for attending school during the COVID-19 pandemic.

- All students and staff will complete the Qualtrics COVID Safety Survey each morning (the survey will be sent to your school email).
- To enter campus, students will show their green checkmark from the completed survey permitting them to be on campus.
- Students will walk through the thermo-imaging temperature cameras by either the Main Office or the North Gym and show their green Qualtrics survey checkmarks.
- Face coverings (masks) are required inside and are optional while outside.
- 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!**

This program is available to all FJHSD students districtwide.



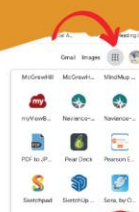
Troy Tutoring Central

mondays- math/biology
tuesdays- biology
wednesdays- math
thursdays- english/world history

Library 3-4pm

01 HOW DOES TUTOR.COM WORK?
Tutor.com is a fully online tutoring service. You can get a tutor in more than 40 subjects including Math Science, Social Studies, English, AP ® Support and Foreign Languages. Tutoring sessions take place in an easy-to-use online classroom, which has been added to your Google Chrome App Launcher.

02 HOW DO I GET A TUTOR?
Using your chrome book sign into your google school account, click on your Chrome App Launcher "Waffle", scroll to find Tutor.com. Select to begin a new session.



https://mail.google.com/mail/u/0?ui=2&ik=8bccad7511&attid=0.1&permmsgid=msg-f:1718061514680932986&th=17d7c7d84cd39a7a&view=att&disp=inline&realattid=f_kwp79z6i0

Last weekend was awesome for Troy's NJROTC cadets! From Lt. Cecil here are the results of their competitions last weekend!

Good Morning Warriors,

Honored to share that the Troy NJROTC Orienteering team competed yesterday in the Area 11 Orienteering (Cross Country on Steroids) NJROTC Championship. The Warriors placed 2nd overall behind Sahaurita (Arizona) in regionals and are the 2022 California State Champions!! Our team has qualified for the NJROTC Orienteering Nationals in San Jose March 11 - 13th.

Troy also won the State Championship in every category (Varsity, Junior Varsity, and Freshman). Individual State Champions were Dimitri Kouloumbis, Lauren Gao, and Ostty Wang.

Special thank you to LT Roger Fronek, USN Retired, for coaching the team this year!

On another note, Troy also qualified a second team for the NJROTC Brain Brawl (Academic Team) Nationals on the USS Midway in San Diego March 19th.

Thank you so much for your continued support of our cadets and the program!

Very Respectfully,

LT Cecil, USN Retired

Troy Senior Naval Science Instructor



Decorations in the Main Office are always great, thanks to the dedicated inhabitants of our building who are artistically inclined and avid decorators. Incidentally, the seasonally scary, Buddy the Elf is currently wearing his best Valentine's Day attire and posing for photographs.



Troy High School, January 28, 2022.

FJUHSD

Student Art Show *at the* Muckenthaler

Opening Reception:

January 26, 6:30pm

Gallery Hours:

Monday, Tuesday, Friday:
10am-2pm

Wednesday, Thursday:
10am-6pm



Thank you to FUHS Principal, Ms. Laura Rubio for providing the following information and flyer for the FJUSHD Art Show at the Muckenthaler. Opening Night was Wednesday, January 26th. FJUHSD student work will be up for about 3-4 weeks. Student winners of the show will be celebrated later this Spring at a FJUHSD Board of Trustees Meeting!

Are you feeling stressed or need a quick pick me up? This link to our FJUHSD virtual calming room with all the various relaxing and humorous options is for you! You have my word, the puppy cams are the way to go!

<https://sites.google.com/fjuhsd.org/fjuhsd-virtual-calming-room/home>

VIRTUAL TEEN MENTAL HEALTH SUMMIT



This free, teen-led event will showcase student voices, offer key breakouts to discuss mental health themes, and highlight clinically-vetted resources. Teens, educators, and mental health advocates from across the country are invited as we Work2BeWell together. Register today!

TENTATIVE SCHEDULE

FEB 26

10 AM - Noon

Pacific Time

HOSTED ONLINE

WHEN?

WHAT?

10:00-10:10 AM	Welcome / What is Work2BeWell? / Our Why
10:10-10:35 AM	Share2BeWell What teens from across the nation are doing to improve mental health and wellness in their communities.
10:35-11:00 AM	Keynote Speaker
11:00-11:05 AM	Breakout Session Overview
11:05-11:25 AM	Breakout Session #1
11:30-11:50 AM	Breakout Session #2
11:50 AM-NOON	What can YOU do? Work2BeWell Resources

Register today at

[WORK2BEWELL.ORG/SUMMIT](https://work2bewell.org/summit)



WORK2BEWELL



Providence

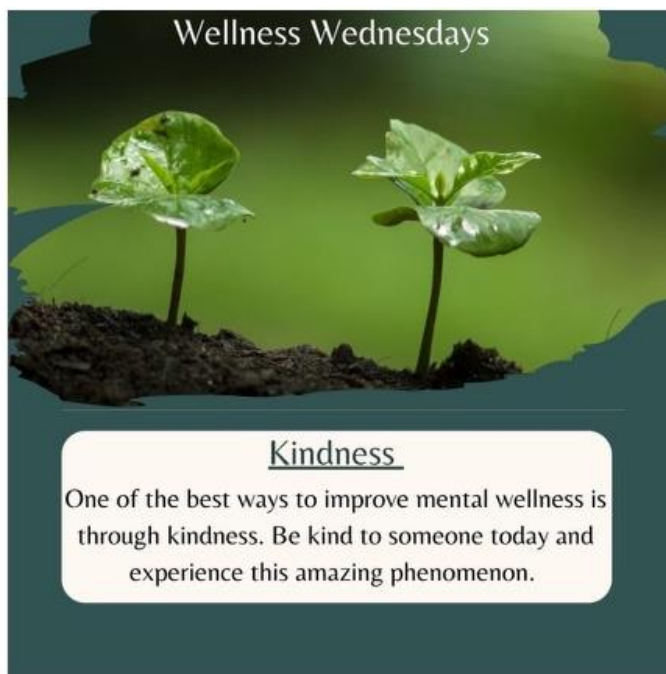
*Participants must be registered to receive access to all presentations.



Fullerton Joint Union High School District

FJUHSD Wellness Wednesday Challenge! Be kind today.

#fjuhsdfamily #meaningfulconnections



The FJUSHD is kicking off a new awareness campaign called Wellness Wednesdays! Yes, I am aware it is Friday, but next Wednesday I encourage you to check out these new links:

<https://twitter.com/fjuhsd/status/1483839797181493248?s=21>

https://www.instagram.com/p/CY6yD2NspeU/?utm_medium=copy_link

For the social media users of the world, repost these links as much as you like!



On Monday night our Boys' Basketball team hosted a contest with FUHS in a well-played but tough game for our Warriors. While we did not win this time, I feel good about our chances as we move into the future. This team is going to be one to watch the rest of this season and for more than a few in the future!

It is the time of year that FJUHSD schools announce and celebrate their site Classified and Certificated Employees of the Year! FJUHSD employees are selected by fellow employees

at their individual school sites. From the Certificated and Classified Employees winners, District Classified and Certificated Employees of the Year are selected for the next round at the County Level, followed by State and National Levels of recognition. Now, our Employees of the Year!

The Troy High School Certificated Employee of the Year is Mr. Jerry Cowgill! We all know Mr. Cowgill and he has been a teacher and Golf Coach at Troy for many years. Girls' Golf State Championship, CIF Championship, and more than a few others have secured his legacy at Troy. Being named the 2022 Certificated Employee of the Year is another deserved honor for Mr. Jerry Cowgill! Congratulations!

The Troy High School Classified Employee of the year is Ms. Maria Williams! In her current role as the Principal's Secretary and ultimately person who can get everything done at Troy, Ms. Williams is highly valued and appreciated by our entire staff! This has never been more especially true than during some difficult days during this COVID-19 pandemic. We have all seen the early morning emails from Ms. Williams as she organizes coverage for teachers' classes, and then our school steps up to cover the classes for each other. For this and all the other intangible parts of her job, our staff recognizes her efforts and selected her for Classified Employee of the year! Congratulations, on this well deserved honor from our staff!



Ms. Maria Williams, and Archie the super cute little puppy.



Recently, with the winter weather and wind, there has been a common theme to Luna's activities which involves getting under the blankets or in this case the specific dog sofa cover. Perhaps it is because Boxers don't really have very thick fur coats... It is continuing to be cool and windy outside. Certainly this weekend falls into the Winnie the Pooh, blustery "Pooh Bear weather" type weekend, so Luna may have the right idea.

It has been a very busy week at Troy High School! Everyone, please take some time to unwind and slow down a bit. Rest, relax, hang out with family and friends and I will see everyone back here on Monday morning bright and early!

W.V. Mynster