



# TROY HIGH SCHOOL WARRIOR WEEKLY



March 7, 2025

*St. Patrick's Day, 2025 Art drawn by Troy resident artist, Mrs. Shannon Cogswell.*

Dear Troy Family,

It has been an amazing busy week with seemingly a little of everything mixed together. We are well on our way to the 3<sup>rd</sup> Quarter and only have one more week left before Spring Break! Our Winter sports season has ended, and we are now solidly in our Spring Sports season with Boys' Tennis, Boys' Volleyball, Softball, Swim, Track & Field, Baseball, and Softball all running and in full swing. ☺ It is that time of year where we also need to keep an eye on the end of the school year and our preparations for the summer and fall. Seniors have a different perspective of this process than returning underclassmen, but the preparation is still key. First and foremost, for all our students is to stay focused and keep your eyes on the prize; current grades, attendance, school and family engagement, college admission, summer internships, getting enough sleep. Warriors, stay focused. Believe it or not the end of the school year will sneak up on you and be here before you know it!

One last point regarding sleep. On Saturday night / Sunday morning at 2:00am our clocks will need to be changed as we return to Daylight Savings time. This means you need to “Spring Forward,” moving your clocks forward one hour. If you fail to change the time on your clocks, you will be an hour late to school on Monday morning, which will subsequently become an unexcused attendance issue. ☹ Don’t be late to school on Monday morning!



Last Saturday, our Science Bowl team, coached by Ms. Nga Ngo was in action in the Regional competition held at NASA’s Jet Propulsion Laboratory. Here is more info from their Coach, Troy Science Teacher, Ms. Nga Ngo. *“The Troy High School Science Bowl team delivered an incredible performance at the regional competition, securing a hard-fought second place finish against 21 teams. It was a nail-biting contest, with the last round where our team went up against University High where the team narrowly lost by just 8 points—one question—making it one of the closest finishes in recent memory. The talented team members, Aditya Peddi, Cynthia Kung, Aaryan Mukherjee, Gordon Wong, and Liran Zhu, showcased their deep*

knowledge and quick thinking throughout the event. Special thanks to Soham Dev for volunteering his time and expertise to help coach the team, providing invaluable guidance that contributed to their impressive showing. The team's resilience and teamwork were truly on display, making them a force to be reckoned with. If you see any of these kids on campus, please give them a high 5!" This was another great performance by our Troy High School team! Troy, University, and Arcadia tend to be the top three teams that are always close and in the final mix to walk away with the regional win. This was a great performance by our team, and they and their coach are very deserving of recognition for their work. Great job, Warriors!

CAASPP TESTING SCHEDULE March, April & May 2025				
31 Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday
(CAST)	CAST	(0 per only) (PT*)	(0 per only) (CAT*)(CAST**)	English/Math Day 1 (PT)
1: 8:30- 10:30	2: 8:30- 10:30	0: 7:28 - 9:28*	0: 7:28 - 9:28)**	0: 7:28 - 8:25
break: 10:30 - 10:45	break: 10:30 - 10:45	1: 9:33 - 10:20	1: 9:33 - 10:20	1: 8:30- 10:30
3: 10:50 - 12:50	4: 10:50 - 12:50	2: 10:25 - 11:12	2: 10:25 - 11:12	break: 10:30 - 10:45
lunch: 12:50 - 1:25	lunch: 12:50 - 1:25	break 11:12-11:27	break 11:12-11:27	3: 10:50 - 12:50
5: 1:30 - 3:30	6: 1:30 - 3:30	3: 11:32 - 12:19	3: 11:32 - 12:19	lunch: 12:50 - 1:25
		4: 12:24- 1:11	4: 12:24- 1:11	5: 1:30 - 3:30
		lunch 1:11-1:46	lunch 1:11-1:46	
		5: 1:51 - 2:38	5: 1:51 - 2:38	
		6: 2:43 - 3:30	6: 2:43 - 3:30	
7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday
English/Math Day 1 (PT)	English/Math Day 2 (CAT)	English/Math Day 2 (CAT)		
0: 7:28 - 8:25	0: 7:28 - 8:25	0: 7:28 - 8:25	LATE START	REGULAR
2: 8:30- 10:30	1: 8:30- 10:30	2: 8:30- 10:30	SCHEDULE	SCHEDULE
break: 10:30 - 10:45	break: 10:30 - 10:45	break: 10:30 - 10:45		
4: 10:50 - 12:50	3: 10:50 - 12:50	4: 10:50 - 12:50		
lunch: 12:50 - 1:25	lunch: 12:50 - 1:25	lunch: 12:50 - 1:25		
6: 1:30 - 3:30	5: 1:30 - 3:30	6: 1:30 - 3:30		
14 Monday	15 Tuesday	16 Wednesday	17 Thursday	18 Friday
21	22	23	24 IB Starts (LATE START)	25 IB Testing
28 IB/CAM Testing	29 IB/CAM Testing	30 IB/CAM Testing	1 IB/CAM Testing	2 AP/IB/CAM Testing
5 AP/IB/CAM Testing	6 AP/IB/CAM Testing	7 AP/IB/CAM Testing	8 Testing (LATE START)	9 AP/IB/CAM Testing
12 AP/IB/CAM Testing	13 AP/IB/CAM Testing	14 AP/IB/CAM Testing	15 Testing (LATE START)	16 AP/IB/CAM Testing
19 AP/IB/CAM Testing	20 AP/IB/CAM Testing	21 AP/IB/CAM Testing	22 AP/IB/CAM Testing	23 AP/IB/CAM Testing
If students are absent and miss any CAASPP test, they will be pulled the following day to make up their test. So students, do your best to attend each day during the testing season because it will impact your other classes if you are absent.				

Spring is testing season beginning with the CAASPP, on March 31st for 11<sup>th</sup> grade students in English, Mathematics, and Science. In late April, our academic classes, with external competency examinations such as AP, IB, & Cambridge will begin and continue with Cambridge and Advanced Placement into May! Students, all of you will be prepared to show what you know! Practicing good habits such as getting enough sleep, exercise, and nutrition along with life balance will ensure your success. Let's go, Warriors!



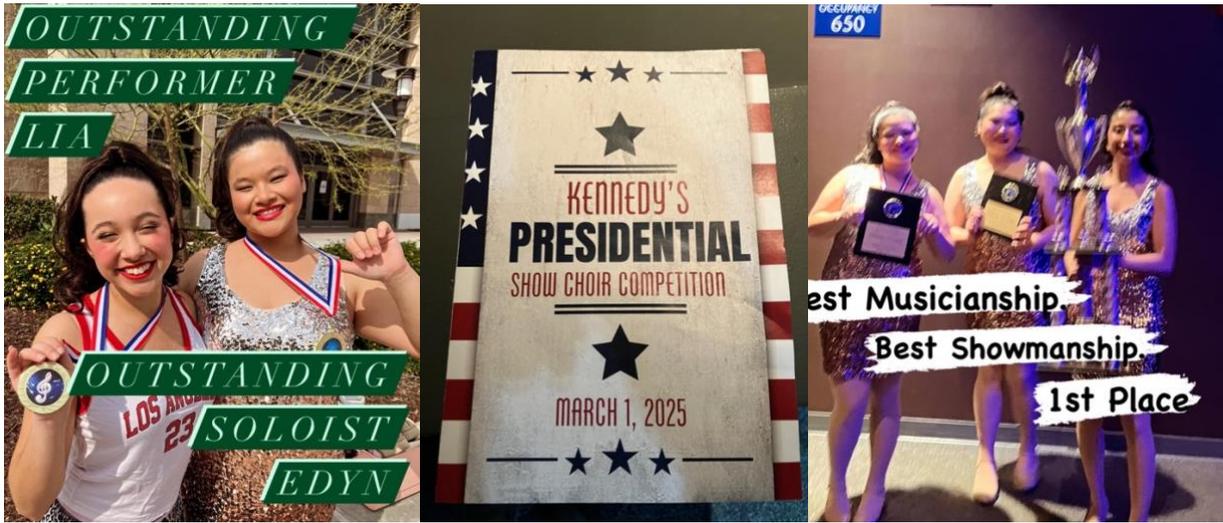
Last Saturday, the best Troy Girls' Soccer Team season in school history, and I think one of the best soccer teams ever, played in the Division 1 Championship Game vs. Mater Dei High School. Our team played Mater Dei tough going into halftime 0-0. Early in the second half, Montana Longcrier found the back of the goal and Troy took a 1-0 lead. With 9 minutes left, Mater Dei tied up the game 1-1. With less than 3 minutes left in the game, Mater Dei scored again and took a 2-1 lead and the game ended 2-1. Our team left everything on the field and had nothing left to give. Everyone who saw this game had nothing but pride and appreciation for our Warriors and what they have achieved in this game and the season. On Tuesday, we played in the Division 2 State Soccer Playoffs vs. Torrey Pines. We were at home on our beautiful grass field, playing a good team. Torrey Pines scored and took a 1-0 lead. With less than 30 seconds left in the second half we scored and tied the game 1-1. After a 15 minute overtime period the game was still tied at 1-1 and the game went to PK's and despite our great effort, our team could not pull this game out. In the end, we had nothing left to prove. Our team had a great season!



Warriors, thank you for a 2024-25 season we will always remember. Well done!



Troy's Mock Trial team is still going strong! Ms. Alexandria Williamson and their Attorney Coach, Mr. Ben Davis had a great round vs. J. Serra on February where they have been for two weekends, and they will be there for two more as long as they keep winning! So far, they have won three out four trials and are well placed to keep winning and moving forward. They have to be ready for OCSA a school of actors who are really good at selling their roles. ☺



In Choir, our Ladies First keeps winning, and last weekend was no exception! From our Vocal Music Director, Mr. Mark Henson here is more fantastic news! *“Ladies First participated in their third competition of the year last Saturday and won First Place at the Presidential Show*

*Choir Competition hosted by Kennedy HS. The ladies won highest points in all categories, and Edyn Mai received Best Soloist, and Lia Ponbida received Best Performer. This is the group's third competition of the year and their third First Place win! Congratulations!"*

If you have not filled up your calendar for tonight, our Choir has two shows with the theme, "Love Changes Everything." The shows features all of Troy's choirs in a musical evening of songs all about LOVE. So . . . why not hang out a little while on Friday (the show is about an hour) to check out these talented singers. Join us at 5:30 or 7:00pm!



# Mental Health Resources:

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

FJUHSD Mental Health Resources: <https://www.fjuhsd.org/domain/1476>

OC Support and Crisis Resources: <https://www.namioc.org/help-support-overview>



## Niche 2025 Best Schools

## 2024 U.S. News & World Report Best Schools

We love Troy High School! It is also rewarding to see when other entities that rank schools also agree, and reward the hard work of our Students, Teachers, Parents, Counselors, Staff, FJUHSD Board and Administrators! Thank you, Warrior Family!



Warriors, this is the QR code for all the FJUHSD social media. There are many, many, awesome events, activities, athletics, and recognitions happening in FJUHSD and Troy High School! Additionally, for even more information for the happenings in FJUHSD here is the link to the March, 2025 FJUHSD Superintendent's Newsletter. This is always a great source for global FJUHSD insights, news, and events! <https://conta.cc/41n546g>

One of the ways FJUHSD and Troy High School have been measuring student engagement in school, rallies, clubs, and school activities has been to use the 5-Star App. Here is a little more information on how it is used in FJUHSD. Hint: We don't use it as a tracking app. 5-Star has an FAQ that specifically relates to location tracking (or lack thereof).

<https://help.5starstudents.com/hc/en-us/articles/24186201832333-Does-the-5-Star-Students-app-track-a-student-s-location>



Water Polo Season is over and it is prime time Swimming Season! Last week, Swim Coach Ms. Summer Driessen posted, “Our Boys’ Varsity and Junior Varsity crushed SHHS and our Girls’ put up a great fight!” Also contributing to this story on our Swim, is Troy Swim supporter and TSO Finance Secretary, Ms. Amy Lo who writes, *“Last week marked an exciting milestone as we hosted our first Troy home meet against Sunny Hills! Our boys delivered a phenomenal performance, claiming a decisive victory, while our girls showed incredible grit and determination in an inspiring fight. We’re thrilled to share that several of our swimmers have already qualified for CIF—what an amazing start to the season!”*

This week, all levels of Swim were at Brea High School. Warrior Weekly Swim correspondent, Ms. Amy Lo wrote, *“This past Wednesday, Troy Swim showed incredible spirit and determination at their away meet against Brea Olinda! Braving the heavy rain like true champions, our DI Varsity and JV Boys claimed an outstanding sweep victory over Brea Olinda! Meanwhile, our girls gave it their all with an inspiring performance that left us proud. Huge thanks to Jacob Pan and Andy Yang for the amazing photos and to Coach Driessen for the Instagram updates!”* Tomorrow we are in the Villa Park Relays at El Modena High School. I will be looking for some action shots as our team lowers their relay times! Let’s go, Warriors!

# Troy High School

Instrumental Music Program

Proudly presents

# L · O · V · E

With

Warrior Jazz

Wed, March 12 at 7 pm

La Vista/La Sierra High Schools Quad

Free Admission

JONATHAN RICE



On Monday, our NJROTC had the opportunity to hear a motivational speaker about persistence, commitment, drive, dedication, and service. LT. Alma Cooper, a West Point graduate and a current Stanford graduate student in Data Science was our guest. Oh, she is also currently the reigning Ms. USA having won the title in October, 2024. For both 5<sup>th</sup> and 6<sup>th</sup> periods, our cadets had the opportunity to listen to her life's story and learn what motivated her to go to college, West Point, becoming an Army officer, enroll in Stanford, and along the way becoming Ms. USA. One key point she made in her talk when things get tough, to move forward and give it your best effort rather than not trying at all. She also lives to inspire other young women and often says, "If you can see me, you can be me." Ms. USA, LT. Alma Cooper was very inspiring, down to earth, and willing to answer questions from our cadets at the end of both talks. Thank you to the U.S. Army for allowing LT Cooper to come and speak with our cadets.



Students! If you are an AP student, here are some Final Deadline Reminders you need to make sure you follow if you intend to take the corresponding AP exams for courses in which you are enrolled.



[FINAL AP DEADLINE REMINDER](#)



[2024-25 AP Information Letter](#)

# SPRING TROY HIGH SCHOOL WEEKLY CALENDAR OF EVENTS FORWARD 1 HOUR

MONDAY 03/10/25	TUESDAY 03/11/25	WEDNESDAY 03/12/25	THURSDAY 03/13/25	FRIDAY 03/14/25	SATURDAY 03/15/25
<ul style="list-style-type: none"> <li>FJUHS Vocal Music Showcase (7:00PM)</li> </ul>	<ul style="list-style-type: none"> <li>Baseball V vs Santiago (3:00PM)</li> <li>Baseball JV at Santiago (3:15PM)</li> <li>Boys Volleyball (All) vs Sonora (3:15PM)</li> <li>Softball vs Valencia (3:30PM)</li> <li>Boys/Girls Swim Team at La Serna (3:30PM)</li> <li>Troy Tech Junior &amp; Parent Pre-Intern Virtual Meeting (5:30PM)</li> <li>Board Meeting (6:00PM)</li> </ul>	<ul style="list-style-type: none"> <li>Baseball JV/FS vs Brea Olinda (3:15PM)</li> <li>Baseball V at Brea Olinda (3:15PM)</li> <li>Boys Volleyball (All Levels) vs La Habra (3:30PM)</li> </ul>	<ul style="list-style-type: none"> <li>Boys Tennis at El Dorado (3:00PM)</li> <li>Softball at Brea Olinda (3:15PM)</li> <li>Troy Tech Incoming Student Registration (4:00PM)</li> </ul>	<p>End of Quarter 3</p> <ul style="list-style-type: none"> <li>Prom Rally</li> <li>Baseball JV/FS vs Sonora (3:15PM)</li> <li>Baseball V at Sonora (3:15PM)</li> <li>Boys/Girls V Swim at Mt. Sac (11:00AM)</li> </ul>	<ul style="list-style-type: none"> <li>Baseball FS vs Salesian (10:00AM)</li> <li>Boys/Girls V/JV Swim at Mt. Sac (7:00AM)</li> </ul>
<p><b>NJROTC EVENTS:</b></p> <ul style="list-style-type: none"> <li>Cyber Patriot Nationals</li> <li>Orienteering Nationals</li> <li>Vex State Championships</li> <li>East Coast Educational Tour</li> <li>Brain Brawl Championships</li> </ul>					



It is going to be a fantastic weekend with no rain! Luna has put on her best attire and is ready to go out. (This is another example of Luna walking around with her blanket fashion statement...) Unfortunately, Luna will not be joining Ms. Donna Mynster and me for dinner despite her formal attire. Luna will have the opportunity to take a few walks and a car ride to Chick-fil-A for lunch tomorrow afternoon.☺

I am going to spend as much time outside as possible, take in some sunshine, and wash some cars. Whatever you choose to do this weekend, enjoy the time, and hopefully be able to get together with family and friends. Also, get in some much needed rest, and relaxation, and recharge for next week, as we have one less hour this weekend with the time change back to Daylight Savings time. I will see everyone back here bright and early on Monday morning!

W.V. Mynster