



# *TROY HIGH SCHOOL WARRIOR WEEKLY*



March 17, 2023

Happy St. Patrick's Day, and happy Friday! Today will be another sprint to the finish as we wrap up the last day before we leave for Spring Break. We can also look forward to our Prom Rally in which the venue for Troy's Prom will be announced. The Prom is on April 15<sup>th</sup>, so if you are a student that plans on attending, make sure you have this date circled on your calendar. It is great to be a Warrior, now on to the news!



*St. Patrick's Day stained-glass chalk drawing by Troy resident artist, Mrs. Shannon Cogswell!*



FJUHSD and Troy High School remain committed to providing Mental Health support to our FJUHSD community. There are many options at your disposal, so please take advantage of them as needed. Some of the numerous Mental Health resources available to our FJUHSD Family, include Parents and Guardians. Please use the resources that are available to you and these resources can be also be found on our district website [HERE](#).

Additionally, FJUHSD has partnered with [Care Solace](#), a wonderful agency available to help our FJUHSD 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/>



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Twitter: @fjuhsd  
Facebook: Fullerton Joint Union High School District  
YouTube: Fullerton Joint Union High School District  
TikTok: @fjuhsd



#### Social Media



FULLERTON\_JOINT\_UNION\_HSD



FJUHSD Website



**Stay Connected: [www.fjuhsd.org](http://www.fjuhsd.org)**

Warriors, here is the link to the March Superintendent's FJUHSD newsletter. For the global FJUHSD insight, news, and events, it does not get much better! <https://conta.cc/3YoBGsK>



The excellent Troy High School Family video: <https://youtu.be/a3HtnItxd8>



Last weekend, our Troy Robotics Team advanced from OC Regional competition to the LA Regional Competition today and this weekend. Troy's team, of students Jaci Hinman, Sean Son, Isaac An, Addison Chan, Katie Pak, Natalie Cano, and Christy Martin, Ivan Zimmerman,

along with their Coaches, Mr. Kent Goodman and Mr. Mike Reid are looking for another great round of competitions as they continue to defend their 2022 OC Regional Championship! Let's go, Warriors!



**Interested in receiving 2 years free  
tuition at Fullerton College  
this Fall 2023?**

**ALL HS SENIORS AND FAMILIES ARE  
INVITED TO ATTEND**

## **FJUHSD to FC Info Nights**

*SAVE THE DATE!*

**PLEASE FEEL FREE TO ATTEND ONE  
SESSION TO LEARN HOW TO RECEIVE  
TWO YEARS OF FREE TUITION, PRIORITY  
REGISTRATION, AND MUCH MORE!**

**Wed. March 8**

**Fullerton/Troy HS**

**Location:** Fullerton HS  
Auditorium

**Time:** 6:00p-7:00p

**Wed. March 15**

**La Habra/Sonora HS**

**Location:** La Habra HS  
Performing Arts Center

**Time:** 6:00p- 7:00p

**Wed. March 29**

**Buena Park/ Sunny Hills HS**

**Location:** Buena Park HS  
Performing Arts Center

**Time:** 6:00p- 7:00p

*We hope to see you there!*



@fullcoll\_outreach



outreach@fullcoll.edu



outreach.fullcoll.edu



**One date left for the Fullerton College information night! If you are a senior and interested in potentially having the first two years of college for free, the last information night is on March 29<sup>th</sup> at Buena Park High School from 6-7:00pm!**





## March is National Nutrition Month

INAUGURAL YEAR FOR CALIFORNIA'S UNIVERSAL MEAL PROGRAM

Our FJUHSF Food Services Division serves many meals a day to students in our district. At Troy our team serves between 400-650 lunches each day. From the beginning of the year to now district-wide there have been 97,999 meals served to our students in the first year of the California Universal Meal Program, which is mandated that meals are available to all students, regardless of financial need. We have a fantastic team at Troy, pictured below.



**Troy has a truly wonderful Food Services Team! Let them know they are appreciated!**



This week, Troy's symphonies performed in the Kennedy High School Music Festival and did a fantastic job representing Troy High School and our impressive instrumental music program. This is how they have scored: Freshmen Baby Band – Excellent, Symphonic Band—Excellent, Winds of Troy – Superior, Symphony of Troy – Superior, Apollo's Strings – Superior! From our Instrumental Music Director, Mr. Joseph Castillo, *"All our groups this week played with mind and heart to represent Troy HS. Three groups will move on to play at Regional Festivals next month. Go, Warriors!"*



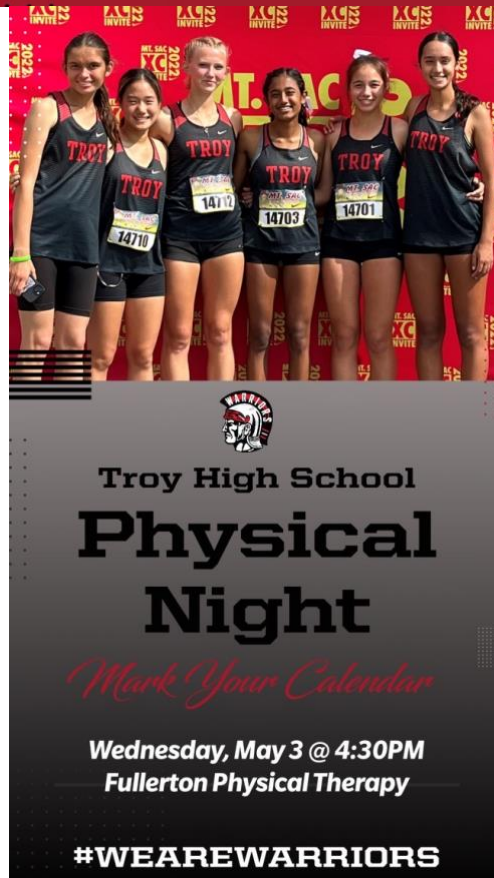
This is a French World Language project, called the Clothing Project. In addition to showcasing some of Troy's Teachers, each poster also has a QR code with teacher interviews. If you have the opportunity, go and check out the work of our French 2 students! Awesome job!





In Troy Athletics news, the rain continues to slow, delay, postpone, many of our sports that need to have drier days. Despite all-weather track capabilities in FJUSHD, exceptional amounts of rain also delay Track & Field meets. However, despite challenges, our teams are doing well this spring! Athletic Director Mr. Chris Blume reports: Boys' Volleyball has started Freeway League competition 2-0, and also took 1<sup>st</sup> place in the annual Spartan Classic! Boys' Tennis in the matches they can squeeze get done between the storms is 1-0 in Freeway League play. Baseball is 6-3-1 and having a good start. Softball is 7-6 and also having a nice start to the season. Both teams could certainly benefit from more regular games being played so they can get into a regular rhythm. Swim scores vs. La Habra this week were a sweep for all levels JV and Varsity. Finally, in Track & Field, Girls' standout, Makenna Henkhaus broke the 3200m and 1600m Troy High School records, and will try again to improve her times at the Laguna Beach Invitational tomorrow! Also pertaining to Athletics we have two events coming up. First,

we have “Signing Day” on Thursday, April 13<sup>th</sup> for our Troy seniors who will be playing at the next level in College next year.



Also, if you are an athlete that will be returning to Troy High School for the 2023-2024 school year, we are holding the Troy High School Physical Night at Fullerton Physical Therapy beginning at 4:30pm on May 3, 2023!



On Tuesday night at the FJUHSD Board of Trustees meeting, our VAPA teachers were recognized! Among the many teachers in Music, Dance, and Theatre, were our own, Mr. Mark Henson, Vocal Music Director for Troy (pictured below with the thumb's up sign). Next is



Ms. Ariell Gates, our outstanding Troy Dance Program Director. Pictured below is Ms. Gates' being announced by VAPA Teacher on Special Assignment, Ms. Maggie Crail.





Last but not least, pictured next to our Superintendent, is our Theatre Director, Mr. Joe Hufferd who has been behind some outstanding theatrical performance for many years, and still has one more left this spring! Thank you to all our VAPA educators. I very much admire all of these teachers for bringing out the very best in our student and am grateful for their work!

I was recently notified that some members of the Troy High School family, both students and a teacher were recently recognized by Aspirations In Computing, an NCWIT Program.

Congratulations to:

- Mr. Don Allen (Educator award)
- Ariana Perez (National Honorable Mention)
- Ming (Coco) Gong (National Honorable Mention)
- Saiya Shah (National Honorable Mention)
- Nidhii Marar (OC Winner)
- Mai Ishikawa (OC Rising Star)

Awesome job, Warriors! Also, a special thank you to Mr. Don Allen who after a spectacular career teaching at Troy High School, is going to retire at the end of the semester. We are going to miss him, but we also know how much of a positive impact he has made on the thousands of students he has taught throughout his career at Troy High School!



Here is some exciting news that was shared at the Tuesday night Board of Trustees meeting! Former esteemed Troy Warrior (still esteemed), Ms. Laura Rubio is in a very select group of educators, as you will read in the following announcement!



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*Human Resources*

## For Your Information

FULLERTON JOINT UNION HIGH SCHOOL DISTRICT

Board of Trustees: Marilyn Buchi, Vicki Calhoun, Ed.D., Joanne Fawley, Chester Jeng, DDS, Lauren Klatzker  
Superintendent: Steve McLaughlin, Ed.D.

March 15, 2023

### **Laura Rubio Selected the ACSA Secondary Principal of the Year**

Superintendent, Dr. Steve McLaughlin and the Fullerton Joint Union High School District (District) are pleased to announce the selection of Fullerton Union High School (FUHS) Principal, Mrs. Laura Rubio, as this year's Association of California School Administrators (ACSA) Secondary Principal of the Year. This prestigious recognition is bestowed upon a single Principal selected from a candidate pool representing twenty-eight (28) Orange County school districts, the Orange County Regional Occupational Program and the Orange County Department of Education.

The District is extremely proud of Mrs. Rubio's accomplishment and is appreciative that ACSA has recognized and honored her for the tremendous leadership skills she possesses and has consistently demonstrated throughout her tenure with the District. Thank you to the Administrative Team of FUHS for nominating Mrs. Rubio, who will next be considered for recognition at the state level.

Congratulations Laura!

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Ok. All of us have had enough of Winter and the continued rain. We needed the rain, we received the rain, and for now we have enough of the deposits left by the rain. The result of not being about to get out and about when it is not sunny outside, equals more sleepy time and snacking. I think I may need to put Luna on my treadmill... However, when it is cold and wet outside, Luna does have the right idea. Enjoy the weather outside today and through the weekend as So-Cal will get slammed with another atmospheric river come Monday through Wednesday.

As of 3:30pm today we begin the weekend! Officially, Spring Break is Monday, March 20<sup>th</sup> through Friday, March 24<sup>th</sup> with all of us returning to school on Monday, March 27<sup>th</sup>. I hope everyone has a wonderful St. Patrick's Day, and a truly wonderful and relaxing Spring Break! Whatever you do or wherever you go, have fun, enjoy the company of family and friends, and make sure you rest up! When we return to school it is a sprint to the finish of the school year!

W.V. Mynster