



TROY HIGH SCHOOL WARRIOR WEEKLY



April 19, 2019

All of us are aware of the Troy family member we lost this week. We share our heartbroken and heartfelt grief with her parents and immediate family. We miss her, but we must lean on each other. Time will help all of us, but it will take time. FJUHSD will continue to offer needed counseling support and I also sent everyone an email on Wednesday with more resources. Please look for that email if you have not yet done so. I have also included a few additional resources from the Orange County Office of Education and Orange County Health Care Agency. Please know there is always help available for you 24 hours a day, 7 days a week.



Feelings you may experience

OCDE Crisis Response Network

GRIEF RESPONSES

GRADES 7-12

Feeling	How it might look/feel	Things to do
Shock or Dreamlike	Cry for no reason Body aches/pains	1. Talk to someone you trust (friend, family, teacher) 2. Rest 3. Give yourself a break
Confused or Uncertain	Trouble focusing on homework Restless Emotional ups and downs	1. Take a break from homework 2. Exercise 3. Talk to someone you trust
Anxious or Scared	Heart starts beating fast Desire to run and hide Feel out of control	1. Spend time with family and friends 2. Exercise or meditate 3. Tell your those close to you how you feel
Angry or Mad	Want to scream and cry Desire to yell at friends/family Feeling abandoned or alone	1. Spend time with family and friends 2. Go for a walk/run 3. Write in a diary or journal
Guilt or Regret	Thinking "what if . . ." Or "If I had only . . ." Feeling sick	1. Do not blame yourself 2. Talk to someone you trust 3. Think about what the person who died would say
Sad or Alone	Want to cry all the time Do not want to say goodbye Lonely	1. Make something to remember your loved one. Like ... Photo album, Story, or Drawing. 2. Spend time with friends or family
Ready to Return to Your Routine	Still a little sad, but it feel better. Want to return to school And spend time with friends	1. Go to school and after school activities 2. Find ways to remember the person who died 3. Allow yourself to smile when thinking of the person who died

Remember, these are only examples of possible grief responses; every person grieves in their own way.
It is okay to feel sad sometimes and not so sad other times.

Grief is one of the most natural, yet painful, experiences in human life. Please ask for help if you are struggling with your grief.
If these symptoms become too strong or begin to disrupt your daily life, please speak to an adult about seeking professional help.



OCDE CRISIS RESPONSE NETWORK THINGS TO TRY

GRADES: 7-12

Go for a walk/run/hike
Talk about your feelings to someone you trust
Schedule time to relax
Do not self-medicate, if you need help ask for it
Spend time outside
Volunteer to help someone else
Spend time with friends or family
Ask your loved ones how they are doing
Eat regular meals, even if you don't feel like it
Hug someone you care about
Get a good night's sleep
Read a good book
Start a project
Plant some flowers
Keep busy
Meditate
Don't be afraid to ask for help, you have been through a lot, there are people who can help you

Tips for Family and Friends

Listen carefully
Spend time with the affected person
Offer to help or talk, even if they do not ask
Do not take offense to anger or outbursts
Comfort him/her
Help him/her with chores or homework
Give him/her private time when they ask, but let him/her know you are there when they are ready.
Do not tell him/her that they are "lucky it wasn't worse." Instead say that you are sorry they have to go through this.

My Plan for Today:

Health Care Agency Behavioral Health Services Information and Referral Line



855-OC-Links

(625-4657)



www.ocalthinfo.com/oclinks

Monday - Friday
8:00 am - 6:00 pm
TDD Number: 714-834-2332



- CAT-Centralized Assessment Team (866) 830-6011
• For assessment and evaluation of individuals experiencing psychiatric emergencies including threats to harm self, others, or gravely disabled.
- 24 Hour Suicide Prevention Line (877) 7 CRISIS / (877) 727-4747
• Provides 24-hour, immediate, confidential over-the-phone suicide prevention services to anyone who is in crisis or experiencing suicidal thoughts.
- NAMI WarmLine (877) 910 WARM / (877) 910-9276
• Provides telephone-based, non-crisis support for anyone struggling with mental health and/or substance abuse issues.

It has been a difficult week for all of us. However, there is a lot of light that shines from Troy, and it is driven by our students. Let's start with the current Freeway League Athletic standings.

Baseball								
	Varsity	Record		JV	Record		Frosh/Soph	Record
1	Sonora	10-1	1	Fullerton	12-0	1	Sonora	11-1
2	Troy	7-4	2	Troy	11-1	2	La Habra	6-5-1
3	Sunny Hills	7-4	3	Sunny Hills	5-6	3	Fullerton	6-4-2
4	Fullerton	7-5	4	Sonora	4-8	4	Sunny Hills	5-6-1
5	La Habra	3-9	5	La Habra	3-9	5	Troy	6-6
6	Buena Park	0-11	6	Buena Park	0-11	6	Buena Park (no team)	DNF (0-11)

Softball					
	Varsity	Record		JV	Record
1	La Habra	7-0	1	Fullerton	4-2
2	Sonora	6-1	2	Sunny Hills	4-2
3	Sunny Hills	3-3	3	La Habra	4-2
4	Troy	3-3	4	Sonora	4-2
5	Fullerton	1-6	5	Troy	2-4
6	Buena Park	0-6	6	Buena Park	0-6

Tennis					
	Varsity	Record		JV	Record
1	Troy	7-0	1	Troy	7-0
2	Sunny Hills	6-1	2	Sunny Hills	6-1
3	Fullerton	5-2	3	Fullerton	5-2
4	Buena Park	2-5	4	Buena Park	2-5
5	Sonora	1-6	5	Sonora	1-6
6	La Habra	0-7	6	La Habra (no team)	0-8

Golf					
	Varsity	Record			
1	Troy	5-0-1			
2	Sunny Hills	5-0-1			
3	La Habra	3-3			
4	Sonora	3-3			
5	Buena Park	1-5			
6	Fullerton	0-6			

Boys Swimming				
	Varsity	Record	JV	Record
1	Troy	4-0	1 Troy	4-0
2	Sonora	3-1	2 Sonora	3-1
3	Sunny Hills	3-1	3 Sunny Hills	3-1
4	Fullerton	1-3	4 Fullerton	1-3
5	La Habra	1-3	5 La Habra	1-3
6	Buena Park	0-4	6 Buena Park	0-4

Girls Swimming						
	Varsity	Record	JV	Record	F/S	Record
1	Sunny Hills	4-0	1 Sonora	3-1	1 Sunny Hills	4-0
2	Troy	3-1	2 Fullerton	1-3	2 Troy	3-1
3	Sonora	3-1	3 Sunny Hills	3-1	3 Sonora	3-1
4	Fullerton	2-2	4 Troy	4-0	4 Fullerton	2-2
5	La Habra	0-4	5 La Habra	1-0	5 La Habra	0-4
6	Buena Park	0-4	6 Buena Park	0-4	6 Buena Park	0-4

Boys Track				
	Varsity	Record	F/S	Record
1	Troy	4-0	1 Troy	4-0
2	Sonora	3-1	2 Fullerton	3-1
3	Sunny Hills	3-1	3 Sunny Hills	3-1
4	Fullerton	1-3	4 Sonora	2-2
5	Buena Park	1-3	5 La Habra	0-4
6	La Habra	0-4	6 Buena Park	0-4

Girls Track				
	Varsity	Record	JV	Record
1	Troy	4-0	1 Troy	4-0
2	Fullerton	3-1	2 Fullerton	3-1
3	Sunny Hills	3-1	3 Sunny Hills	3-1
4	Sonora	2-2	4 Sonora	1-3
5	La Habra	0-4	5 La Habra	1-3
6	Buena Park	0-4	6 Buena Park	0-4

Our spring teams are looking great! Track and Field as well as Swim prelims and Finals are next week. Golf, Baseball, Softball, and Tennis are getting close to the end of their regular seasons, but all of our teams have been having a wonderful spring! For our athletes and their coaches, we know success is not by accident, and it is hard work and preparation that create wins. We also know that wins do not create the entire picture, and that individual character and team personality are the real power behind the teams. I am proud of our teams and I am grateful for our Warriors.

Next Thursday, on April 25th is our annual Troy Tech Fair. It will be held in both the North and South Gyms and is a wonderful event, featuring the 385 Troy Tech Interns from our Class of 2019. Our students had some wonderful learning opportunities through their internship

opportunities and this event is a fantastic opportunity for them to share their internship sites and experiences. The event runs much of the day and is open to different groups at specific times. At 8:30am, 5th grade students from Acacia will be here. During 2nd period Troy Tech 11th graders will be tour the fair. 3rd and 4th period, assigned classes will visit the fair. 12:15pm, the fair closes and will reopen at 5:30pm for families in the North Gym for incoming 9th graders. At 6:00pm until 7:15pm the North and South Gyms are open for the Troy Tech Fair for all families. At 7:30-8:30pm, Troy Tech Senior Recognition will be held in the North Gym.



The same day as our Troy Tech Fair, at 2:00pm in the Lecture Hall we will be hosting Congressional Medal of Honor recipient, Sgt. 1st Class Leroy Petry, U.S. Army. He received this recognition for actions above and beyond the call of duty in Afghanistan in 2008 and he will be having a discussion with our NJROTC cadets. Sgt 1st Class Petry is one of 71 living Medal of Honor recipients and we are humbled to have him visit our school and have this opportunity to meet him and hear his story.

Last weekend, our Drum Line took another 1st Place at the Semi-Finals at Ontario High School. We are in the finals on April 27th at Azusa Pacific University! They have a week to continue to hone their sound, although by the look of their run they are playing very, very, well!

Last weekend, some amazing Troy students competed in Economic Olympiad at CSUF. Their coach and teacher, Mr. David St. Clair has the details. “...*Dayne Tran and Ryan Li competed against schools from LA and Orange County in the Economic Olympiad. There were five events in the competition. Stock market, personal finance, business news, business plan and economic video. Dayne placed 2nd in the business news and personal finance competitions. Ryan placed 2nd in the stock market contest and tied Dayne for 2nd in the personal finance competition. He placed 3rd in the business news competition. Overall Dayne won \$400 and Ryan \$500. A very productive and efficient day!*” Congratulations, on another financially lucrative day for our students!

Yesterday, Troy AP Government teacher, Mr. Dave Bainter received a nice email from a former student. I will leave her name out of the email, but notes like this are always a nice reminder of the important positive impact we have on our students.

Thank you from an old student

Hi, Mr. Bainter!

You may not remember me, as it has been 7 years since I graduated from Troy. I was in your AP gov class in fall 2011 as a very zealous little Democrat. I wanted to reach out to you and thank you for your mentorship during my last year in high school. Since then, I went to USC, worked on the Clinton presidential campaign, and am now pursuing my graduate degree at the School of Foreign Service at Georgetown. I'm also interning at the Department of State, where I have a first-hand look at how U.S. foreign policy is created.

I believe that your class was pivotal in my getting to this position today. I still tell my friends about our courtroom and congress simulations, as well as the campaign videos we made for candidates post-FDR. The interactive nature of your classroom engaged me and other students more than you could imagine, and for me that sparked a lifelong interest. Thank you so much for treating us with respect and prompting us to grow.

All the best,

To our Troy alum, thank you very much for writing this letter. It means more than you know. Warriors, forever!



This is a photo of the Troy Girls' Volleyball Team and the Boys' Troy Club Volleyball Team after they played a best of three game series last Friday night. In the end, the Girls' team won 2-1. In some ways this photo is a victory photo for Troy High School. Because of intense interest and driven by Troy students, parents, and Troy teachers, Mr. Glenn Madrid, and Mrs. Dorey Madrid—Boys' Volleyball is coming to Troy High School! Next year in spring, 2020 the first official Troy High School Boys' Volleyball, Freeway League, CIF recognized team will hit the court! We will have Varsity and JV level teams at Troy High School and all the schools in the district. Thank you to our Superintendent, Dr. V. Scott Scambray for pushing us across the finish line and making this happen. This new sport in the FJUHSD will mean a lot to our entire school community and is going to bring another fantastic opportunity for our kids to be involved! Go, FJUHSD and Go, Warriors!

As you read this, ten NJROTC cadets are on their way the National Championships for the Brain Brawl. This year the championship is being held at Embry Riddle Aeronautical University from April 19—22nd. Our students have a great shot at bringing this championship

home. We will have results on Monday and they will be back in class on Tuesday. ☺ We love academic competitions at Troy High School, as it is the application of our love of knowledge!



Tonight is closing night for Troy's springtime musical, *Hello Dolly!* This musical is awesome! I saw the performance on Wednesday night and it is not to be missed. My suspicion was correct, and our student performances do rival the professionals and surpass the high school performances. It was a great show, don't miss it! Tonight at 7:00pm! It will be a packed house.



On Tuesday evening our Cyber Defense teams were honored at the Fullerton City Council Meeting for winning the coveted Mayor's Cyber Challenge Cup in February. As this presentation was delayed a month and by the time it was held, Troy had won the CyberPatriot National Championship! The Fullerton City Council and Mayor recognized our students for their accomplishments and praised them for their involvement in such an important field. Thank you to the Mayor, our City Council, students, and Coach Allen Stubblefield.

It is Easter Weekend, and for those of us that celebrate this holiday I hope it is an enjoyable time with family and friends. I plan to dye Easter Eggs tonight or tomorrow. I will spend time with family and we are having a party for April birthdays, Easter, and a night out to celebrate my 24th wedding anniversary with my wife. Last weekend was the car show, and this weekend will be busy as well. Whatever your plans may be for the weekend, I hope everyone is able spend time with family and friends, and able to rest, relax, and decompress. I will see everyone back here on Monday!



W.V. Mynster