



TROY HIGH SCHOOL WARRIOR WEEKLY



April 21, 2023

We have reached another milestone in the school year as we are about to enter the Cambridge, AP, and IB testing season. There are six weeks left in the school year, including Finals Week and Graduation for the Class of 2023! Students, now is the time to make a full court press on your grades and studies, as there is still some time to get your grades or keep your grades where you would like them to be when the semester ends. Warriors, let's finish the semester strong! If you would like some tips on maintaining a school/life balance, we have two

STUDENT WORKSHOPS

How to Ask Teachers for Help
Learn strategies for communicating with your teachers and asking for help!
Fri, April 21st (lunchtime-Rm. 526).
Tues, April 25th (lunchtime-Rm. 526).

Navigating Stress and Maintaining Personal Wellness
Practice identifying main stressors and utilizing healthy coping skills!
Wed, April 26th (lunchtime-Rm. 505).
Thur, April 27th (lunchtime-Rm. 503).

Troy High School Counseling Team

student workshops, one today at lunchtime and again next Tuesday at lunchtime in Room 526. It is important to remember that each of your teachers is here for you and is willing and able to help you get the information you need, but you have to effectively communicate with them!



April Chalk Art by 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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Social Media



Stay Connected: www.fjuhsd.org

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

The excellent Troy High School Family video: <https://youtu.be/a3HtnItxdt8>

**BE SAFE, BE SMART
 SCHOOL IS A SAFE SPACE**

**NOTICE
 WEAPONS
 OF ANY KIND
 PROHIBITED**

SAFETY BEGINS WITH US

REMINDER: Toys that look like weapons are prohibited in school for various safety reasons. Please help us keep weapons, dangerous objects, and weapon replicas out of our schools.

FULLERTON COLLEGE ROADSHOW

FEATURED TOPICS:

- PROMISE PROGRAM
- EOPS
- TRANSFER PROGRAM
- FALL REGISTRATION
- ASSISTANCE
COMPLETING FC
APPLICATION AND
REGISTRATION



TO REGISTER FOR THE
ROADSHOW, PLEASE
SIGN UP BY USING THE
CODE BELOW:



TRHS THEATRE



APRIL 27, 2023
2ND & 3RD PERIOD



Attention Seniors! For those of you who are planning to attend Fullerton College or are still considering your options, we have an important event on **April 27th during 2nd and 3rd periods**. As a California resident, you are eligible for 2 years of free Community College via the Promise Program (Did you catch that? 2 Years of Free Community College!!) and Fullerton College will be here to help you sign up. Don't miss this opportunity to meet people from their team who will provide great information about their programs as well assist you with your enrollment. Use the QR code on the flyer in order to sign up.



Our Track and Field season is finally catching some breaks from the weather, in that we are able to hold our meets without having to plan on rescheduling them due to rain. We are also seeing some athletes turn in some great times and marks, despite weather induced interruptions in their training and competitions throughout the year.





Here is a screenshot from Troy Athletic Director, Mr. Chris Blume that was sent to me this past Saturday after an outstanding mile run performance by Makenna Henkhaus and Anne Hiraki, setting the two fastest 1600 meter marks in Troy High School history! They are fast, and I suspect there are still seconds coming off these marks by the end of the season! Fantastic job, to both Makenna and Anne on their record breaking runs! Our Girls' Track and Field team is 5-0 going into the Freeway League Finals, so we can look forward to more great performances! On the Field events side, Freshmen standout, Kosi Onuigbo won the Girls' Frosh/Soph long jump at the O.C. Track and Field Championships! Let's go Warriors!

In additional sports news, our Boys' Tennis are 10-0 and Freeway League Champions once again! Our Boys' Swim is 5-0 going into League Prelims and Finals. There have been some outstanding performances including from Theo Sohn, who set a record in the 50 meter Freestyle with a time of 21.35 seconds!



Lastly, our Boys' Volleyball team won on Wednesday night at home against Fullerton High School 3-0. As a result of their victory, for the first time our team is sharing the Freeway League Championship with Sunny Hills High School, who had never lost a league contest until we beat them earlier this season! Great job, Warriors!

Student athletes need to have an annual physical exam, which is often done by a family's doctor. However, if an athlete needs to get a sports physical for summer and / or the next school year, and their regular physical does not line up on the calendar for the athletic season, there is a solution! On Monday May 3rd at Fullerton Physical Therapy at 4:30pm, sports physicals for athletes will be available for \$40.

Another group of our students were recently busy competing a highly academic competition. Troy student, Jay Ananth shared details about the project with his Counselor, Ms. Jacquie Morck who relayed the story to me, and it is a good one. ☺ From Jay Ananth, *"I competed in a bioengineering research competition organized by the Bioengineering Honors Society at UC Berkeley. It was a great experience for me as I was not only able to find out about the competition but I was also able to give other students the opportunity to apply their research knowledge. I lead a team of 3 junior students and another sophomore: Zaan Saeed, SeMin Kim, Puru Jain and Jacob Chen.*

Berkeley labs, facilities and participate in many activities with professors and students. In addition, the keynote speaker, Surbhi Sarna, was very inspiring and motivating when discussing her biological research and journey in entrepreneurship.

As a prize for our placement, we got 5 anatomy kits, which we are going to donate to Mr. Kirkpatrick as he will be able to put better use to them than us. In addition, we got a trophy for our placement and have a poster that explains our project thoroughly. We are also giving these to Dr. Kirkpatrick to possibly display in his classroom. We are planning to share our great experience with other BMES club members and encourage them to participate in such competitions in the future. Finally, we were able to meet a board member of Berkeley's BMES club and are planning on doing some events together as well. Overall, this competition was just a great experience for me and our entire team.”

I know I have said this about our students before...some of the application of their knowledge is completely inconceivable from the lens of who I was when I was their age. I am so very impressed and proud of their accomplishments on this project! Thank you to Jay for sharing the story of the team's experience in this competition as well as their research project. This was a truly well done performance task, and outstanding demonstration of knowledge application. Great job, Warriors!



Here is their BioEHSC trophy, proudly displayed in the Front Office Trophy Case!



The Troy Tech Program
cordially invites you to the

TROY TECH FAIR

Wednesday, April 26, 2023

5:30pm - 6:30pm

Troy Tech Senior Internship Displays
honoring our 369 Senior Interns in
Troy North & South Gyms

Troy High School

2200 E Dorothy Ln., Fullerton, CA 92831

No RSVP or parking permit is required for this
event; parking available in front and back lots.

Our Troy Tech Coordinator, Ms. Laurie Downum-Bonnett, has provided key information on our 2023 Troy Tech Fair! *“This upcoming Wednesday, April 26, 2023 is the Annual Troy Tech Fair which features our 369 Troy Tech Seniors and their internships. Classes will attend the fair periods 1-4 as assigned. The Troy community (parents and incoming families) are invited to Troy's North and South gyms to view senior exhibits from 5:30-6:30 p.m. followed by a ceremony in the Troy Quad to honor each Troy Tech Senior. A virtual slideshow will also be shared.”* This is always a wonderful event to see what our students accomplished over the prior summer with their internships. It is also another example of how they have applied what they have learned at Troy, and where their interests are headed into college and career. Come and check it out!



On Wednesday, our NJROTC provided the Color Guard at the Nixon Library for a distinguished guest. Pictured at left, you may recognize former Vice President, Mr. Mike Pence. I sure it was exciting for our students, Madison Dang, Annie Guo, Isaac Yang, and Daniel Yoon as well as for LT. Roger Fronck to meet Mr. Pence. History will remember, and I deeply appreciate that Mr. Pence in his capacity as Vice President of the United States of America, brought Congress back into session on January 6, 2021 and completed the counting of the electoral votes for the presidential election.

From our e-Sports Coach, Mr. Roger Anderson we have some outstanding e-Sports news for Troy High School! *“The Troy Esports Overwatch 2, Varsity Valorant, and Varsity League of Legends teams qualified for playoffs through the High School Esports League during April 10-18. The Overwatch 2 team competed in the qualifying round in the Youth Winner's Circle Tournament, and the Valorant team played in the quarter finals of the HSEL Spring Major '23. Congratulations to all the teams for a successful 2022-23 season.”* Congratulations to our

eSports Warriors! This is a different world with the games they play today, and the team component necessary for teams to be successful. Great job, Warriors!



Luna is letting me know, the weather is great and we are going for a walk! As I think all of us suspected, we are going from Winter to Summer.... We will see how long we have the 90 degree heat, perhaps only a couple days then we settle into a nice springtime weather pattern. It is great to live in So-Cal! I have every intention to spend time outside, hopefully planting my summer garden and getting in the much anticipated by Luna, walks around the neighborhood. Luna is much less interested in putting in the garden but does love tomatoes...I hope everyone has a wonderful and relaxing weekend, hopefully spending time with family and friends, and I will see everyone back here on Monday!

W.V. Mynster