



# TROY HIGH SCHOOL WARRIOR WEEKLY

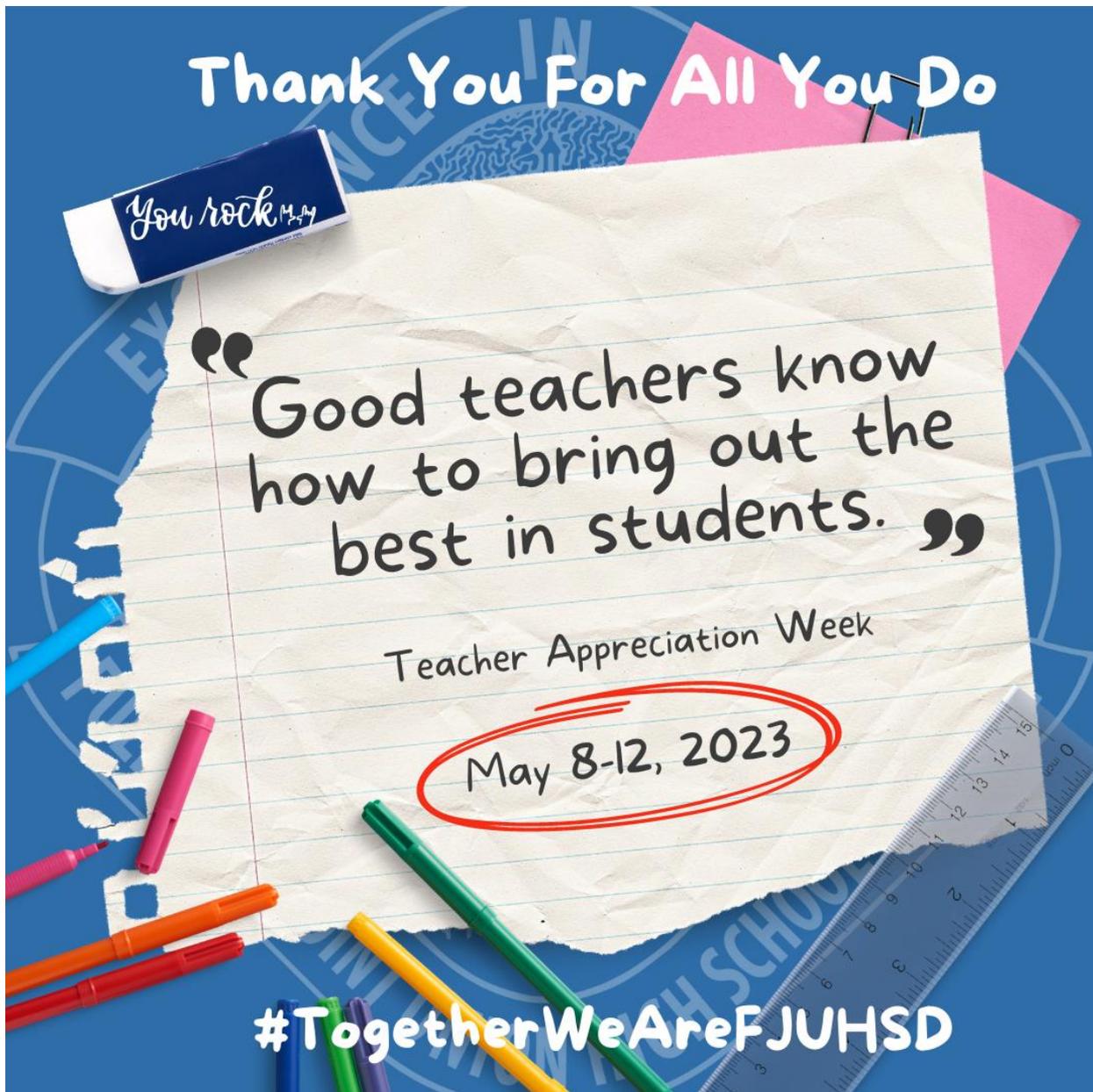


May 12, 2023

Warriors, I hope everyone is having a very happy Friday! Our Spring sports season is winding down. our AP, IB and Cambridge A-level examinations are ongoing but the large testing groups are largely done after today. We are slightly less than three weeks from graduation day on June 1<sup>st</sup>! Where did the year go? Students, this is the time to lock down your grades where you want them to finish. All of you. Let's finish the year strong. Summertime and all that brings for each of us, will be here soon. Let's go, Warriors!



On Tuesday evening, our Board of Trustees recognized all the FJUSD site and district Classified and Certificated Employees of the Year! In the photo at left, Ms. Iliana Garcia our Troy Classified Employee of the Year is pictured third from the left. In the photo at right, are the district Certificated Employees of the Year and pictured third from the left is Troy Certificated Employee of the Year, Mr. James Kirkpatrick. Congratulations to all the employees recognized by our Board of Trustees on Tuesday evening!



Today is the conclusion of the well-deserved second week of Teacher Appreciation Week! *2023: Teacher Appreciation Day is May 2, 2023--Teacher Appreciation Week runs from May 8 to May 12, 2023.*

Thank you, to all Troy's Teachers, both past and present!

Also thank you to our ASB for making signs and posting them around campus showing appreciation for our teachers. I saw a larger number of them earlier in the week, but I did not get

out to take pictures at that time, but I was also happy to be included the group and have included mine ☺.





**Troy High School Warrior  
Instrumental Music Program**



**Stayin' Alive**

*Featuring - Apollo's Strings, Symphony of Troy, Wind Symphony,  
Band of Warriors, Baby Band, Warrior Jazz, and Guitar Studio  
And pre show performances by the Winter Drumline and Winter Guard*

*Friday, May 12, 2023  
Troy High School, North Gym, 7 pm  
Admission \$5*



Tonight, is the night to see our Instrumental musicians perform for the second to last time this year, with the last time being the graduation ceremony performance on June 1<sup>st</sup>! Scan the

URL on the flyer and get ready for some outstanding music! *“To get an idea of what you will be hearing, here is a breakdown from a recent festival in which our students performed from Instrumental Music Director, Mr. Joseph Castillo. Three of Troy High School’s five concert groups qualified for Regional Festivals when they received SUPERIOR ratings last month at a district festival held at Kennedy High School. The Symphony Orchestra, the Advanced String Orchestra, and the Wind Symphony performed this week to represent Troy High School. Both orchestras received Unanimous SUPERIORS and the Wind Symphony received an EXCELLENT rating. Now we’re just gearing up for our concert on May 12th. Stayin Alive is the theme for this concert. Hope to see you there.”* It will be a nice Friday night instrumental music performance by a truly outstanding group of musicians!



Troy English Teacher and Mock Trial Club Advisor, Ms. Gabrielle Hufferd let me know one of the Officers of our Mock Trial Team, Mr. Eric Um has been awarded the Benore Young Advocates Scholarship through Georgetown University! Eric receives a \$1,500 scholarship and gets to participate in an Advanced Law Internship with a DC firm through Georgetown. Next year when Eric is a Troy senior, he will be Co-President of Mock Trial. Congratulations to Eric, and it is sure looking like next year is setting up to be a great 2023-24 school year for Mr. Um!

Troy Business Teacher, Ms. Deborah Henninger is happy to report that through the Sifma Foundation, Troy High School placed #1 in the Year-Long Stock Market Game competitions in the California-Los Angeles Region! In the high school division of 5+ High Schools, First Place was awarded to Troy High School and Second Place was awarded to Blair High School in Pasadena. Congratulations to our Business Students for making it happen in what has definitely been an up and down Stock Market this year!

# MAY

## Mental Health Awareness Month

Ask for help. Drink water. Be open to support. Go outside. Prioritize rest. Focus on one thing at a time. Remind yourself what you're grateful for. Take a break. Spend time with friends. Listen to music. Think positively. Read a book. Draw. Journal. Blow bubbles. Take a shower. Ask for a hug. Talk to someone you trust. Cook or bake. Cuddle a pet. Take slow breaths. Play a game. Cry. Say positive affirmations. Clean. Garden. Use a stress ball. Exercise. Write a letter. Play with slime or dough. Listen to a podcast. Stretch. Ask for help. Drink water. Be open to support. Go outside. Prioritize rest. Focus on one thing at a time. Remind yourself what you're grateful for. Take a break. Spend time with friends. Listen to music. Think positively. Read a book. Draw. Journal. Blow bubbles. Take a shower. Ask for a hug. Talk to someone you trust. Cook or bake. Cuddle a pet. Take slow breaths. Play a game. Cry. Say positive affirmations. Clean. Garden. Use a stress ball. Exercise. Write a letter. Play with slime or dough. Listen to a podcast. Stretch. Ask for help. Drink water. Be open to support. Go outside. Prioritize rest. Focus on one thing at a time. Remind yourself what you're grateful for. Take a break. Spend time with friends. Listen to music. Think positively. Read a book. Draw. Journal. Blow bubbles. Take a shower. Ask for a hug. Talk to someone you trust. Cook or bake. Cuddle a pet. Take slow breaths. Play a game. Cry. Say positive affirmations. Clean. Garden. Use a stress ball. Exercise. Write a letter. Smile.

# BE KIND TO YOUR MIND



Together We Can Erase  
The Stigma





*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/)

# Prioritizing Student Mental Health: Resources for Schools



Support your students' mental health during **Student Mental Health Awareness Week and Mental Health Awareness Month** with these resources for schools. From adverse childhood experience storytelling to suicide prevention toolkits and resiliency programs, these resources can help you further create a nurturing learning environment for your students.

## [CalHOPE Schools Initiative](#)

The CalHOPE Schools Initiative links three powerful resources together at one easy access point for California educators: A Trusted Space: Redirecting Grief to Growth; Angst: Building Resilience; and Stories of Hope: SHORTS.

## [Greater Good Education Program](#)

Implement social and emotional learning (SEL) programs in schools and classrooms.

## [Care, Cope, Connect](#)

Access a guide to support families of young students who may be feeling fear, anxiety, or loss.

## [Youth Mental Health First Aid Trainings](#)

Teachers, counselors, and other staff supporting students can learn how to help young people experiencing mental health challenges and how to recognize warning signs.

## [Center for Resiliency, Hope and Wellness in Schools](#)

Create nurturing school environments with evidence-based trauma and early intervention strategies.

## [Teachers and Staff School Well-Being Toolkit](#)

For teachers and school staff to practice self-care and support the well-being of their school community.

## [Healthy Minds, Thriving Kids](#)

Evidence-based resources to teach your students the mental health skills they need to be ready to learn.

## [Suicide Prevention | A Toolkit for High Schools](#)

Learn what to say to someone you know who may be at risk.

Visit the *Children and Youth Mental Health Resource Hub* for more information:  
[www.chhs.ca.gov/youthresources](http://www.chhs.ca.gov/youthresources)



California Department of  
**EDUCATION**



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HANDLES

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



**Social Media**



FJUHS Website



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

Warriors, here is the link to the May Superintendent's FJUHS newsletter. For the global FJUHS insight, news, and events, it does not get much better! <https://conta.cc/3oV5Yas>

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.**

Troy student, Ms. Se Min Kim was recognized by the Society of Women Engineers Orange County with the Certificate of Merit! I have attached the definition and criteria that enabled Se Min Kim to receive this recognition for her work!

### **2023 Certificate of Merit**

One of the objectives of SWE is to inform young women of the opportunities open to them in the fields of engineering and science and to encourage them to attain higher levels of education. In support of this objective, the Orange County Section sponsors a Certificate of Merit Program.

The Certificate of Merit is an achievement award presented to female students completing their junior year of high school. The recipients are chosen by the faculty of the math and science departments and administration of their schools on the basis of their achievements in math and science, their character, and their desire for a future career in engineering, math or science. The award consists of a certificate that can be recorded on college and scholarship applications.

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### **Award Criteria**

- High school female junior or senior who has completed *three years of science and three years of mathematics with distinction*
- High school junior or senior who has *achieved excellence in a science or math related activity such as a science fair, math contest, etc.*

The good news for Troy is that Se Min is a junior, so we have her for one more year! I look forward to seeing what she will accomplish in 2023-24!

Congratulations to the Troy Cyber Team, WTS for qualifying for this weekend's So-Cal Cyber Cup Challenge held through National University. One of the things so interesting about this particular event is that there are eight college, high school, and middle school qualifying teams at each level. I don't know if Troy has won this event in the past, I feel like we have but even if that is true, things change quickly in the cyber world and yesterday's achievements are exactly that...yesterday's achievements. Let's see what our team can do this weekend! Let's get it done Warriors!



A couple weeks ago, a number of our students and staff participated in the Friendship Walk. Here are more details of the event from Troy French Teacher, Mr. Will Fritz! *“Troy High Best Buddies participated in this year's Friendship Walk in Long Beach last Sunday. Ten members and their families joined thousands at the Long Beach Marina to raise money for those that deserve to be included. There are 200 Million people worldwide with intellectual and developmental disabilities; feeling included is not always guaranteed and that's where Best Buddies comes in. Troy High's Walking Warriors raised close to \$2000 to support Best Buddies International. It's a very active club on campus and we'd be honored to have anyone join next year to experience what could be a life changing friendship.”* It was an awesome day, and thank you to all our wonderful Warriors for being part of the truly exceptional Best Buddies Organization. Great job, Warriors!



Staying local for college?

# BECOME AN AVID TUTOR AT TROY!!

FOR THE 2023-24 SCHOOL YEAR

We are hiring recent graduates who want to serve as paid tutors for our AVID Students

Payment: \$15.00/Hour  
Tuesdays and Thursday for 8.5 hours a week  
from 8:30am-12:51pm

Tutors will work with small groups of students under the supervision of a teacher.



Training will be provided



WOULD YOU LIKE MORE INFORMATION OR WANT TO APPLY?

Contact Mrs. Wilson  
Email: [twilson@fjuhsd.org](mailto:twilson@fjuhsd.org)

Sign up here →





Also recognized at the Tuesday night FJUHSD Board of Trustees meeting was Student Board Member, Troy senior Mi Ya Hsueh who served this year as the Vice-Chair Student Board Member. Pictured is Mi Ya Hsueh being recognized and at that moment thanking her Mother for her support. Mi Ya has also been a very important member of Troy's ASB and is a graduating senior in a just a few short weeks! We are going to miss her next year, but again it will be exciting to see what she will accomplish in college and beyond! Thank you Mi Ya Hsueh for being a fantastic representative for Troy High School and our Board of Education!

In athletics, a few of our sports teams have members still competing. We have five members of our swim team (Ty Leon Guerrero, Luke Leon Guerrero, Theo Sohn, Kevin Yum, and Tony Zheng) competing at CIF State Championships in Fresno that began yesterday. These are the first students from Troy to have made it to the State Swim Championships in a decade. In Boys' Tennis, 12<sup>th</sup> grader, Dylan Kha is continuing on in CIF Individuals. In Boys' Golf our Troy Team (Andre Tseng, Franklin Zhu, Eun Jun Jang, Raymond Wang, Luka Jareb, and Justin Chen, qualified and are going to be in Oxnard on Monday for the CIF Championship! Great job, and now let's go Warriors!



I hope everyone has a very Happy Mother's Day Weekend! Luna was helping me start to get things ready for the Mother's Day party on Sunday by disposing of the Diet Coke box. I believed the last of the soda was out of the box, but I did have to chase her up the stairs to make sure there was not one can left...that could have been unfortunate.

We are going to have a fantastic So-Cal weather weekend, and just in time to finally enjoy the springtime. We only have three weeks of school left in the year, so take the opportunity to get in some rest and relaxation when you are able. This might very well be one of those weekends where you would "take some time to smell the flowers" and enjoy the company of family and friends.

Have a great weekend, and I will see everyone back here on Monday morning!

W.V. Mynster