



TROY HIGH SCHOOL WARRIOR WEEKLY



May 26, 2023

Warriors, happy Friday! After today, there are three student days of school left! Senior Finals are over today, followed at 3:00pm for the beginning of Senior Night and Cap and Gown Distribution. We are almost there! Graduation for the Class of 2023 is next Thursday, June 1st in Fullerton District Stadium at Fullerton High School at 7pm! For everyone else, that is the last day of Finals and after the graduation ceremony, then it is summer break. Go, Warriors!



Here are some of Troy's seniors celebrating by throwing papers in the air yesterday after school.



The good news? About an hour after the picture on the prior page was taken with papers all over the ground, our seniors picked up their papers and deposited them in trash cans. Thank you, Class of 2023!

As we finish up the month of May, we still have more Mental Health Awareness messages that all of us should take to heart, because mental health is really about being aware of our stress levels and taking care of ourselves. It is also about recognizing if we need help, and being strong enough to seek out help or people who can help us get the assistance that we need. There is no shame in asking for help.

Throughout the month of May, Troy's FJUSD Mental Health Counselor, Ms. Carrie Slick has shared some of the wonderful mental health awareness posters, messages, activities, and opportunities to promote Mental Health Self-Care. On the following two pages are two new flyers with lots of different activities to slow things down and take a deep breath.





FJUHSD honors *Mental Health Awareness Month*

You are Strong and Brave

Building wellness into our routine takes strength, courage, and bravery. We choose to face difficult things, overcome obstacles, and make practical changes that will prioritize our wellness. This is not easy. Today, we want to offer a few tips that can encourage you in your journey towards wellness.

Affirmations

Scan QR code to read and review exercises involving positive affirmations that can remind you of important truths.



Gratitude

Your wellness can be positively affected by acts of gratitude. Scan QR code to download messages of gratitude that you can fill out and send to loved ones.



Strength-Based Journal Entries

There is power in recognizing your strengths and positive attributes. Scan QR code to review journal prompts that help affirm who you are.



You are Not Alone

Growing towards wellness is not designed to be accomplished on our own. There is permission to ask for help and seek guidance, support, counsel, or assistance. Below are some resources that can help you along your journey.



MENTAL HEALTH AWARENESS MONTH



BRAIN BREAKS



BRAIN BREAKS ARE MENTAL BREAKS THAT HELP STUDENTS STAY FOCUSED BY PROVIDING TIME TO RE-ENERGIZE THEIR BRAINS AND AVOID OVERLOAD.

BRAIN BREAKS SHOULD BE BETWEEN 1-5 MINUTES LONG

INDIVIDUAL BRAIN BREAKS:

- DOODLE OR COLOR
- STAND UP AND STRETCH/WALK

BREAKS WITH A PARTNER

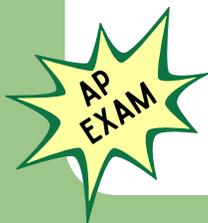
- SENSORY GROUNDING

SHARE WITH A PARTNER 1 THING FROM EACH OF YOUR SENSES. SOMETHING YOU CAN TOUCH, SEE, HEAR, TASTE, AND SMELL.

BREAKS FOR THE WHOLE CLASS

- ORDER GAME
GET IN ORDER! BY HEIGHT, BIRTHDAY, ALPHABETICAL, ETC.

SCAN QR CODE FOR A LIST OF MORE BRAIN BREAKS



In honor of Mental Health Awareness Month, we developed a flyer that offers healthy Brain Breaks. The opportunity for our minds to have intentional time away from something that may be stressful has been shown to boost productivity, increase concentration when we return to the information, and help people focus longer. Brain Breaks that involve others can also build positive social skills and help the brain process the information they are learning.



Springtime 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/)



CONTACT US

Karl Zener, Public Information Officer
Carrie Montoya, PIO Assistant

(714) 870-2803
kzener@fjuhsd.org
cmontoya@fjuhsd.org

HANDLES

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



Social Media



FJUHS Website



Stay Connected: 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.

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

Sign up here





From last week, I have added one more award and a student name highlighted in yellow, and also named on the award above, that I missed from last week. For more than 50 years, the American Chemical Society has recognized outstanding chemistry students who have participated in the ACS testing program.

First Year Winner Aditya Peddi

First Year Team Jacob Chen

First Year Team Stanley Wang

First Year Team Elizabeth Fu

First Year Team James Lopez

Chemistry Olympiad Winner Shuoyan Chen

Chem Olympiad Team Shuoyan Chen

Chem Olympiad Team Zhujian You

Chem Olympiad Team Alexander Lee

Chem Olympiad Team Cloris Shi

Chem Olympiad National Exam Participant Shuoyan Chen

Chem Olympiad National Exam Participant Austin Park

Congratulations to all these deserving students, and to their Chemistry Teachers for helping them learn the chemistry and prepare them for these chemistry challenge competitions!



FULLERTON JOINT UNION HIGH SCHOOL DISTRICT

CLASSIFIED SCHOOL

★ EMPLOYEES ★

Appreciation

WEEK



MAY 21 - 27

All week has been Classified School Employees Appreciation Week! While I know we appreciate all the work done by our Classified, each and every single day, it is awesome to also have a week to recognize so much of what they do! Front Office Staff, custodial, M & O, Food Services, Instructional Aides, Library Tech, Campus Supervisors, and so many more, these are the people that keep our school running day and night! And remember the COVID-19 pandemic, not all that long ago? Our FJUSHD Classified were instrumental for all of us getting through it and for school to operate as normally as possible throughout the past three years. Thank you to each and every one of our Classified for everything they do for our students, and families!



Our Troy Science Olympiad Team returned from the National Championship held in Kansas this past weekend and they did not return empty handed. Granted, while they had their eyes on the Championship, that was not to be this year, and three other teams finished ahead of Troy...this year. Our team finished 4th, which is a fantastic achievement, especially when considering how young our team is this year. Troy will be back in the Finals again next year, and we will make another run at the Championship. After all, Troy does not have 13 Science Olympiad Nationals Championships on accident. Warriors, great job this year!



On Wednesday to commemorate the 50th Anniversary of an event held in the White House near the end of the Vietnam War, former U.S. Prisoners of War (POW's) gathered at the Nixon Library on Wednesday. Meeting the former POW's at the airport were cadets from Troy's NJROTC. From the Nixon Library Foundation here is more information on the event. *"150 former American Prisoners of War from the Vietnam War gathered in the East Room of the Nixon Library on Wednesday for a re-creation of the White House homecoming celebration dinner fifty years to the day of that historic evening.*

On May 24, 1973 President and Mrs. Nixon hosted the largest dinner in White House history in honor of the Vietnam POWs. Video clips from the 1973 celebration were played throughout the evening while the former POWs and their guests were served a menu that mirrored the original White House dinner.

POWs Everett Alvarez and Thomas Hanton welcomed those in the East Room and paid tribute to America's MIAs. The program included remarks from Dr. Henry Kissinger, Senator Tom Carper, Ross Perot, Jr. and Ambassador Robert C. O'Brien.

Special guests included Tricia Nixon Cox, the eldest daughter of President and Mrs. Nixon, and Edward Cox, both of whom attended the 1973 White House dinner; Melanie Eisenhower, the youngest granddaughter of President and Mrs. Nixon; Governor and Mrs. Pete Wilson; Sheikh Meshal bin Hamad Al-Thani, Ambassador of Qatar to the United States; Medal of Honor recipient Bob Patterson; and Benjamin Watson, Commanding General of the 1st Marine Division.

Then, just as in 1973, the dinner ended with everyone singing God Bless America."

<https://www.nixonfoundation.org/2023/05/pows-celebrate-50th-anniversary-of-freedom/>

This weekend when we celebrate Memorial Day and our military, especially those that have made the ultimate sacrifice in service to our country, it is important to remember that freedom is not, nor ever was, free. For these POW's from Vietnam who were able to return to their families after in some cases being presumed dead, they were not free, but had been captured ensuring the freedom all of us enjoy each and every day. We should remember the men and women in our Armed Services everyday, but I encourage all of us to take a moment and remember all of our military hero's on Memorial Day. Freedom is not free...





I really hope we get some sunshine this weekend, I am starting to wonder if we live in Seattle, Washington... The look Luna is giving in this picture is about how I feel when I want to go into the pool and it is 55 degrees outdoors and water temperature is about the same. However, Luna is very comfortable snuggled up to the pillow, and with the cold, the sofa is also good.

Again, Memorial Day is this weekend, the unofficial start of summer and that means many of us will be in front of a grill cooking something over the next few days. It will at least be warm when I am grilling. ☺ Everyone, have a wonderful Memorial Day weekend, remember our servicemen and women. Also, do something fun, rest, relax and repeat and I will see everyone back here on Tuesday morning! Remember, everyone except for seniors are on our Finals Schedule, and Seniors have their own schedule with Senior Breakfast on Tuesday, May 30th, followed by Graduation practice and ticket distribution on Wednesday, May 31st. Graduation is on Thursday, June 1st. There is no school for students on Friday, June 2nd as that is Records Day, when teachers turn in final semester grades and checkout for the summer!

W.V. Mynster