



Welcome back from Spring Break! Hopefully everyone was able to enjoy the time away from our regular school schedule and enjoy some additional time with family and friends. While I did not get out of town and did come into work a couple times, I had a very productive, relaxing, and enjoyable week. Speaking with numerous staff members and students this week, I am confident many of us feel the same way. 😊 It is great to be back at Troy!

Coming back after our break we went right into our California State Testing schedule and I am happy to report we have finished Week 1! We will celebrate today with our Prom Rally. ☺ Next week is Week 2 and the final week of California State Testing for us. Thank you, 11<sup>th</sup> graders for giving 100% effort on these exams. You are the group that is the focus of the

California Department of Education's determination of how well students at Troy High School are learning through your performance on these exams covering Mathematics, Science, and English. Our scores are reflected in the California State School Dashboard and then later picked up by school ranking organizations such as Niche and U.S. News and World Report. Great job Warriors!

A reminder, for our entire Troy family regarding the upcoming event on Student Health and Wellness this coming Monday, April 8th from our Counseling Department and our PTSA. Troy PTSA and the Counseling Department are collaborating to host a student health and wellness night. The evening will start with a short PTSA meeting. Following that meeting will be workshops, each being offered three times so families may attend all topics. We will have speakers on teenage sleep, understanding anxiety and depression and coping strategies, and lastly understanding the teenage brain and development. All Troy families and staff are welcome!



## *Troy High School Student Health & Wellness Night*



The Troy High School PTSA and the Counseling Department are hosting an evening of workshops for parents/guardians and students on **Monday, April 8th**. We'll start off the event with a PTSA meeting followed by three workshops. Each workshop will be offered three times so families can attend all of them. Please join us to learn ways to support your teens' health and wellbeing!

### Event Agenda

**5:15 to 5:50 p.m.** - Welcome & PTSA Meeting (North Gym)

**6:00 to 6:30 p.m.** - Workshops

- ❖ Teenage Anxiety & Depression and Coping Strategies (Rooms 505-507)
- ❖ Fostering Good Sleep for Your Student (Staff Lounge)
- ❖ Understanding the Teenage Brain & Development (Library)

**6:40-7:10 p.m.** - Workshops

- ❖ Teenage Anxiety & Depression and Coping Strategies (Rooms 505-507)
- ❖ Fostering Good Sleep for Your Student (Staff Lounge)
- ❖ Understanding the Teenage Brain & Development (Library)

**7:20- 7:50 p.m.** - Workshops

- ❖ Teenage Anxiety & Depression and Coping Strategies (Rooms 505-507)
- ❖ Fostering Good Sleep for Your Student (Staff Lounge)
- ❖ Understanding the Teenage Brain & Development (Library)

### Presenters

- **Sunena Khushalani**, *Outreach & Intervention Specialist*- Orange County Asian and Pacific Islander Community Alliance
- **Dan Graviloni**, *Director*- St. Jude Sleep Center
- **Dr. Eugene Young**, *Pediatric Psychiatrist*





Before we left for Spring Break we held our annual Mr. THS event in our Performing Arts. While I mentioned this event and our winner, outstanding senior Marcus Chan, I did not have any pictures of the event. Thank you to a special parent for sending me these photos! Congratulations to all the Troy seniors, participating in this event, and congratulations again to our winner!



Last Saturday night, two Troy students, Alex and Max Menaker competed in the EA Ducks NHL 19 High School Scholastic Tournament Hockey Esports Final. They took 2<sup>nd</sup>

& 4<sup>th</sup> place, and earned a total of \$3,000 worth of scholarships and grant money! Additionally, at the event were Troy's League of Legends Ladies Team, getting great exposure and hoping to inspire more women to enter into the E-sports world. Again, congratulations to the Menaker brothers and their coach, Mr. Carlos Aldaco on a job well done!



On Monday night, Sunrise Rotary hosted the Troy Top 100 event at the Embassy Suites Hotel. This is an annual event in which the top students from 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> grades are recognized based on their academics. The picture above is of the 10<sup>th</sup> graders with proud parents taking pictures. ☺ Dinner was served and we also watched a video with many of the 12<sup>th</sup> grade students speaking of their time at Troy, colleges to which they had already been accepted or would be attending next year, as well as thanking their parents and family for their support. Thank you to our students in Media Productions and their teacher, Dr. Knowles for making the video presentation. Also, thank you to Sunrise Rotary, members of the Board, Dr. Atkinson, and all the many parents and family members in attendance. It was a great night!



Before we left for Spring Break, our NJROTC provided an all female Color Guard for an L.A. Sparks basketball team event to aid military women. Pictured is our Color Guard in action and then in the photo at right, with Ms. Danita Johnson, President and CEO of the WNBA Sparks.



On Saturday, right after we left for Spring Break, our NJROTC Brain Brawl teams in the State Championship took 1<sup>st</sup> place and 3<sup>rd</sup>! This means we are State Champions and the bronze medalist and as a result we have two teams going to the Brain Brawl National Championship!

Currently, NJROTC cadets flew out yesterday to Pensacola, Florida to compete drill and academics in the NJROTC National Championships. It will be exciting, and certainly they are there to compete and take home the win! We are proud of our cadets! Go Warriors!

I am happy to repeat the report from Ms. Charlotte Kirkpatrick, regarding Troy's yearly Blood Drive totals. As reported by the American Red Cross, Troy students and staff members donated a total of 438 units of blood over four blood drives this year! This may be our highest total ever, and is certainly the highest in the last three years! What is striking about this number of units, is how many lives potentially are saved by our donations. According to the Red Cross

the number of people saved could be as many as 1,314! Also, helping with the Troy Blood Drives, were coordinators this year Ms. Ruhi Patel and Ms. Kelly Nguyen. Great job Warriors!



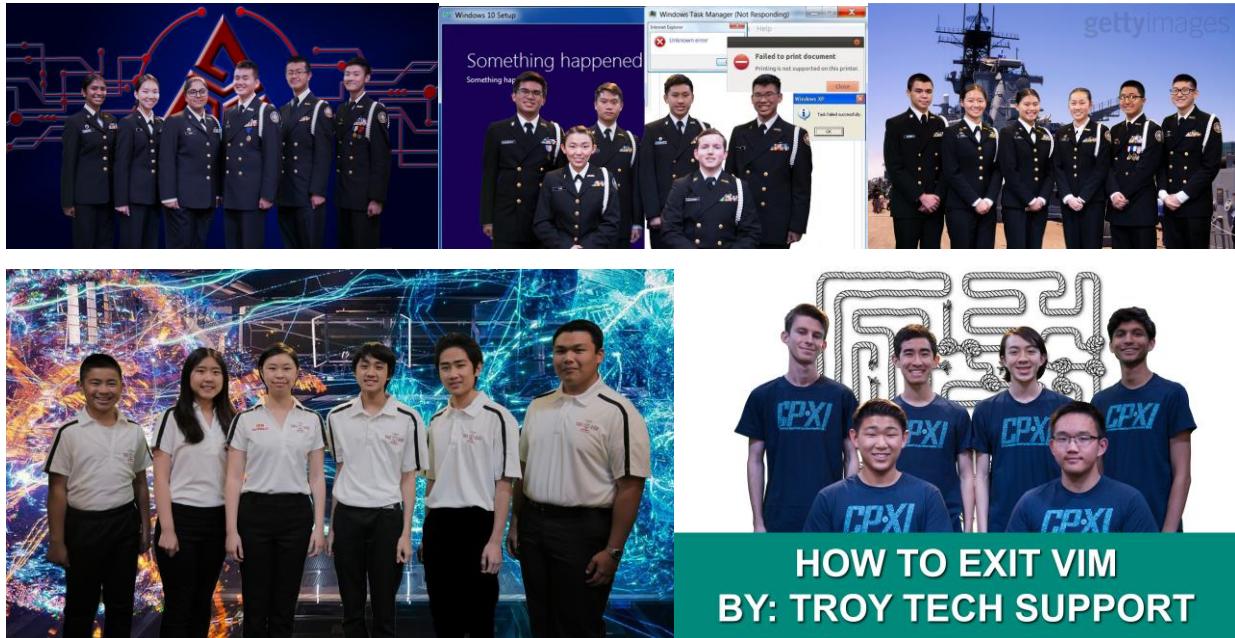
These are photos from the All American High School Film Festival Presentation that was held at Troy on Tuesday. Students from Troy's Film and Media programs spent 3<sup>rd</sup> and 4<sup>th</sup> periods viewing some notable productions. For all of us that have enjoyed the works created and produced by students in our Film and Media pathways, we know their work is outstanding. It is not a surprise when we see our students in the industry having success. Thank you to Mr. Falletta and Dr. Knowles for doing the outstanding work necessary to help our students develop their skills in this amazing art form. Keep it up Warriors!



I received the following email from Troy student, Maxwell Tsao, the VP of Public Relations for our PTSA Student Leaders at Troy High School. *"In the week before Spring Break, PTSA Student Leaders conducted their 2nd Annual Kindness Campaign where students were asked to write down acts of kindness in their lives! This campaign was a part of "One Billion Acts of Kindness", a national movement. We had over 300+ kindness card responses*

*across campus, and the Top 6 2nd Period Classes(Velarde, Scott, Ngo, Park, Morales, and Link) were rewarded with Icee Freeze Squeeze Pops! Great job, Warriors, and keep being kind!”*

Our students in the PTSA student leaders have all year have put up inspirational signs and been another positive movement on our campus for good! Great job Warriors!



Tomorrow, the five CyberPatriot teams shown above will be leaving for Baltimore, Maryland to compete in the CyberPatriot National Championships! Troy has five of the 25 total teams that qualified for these national championships in 2019. Troy is the current NJROTC /All Services Division champions from 2018 and is looking to repeat. We also have two highly ranked Open Division teams, and they are going for the High School CyberPatriot Open Championship!



On Tuesday, Troy students competed in the Personal Finance Challenge held at the Los Angeles Federal Reserve Bank for cash prizes for their knowledge of Economics.

Tanya Jomaa, Wei Foo, Ryan Li, Sean Lin, took 3<sup>rd</sup> place winning \$100 each. Taking first place and a prize of \$300 each were David Lee, Maxell Tsao, Dayne Tran, and Dale Tran.

Congratulations to all of these students! Their teacher, Mr. David St. Clair is very proud of what they achieved, and there is a possibility our 1<sup>st</sup> place team will be travelling to Lincoln, Nebraska for the National Finals. We will know shortly if they need to compete against the Northern California champion or if two teams from California will go to the final. Great job Warriors, and I hope you get to take the trip to Lincoln, Nebraska! We will be putting in the trip paperwork to our Board of Trustees for this trip in May very soon. ☺



Last Saturday, 1<sup>st</sup> Sgt. Barnes took NJROTC teams, Team Red and Team Black to LAX to perform in support of the Disabled American Veterans sendoff as the veterans leave for the Paralympics. This is the second year our cadets have performed for the vets at LAX and we are proud of our veterans!



Thank you to Coach Jerry Cowgill for the following update on our Boys' Golf season! *"The Boys Golf Team remained undefeated in Freeway League play by beating Fullerton*

*and tying rival Sunny Hills this week. Against the Lancers, senior Jetty Sivongsay and sophomore Alan Pham led the way with even par scores of 35. The match came down to the last group, when senior Robert Franco and sophomore Chase Myers made crucial putts to preserve the tie. Also contributing in the match were senior Aaron Yoo and freshman Nathan Tseng. The Warriors actually have a leg up on the league title since this took place on the home course of the Lancers, so the advantage should go to Troy when the two teams meet again in two weeks at Troy's home course, Hacienda.” Great job Warriors! Go get the League Championship!*



Yesterday, our Track & Field teams competed and won our home meet against La Habra High School. Pictured above, running the 300 meter hurdles is Troy athlete, Isabella Ales. This is a grueling race, and Isabella is not running alone, she is just that much faster than everyone else. Her talent in this race has not gone unnoticed and she qualified on her times for the prestigious Arcadia High School Track Meet this Saturday! I am looking forward to seeing how she does as she competes against some of the fastest runners in the Southwest. Go, Isabella!



This fantastic Spring Season chalk drawing was completed by Ms. Shannon Cogswell. ☺



On Tuesday our Boys' CIF and State Finalist Soccer team and our Girls' Basketball Open Division Teams were recognized by our Board of Trustees at the Board Meeting. Congratulations on a wonderful Winter Season, and one of the best in our school's history!



Yesterday was a defining moment for our Girls' Softball team when they played Sunny Hills High School at home. Our girls' control their destiny in the Freeway League. Yesterday was a must win game against a tough opponent in Sunny Hills. Despite a tough start going down 0-2 in the 1<sup>st</sup> inning, our team rallied back and played tough defense behind outstanding pitching and fielding by our players. As I watched the game unfold, I saw another gear and a determination from our team that said to me, they are not going to lose this game. I first noticed it when #7 slid into the second baseman to break up what would have been a double play at first. It was one of the toughest plays I have ever seen in a softball game. Our team further dug in and then began to hit Sunny Hill's pitcher, resulting in her being pulled from the game and replaced. Our team, then hit the replacement pitcher even harder. It was a tremendous game, and I am extraordinarily proud of this team, the adversity they have overcome this season, and the fact



they have rallied together with their Coach Mr. Chris Nichols to dig deep and control their own destiny. On Monday, go and beat Fullerton High School and make history for the team and Troy High School! Yesterday, this team became a great softball team! Go Warriors!



It is looking like it will be an interesting weekend in terms of the weather, with a mix of winter, spring, and then by Monday a glimpse of summer. This must mean we are less than two months from the end of the 2018-19 school year! Rest and relax while you are able, it only gets

busier from now until May 30<sup>th</sup>! Have a fantastic weekend and I will see everyone back here on Monday morning!



W.V. Mynster