

# The Bear Necessities!

Here, you will find announcements, updates, and events about the upcoming weeks.

Here are your announcements for the school week of September 19 - September 23!

If you have any questions or concerns, feel free to contact Ms. Cheng at [hcheng@srvusd.net](mailto:hcheng@srvusd.net) and Mr. Bristol at [tbristol@sruvsd.net](mailto:tbristol@sruvsd.net). Have a great week!

## STUDENT ACTIVITIES & OPPORTUNITIES

### COLLEGE VISITS!

COLLEGE	DATE	TIME	LOCATION
University of Chicago	9/19	12noon	T6
Boston College	9/20	12noon	T6
U of Notre Dame	9/20	2:45pm	College/Career
Pennsylvania State University	9/20	3:30pm	T6
Boston University	9/21	12noon	College/Career
Case Western Reserve University	9/21	2:15pm	T6
Cornish College of the Arts	9/21	3:00pm	College/Career
Massachusetts College of Pharmacology	9/22	12noon	College/Career

y and Health Sciences			
University of Miami	9/22	2:45pm	College/Career
Santa Clara University	9/23	2:45pm	T6

### PHOTO RETAKES

- Picture retake/make-up day will be Thursday, September 22 (Even) in the Theater Lobby from 8:30-1 p.m.
- Look for an email by Srta. Brindley for more information!

### CELEBRATE LATIN HERITAGE MONTH (9/15-10/15)

- All of the following activities will be held during lunch! Look out for more info on @calhighgrizzlies + @chs\_cultureandclimate
  - Monday 9/19 - Play Dominoes and Loteria in the quad
  - Tuesday 9/20 - Soccer @ football field! Everyone is welcomed! Winning team gets Mexican candy
  - Wednesday 9/21 - Encanto in the theater! Candy will be passed out on your way out of the movie!
  - Thursday and Friday 9/22 & 9/23 - music and dancing in the quad!

### OPEN GYM & STRENGTH AND CONDITIONING IS STARTING NOW

- For more info and to sign up, go to the [Cal High Women's Basketball Website](#)
- In the old gym
  - A. Tuesdays: 4pm - 6pm
  - B. Thursdays: 6pm - 8pm
- In the weight room
  - A. Tuesdays & Thursdays: 5pm - 6pm

### WOMEN'S LACROSSE PRESEASON

- Tuesdays: Open Field - 4:30-6:00PM - Varsity Softball Field
- Wednesdays: Open Weights - 5:00-6:30PM - Cal High Weight Room
- Thursdays: Open Field - 4:30-6:00PM - Varsity Softball Field

### GAMES IN T6 @ LUNCH

- Join Mrs. Mullins in T6 at lunch for games and a nice place to connect with others!

### **IMPROVE BRUNCH AT CAL HIGH**

- Fill out [this survey](#) and share your feedback to help improve Brunch at Cal High!

### **BANNED BOOK WEEK SEPT 18-24**

- Our library is hosting a reading challenge in the month of September and a Read In on September 20th!
- [CLICK FOR READING CHALLENGE](#)

### **PACKING EVENT WITH KIDS AGAINST HUNGER 11/9**

- Would you like to help package meals for children in Haiti, San Jose, and Ukraine? Join the Positive Psychology class on Wednesday 11/9 @2:15pm-3:45pm!
- It is \$20 but that pays for 50 meals and 100% of it is for the food cost
- [Sign up using this link HERE](#)

### **WOMEN'S TENNIS FUNDRAISER**

- Women's Tennis has a fundraiser at Gianni's Italian Bistro ALL DAY on September 26! 10% of ALL sales proceeds plus 100% tips will be donated to Women's Tennis.

### **JOIN FBLA!**

- Are you interested in business? Or its applications in Computer Science? Medicine? Finance/Accounting? Law? FBLA is a great way to meet people and develop useful skills such as public speaking, presentation, and business plan development at conferences! This looks great on college applications and you can receive many plaques and awards. If you are interested, be sure to check out our instagram @calhighfbla!

### **JOIN THE ESPORTS CLUB!**

- Are you interested in gaming? With new clubs coming to Cal, the rise of the ESports Club is on its way! We will offer quality gaming tournaments and challenges with a great community, where you can play with anyone you'd like in the club, prizes included. If you are interested, meetings will be hosted monthly during lunch at room FA 205. ( For more details, join the discord server: <https://discord.gg/QuMNAmTnwA>)

### **JOIN JSA!**

- If you are interested in government, politics, social justice, or economics come and check out Junior State of America (JSA) in room 213 during lunch on Tuesdays! We are a chapter of a non-partisan, national, student-run, non-profit focused on giving students a place to discuss their own opinions about current political events and learn about the structure of our government. Our goal is to fight apathy and create better, more informed citizens! To learn more visit our Instagram @calhighjsa!

## **JOIN THE RED CROSS CLUB!**

- Are you interested in getting involved in the community, volunteering, and making new friends? If so, join Cal High's Red Cross Club and help make a difference in your community! By joining the Red Cross, you can gain many crucial skills and help hundreds of people both directly and indirectly. We have regular meetings once a month, and we also host fun events throughout the year! Fill out [this google form](#) to be added to the email list and join the club! Our first meeting is on Tuesday, 9/20/22, in the theater at lunch. Hope to see you there!

## **Announcements & Reminders**

### **CHS ACTIVITY PERMISSION & EMERGENCY FORM**

- [Fill out and submit this form](#) to participate in this year's Cal High ASB Activities
- Homecoming Dance is 10/8 - Submit beforehand or it'll slow you down at the door!

### **HOMECOMING PARADE WAIVER**

- [Fill out and submit this form](#) for those participating in the Homecoming Parade (band, fall sports, floats, chs organizations)

### **MEET DR.GONZALES-WATERS!**

- Dr. Gonzales-Waters is Cal High's Equity Liaison: Please read [this letter](#) to learn more about Dr. Gonzales, her goals, and how to connect with her!

### **WEBSTORE UPDATE**

- Make purchases and donations through our [Future Fund Store HERE](#)

### **ADDING TO THE NEWSLETTER**

- If you would like to add something to the next Bear Necessities email, fill out [this form](#) (make sure you are signed into your school email account)

### **SOCIAL MEDIA**

- The best way to stay connected to all things Cal High related is to follow us on Instagram at the handles below!
  - **CAL HIGH:** @calhighgrizzlies
  - **CLASS of 2023:** @calhigh\_23
  - **CLASS of 2024:** @calhigh2024
  - **CLASS of 2025:** @calhigh25
  - **CLASS of 2026:** @calhigh26
  - **COUNSELING:** @calhighcounseling
  - **MUSIC PROGRAM:** @calhighmusic
  - **SPIRIT:** @calhighspirit
  - **SPORTS:** @calhighsports

- **PTSA: @calhighptsa**
- **ADMIN: @calhighadmin**