

This is your **Bear Necessities** news blast for the school week of December 11 - December 15.

If you would like an announcement in the Bear Necessities, or on the Morning Announcements, please fill out [this google form](#). Thanks!

If you have any questions or concerns, feel free to contact Mr. Bristol at tbristol@sruvsd.net. Have a great week!

THRIVE WEEK

Monday, December 11 - Hot Chocolate, Candy Canes, and PJ Day

Senior class officers will be serving up hot cocoa and candy canes at the stage in the Quad during Brunch. Come to school dressed in your PJs to be well rested for your upcoming finals.

Tuesday, December 12 - Flowers for Finals

Come to the stage in the Quad at lunchtime and get a flower from the Junior class officers to remind you to take a deep breath and destress for finals.

Wednesday, December 13 - Slime Bar

Come to the stage in the Quad at lunchtime where the Freshman class officers will have a slime bar. You will be given free slime and toppings (beads, glitter, etc.) of your choice to customize your slime just the way you like it.

Thursday, December 14 - Crafts, Music, and Holiday Sweaters

Come to the stage in the Quad at lunch to join the Sophomore class officers for some holiday crafts, as well as enjoying some holiday music. Wear a holiday sweater (ugly or otherwise) to get into the festive spirit!

ANNOUNCEMENTS/ EVENTS

Medical Webinar With Board Certified Neurologist

JustMed, a Non Profit Organization is hosting a medical webinar December 13 from 5 PM PST - 6 PM PST. This webinar will feature a half hour live Q&A session with a Board Certified Neurologist.

[Here](#) is the RSVP form!

Contact official.justmed@gmail.com if you have any questions!

American Association of University Women, California's Gov Trek

The American Association of University Women, California's Gov Trek ([AAUW Gov Trek](#)) is a youth program for high school junior and senior girls, designed to address the shortage of women in leadership roles by galvanizing a new generation to pursue careers in public service and elected office. Here is the [online registration](#) (deadline **January 20, 2024 - first come, first served basis**), a link to [more information](#) about the program, a Gov Trek [explainer video](#).

During seven two-hour online sessions held on Saturdays (February through March 2024), participants will engage in interactive and inspiring activities with exposure to women legislators, career options, and the inner workings of a political campaign. The program will culminate in a team competition to create a realistic campaign simulation.

Lost and found in main office

All items will be donated at the end of every month. Please check lost and found.

LIBRARY MAKERSPACE/ ZEN DEN

Makerspace: Snowflakes!

Come join us Tuesday 12/12 during tutorial to make snowflakes! Sign up online, or come see us in the library for a pass.

Cocoa & Cram

Looking for a place to study? Looking for help studying? Come to Cocoa & Cram on Saturday, the 16th in the Library from 9 a.m. to 12 noon. You'll have access to space to study, tutors, and hot cocoa.

SPORTS

Spring 2024 Athletics

Spring sports tryouts begin on Monday, February 5! All athletes who try out must have an athletic clearance on file. Visit the Cal High Athletics website for more information about the clearance process and each team's tryout dates/times. Go Grizzlies!

CLUBS

Amateur Radio Club meeting

Calling all Amateur Radio Club members and anyone interested in HAM radio! We are starting our weekly meetings next week to learn all about how to get your license! Pick up a manual from the textbook office and head to room 315 at lunch every Tuesday. See you then!

Threaded and Clean and Green Winter clothing drive

Threaded is collabing with the CHS Clean & Green Club to host a winter clothing drive from December 4th-December 21st. All donations are going to local homeless shelters for families and people who are in need of warm clothing for the winter. We are accepting men's, women's, children's clothes, beanies, gloves, unopened socks, pants, coats, and jackets - The box will be right in front of the office!

Contact Threadedfsh@gmail.com if you have any questions.

YEARBOOK ANNOUNCEMENTS

50th anniversary edition of the Cal High Yearbook (2024)

1) **Purchasing a yearbook:** Please check this list ([link here](#)) to see if you have purchased a yearbook (press <ctrl><f> to find your name). A Yearbook Only option is available on Future Fund ([link here](#)) for \$140 between September 1st and January 9th, 2024. After January 10th, Ms. Brindley must have a final count for the yearbook order and will be selling yearbooks for cash or check only in WL-1 until all the ordered yearbooks have been sold. The past two years we have sold out the yearbooks, so please **DO NOT WAIT** to purchase a yearbook.

2) **Seniors!!!:** Make sure you are included in the yearbook. Please refer to [this letter](#) for important Senior due dates and links concerning Portraits (Nov 9th is **new** last day) and ads (Nov 27th is the last day).

If you have any other yearbook-related questions, please feel free to contact Ms. Brindley via email (jbrindl@srvusd.net) or stop by WL-1.

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](https://www.instagram.com/calhighgrizzlies)
 - **CLASS of 2024:** [@calhigh2024](https://www.instagram.com/calhigh2024)
 - **CLASS of 2025:** [@calhigh25](https://www.instagram.com/calhigh25)
 - **CLASS of 2026:** [@calhigh26](https://www.instagram.com/calhigh26)
 - **CLASS of 2027:** [@calhigh2027](https://www.instagram.com/calhigh2027)
 - **COUNSELING:** [@calhighcounseling](https://www.instagram.com/calhighcounseling)
 - **MUSIC PROGRAM:** [@calhighmusic](https://www.instagram.com/calhighmusic)
 - **SPIRIT:** [@calhighspirit](https://www.instagram.com/calhighspirit)
 - **SPORTS:** [@calhighsports](https://www.instagram.com/calhighsports)
 - **PTSA:** [@calhighptsa](https://www.instagram.com/calhighptsa)
 - **ADMIN:** [@calhighadmin](https://www.instagram.com/calhighadmin)
 - **THE CALIFORNIAN:** [@californianpaper](https://www.instagram.com/californianpaper)
 - **THE ZEN DEN:** [@CalHighWellness](https://www.instagram.com/CalHighWellness)
 - **YEARBOOK:** [@californiahighybkb](https://www.instagram.com/californiahighybkb)

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