

# The Bear Necessities!

Here, you will find announcements, updates, and events about the upcoming weeks. Here are your announcements for the school week of March 20th - March 24th!

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!

## **CAL HIGH LIVE 3/24 @ 7PM THEATER**

- Do you like Saturday Night Live?!?! IF SO, there is a sketch comedy show performed by Mission Improvable THIS FRIDAY @ 7pm.
- Free admission!

## **VOCATIONAL JOB FAIR 3/29**

- Do you want a good paying job after high school? Like working with your hands? Then check out the Vocational Job Fair March 29 from 3:00-6:00 in the Event Center.
- Reps from various Trades will be on hand to answer your questions - Firefighters, Mechanics, Police Officers, Plumbers, Hairdressers, and so many more!

## **MAKERSPACE IN LIBRARY @ TUESDAYS STUDENT SUPPORT**

- [Sign up here to participate](#)
- This week is rock painting. Come create with us!

## **SCHOLARSHIP CONTEST! DEADLINE 3/31**

- The California Armenian Legislative Caucus Foundation is holding two scholarship contests for the 2023 commemoration of the Armenian Genocide.
- California high school students in ninth through twelfth grades are invited to participate in an [essay contest and/or a visual arts contest](#) to increase awareness of the Armenian Genocide. The submission deadline for both contests is Friday, **March 31, 2023**.

## **APPLY TO DO AN INSTRUCTOR INTERNSHIP WITH FMPW**

- Are you good at photography, art, and/or writing poetry or short stories? Do you want your work to be publicly recognized in the school through a literary magazine?
- If so, we are seeking submissions for The Protagonist literary magazine.
- If you're interested in submitting your work to the magazine, check [this](#) flier link for more information
- **Deadline: March 19, 2023**
- Where to submit: [thecalhighprotag@gmail.com](mailto:thecalhighprotag@gmail.com)
- If you have any questions, email: [thecalhighprotag@gmail.com](mailto:thecalhighprotag@gmail.com)

## **MEDICAL WEBINAR WITH AN INTENSIVE CARE UNIT NURSE**

- Hey everyone! If you are interested in the medical field, there's an upcoming hour-long webinar featuring a half hour presentation on closing the gap between women and reliable mental health, and a half hour Live Q+A Session with an Intensive Care Unit Registered Nurse! This is completely virtual, and takes place on March 25th at 10 AM PST. Volunteer hours are awarded for attendance! If you are interested, RSVP [here!](#)

## **TOWN OF DANVILLE IS HIRING FOR SUMMER AQUATICS PROGRAMS**

- The Town of Danville is recruiting for a variety of part-time summer aquatic positions. See [this flyer](#) for more information.

- Lifeguard training available:
  - Spring Break April 3-7 12 to 6 pm Monte Vista
  - May 16-25 Tues/Thur 4 to 10 pm
  - May 13-28 Sat/Sun 9am to 5 pm

## Announcements & Reminders

### SPORTS

- Use [this link](#) to check out the sports that are happening this week!

### 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](#)
  - **THE CALIFORNIAN:** [@californianpaper](#)