

The Bear Necessities!

Here are your announcements for the school week of March 6th - March 10th!

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

JUNIOR PROM TICKETS!

- PROM TICKETS ARE NOW OUT UNTIL 3/16
- Next week LAST WEEK to buy prom ticket
- Buy them now at [Cal High webstore](#)
- For more info check out [the info doc!](#)

LEADERSHIP APPLICATIONS

- If you are looking to apply for the 2023-2024 Leadership Program, or be an Elected Official, mandatory interest meetings are this week!
- Elected Official Meeting - Wednesday, March 6th
- General Interest Meeting - Thursday, March 9th, and Friday, March 10th
- If you have any questions please reach out to calasbleadership@gmail.com

ATTENTION STUDENTS ADMITTED TO THE COLLEGE CONNECT

- There will be a Q&A session on Wednesday, March 8th at lunch in room 315. Please attend if you still have questions regarding the program. You can also send your questions to Mrs. Clark or Mr. Sawyer.

ATTENTION STUDENTS ADMITTED TO THE COLLEGE CONNECT

- Do you have gently used or new shoes that you don't want? March 15th is National Shoe the World Day!
- The Better2Gether Club is having a fundraiser for "Soles 4 Souls", a nationwide organization that helps provide relief for people in poverty and creates jobs while also protecting the environment.
- The Better2Gether Club will be collecting gently used or new shoes of any type, style, and size, during the weeks of March 6th - March 15th.
- To drop off donations, please contact 193187@students.srvusd.net or go2alexisjdavis@gmail.com
- [Click here for more info!](#)

SCHOLARSHIP CONTEST!

- 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.

ASM. REBECCA BAUER-KAHAN SUMMER INTERNSHIP

- We are looking for team players who are eager to learn about the California Legislature and serve their community. Interns will gain experience in the duties of a district office including assisting staff with constituents and community stakeholder groups, researching and writing policy memos under staff direction and supervision, contributing to community outreach efforts, supporting caseworkers, working with databases, and helping with civic events. The internship is open for rising high school seniors, high school grads, and college students who are interested in futures in politics, government, and social services. The applications are open through March 8th and can be completed at this link: bit.ly/AD16Intern.

MAKERSPACE IN THE LIBRARY, TUESDAYS @ TUTORIAL

- Each week we will host a different project to make during the tutorial. Sign up [HERE](#) to participate. This week will be a March Mystery. Come create with us!

SURVEY FOR THE CITY OF SAN RAMON

- The City of San Ramon Parks & Community Services Department is conducting a survey to determine the types of programs that are of most interest to high school communities. Please take a quick moment to fill out [this 10-question survey](#) and let the city know what programs and activities you would like to see provided!

THE WORKINGS OF HEALTHCARE ONLINE COURSE

- Are you an aspiring health professional who wishes to learn the vital practical training they need in all fields of healthcare? From the important area of law and administration in healthcare to proper certification and requirements for healthcare professionals, to the ethics of healthcare all providers should consider and acknowledge, The Workings of Healthcare Online Course incorporates both the hard and soft skills necessary for any competent healthcare professional. If you are interested in registering for the course, visit [here](#)!

LIP SYNC 3/10

- Cal's Annual Lip Sync Battle is coming up! Lip Sync will be March 10th in the theater! Doors will open for the shows at 5:00 and 7:00. Tickets will go on sale the morning of and the link will be sent out and posted on Instagram. Tickets will also be available to purchase at the event through Go Fan. We will not be accepting cash.

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
- If you have any questions, email: thecalhighprotag@gmail.com

Announcements & Reminders

YEARBOOK

- It's not too late to purchase a yearbook.
- Please check [this link](#) to see if you purchased a yearbook this year (press <ctl><f> to find your name). If you have not already, you may still purchase the 2022-2023 yearbook by sending cash or check (\$140, payable to Cal High yearbook to Ms. Brindley in room WL-1 (or drop it off in the front office).

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**