

# The Bear Necessities!

Here, you will find announcements, updates, and events about the upcoming weeks. 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@srvusd.net](mailto:tbristol@srvusd.net). Have a great week!

## LAST RADIO CLUB MEETING 5/18

- Hi Amateur Radio Club members!
- We will be having our final meeting of the year this THURSDAY at lunch in room 315. We will be checking in with those of you studying for your license and providing an update on the antenna installation. See you Thursday at lunch!

## OFFICER/INTERNSHIP OPPORTUNITY

- [Honey, Natives, and Beeyond](#) is a student-led organization formed in order to mitigate native bee decline, and we are currently looking for recruits! Rising sophomores, juniors, and seniors can apply; click [here](#) for an opportunity to become an intern or officer.

## SUMMER VOLUNTEER OPPORTUNITY

- Bollinger Canyon Summer School has an opportunity for rising 9th-12th graders to gain some valuable volunteer experience working with youth and staff.
- Hours can be verified to fulfill service requirements for Leadership, CSF, or other clubs, but students may also volunteer just to have some fun over the summer!
- Details:
  - **Bollinger Canyon Elementary School**
  - **June 12 - July 10 (No school 6/19, 7/3, 7/4)**
  - **8:15 AM - 12:45 PM**
- Interested students may apply using this [summer school volunteer link](#).
- Please note: students must use their SRVUSD google account to access the form.
- Any questions? Please email [acastro@srvusd.net](mailto:acastro@srvusd.net).

## MEDICAL WEBINAR

- 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!

## SENIOR GRAD NIGHT 6/2

- Check out the attached flier for a fun opportunity! Scan the QR code for more information and tickets to Grad Night!



### **JOIN A FREE MEDICAL COURSE**

- Hey Grizzlies! If you're interested in the medical field & want your resume to stand out, join a free medical course to enhance your skills and broaden your perspective on the subject. Check out the link [here](#) for more information.

### **JEWISH STUDENT UNION ICE CREAM PARTY**

- Jewish Student Union is hosting an ice cream party this Friday, 5/19 in room 110 at lunch to celebrate the end of the year, and the holiday of Shavuot! Anyone is welcome to join!

### **WANT TO PURCHASE A YEARBOOK?**

- **Through Friday of this week** 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). Yearbooks will not be sold Monday through Weds of next week. We will continue to sell yearbooks on Thursday, May 25th after the books arrive until the end of the year or until we run out of books.

## **Announcements & Reminders**

### **PICKING UP YEARBOOKS**

Picking up your yearbook: The yearbooks will be arriving on campus next Weds, May 24th. The yearbook class and I plan to pass out yearbooks to all seniors who are on campus that same day during lunch and after school outside the windows and doors to room WL-1. If you are going to [Disneyland](#), my yearbook students will be stationed in the downstairs WL hallway when the bus arrives back on campus Thursday

(currently scheduled for 10 a.m.). If you purchased a yearbook, please stop by WL-1 after you exit the bus and collect your belongings. We will continue to pass out yearbooks during lunch and after school the rest of the school year.

### **MAKERSPACE IN THE LIBRARY, TUESDAYS @ TUTORIAL.**

- Sign up [here](#) to participate. Come create with us!

### **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