

Hello Grizzlies! Welcome back!

This is your Bear Necessities news blast!. Here are your announcements for the school week of August 21 - August 25!

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

ANNOUNCEMENTS

Club Applications

Hello everyone! Club Applications are now open. Here are a couple informational documents to read if you are interested in applying for a club

INFO DOCUMENTS:

https://docs.google.com/document/d/13TmzzJ98ExAtyc3jhfBOK_4dLLdyI1RaXDltp_WbxTU/edit?usp=sharing

GOOGLE FORM APPLICATION:

<https://forms.gle/MrfqYuczTkZB9X2v9>

Applications are due **August 25th by 4:00pm**. Please email calasbleadership@gmail.com with any questions

Back to School Night

Our annual back to school night will be held on August 30th from 6:30-8:00pm

SPORTS

Message from Athletic Director

Any students interested in trying out for a Winter or Spring sport can check the Cal High athletic website:

<https://chs.sruvsd.net/Athletics/Sports/index.html>

For any questions about the upcoming season contact the Head Varsity Coach for upcoming information.

Men's Basketball

Tuesday 8/22/23, Men's Basketball meeting for Cal High students in the old gym @ 12:30 during lunch.

Open gym will start August 21st in the old gym.

Mondays and Wednesdays 8:00 PM- 9:30 PM

Tuesdays and Thursdays 7:00- 9:30 PM

For more information contact

Varsity Head Coach Steve Ohlmeyer (925) 570-5330

sohlmeyer@srvusd.net

Women's Basketball-

Fall Open Gym

All are welcome to attend - invite your friends!

Come and shoot around and meet new friends who are interested in basketball. No pressure. No commitment.

No coaching. No cost.

(Drills and skills are run by varsity players)

THURSDAYS and FRIDAYS

4PM - 5:30PM

California High School (Small Gym)

August 24 - October 27

Questions? Email us: CalHighWBB@gmail.com

Visit our website: www.chsgrizzlybasketball.com

Wrestling

Open mats start Tuesday, August 22. Open mat is open to all Cal High Students

Open Mats are Tuesdays, Wednesdays and Thursdays from 5:00 - 7:00 PM

For more information contact Head Coach Bobby Rios - (bobby.rios@gmail.com)

Baseball

Baseball meeting this Wednesday during lunch in the small gym from 12:30-12:55. Varsity Head Coach will be able to address the players and discuss plans for the fall.

MESSAGE FROM ADMIN

Student Handbook

The Student Handbook is on our website, here is the [link](#).

1. Closed Campus
 - The following areas are considered off-campus during tutorial, brunch and lunch: all parking lots, front of the school, all fields, track, tennis courts, pool, bridge, Broadmoor Drive, and Iron Horse Trail. If students are found off-campus, they will receive disciplinary consequences. No student is allowed off campus during brunch or lunch. Students will NOT be allowed to access their vehicle during the instructional day. Additionally, students who do not have a 5th or 6th period are expected to depart campus during the first five minutes of lunch or remain on campus until the end of lunch.
2. No food deliveries (DoorDash, Uber Eats, etc.)
 - Lunch/supplies dropped off by parent(s)/caregiver(s) must be dropped off at the shelf at the front entrance.

3. Be on time to class
 - Read consequences in Handbook
4. Use your phone/social media wisely

Be a Student Rep on the School Site Council

Would you like to become more involved as a student at California High School? Consider becoming a student representative for the 2023-2024 CHS School Site Council. For the 2023-2024 school year, CHS has openings for 2 additional student representatives on the School Site Council.

Responsibilities of the School Site Council and members include the following:

1. School Site Council oversees the implementation of the Schoolwide Action Plan, the Single Plan for Student Achievement, and the allocation of funds in support of the plans. SSC reviews the site budget and works with the principal to set priorities for site directives and programs.
2. Members serve for two-year terms, and while not specifically prohibited from serving again, it is generally accepted that these positions should rotate.
3. Members need to be able to attend meetings regularly. Meetings are typically held on the second Wednesday of each month from 3:20 – 5:00 P.M. and additional meetings may be held if necessary. Our first meeting will be held on Wednesday, September 13, 2023.
4. Members must be willing to look at issues and budget needs from a schoolwide perspective and not consider themselves as representatives of a specific group. The membership of SSC is composed of administration, staff, students, and parents.

Please indicate your interest in this position by completing this Google form with your nomination by Monday, August 21, 2022 3:00 PM. [Link to Google Form](#) Nominees will be reviewed then voted on by the student body. Please contact Mrs. Montague through email if you have any questions. Thank you!

ZEN DEN UPDATES

This Week In the Zen Den:

This week, meet someone new playing social games at lunch. We are Playing Uno, Spot It, and other social card games! (space limited to 16 players) **To follow what's happening in the Zen Den, check out the [website](#) and [newsletter](#) each week!**

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 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**