

# STAYING CONNECTED

A publication of the  
Rancho Bernardo High School PTSA

Fall 2021  
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[www.rbhs.org](http://www.rbhs.org)



## PRINCIPAL'S MESSAGE

Hello Bronco Families,

I can't believe we are nearly eight weeks into the school year; it has been a blur since the school year began. As this is the first year since I've been at RB that we have had all students on campus, it has electrified the school experience. It is simply awesome having students back in their natural habitat, being back at school.

Our collective goal at RBHS this year is to "Welcome Back Our Broncos". We have all been through so much and our students deserve the best high school experience we can provide. If you have been to any of our football games you'll see the hype. Our homecoming game was huge and the dance last Saturday was the biggest homecoming dance in years. Our Bronco Pride is contagious.

We have already had several noteworthy events this year. One of the recent highlights was the celebration of our Bronco "Hall of Fame". We celebrated two classes (last years' and this years') of some amazing Broncos. Thank you to our RBHS Foundation for making this not only possible, but a fantastic success.

Please come out and see some of our many extra-curricular activities and athletic competitions. While our teams are doing really well, it's truly a joy to see students thrive when they put on that uniform to represent RBHS. We have upcoming competitions, concerts and performances as well, so come check us out!

Finally, it's very important that ALL of our students know that RBHS is a safe place. The faculty and

staff truly care about your kids. Our coaches are dedicated to creating a safe and competitive environment. However, if you ever feel your students are struggling and need someone to talk to, please reach out to us. We truly care about our students.

Enjoy the autumn season and stay safe.

Go Broncos!

Hans Becker, RBHS Principal

## PTSA PRESIDENT'S MESSAGE

Dear Bronco Families:

Welcome to a new year at RBHS. I hope your students are finding their path again or are creating new ones with the support of family, friends, teachers, and counselors.

Support is what the PTSA is all about. Parents, Teachers, AND Students working together to enhance the experience for everyone in our RBHS community. PTSA supports many RBHS programs, from the fun times at Grad Night for the Seniors to the wonderful Student Services Office that's available every day for the students. Please encourage your students to take advantage of the services available at RBHS. We're a strong community, but we're made up of individuals so let's make sure each and every one knows they are valuable and strive for health and wellness for all.

PTSA is ready to keep building our community and creating memories! We hope you will join us as a member, contributor, volunteer, or participant in PTSA activities. We'll keep you updated in the Info Sheets and Newsletters as the year goes on. Thank you, and please feel free to reach out to

me anytime at [CascioFamilySD@gmail.com](mailto:CascioFamilySD@gmail.com)

Take good care,

Maggie Cascio, PTSA President

*Click here to become a member:*

<https://jointotem.com/ca/san-diego/rancho-bernardo-high-ptsa/join/register>

*Interested in volunteering? Email Mikhak Ghorban:*

[ptsa.rbhsvolunteers@gmail.com](mailto:ptsa.rbhsvolunteers@gmail.com)

## Counseling Corner

The **Counseling Department's College Workshop Series** for seniors has been posted on the [Bronco Center You Tube](#). We are also hosting a number of college reps from universities all over the country via zoom. Students may sign up to attend one of our college visits through the Counseling Canvas page, or the [Bronco Center Website](#). Counselors are also available to assist our seniors with all things related to college applications. Students simply need to pay their counselor a visit.

All **Cal Grant GPAs** have been uploaded to the California Student Aid Commission's website for your students as of September 22.

For all students interested in joining the military or learning more about their academic strengths we are offering the **ASVAB on November 3**. Contact Coach Jamal for more information at [jafelton@powayusd.com](mailto:jafelton@powayusd.com).

Counselors will visit all 9<sup>th</sup> grade PE classes in October to discuss how to be successful in high school.

**Save the Date!** We are excited to announce that the 2021 College and Career Virtual Showcase will be held on Wednesday, October 20 from 6:00 pm to 9:00 pm. High school students and families can attend a variety of live presentations that will cover topics including financial aid, navigating the college

search process, the benefits of apprenticeships, discovering community college pathways, taking career and strength assessments, STEM and Engineering majors, careers in the arts, and more.

### **NEEDING ACADEMIC OR EMOTIONAL SUPPORT?!**

The Peer Counselors are busy meeting with students who are in need of support both academically and emotionally.

If your student would like to sign up for academic tutoring or needs a peer to talk to, please have them fill out a form and a Peer Counselor will reach out within 36 hours. Click on the appropriate link below if your student would like to sign up.

[ACADEMIC TUTORING](#)

[SOCIAL EMOTIONAL SUPPORT](#)

Please remember to encourage your student to attend tutoring before school, during lunch or after school every day (except Friday after school) if they are in need of extra help. We have walk-in tutoring available; no appointment necessary!

Counseling office hours are as follows

**Before school 7:00 - 7:30 am M, T, Th, F  
(Wed 8:15 - 8:45)**

**Lunch Time M - F**

**After School from 2:30 - 3:30 Mon - Fri**

Remember to follow @broncocenter90 on Instagram for general campus updates. For more information on scholarships, internships, college or career information, please visit the Bronco Center website at [BRONCO CENTER](#).

## **RED RIBBON WEEK**

**October 23 - 31**



# STUDENT SERVICES

Dear RBHS families,

It has been a wonderful start to the school year having all students back on campus! It did not take long to get right back into the swing of things. Student Services has been up and running with a lot of student activity. If your student is missing an item please have them come see me in E-7. I have a lot of lost water bottles, lunch boxes, jackets etc.

We have support groups starting up for our fall term. Please click on link for more info regarding groups offered: [Fall 2021 Support Groups List and Descriptions - Google Docs](#)

To recommend your student to our RBHS Support Groups please see [Student Support Group Recommendation \(google.com\)](#). If you recommend your student, a counselor will follow up with them, so they can learn more about the group before making a decision to participate.

If your family is experiencing a hardship and you would like to connect with resources please contact me at [ebowers@powayusd.com](mailto:ebowers@powayusd.com).

Information to come soon regarding our annual RBHS Thanksgiving Food Drive. This event focuses on helping local PUSD families in need during the holidays.

Our annual PUSD Adopt-a-Family program is under way. This program benefits families who are going through financial hardship. If you would like to participate, please reach out to me. The deadline to apply for Adopt-a-Family is October 21. You can also see the Adopt-a-Family website at <https://www.adoptafamilypusd.com>.

Warm regards,

Liz Bowers, Student Services Specialist  
[ebowers@powayusd.com](mailto:ebowers@powayusd.com)  
858-485-4800 x4818

## CHOIR CONCERT - OCT. 13

The Award Winning RBHS Choirs will perform their Fall Concert on October 13 at 7:00 pm in the RBHS Performing Arts Center. Tickets are \$5 and may be purchased at the door. The Bernardo Heights Middle School Choir will join the RBHS Choir. If you are planning on attending you must wear a mask. Thank you in advance. We are looking forward to seeing you at the concert.

## ORCHESTRA CONCERT - OCT. 14

The Rancho Bernardo Orchestras are pleased to present their Fall Concert on October 14 in the RBHS PAC at 7:00 pm. This performance will feature the String and Chamber Orchestras. Admission is free to all.

## IMPROV SHOW - OCT. 21

The RB Improv Team will have their first show of the year on October 21 at 7:00 pm in the RBHS PAC. Tickets are \$10 for adults and \$5 for students, and may be purchased at the door. Cash Only. All audience members will be required to wear a mask while inside the theatre. Thank you for supporting the students by attending this show!

## CHOIR HOLIDAY CONCERTS - DEC. 14 - 15

The Award Winning RBHS Choirs will be having their Holiday Concerts on December 14 and December 15 at 7:00 pm in the RBHS PAC. Tickets are \$10 and may be purchased at the door. We will be performing traditional and new holiday pieces. We hope that you can join us to celebrate the holidays. If you are planning on attending you must wear a mask. Thank you in advance.

## 2022 YEARBOOKS

We are excited to be on campus and documenting all of the fun activities in which our Broncos participate. Now is the time to make your yearbook purchase. The book is currently priced at \$70 and it will increase throughout the school year. Purchase your yearbook today and guarantee your copy of the 2022 yearbook at <http://ybstore.friesens.com/stores/757611>

# BRONCO ATHLETICS

## "SPORTS SCOOP"

Rancho Bernardo High School  
Friends of the Library



Fall sports are off to a good start: boys/girls cross country, field hockey, football, girls' golf, girls' tennis, girls' volleyball, and boys' water polo. Visit [www.rbhs.org](http://www.rbhs.org) and go the Athletics page for a schedule of games.

Winter sports are just around the corner, beginning Nov. 6. If you haven't done so already, student athletes need to turn in paperwork for their "Ticket to Play" by Oct. 22 in order to be cleared in time to try out. Packets can be turned in to Mrs. Small in the Athletics Office. The five-page packet, which includes a physical, may be found on the Athletics page of the school website.

Just a few reminders to student athletes and parents:

1. Student athletes must maintain a 2.0 GPA and passing more than 50% of their classes in order to be eligible.
2. Teams can practice and play games on all days, except Sundays.
3. Winter sport athletes....plan on practices and/or games over holiday breaks, like Thanksgiving break and winter break.
4. Our Bronco family is continually "Pursuing Victory with Honor." We expect our athletes and parents to treat coaches, officials, and opposing teams with respect.

Thank you for your continued support.

## GO BRONCOS!!

### RBHS Hall of Fame

We are very proud that one of our founders, Shirley Black, has been inducted into the 2021 RBHS Hall of Fame for her outstanding contributions to the RBHS Friends of the Library for over 18 years. Shirley continues to be an inspiration to RBHS students and FOL members.

### FOL Activities

Please join the FOL team! You can attend our monthly meetings to get to know us better. We also encourage students to join the FOL student board. Students can earn Ribbon community service hours by participating in FOL activities.

### FOL Membership

Your support of the FOL is vital for the RBHS Library's continued success. Memberships start at \$20.00. Please see <https://rbhsfriendsofthelibrary.org/memberships>

### Another Way to Contribute

Would you like to help RBHS buy library books for your students without spending a dime?

- At Ralphs go to <https://www.ralphs.com/i/community/community-contribution-program>
- Sign in to your Ralphs account (or make one)
- Search for your Organization
- Enroll in GF748 (RBHS Library)

Every time you shop with your Ralphs reward card, Ralphs gives RBHS FOL a small donation. It costs you nothing, but you do have to sign up each year.

The RBHS PTSA STAYING CONNECTED Newsletter

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