

STAYING CONNECTED

A publication of the
Rancho Bernardo High School PTSA

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PRINCIPAL'S MESSAGE

Dear Rancho Bernardo Families,

The year is moving fast, it's amazing we are already in November. As I type this, it's raining and the memories of the air conditioning debacle seems so far away. We had a tremendous fall sports season. Our drama department performed a series of one-acts, and Improv is putting on a show. Our Royal Regiment once again put on an award-winning field show, and we have had fantastic instrumental and vocal concerts. It's really impossible to list all the things that are going on at RBHS right now, but I can say one thing, it's great to here!

This school year feels so much more like a typical year. Our students and staff feel a calmness and order that has been missing the past few years. The improvements on our campus are huge and impact our school pride. Students have been remarkable in the care they show to our new outdoor spaces. They respect the areas, pick up after themselves and appreciate the beauty throughout the campus. New places to hang out on campus create new traditions and it's fun to see students invent new ways to socialize.

Our school-wide motto is "You Belong Here". We believe that students should not only know they attend a great school, but truly feel a sense of belonging. As humans it's vital that we have a sense of identity and belonging - RBHS is that place. This goes for our staff and families, after all, we are ALL Broncos!

There is a District event that you may already know about entitled "What I Wish My Parents Knew". Please join us at Del Norte High School

on November 15 at 6:30 pm. Participants have the option of attending two break-out sessions after the general opening on topics our students have identified as important. The purpose of these forums is to equip parents to more effectively support their teens through the middle and high school years. Join other parents from around PUSD, learn from each other, and discover what students really wish their parents knew about these areas:

High School topics:

Communicating with your teens
Academic Pressure
Social Media
Establishing Guardrails
Managing Stress and Anxiety
Addressing alcohol, drugs, and vaping
with teens

As we start the month of November, it's always a time when I reflect and give thanks. Being a part of the RBHS family is always something I am grateful for. I wish you all the best and remember, YOU BELONG HERE!

Sincerely,

Hans Becker
Principal

ANNUAL FOOD DRIVE COLLECTION - NOVEMBER 14

RBHS Fight Against Hunger Club will collect food from our community on November 14 from 4:00 - 6:00 pm in front of the PAC.

All collected food will be donated to 4 Community Care, reaching those in our community around the holidays.

PTSA INFORMATION

Interested in volunteering? Join the PTSA Volunteer Sign-up List!

Are you interested in supporting the PTSA and RBHS staff, teachers, and students? Whether you are looking to volunteer at one event or an hour or two each month, in person or behind the scenes, there are volunteer opportunities that fit your schedule and preferences!

Please complete the short form at this link to join the PTSA Volunteer List
<https://forms.gle/vCTQoNVvZagrJyzv8>

If you have any questions, please contact our Volunteer Coordinator, Mikhak Ghorban, at ptsa.rbhsvolunteers@gmail.com.



Counseling Corner

The **Counseling Department's College Application Workshop Series** for seniors has been posted in your student's Canvas Counseling page as well as on the RBHS website under [PRESENTATIONS](#). 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 visit their alpha counselor or make an appointment by emailing them.

All **Cal Grant GPAs** have been uploaded to the California Student Aid Commission's website for our seniors by our registrar.

For all students interested in joining the military or learning more about their academic strengths we are offering the **ASVAB**. The date is TBD. Contact Coach Jamal for more information at jafelton@powayusd.com.

Counselors visited all 9th grade ENS classes on October 10 to discuss how to be successful in high school, and to do their first official College and Career Activity through Xello as a high school student.

NEEDING ACADEMIC OR EMOTIONAL SUPPORT?!

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 SUPPORT](#)

[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!

We are running two support groups this quarter. Please ask your alpha counselor for more details.

Counseling office hours are as follows:

*M, T, Th and Fri before school from 7:45 - 8:30 am
Wed before school from 9:00 - 10:00 am
M- F during Student Lunch
Mon - Fri after school from 3:45 - 4:15 pm*

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](#).

STUDENT SERVICES

Dear RBHS families,

This year is off to a terrific start. There is a lot happening in Student Services each day. If your student refers to “the bread room” during any conversation you have they are talking about Student Services. I am fortunate to receive donations from, not only wonderful parents, but also Panera each week for students to enjoy.

One of the main purposes of Student Services is as a positive connection point and safe space for students to utilize as needed. The room has water, microwaves, snacks, preventative education resources, lost & found, and comfortable places to sit and relax.

I encourage you to have a conversation with your student about who they feel they could go to on campus if they needed support. Knowing a trusted adult on campus can be very helpful to our students in times of need. It can also be a source of relief for them knowing there are adults nearby they can reach out to for help.

Our annual Thanksgiving and Giving Tree program is now underway. This program offers assistance to families who may benefit during these challenging times. If you would like to learn more about these programs and possibly participate, please email me at ebowers@powayusd.com.

I look forward to connecting with you.

Liz Bowers
Student Services Specialist
ebowers@powayusd.com
858-485-4800 x 4818



BRONCO ATHLETICS “SPORTS SCOOP”

Fall sports are finishing up their seasons and heading into CIF playoffs. You can access the week's athletic events on the [Athletics page](http://www.rbhs.org) of www.rbhs.org.

Winter sports begin on November 5. See the tryout schedule on the [Athletics page](http://www.rbhs.org) of www.rbhs.org.

In order to try out for a sport, the student athlete must complete [Paperwork to Play](#)

Just a few reminders to student athletes and parents:

1. Student athletes must maintain a 2.0 GPA and passing a minimum of 2 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!

2023 YEARBOOKS

BUY A YEARBOOK! This is the best time of year to buy your student a yearbook. The price of the year book is the lowest it will be all year and you will guarantee your student a yearbook once they come out in June. Don't wait! Buy now before the price goes up. Please see https://yearbookforever.com/schools/rancho_bernardo_high_school_318159/9h16Skh6KMDLVXJRk8wGln8M

PERFORMING ARTS NEWS

DANCE PERFORMANCES

DECEMBER 7, 8, 9

The RBHS Dance Program proudly presents "A Not so Silent Night" featuring dances from TDF, JV dance, Intermediate, Universal Movement, JV hip hop, B-boys, MTD, Dance Buddies, and TDF-Family in the PAC. Ticket prices are as follows: Dec. 7 - \$8, Dec. 8 - \$10, and Dec. 9 - \$12. Premiere seating \$25 each night. Tickets available at www.gofan.co the week before the show.

BAND WINTER CONCERT

DECEMBER 8

The RBHS and BHMS Bands will present their Winter Concert on December 8 at 7:00 pm in the RBHS Gym. Admission is free.

CHOIR HOLIDAY PROGRAM

DECEMBER 13 - 14

Your award winning choirs will be performing their Annual Holiday Program on December 13 and 14 at 7:00 pm in the RBHS PAC. You will hear traditional carols as well as some new arrangements for the holidays. We hope that you will come and join us for this festive evening of singing. Tickets are \$10 for general seating and \$15 for priority seating. All tickets are sold online through www.gofan.com

Rancho Bernardo High School
Friends of the Library



"A Blue Ribbon School Needs A Blue Ribbon Library."

Monthly Zoom Meetings

Each month FOL meets on Zoom to plan fund-raising activities. We request parents join the FOL team and attend our meetings, and also encourage students to join the FOL student board.

Students can earn community service hours by participating in FOL activities which include used books sales, gift wrapping at Barnes and Noble, online auctions, etc. All proceeds from sales and donations go to the RBHS Library, which is one of the best in PUSD.

Founder's Scholarship

Each year RBHS FOL recognizes a deserving college-bound RBHS senior with a \$500 scholarship to be used towards textbooks and other course materials for fall studies. Please contact RBHS Library staff for details.

FOL Membership

Your support is vital for the RBHS Library's continued success. Memberships start at \$20.00. Please see <https://www.rbhsfriendsofthelibrary.org/membership/> For donations of \$500.00 or more, your name will be engraved on the donor plaque displayed in our library.

How to Contribute

Would you like to help RBHS buy library books without spending a dime? At Ralph's please see <https://www.ralphs.com/i/community/community-contribution-program>

Sign in to your Ralphs account, search for your organization, and enroll in GF748 RBHS Library. Every time you shop with your Ralphs reward card, Ralphs gives RBHS FOL a small donation.

The RBHS PTSA STAYING CONNECTED Newsletter

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