

# POWAY HIGH SCHOOL (1<sup>st</sup> Day of Tri 2 Minimum Day)

**Monday, November 18, 2019**

**Home of the Titans**

**Go Titans!!**

Social/Study Tips:



**Stick to a Set Schedule:** Your brain builds pathways and habits over time, and studying is about building those mental muscles and endurance. **Getting into a fixed habit of studying will help you improve your concentration and mental stamina over time.** And, just like any other training, your ability to study only improves with time and dedicated effort. **(For more information go to Student Services in K-25)**

## Titan News:

- **Varsity Athletes** – you may join Varsity Club and receive your patches. Please go to **Athletics Office**.
- New national-level scholarships have been added to our PHS website. Please visit the Titan Center for more information.
- November 18<sup>th</sup> Trimester 2 begins Minimum Day Schedule (See Website)
- November 25-29 Thanksgiving Break



## Titan Center:

CAREER VISITS	Day/Date	Period	Time
None Scheduled			

## Athletics:



EVENTS FOR TODAY	LOCATION	RELEASE	DEPART	EVENT TIME
None Scheduled				

## Student Lunch Menu:



- Teriyaki Chicken, Meatball Sub Sandwich, Ranch Chicken Salad w/roll or Cheese/Pepperoni Pizza Slice

*“Get up every morning and remind yourself, I can do this!”*  
*~Anonymous*