

POWAY HIGH SCHOOL

Thursday, January 18, 2018

Home of the Titans

Go Titans!!

Mental Health Tip:



Taking part in moderate-to-vigorous aerobic exercise for at least 30 minutes on a regular basis has been proven to be beneficial for our mental health. It also has the ability to decrease stress and alleviate symptoms associated with depression and anxiety. **(For more information go to Student Services in K-25)**

Titan News:

- If you are currently a volunteer at PHS or would like to become one, please contact Sandy Fraser in the front office at 858-748-0245 or sfraser@powayusd.com to verify that we have the necessary paperwork. We appreciate all of our volunteers!
- Winter Sport Athletes – if you need a PE exemption, see Mrs. Grosely in Athletics Office for a form.
- Spring Sport Athletes – Please submit your paperwork to Athletics Office for your “Ticket to Play”
- January 18th: Start Smart Class in K-1 from 6pm-8pm.
- January 19th: End of 1st 6 weeks of 2nd Trimester.
- January 20th: Saturday School 7:45 am-12:00 noon.
- On Monday, January 22nd there will be a Miss Poway Scholarship Pageant informational meeting during lunch. Please come to the Titan Center if you would like to learn about this scholarship opportunity.
- The PSAT Teachback is January 23 at 6pm in Room K-1.
- **January 26th**: 6 week grades sent home with student.
- Community College Night for students and parents is Tuesday, January 30 at 6pm at Rancho Bernardo High.
- **Palomar – Application Workshop, Tuesday Feb. 6th @ lunch in the Library** – Seniors if you are planning to attend Palomar Community College, there will be an application workshop on campus that you are encouraged to attend. Please see Mrs. Oakes in the Counseling office if you would like to sign up for this workshop.

COLLEGE

Titan Center:

COLLEGE VISITS	Day/Date	Period	Time
None Scheduled			



Athletics:

EVENTS FOR TODAY	LOCATION	RELEASE	DEPART	EVENT TIME
Roller Hockey vs Rancho Bernardo	Escondido East			8:00
Boys Soccer, JV/Var vs Mission Vista	Mission Vista-JV Vista Sports Plex-Var		1:15 1 Bus	3:00-V/3:30-JV
Girls Soccer, JV/Var vs Mission Vista	Poway			3:30/5:15
Girls Water Polo, JV/V vs La Costa Canyon	YMCA Encinitas		5:00 1 Bus	7:30
Wrestling, F/JV/Var vs Mt. Carmel	Poway			5:30/7:00

“Just believe in yourself, even if you don’t, pretend that you do and at some point you will.” ~Venus Williams