Virtual Study Tips: 

**Ask for help:** Studying remotely can be a convenient way to learn for most high schoolers, but it can also be a tougher transition for some. Many adolescents don’t like to ask for help, but distance learning often works best when reaching out, whether academically or socially. Isolation can be the enemy of learning. Asking for help, whether from a parent, teacher, friend or tutor, can help connect students with others, as well as connect the dots on that geometry homework. *(For more information contact Student Services Ext 5393)*

Titan News:

- Team Spyder is hosting support for the STEM challenge called the "Hour of Code with VEX Robotics" between December 7-13, 2020. We would love to spread this opportunity and invite all students of all ages districtwide to participate in this event, where PHS Robotics students will assist you for success in coding and robotics. I have included the flyer and link in this email. [Link to Sign up]
- Titans, if you *ordered* a class t-shirt and have not picked it up yet please stop by the front office to get your shirt.
- Titans, you can now check out library books. Just put a hold on a book in the library’s online catalog. It will be waiting for you at the circulation desk on the following Tuesday or Wednesday. Here’s how: [https://t.co/udylzSG5eS?amp=1](https://t.co/udylzSG5eS?amp=1)
- Free Peer Tutoring Zoom sessions on Mondays and Thursdays through the library. Signup here: [https://www.signupgenius.com/go/9040D4DACA23A5FE3-signup](https://www.signupgenius.com/go/9040D4DACA23A5FE3-signup)
- Check out the PHS Newscast (Titan TV) every Monday, Wednesday & Friday during 3rd period. [https://www.youtube.com/channel/UCWMtsVg76s6U7O48vBYsEw](https://www.youtube.com/channel/UCWMtsVg76s6U7O48vBYsEw)

Titan Center-Scholarships:

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<thead>
<tr>
<th>SCHOLARSHIPS</th>
<th>Deadline</th>
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<tbody>
<tr>
<td>Jackie Robinson Foundation</td>
<td>Monday, February 1, 2021</td>
<td><a href="#">Click here</a></td>
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<tr>
<td>Delta theta Chi Sorority</td>
<td>Monday, February 1, 2021</td>
<td><a href="#">Click here</a></td>
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<tr>
<td>San Diego Foundation</td>
<td>Wednesday, February 3, 2021</td>
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<td>Simon Youth Community</td>
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Athletics:

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Student Grab n Go Lunch Menu:

- Breaded Chicken w/Garlic Toast or Bean & Cheese Burrito w/Fruit and Vegetables Sides

"You can't live a positive life with a negative mind."