

POWAY HIGH SCHOOL

Friday, November 17, 2017

Home of the Titans

Go Titans!!

Mental Health Tip:



Surround yourself with good people: People with strong family or social connections are generally healthier than those who lack a support network. Make plans with supportive family members and friends, or seek out activities where you can meet new people, such as a club, class or support group.. (For more information go to Student Services in K-25)

Titan News:

- PTSA Adopt-A-Family Program is underway. Please help families in need for the holidays. The link can be found on the website.
- Finals are November 15th-November 17th (Special Finals Schedule)
- **Library Closed:** The library will be closed to students and classes on Friday, Nov. 17, Monday, Nov. 27 and Tuesday, Nov. 28. We will be working to get textbooks in and out.
- November 17th is the end of Trimester 1.
- November 20-24 Thanksgiving Break
- November 27-30 1st Trimester grades mailed home.
- **Expand your Horizons!** Sign up for the ASVAB Career Exploration test to help you take steps now towards finding a career that's right for you. The test will be held on Tuesday, December 5th at 7:30 a.m. 10th, 11th and 12th grade students are encouraged to sign up. If you are interested please sign up in the Counseling Office or see Mrs. Oakes for more information.



Titan Center:

| COLLEGE VISITS | Day/Date | Period | Time |
|----------------|----------|--------|------|
| None Scheduled | | | |



Athletics:

| EVENTS FOR TODAY | LOCATION | RELEASE | DEPART | EVENT TIME |
|------------------|----------|---------|--------|------------|
| None Scheduled | | | | |

Staff News: **Be sure to check the refrigerator for anything you may have left in it before it is cleaned out. Have a HAPPY Thanksgiving, enjoy the time off with family and friends!**

*A friend is someone who gives you total freedom to be yourself.
~Jim Morrison*