



Antelope High School Student Bulletin



September 14, 2015

Quote of the day: “Time = Life, Therefore, waste your time and waste of your life,
or master your time and master your life.”

Alan Lakein

UC DAVIS PRESENTATION

UC Davis will be presenting on Monday, September 21st after school in the College & Career Center from 1:45-2:45! If you are thinking about applying to Davis, this is a great chance for you to learn more about the school and their programs and get your questions answered! Please sign up so Ms. Goudy knows how many people to expect – you can sign up in the College & Career Center, online on Naviance, or by sending Ms. Goudy an email with your name, grade, and major of interest.

FOREIGN SPEAKERS CLUB

There will be a meeting Thursday, September 17th during intervention in Mrs. Cook’s (counselor) office. Any questions you can contact Ludmila Nicov.

NAMI

Antelope HS's NAMI (National Alliance on Mental Illness) is meeting TODAY, 9/14, in the Career Center during lunch. Grab your lunch and come learn more about NAMI and how you can get involved to promote mental health awareness!

BIKES

Please lock your bikes in the designated bike area behind the S building. Do not lock to a tree or along the outside of the gate.

POWDER PUFF MEETING

Attention all Powder Puff participants, there will be a mandatory meeting today, September 14th in the small gym during lunch for information regarding Powder Puff. All information that will be given during this meeting is vital in order for you to participate, so make sure you are there!

TECH TEENS

High school students have the opportunity to participate in an exciting new program. If you have interest in technology, CSI, 911 dispatch, SWAT tools and tactics and a lot more head over and get connected. It will be held every Wednesday October 7th – November 11th at 110 Corporation Yard Road, Roseville, CA. Call and sign up at 916-772-7725. Only 28 slots open so don't wait.

HOMECOMING DANCE

Attention Titans! Tickets to the Mad Hatter Tea Party Homecoming Dance will be going on sale soon and will be sold at Student Services and in the Student Store during both lunches. Homecoming is Friday, October 2nd from 9-11 pm in the cafeteria. Ticket sales are as follows:

9/18-9/21 special sale price of \$5 with or without ASB card.

9/22-9/25 \$5 with ASB and \$7 without

9/28-10/1 \$8 with ASB and \$10 without

Tickets will not be sold during school, Friday, October 2nd

\$10 at the door Friday October 2

Ticket and School ID must be present at dance check-in

COLLEGE AND CAREER UPDATES

Sep. 15 (Tuesday) – Navy in the Quad at Lunch

Sep. 15 (Tuesday) – 5:30 PM: UC Application Night

Sep. 16 (Wednesday) – Navy Presentation during Intervention

Sep. 16 (Wednesday) – William Jessup University in the Quad at Lunch

Sep. 18 (Friday) – October ACT Registration Deadline!

Sep. 21 (Monday) – University of Chicago in the Quad at Lunch

Sep. 21 (Monday) – UC Davis Presentation at 1:45 PM After School

Sep. 23 (Wednesday) – Seattle University and Soka University in the Quad at Lunch

Sep. 23 (Wednesday) – 6-8 PM: District College Fair at WHS

Sep. 24 (Thursday) – Air Force in the Quad at Lunch

QUESTION OF THE WEEK

How do you answer? Log in to your Naviance account on www.connection.naviance.com/antelopehs, click on the About Me tab and select the Question of the Week link under Surveys on the left side of the page! Must be submitted by Friday at midnight to qualify. Winner will be announced in the bulletin next week!

WRESTLING

Wrestling Sign Ups this week...If you are interested in this year's exciting wrestling season you must see Coach Burton this week for important information. It is mandatory for you to sign up this week in the PE Coaches office

POWDER PUFF

Attention all fellow titans interested in participating in this year's powder puff game. Sign-ups begin Tuesday, September 8, 2015 for both female football players and male cheerleaders. The cost for this event is \$10 w/asb and \$15 without. Please sign up at Student Store. Any questions please go to room L112 student government room.

ANTELOPE LEARNING LAB

Antelope Learning Lab (ALL): Do you need help with homework? A quiet place to work? Access to technology? Tutoring? ALL of the above?! Then come to the Antelope Learning Lab (ALL), offered Tuesday, Wednesday, and Thursday from 2:45-4:30 pm in the Library. This free service is available to ALL students, especially those who need academic support and/or English language development support. Please contact Ms. Raatz in the library for more information.

NATIONAL HONORS SOCIETY

"Attention all student interested in joining the NATIONAL HONORS SOCIETY here at Antelope High School. NHS is looking for some amazing individuals, who are not just great students and leaders, but are also interested in helping others at our school, in our community, and around the planet. If you are interested, applications are available at the front desk and on the school website. They are due no later than today September 14th, at 2:45 in the front office. If you have any questions, please ask Mr. Traughber, or Mrs. Williams. Looking forward to having you join up and change the world!"

SENIORS: SCHEDULE YOUR SENIOR PORTRAIT ASAP

Attention Seniors of 2016! Make sure you take your senior portraits at Prestige Portraits studio in either Elk Grove or Citrus Heights by Oct. 1. Failure to do so may result in your senior portrait not appearing in the yearbook. So don't hesitate and visit their website at www.prestigeportraits.com to book an appointment! Do it today. Do it now. Right now.

DAILY BULLETIN BLOG

Want to receive the Daily Bulletin in your inbox? Follow the Daily Bulletin blog at ahsdailybulletin.wordpress.com and you will receive an email each day when the bulletin is posted!

COLLEGE & CAREER UPDATES

Interested in what is going on in the College & Career Center this year? Check out the update blog at anhscandccenter.wordpress.com! Follow to get an email when new updates are posted. Information will include upcoming deadlines, new events, testing info, important college & career information, dates for workshops and presentations, and more! Check it out.

Upcoming Dates in the C & C Center

PSAT INFORMATION

This year, the Roseville Joint Union High School District is paying for all sophomores to take the PSAT – the test that allows students practice for the actual SAT. This test is very important for juniors as qualifying scores may lead to a National Merit Scholarship. If you are a freshmen or junior wishing to take the PSAT, you must sign-up and pay for the exam at our finance window or you may pay online through the student store.

The cost of the test is \$25.00. Again, if you are a sophomore, the district is paying for your test and there is no need to sign up. Please know the deadline to sign up is September 18th for freshmen and junior and there will be no late sign-ups for any reason.

If you have questions, please call Mr. Smith at ext. 6060 in the Assistant Principals' Office. All students will take the exam on Wednesday October 28th at Antelope High School and details for that day will be coming out as we get closer to exam day.



HOME OF THE THUNDER



Weekly Athletic Schedule Fall 2015-16 September 14 to September 19 Pg. #1


DATE	DAY	GAME TIME	OPPONENT	LOCATION	RELEASE TIME	BUS TIME	SPORT	LEVEL
Sep 14	Mon	5:30 PM	Oakmont	Antelope	N/A	TBA	Soccer	JV
Sep 14	Mon	4:00 PM	Oakmont	Antelope			Soccer	VAR
Sep 14	Mon	4:00 PM	Center	Center	n/a	n/a	Volleyball-Girls	Frosh
Sep 14	Mon	5:00 PM	Center	Center	n/a	n/a	Volleyball-Girls	JV
Sep 14	Mon	6:00 PM	Center	Center	n/a	n/a	Volleyball-Girls	VAR
Sep 15	Tues	4:00 PM	Oakmont	Oakmont	2:20pm		Polo-Boys	VAR
Sep 15	Tues	5:00pm	Oakmont	Oakmont	2:20pm		Polo-Girls	VAR
Sep 15	Tue	3:30 PM	Roseville	Antelope	2:20 PM		Tennis- Girls	Both
Sep 15	Tues	4:00 PM	Ponderosa	Ponderosa	2:05PM	2:20 PM	Volleyball-Girls	Frosh
Sep 15	Tues	5:00 PM	Ponderosa	Ponderosa	2:05 PM	2:20PM	Volleyball-Girls	JV
Sep 15	Tues	6:00 PM	Ponderosa	Ponderosa	2:05 PM	2:20 PM	Volleyball-Girls	VAR
Sep 16	Wed	5:30 PM	Roseville	Antelope	N/A	TBA	Soccer	JV
Sep 16	Wed	4:00 PM	Roseville	Antelope			Soccer	VAR
Sep 17	Thur		BYE				Football	Frosh
Sep 17	Thurs	5:00 PM	Roseville	Roseville	2:20pm		Polo-Boys	VAR
Sep 17	Thurs	4:00pm	Roseville	Roseville	2:20pm		Polo-Girls	VAR
Sep 17	Thu	3:30 PM	Cosumnes Oaks	Cosumnes Oaks	1:07 PM	1:30 PM	Tennis- Girls	Both



C & C Center Update



WEEK OF: SEPTEMBER 14 - SEPTEMBER 18

M	<p style="text-align: right;">HOURS: 8:00 AM - 4:30 PM 14</p> <p>MONDAY NEWS: SIGN UP FOR THE COLLEGE & CAREER CENTER BLOG FOR UPDATES ON TESTING, SCHOLARSHIPS, DEADLINES AND MORE!</p> 
T	<p style="text-align: right;">HOURS: 8:00 AM - 4:30 PM 15</p> <p>TUESDAY NEWS: UC APPLICATION TONIGHT! MAKE SURE TO COME IF YOU ARE APPLYING TO ANY UC SCHOOLS! NAVY IN THE QUAD AT LUNCH.</p>
W	<p style="text-align: right;">HOURS: 8:00 AM - 4:30 PM 16</p> <p>WEDNESDAY NEWS: NAVY NROTC PRESENTATION DURING INTERVENTION. WILLIAM JESSUP UNIVERSITY IN THE QUAD AT LUNCH.</p>
TH	<p style="text-align: right;">HOURS: 8:00 AM - 4:30 PM 17</p> <p>THURSDAY NEWS: TOMORROW IS THE DEADLINE TO REGISTER FOR THE OCTOBER ACT. IF YOU NEED A WAIVER, GET ONE TODAY!</p>
F	<p style="text-align: right;">HOURS: 1:45 PM - 4:30 PM 18</p> <p>FINALLY FRIDAY NEWS! NEXT WEEK: U OF CHICAGO AT LUNCH MON. UC DAVIS AFTER SCHOOL MON. SEATTLE U AND SOKA U AT LUNCH AND COLLEGE FAIR WED. AIR FORCE AT LUNCH THURS.</p>