



Antelope High School Student Bulletin



September 4, 2015

Quote of the day: "Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again."

Og Mandino

BLOOD DRIVE

Next Wednesday, September 9th is the blood drive. Remember to eat iron-rich foods (spinach...) and drink lots of H₂O. Remember parent signed permission slip. If you need another consent form go to room S106

WATER POLO

Titans it's Polo Seasons first game Thursday September 10th, 4pm at Antelope pool. Girl and boy players still needed, if interested meet at the pool and talk to coach Anthony Pointer. Practice is Monday through Thursday 3-6pm.

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 Monday September 14th, at 2:45 in the front office. If you have any questions, please ask Mr. Traugber, or Mrs. Williams. Looking forward to having you join up and change the world!"

WANT TO ANSWER THE QUESTION OF THE WEEK?

Log in to your Naviance account on www.connection.naviance.com/antelopehs (you can also find the link by going to Antelope's website, Academics Tab, Clicking on College & Career Center and going to Useful Websites). Your username is your firstname. lastname and your password is your student ID #. 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 Monday's Bulletin and can claim their prize at the front desk.

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!

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.

COLLEGE & CAREER UPDATES


Interested in what is going on in the College & Career Center this year? Check out the update blog at anhscandcenter.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.



C & C Center Update



WEEK OF: AUGUST 31 - SEPTEMBER 4

M	<p style="text-align: right; margin: 0;">HOURS: 9:00 AM - 4:30 PM 31</p> <p>MONDAY NEWS: SENIORS, DON'T FORGET TO REGISTER FOR THE UPCOMING SAT. THE DEADLINE IS THURSDAY. SEE MS. GOUDY IF YOU NEED A FEE WAIVER.</p>
T	<p style="text-align: right; margin: 0;">HOURS: 8:00 AM - 12:30 PM 1</p> <p>TUESDAY NEWS: MS. GOUDY WILL BE LEAVING EARLY. STOP BY BEFORE 12:45 TO SEE HER! MARINES IN QUAD AT LUNCH! READ THE DAILY BULLETIN TO WIN A PRIZE!!</p>
W	<p style="text-align: right; margin: 0;">HOURS: 8:00 AM - 4:30 PM 2</p> <p>WEDNESDAY NEWS: SIGN UP FOR THE COLLEGE & CAREER CENTER BLOG FOR UPDATES ON TESTING, JOB POSTINGS, SCHOLARSHIPS, DEADLINES AND MORE!</p> 
TH	<p style="text-align: right; margin: 0;">HOURS: CLOSED 3</p> <p>THURSDAY NEWS: CAREER CENTER CLOSED TODAY AND UNTIL AFTER SCHOOL TOMORROW. IF YOU NEED A WAIVER, SEE MRS. GALLARDO. FOR A WORK PERMIT, SEE MRS. ODD.</p>
F	<p style="text-align: right; margin: 0;">HOURS: 2:45 PM - 4:30 PM 4</p> <p>FINALLY FRIDAY NEWS! NEXT WEEK: LOOK FOR ANNOUNCEMENTS ABOUT UPCOMING EVENTS AND DEADLINES! NO SCHOOL MONDAY! ARMY IN QUAD AT LUNCH TUESDAY.</p>

Weekly Athletic Schedule Fall 2015-16 August 31 to September 5

DATE	DAY	GAME TIME	OPPONENT	LOCATION	RELEASE TIME	BUS TIME	SPORT	LEVEL
Aug 31	Mon	7:00 PM	Foundation	Woodland Christian	n/a		Volleyball-Girls	VAR
Sep 1	Tues	6:00 PM	Cordova	Cordova	N/A	TBA	Soccer	JV
Sep 1	Tues	4:00 PM	Cordova	Cordova			Soccer	VAR
Sep 2	Wedn	5:00 PM	Del Oro Invite	Loomis	NA	3:45 AM	Cross Country	VAR
Sep 3	Thur	5:30 PM	Sheldon	Antelope	N/A	N/A	Football	Frosh
Sep 3	Thurs	TBA	TBA	Del Campo			Soccer	VAR
Sep 3	Thurs	4:00 PM	Foothill	Antelope	n/a	n/a	Volleyball-Girls	Frosh
Sep 3	Thurs	5:00 PM	Foothill	Antelope	n/a	n/a	Volleyball-Girls	JV
Sep 3	Thurs	6:00 PM	Foothill	Antelope	n/a		Volleyball-Girls	VAR
Sep 4	Fri	7:15 PM	Sheldon	Antelope	NA		Football	VAR
Sep 4	Fri	5:00 PM	Sheldon	Antelope	NA		Football	JV
Sep 4	Fri	TBA	TBA	Del Campo			Soccer	VAR
Sep 5	Sat	TBA	TBA	Del Campo			Soccer	VAR