



*Antelope High School  
Student Bulletin*



*September 5, 2015*

*Quote of the day:* Love is knowing someone's weaknesses and not taking advantage of them. Knowing their flaws and accepting who they are.

Trent Shelton

**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

**BLOOD DRIVE**

Tomorrow, Wednesday, September 9<sup>th</sup> is the blood drive. Remember to eat iron-rich foods(spinach...) and drink lots of H<sub>2</sub>O. 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](http://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.prestigeporraits.com](http://www.prestigeporraits.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](http://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 28<sup>th</sup> 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 [anhscandccenter.wordpress.com](http://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.



*Home of the Titans*



### Weekly Athletic Schedule Fall 2015-16 September 7 to September 12

DATE	DAY	GAME TIME	OPPONENT	LOCATION	RELEASE TIME	BUS TIME	SPORT	LEVEL
Sep 7	Mon	5:30 PM	Placer	Antelope	N/A	TBA	Soccer	JV
Sep 7	Mon	4:00 PM	Placer	Antelope			Soccer	VAR
Sep 8	Tue	3:30 PM	Ponderosa	Ponderosa	1:07 PM	1:30 PM	Tennis- Girls	Both
Sep 9	Wed	5:30 PM	Ponderosa	Ponderosa	N/A	TBA	Soccer	JV
Sep 9	Wed	4:00 PM	Ponderosa	Ponderosa	1:30 PM		Soccer	VAR
Sep 10	Thur	5:30 PM	Vista Del Lago	Antelope	N/A	N/A	Football	Frosh
Sep 10	Thurs	5:00 PM	Ponderosa	Antelope	2:20pm		Polo-Boys	VAR
Sep 10	Thurs	4:00pm	Ponderosa	Antelope	2:20pm		Polo-Girls	VAR
Sep 10	Thurs	TBA	TBA	Del Campo	N/A	TBA	Soccer	JV
Sep 10	Thu	3:30 PM	Oakmont	Antelope	2:20 PM		Tennis- Girls	Both
Sep 11	Fri	7:15 PM	Laguna Creek	Consumnes Rvr Collg	NA	4:15 AM	Football	VAR
Sep 11	Fri	5:00 PM	Laguna Creek	Consumnes Rvr Collg	NA	2:45 AM	Football	JV
Sep 11	Friday	Boys	Sierra Shootout	Sierra College	All Day		Polo-Boys	VAR
Sep 11	Fri	TBA	TBA	Del Campo	N/A	TBA	Soccer	JV
Sep 12	Sat	9:30 AM	Nevada Union Invite	Grass Valley-NU	NA	7:00 AM	Cross Country	VAR
Sep 12	Sat	Boys	Sierra Shootout	Sierra College	All Day		Polo-Boys	VAR
Sep 12	Sat	TBA	TBA	Del Campo	N/A	TBA	Soccer	JV