



Antelope High School Student Bulletin



September 9, 2015

Quote of the day: “The intelligent man is one who has successfully fulfilled many accomplishments, and is yet willing to learn more.”

Ed Parker

QUESTION OF THE WEEK

Congratulations to Cameron Yuki on winning a \$5 Starbucks card for answering the Question of the Week correctly last week! Cameron, you can collect your prize with Mrs. Hardy at the front desk.

Didn't get a chance to enter last week? Here's the new question of the week! **What is the due date for National Honor Society applications?**

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!

MARINES

There will be a Marines presentation in the career center tomorrow, September 10 during intervention. See Ms. Goudy or email her to sign up.

CLUB RUSH WEEK

Attention Titans!!! Looking to be more involved this year? Club rush week is next week. Most clubs on campus will be outside

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

Today, 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/ash 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. Traughber, 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 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



C & C Center Update



WEEK OF: SEPTEMBER 7 - SEPTEMBER 11

M	<p style="text-align: right;">HOURS: CLOSED 7</p> <p>MONDAY NEWS: HAPPY LABOR DAY! ENJOY YOUR TIME OFF THANKS TO THE MANY EFFORTS MADE IN THE U.S. FOR FAIR LABOR STANDARDS!</p>
T	<p style="text-align: right;">HOURS: 8:00 AM - 12:30 PM 8</p> <p>TUESDAY NEWS: SENIOR MEETINGS ARE THIS WEEK! YOU WILL BE CALLED OUT OF CLASS TO MEET WITH YOUR COUNSELORS. ARMY IN THE QUAD TODAY!</p>
W	<p style="text-align: right;">HOURS: 8:00 AM - 4:30 PM 9</p> <p>WEDNESDAY NEWS: BLOOD DRIVE TODAY! DON'T FORGET ABOUT CLUB MEETINGS THIS WEEK! ANTELOPE LEARNING LAB (ALL) IS NOW OPEN AFTER SCHOOL TUES-THURS.</p>
TH	<p style="text-align: right;">HOURS: CLOSED 10</p> <p>THURSDAY NEWS: MARINE PRESENTATION AT INTERVENTION. SIGN UP FOR THE COLLEGE & CAREER CENTER BLOG FOR UPDATES ON TONS OF THINGS!</p> 
F	<p style="text-align: right;">HOURS: 2:45 PM - 4:30 PM 11</p> <p>FINALLY FRIDAY NEWS! NEXT WEEK: NAVY IN QUAD AT LUNCH AND UC APPLICATION NIGHT TUES. WJU AT LUNCH AND NAVY PRESENTATION WED. OCT. ACT DEADLINE FRI.</p>