



Antelope High School Student Bulletin



October 21, 2015

Quote of the day: “Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.”

Thich Nhat Hanh

FRESHMAN AND JV GIRLS BASKETBALL

If you are interested in playing basketball this season, please come to the gym tonight for conditioning 6:00-7:00 pm

PSAT INFO!

If you are taking the PSAT, make sure to get a good night’s sleep and eat breakfast before the test – there will not be many breaks. Remember, ALL sophomores are taking the test, as well as any freshmen and juniors who signed up and paid. You are allowed to bring a calculator for the math section – you may not use the calculator on your phone or another device, it must be a standalone calculator. See Ms. Goudy or Mr. Smith with any questions.

Please be in your testing location by 7:45 AM at the latest on Wednesday, October 28th. Here are the testing locations:

All **Freshmen:** *CTE4B*

Sophomores with Last Names **A-Ha:** *Cafeteria*

Sophomores with Last Names **He-Z:** *Small Gym*

Juniors with Last Names **A-Mc:** *Library*

Juniors with Last Names **Me-Pi:** *A204*

Juniors with Last Names **Pr-Sp:** *A208*

Juniors with Last Names **St-Z:** *College & Career Center*

Students with Testing **Accommodations:** *Ms. Noyes’ Office*

GOOD CITIZEN SCHOLARSHIP

Congratulations to Jordan McAuley, who has been nominated to apply for the Good Citizens’ Scholarship by her teachers and peers! Good luck, Jordan!

QUESTION OF THE WEEK

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

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!

Didn't get a chance to enter last week? Here's the new question of the week! **What days of the week is the student store open?**

RED ZONE

Attention Titans, there is a Varsity girls volleyball Red Zone this Thursday, October 22nd at 6:00 pm. Come out and support them for Senior Night.

CHOIR AND DANCE CHOREOGRAPHY SHOWCASE!

Antelope Performing Arts presents Colors of Freedom in the Oakmont High School Theater today and tomorrow at 7PM. Buy your tickets from Ms. Carroll in the office for \$5 or show your ASB card at the door for a free ticket while they last. Doors open at 6:30.

MIND CLUB

Do you like helping others? Interested in making a difference? Join the MIND club! MIND club's goal is to create, implement events and activities that help keep the MIND healthy.

MIND club meets on Mondays during lunch in room L41 next to the career center look for the mind club poster!

MIND CLUB POTLUCK

MIND Club Potluck is on Monday, October 26th, all club presidents and vice-presidents are encouraged to come to our potluck and bring information pertaining to your club!

SCHOLARSHIP DEADLINE THIS WEEKEND!

The Horatio Alger Association is offering hundreds of scholarships that range in value from \$1,000-\$22,000! They are given on the national, state, school specific and major specific level. Don't miss out on applying! You must have financial need, at least a 2.0, be a graduating senior, have overcome a personal adversity, be a US Citizen, and be planning to earn a Bachelor's Degree as your educational goal.

See anhscandcenter.wordpress.com for more details and visit scholars.horatioalger.org to apply! **Deadline is Sunday, October 25th!**

MILITARY ACADEMY NIGHT

Interested in the Military? Thinking about going to a Military Academy? Don't miss out on Military Academy Night! Learn about the major Academies for each branch and hear about the admissions processes for each one! Head to the Theater at Roseville High School today, October 21st at 6 PM to attend.

STUDENT STORE

Attention Titans! Just a reminder that the Student Store is open every Monday, Wednesday, and Friday during both lunches. Keep an eye out for new apparel coming soon!

HEY SENIORS:

Counselors will be in the career center and computer lab L111 during Intervention every Tuesday and Thursday – starting Thursday, October 27th through November 19th. Come in, grab a computer, and complete your college applications. Remember: We *highly* recommend a counselor looks at your application *before* you hit submit!

ATTENTION TALENTED TITANS!

NHS talent show auditions are going on Tuesday October 27th and Wednesday October 28th in A206 (Mr. Traughber's room) starting at 3:00. Be sure to bring any equipment necessary, judges will be more likely to accept you if you are prepared! We are able to play music if you email the link to rtraughber@rjuhsd.us.

PINK OUT T-SHIRTS FOR SALE

Attention Students - Pink shirts are here for \$10 - limited quantity available so get yours quick. We are doing something different this year and joining forces with Bella Vista High School in a joint effort to have everyone in the stadium wear pink and raise funds through donations at that game. This will be a fun contest of who has the most pink in their stands and well as funds raise! Let's make sure our side is a sea of pink! Shirts will be for sale beginning after school on Tuesday, 10/20 while supplies last.

DRAMA SHOW

October 22, 23, 24 at 7PM \$5 Please come enjoy an evening of entertainment by the Antelope High School Drama Department! Come support your peers while they take the stage in a variety of acts! Tickets available in the student services. See Ms. Carroll with your \$5.

TITAN PERFORMING ARTS T-SHIRTS

on sale for \$12 sizes Small through XL. Pay Ms. Carroll and then head to the dance studio with your receipt.

SENIOR ENGINEERING FUNDRAISER

Go support Senior Engineering by enjoying a meal at Dad's Kitchen October 21, 2015, 4:00pm-10:00pm. They will donate 10% to the senior engineering program. 8928 Sunset Ave, Fair Oaks, CA.

AP COMPUTER SCIENCE AT ANTELOPE HIGH

Earn college credit in Computer Science! Learn Java!

Our school is offering the AP Computer Science course **to any student that wishes to sign up**. The course is open now and closes May 3, 2016. Students can sign up anytime between now and January 10, 2016 and still complete the course and take the AP test. This is an online course and students who successfully complete the course have an excellent chance of passing the AP Exam!

It is highly recommended that students have at least two high school math classes completed prior to taking this AP class. **For more information, contact Mr. Stinson.**

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.

ATTENTION ALL ADVANCED PLACEMENT STUDENTS!

You may sign up for your AP Course exam that will be given in May. The testing schedule is on the web site and posted in the window of the Assistant Principal's office.

To order the proper number of tests from the College Board it will be necessary for you to sign up as soon as possible. The cost is \$92 for each exam taken.

Students that qualify for free and reduced lunch may apply for a student fee reduction, but a form must be filled out and submitted for approval. Forms may be picked up from Mrs. Odd in the Assistant Principals' office, and returned there as well for approval.

The deadline to sign up for all exams including having your fee reduction forms turned in is Monday, March 28th – NO EXCEPTIONS.

If you have questions, please see Mr. Smith in the Assistant Principals' office or call 916-726-1400 ext. 6060.

AP TEST DATES

May 2 - Environmental Science - Cafeteria – 8:00 AM
 May 2 - Chemistry - Library – 8:00 AM
 May 2 – Psychology - Library – 12 PM
 May 3 – Computer Science – Front Conference Room - 8:00 AM
 May 3 – Spanish Language – L111 - 8:00 AM
 May 3 – Physics 1 – Library - 12:00 PM
 May 4 - English Literature & Comp - Cafeteria - 8:00 AM
 May 5 - Calc AB & BC - Library - 8:00 AM
 May 6 - US History - Cafeteria - 8:00 AM
 May 6 - European History - Cafeteria - 12:00 PM
 May 9 - Biology - Library - 8:00 AM
 May 10 - US Government - Cafeteria - 8:00 AM
 May 11 – Lang & Comp - Cafeteria - 8:00 AM
 May 12 - Statistics - Cafeteria – 12 PM
 May 13 – Human Geography – Library - 8:00 AM



ATHLETIC DEPARTMENT

Home of the Titans



Weekly Athletic Schedule Fall 2015-16 October 19 to October 24

DATE	DAY	GAME TIME	OPPONENT	LOCATION	RELEASE TIME	BUS TIME	SPORT	LEVEL
Oct 19	Mon	5:30 PM	Del Campo	Antelope	N/A	TBA	Soccer	JV
Oct 19	Mon	4:00 PM	Del Campo	Antelope			Soccer	VAR
Oct 20	Tue	3:30 PM	Bella Vista	Antelope	2:20 PM		Tennis- Girls	Both
Oct 20	Tues	4:00 PM	Consumnes	Antelope	n/a	n/a	Volleyball-Girls	Frosh
Oct 20	Tues	5:00 PM	Consumnes	Antelope	n/a	n/a	Volleyball-Girls	JV
Oct 20	Tues	6:00 PM	Consumnes	Antelope	n/a	n/a	Volleyball-Girls	VAR
Oct 21	Wed	5:30 PM	Bella Vista	Antelope	N/A	TBA	Soccer	JV
Oct 21	Wed	4:00 PM	Bella Vista	Antelope			Soccer	VAR
Oct 22	Thur	5:30 PM	Del Campo	Del Campo	N/A	3:45 PM	Football	Frosh
Oct 22	Thu	3:30 PM	Whitney	Whitney	2:00 PM		Tennis- Girls	Both
Oct 22	Thurs	4:00 PM	Del Campo	Antelope	n/a	n/a	Volleyball-Girls	Frosh
Oct 22	Thurs	5:00 PM	Del Campo	Antelope	n/a	n/a	Volleyball-Girls	JV
Oct 22	Thurs	6:00 PM	Del Campo	Antelope	n/a	n/a	Volleyball-Girls	VAR
Oct 23	Fri	7:15 PM	Del Campo	Del Campo	NA	4:45 AM	Football	VAR
Oct 23	Fri	5:00 PM	Del Campo	Del Campo	NA	3:15 AM	Football	JV


Soccer on Wednesday is Senior night so they will be playing at 4:00 on the soccer field and 7:00 Varsity in the Stadium.



C & C Center Update



WEEK OF: OCTOBER 19 - OCTOBER 23

M	<p style="text-align: right;">HOURS: 8:30 AM - 4:30 PM 19</p> <p>SUNDAY NEWS: HORATIO ALGER SCHOLARSHIP DUE THIS SUNDAY! CHECK OUT THE BULLETIN OR CC CENTER BLOG FOR INFO! MILITARY IN QUAD AT LUNCH!</p>
T	<p style="text-align: right;">HOURS: 8:30 AM - 4:30 PM 20</p> <p>TUESDAY NEWS: NAVY IN THE QUAD AT LUNCH! COLLEGE & CAREER CENTER CLOSED FROM 2:45-3:15 FOR THE STAFF MEETING.</p>
W	<p style="text-align: right;">HOURS: 7:30 AM - 3:30 PM 21</p> <p>WEDNESDAY NEWS: ASVAB IN THE COLLEGE & CAREER CENTER AT 7:45. MILITARY ACADEMY NIGHT AT 6:00 PM AT ROSEVILLE HIGH SCHOOL!</p>
TH	<p style="text-align: right;">HOURS: 8:30 AM - 4:30 PM 22</p> <p>THURSDAY NEWS: SIGN UP FOR THE COLLEGE & CAREER CENTER BLOG FOR UPDATES ON TESTING, SCHOLARSHIPS, DEADLINES AND MORE!</p> 
F	<p style="text-align: right;">HOURS: CLOSED 23</p> <p>FINALLY FRIDAY NEWS! NEXT WEEK: TUES - AIR FORCE AT LUNCH, WED - PSAT, FRI - ARMY PRESENTATION.</p>