



Antelope High School Student Bulletin



October 29, 2015

Quote of the day: "Make it a habit to tell people thank you. To express your appreciation, sincerely and without the expectation of anything in return. Truly appreciate those around you, and you'll soon find many others around you. Truly appreciate life, and you'll find that you have more of it."

Ralph Marston

PINK OUT

Tomorrow, instead of our Titan red we will all wear pink to show our support for breast cancer awareness.

ROCKS

Interested in playing rocks? Pick up a sign up sheet starting Friday, October 30th in the student store or at the front office with Mrs. Hardy. Packets are due November 9th with each team's full payment. Any questions please contact Russell Steinaradt at 916-495-8427.

KINDNESS

Attention Titans, there will be a table next to the student store today during 2nd lunch for people to write kind notes to each other! Go out and give a compliment #ahskindnessweek

SPORTS PICTURES

Pictures are in for girls' volleyball and cheer. Come to the front office to pick them up.

LIBRARY

We know the library is a happening spot, but on Monday's we will have to limit it to quiet study. Only come if you are using the computers or working on school work. Thanks so much!!!

ANIME CLUB

"Members of Anime Club, Happy Halloween! Remember our Cosplay party will be today, October 29th. Remember to dress up, and bring a contribution to the potluck. Hope to see you all there!"

SENIOR ADS

Hey seniors, just a reminder that Senior Ads in the yearbook are still on sale! Remind your parents and make sure yours is purchased before Nov. 2nd. Thank You.

SENIOR QUOTES

The FINAL, FINAL, FINAL date to turn in your senior quotes is Nov. 3rd. Make sure you turn yours in if you want your quote to appear in the yearbook.

PINK GAME

This week is pink out week with Bella Vista at the varsity football game. Please wear pink to the game and spread the word as we'll be having a few friendly competitions for a great cause. Which side wears the most pink? Who collects the most donations! There are a few shirts left so get them after school Thursday!

CARNIVAL AND HAUNTED HOUSE

This Saturday on Halloween come enjoy a fun carnival, a scary haunted house and a special performance by some cheer, dance, student gov and football players in a remake of Thriller! This Saturday from 12-3pm!

KINDNESS WEEK

Attention Titans! It is kindness week so keep an eye out for random acts of kindness and support by bringing extra Titan spirit and positivity all next week.

CANNED FOOD DRIVE

The KCRA3 Canned Food Drive will be held from October 23rd through November 13th. Boxes will be placed in 1st period classes and all non-perishable food items will be accepted. The class that brings in the most non-perishable food items will win a doughnut party. A separate competition will be held on Thursday, November 19th which will be called "Can Castles" in which all clubs will be entered to build a "castle" out of donated cans that the club will bring in. The building will take place during intervention, and the judging will take place during lunch. The winning club will be granted a pizza party. Make sure to support for a good cause!

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!

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!

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.

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 26 to October 31


DATE	DAY	GAME TIME	OPPONENT	LOCATION	RELEASE TIME	BUS TIME	SPORT	LEVEL
Oct 26	Mon	5:30 PM	Whitney	Whitney	N/A	TBA	Soccer	JV
Oct 26	Mon	4:00 PM	Whitney	Whitney	2:00 PM		Soccer	VAR
Oct 26	Mon	4:00 PM	Inderkum	Inderkum	n/a	n/a	Volleyball-Girls	Frosh
Oct 26	MON	5:00 PM	Inderkum	Inderkum	n/a	n/a	Volleyball-Girls	JV
Oct 26	Mon	6:00 PM	Inderkum	Inderkum	n/a	n/a	Volleyball-Girls	VAR
Oct 27	Tues	4:00 PM	Bella Vista	Antelope	n/a	n/a	Volleyball-Girls	Frosh
Oct 27	Tues	5:00 PM	Bella Vista	Antelope	n/a	n/a	Volleyball-Girls	JV
Oct 27	Tues	6:00 PM	Bella Vista	Antelope	n/a	n/a	Volleyball-Girls	VAR
Oct 29	Thur	5:30 PM	Bella Vista	Bella Vista	N/A	3:45 PM	Football	Frosh
Oct 29	Tues	4:00 PM	Whitney	Whitney	n/a	n/a	Volleyball-Girls	Frosh
Oct 29	Tues	5:00 PM	Whitney	Whitney	n/a	n/a	Volleyball-Girls	JV
Oct 29	Tues	6:00PM	Whitney	Whitney	n/a	n/a	Volleyball-Girls	VAR
Oct 30	Wedn	4:00 PM	CVC League Meet #2	Roseville- Maidu Park	2:15 PM	2:30 AM	Cross Country	VAR
Oct 30	Fri	7:15 PM	Bella Vista	Bella Vista	NA	4:45 AM	Football	VAR
Oct 30	Fri	5:00 PM	Bella Vista	Bella Vista	NA	3:15 AM	Football	JV



C & C Center Update



WEEK OF: OCTOBER 19 - OCTOBER 23

M	<p style="text-align: right;">HOURS: 9:00 AM - 4:30 PM 19</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: 8:30 AM - 4:30 PM 20</p> <p>TUESDAY NEWS: AIR FORCE IN QUAD AT LUNCH! PSAT TOMORROW. C & C CENTER OPEN DURING INTERVENTION TUESDAYS AND THURSDAYS TO HELP WITH COLLEGE APPS!</p>
W	<p style="text-align: right;">HOURS: NOON - 4:30 PM 21</p> <p>WEDNESDAY NEWS: PSAT TODAY! ALL SOPHOMORES AND FRESHMEN AND JUNIORS WHO SIGNED UP WILL BE TESTING FROM 7:45-11:45! C & C CENTER CLOSED UNTIL NOON.</p>
TH	<p style="text-align: right;">HOURS: 8:30 AM - 4:30 PM 22</p> <p>THURSDAY NEWS: ARMY PRESENTATION ON FRIDAY AT INTERVENTION. SIGN UP IN THE COLLEGE & CAREER CENTER! C & C CENTER OPEN TO HELP WITH COLLEGE APPS!</p>
F	<p style="text-align: right;">HOURS: 8:30 AM - 4:30 PM 23</p> <p>FINALLY FRIDAY NEWS! NEXT WEEK: TUES - MARINES AT LUNCH, TUES/THURS. - COLLEGE APP HELP DURING INTERVENTION, FRI - DEC. ACT REGISTRATION DEADLINE!</p>