



OCEANA HIGH SCHOOL

7/27/2022

Bulletin available on our school website for link use/access. <http://ohs.juhsd.net>

Special Announcements/Events:

New Student Orientation: Tues. Aug. 2, 9:00am-1:00pm

9-10:30 - Class pictures for incoming 9th graders and new students (returning students will be on 8/18/22)

Lunch will be provided!

Pictures:

9th grade & new students: 8/2/22 9-10:30

10th - 12th/ returning students: 8/18/22

Senior Portraits Oct. 3-4, Dec. 12-13

First day of class: Tues. 8/9/22 -min. Day: 8:30-1:26pm.

Rest of week is [regular schedule](#): Wed. 8:30-1:15, Thur, Fri. 8:30-3pm

Library/Textbooks: Did you get an overdue notice? Clear out your closet, look under your bed (or seat in the car), and bring in your school text/library books! Maybe there's a copy of Night or Animal Farm in your locker.... If you're not sure, check with the library and we can let you know what you've got checked out. *Just bring in your books and any fines will be waived.

*Please bring your books back when you return to school/classes.

Technology returns: Chromebooks and hot spots.

If you borrowed a chromebook or hot spot, please* return them to the library.

*Please return items when you return to school/classes.



The Summer Learning Challenge runs from **June 1 – August 31** and you can find all the info you [need right here](#).

Youth 18 years and younger can participate in the program to earn a **chance to win a \$1,000 scholarship!** Complete the program more than once to increase your chances of winning. Other prizes may be available. Check your local library for more details, including your free book. **(you get credit for audio books too!)** Open for all ages - your whole family can participate!



Planet Fitness is offering free memberships for teens for the summer. May 16-August 31.

There's a Planet Fitness in Daly City on Junipero Serra by Colma BART.

<https://www.planetfitness.com/summerpass/preregistration>



San Mateo
County
Libraries

Explore Our California State Parks for Free!
Experience the great outdoors with a free California State Parks vehicle day-use passes for checkout at the Pacifica Sharp Park Library starting April 22. However, passes will be available at all 13 San Mateo County libraries soon! This program will make it easier for all Californians to visit State Parks and enjoy the benefits of outside exploration.



For more information about this exciting program, [click here](#).



Free academic support If you need academic support during the times your teachers aren't available, you can reach out to paper.co **24/7**. Here's a [screencast](#) to teach you how to get started.

Athletics! Join the **Google Classroom** for more information about athletics and to stay up to date with the latest events. **The code is: 636nd2q.**

Seniors! Check out our scholarship document! Updated weekly - [FREE money here](#).

Community Service:

Incoming freshmen, remember that you can bring up to 25 hours in with you. Be sure to check the community service google classroom for ideas.



Need ideas? Check Google Classroom:

<https://classroom.google.com/u/0/c/MTUxMDgyNTc1NzRa>

Join community service google classroom with this code: hvvro3i OHS

Website: <https://www.juhsd.net/Domain/9> OHS Community Service Information link [here](#).



★!!!BREAKING NEWS!!!★ Community Service during COVID

In recognition of the fact that COVID has had an enormous impact on students' ability to earn community service hours, and the fact that no one anticipated COVID and therefore it was not possible to plan in advance for the reduced community service opportunities now available, we are temporarily reducing Oceana's community service requirement as follows:

- Class of 2023: 8+8+8+18 = 42 hours
- Class of 2024: 8+8+18+25 = 59 hours
- Class of 2025: 8+18+25+25 = 76 hours
- Class of 2026: 18+25+25+25 = 93 hours
- Class of 2027: 25+25+25+25 = 100 hours



Silver cords:

For any year where the total number of required hours less than 50, silver cords will be awarded for 500% of the total hours:

- Total required hours = 32 → silver cord = 160 hours
- Total required hours = 42 → silver cord = 210 hours

For any year where total number of required hours more than 50 hours, silver cords will be awarded for 250 hours.

If you have questions, please contact Mr. Weiss at aweiss@jeffersonunion.net

★826 VALENCIA★

Youth Volunteer Opportunities at 826 Valencia. They welcome high school volunteers, ages 16 and up, to tutor in their after-school programs each semester. If you're interested in tutoring younger students, gaining professional experience, or if you're looking for a place to volunteer as part of a community service or work placement program, contact youthvolunteers@826valencia.org for more information.

826 Valencia is a nonprofit organization dedicated to supporting under-resourced students ages six to eighteen with their creative and expository writing skills and to helping teachers inspire their students to write. Our services are structured around the understanding that great leaps in learning can happen with one-on-one attention and that strong writing skills are fundamental to future success.

★SAN MATEO COUNTY PARKS STEWARDSHIP★

Saturdays from 10 - 1. Make a difference with San Mateo County Parks Volunteer Stewardship! Volunteers and park staff work together at different locations each week to restore native habitat and beautify our San Mateo County Parks. Experience the outdoors in a whole new light while lending a hand with invasive plant removal, planting native vegetation, and seed collection. No experience necessary; we provide training, tools, and sanitizing supplies.

All ages welcome but **volunteers under 18 need to be registered by a parent/guardian:**

<https://parks.smcgov.org/smc-parks-volunteer-stewardship>

★THE CITY EATS★

Prepare meals and distribute them to the homeless in San Francisco. All ages welcome!

<http://www.thecityeats.org>

DALY CITY PARTNERSHIP

Daly City Partnership has lots of volunteer opportunities for students seeking to complete community service hours. Below is the link to their volunteer application:

<https://www.dcpartnership.org/volunteer/>

Fill out the form and sign up for available shifts.

★BRISBANE PEER LEARNING (BPL)★

"BPL aims to promote community growth in a learning environment. Students can sign up to be a tutor or to be tutored in any academic or non-academic subject. If a student feels passionate about something and would like to share that with their community, I encourage them to sign up.

From mathematics to fashion design, I want to create an environment where students can both learn from others and share their unique ideas. Additionally, students who tutor or take up a leadership position will be able to earn community service hours for their time."

Info and application: <https://brisbanepeerlearning.carrd.co/> Flier:

<https://drive.google.com/file/d/1p32Xe8v46eOE2sWGmaCY1zvpsnAzuUtM/view>

BEACH CLEANUPS – EARTH HEROES NEEDED!

<https://www.pacificbeachcoalition.org/street-beach-cleanups/>

From the Pacifica Beach Coalition:

"As you are well aware, all of our events and beach cleanups are canceled due to COVID-19. However, litter is still around us and the ocean still needs our help. So, are you ready to make a difference and join our latest cleanup program? Our goal is to get as many Earth Heroes as possible to cleanup a location of their liking and inspiring others, while staying safe and respecting County and State orders."



HEART IN MOTION

Heart in Motion is an organization that "strengthens communities through promoting volunteerism and leadership development in youth."

See here for volunteering opportunities: <https://heartinmotion.org/pages/volopp>

SF/MARIN FOOD BANK The San Francisco/Marin Food Bank needs volunteers! Go to

<https://www.sfmfoodbank.org/volunteer/> for more information.

COUNSELING:

<https://sites.google.com/jeffersonunion.net/ohscounseling/home>

Questions about school, grades, graduation, college?

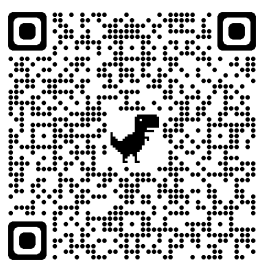
Our Academic Counselors, Ms. Owyang can help!

Feeling stressed, anxious, or struggling with other mental health concerns?

Our Wellness Counselor, Harpreet Sangha and Social Worker, ***** are here to help.

To make appointments with our Academic or Wellness Counselors and Social Worker, please use this link for an appointment:

https://docs.google.com/forms/d/e/1FAIpQLSeS5zABJlrV5NrfHwq1KiM18qbmlQ81dDLWD7Pw80Yu2WsmNw/viewform?usp=sf_link



Wellness Counseling Appointment Form

Wellness Counselors can provide support with short term mental health, stress management/mindfulness, grief/loss, anxiety, depression, health appointments, crisis, referrals to community resources/outside counseling and more!

No question or concern is too small!

As a reminder, San Mateo County joined other Bay Area counties in requiring face coverings for everyone indoors in public settings, regardless of vaccination status. Read the latest Health Office [messages](#) from the Chief on the County's Public Health [website](#).



COVID-19 Vaccination Information:

San Mateo County Health operates or supports clinics that administer the COVID-19 vaccine. All clinics are open to residents who live or work in San Mateo County and may schedule an

appointment to receive the vaccine through myturn.ca.gov, though appointments are not required. Residents may register on site.

Coronavirus Updates and Resources

For the latest on the Coronavirus in San Mateo County, visit the health department website [here](#).

For up-to-date information about COVID-19 vaccination see the SMC Health website [here](#). To be notified of vaccination updates in San Mateo County, fill out this contact form [here](#).

To access the County's Emergency Operations Center resources, visit this [website](#). You may also call the Center at 211 for non-medical emergencies.

- [General resource guide for public assistance and financial assistance programs](#)
- [Work assistance guide](#)
- [Comprehensive quick guide on food resources, rent & utility bill assistance, legal help, immigration, and work-related help](#) (English and Spanish)

Service Hour Opportunities listed here: <https://classroom.google.com/u/0/c/MTUxMDgyNTc1NzRa>

Have questions about community service? Don't be shy to ask!

Check out the community service page on the OHS website ([click here](#))

Club, sports or interesting events/fundraisers you'd like listed in the **bulletin**?

Please submit them - [here](#). Deadline: Friday afternoon

