

*\*Positivity \*Respect \*Integrity \*Determination \*Excellence*



February 9, 2024

## **Campus Activities**

All students interested in joining the Falcon Leadership team, applications are available in room 402 and 403. If you would like to be involved in planning school events such as rallies, dances, community service events, and spirit weeks then leadership is for you! See Mrs. Simmons or Mrs. Kennington for details. Applications are due March 4<sup>th</sup>.

The month of February is Teen Violence Awareness Month. Live On and Classified Fitness are hosting a self-defense class on Saturday, February 24<sup>th</sup> at 10:30am. It is completely free to the public. If interested, there are flyers available in the girls locker room, career center and the counseling office with more information.

## **Clubs**

Hey Falcon Foodies supporters! For those of you who have a sweetheart, or special friend we will be having a Valentine's Day candy gram sale for \$2.00! Come meet us in the quad area near the library to pick out a sweet candy treat and write up a nice note for your special person! Hope to see you there! February 8th and 9th this Thursday and Friday.

Today is the last day to drop off your old books in the library or room 832 for the book club!

FFA week will begin when we return from break. Be sure to dress up and join us for lunch each day to get your activity points. Tuesday 2/20 wear blue and gold and meet us in the big gym for an FFA meeting. Can't wait to see you there!

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## **Athletics**

### **2/9/2024**

Girls Wrestling at Regional Playoffs – 9am, Location and Opponent TBD

Boys Basketball at Yuba City - Frosh/Soph 4:30pm, JV 6pm, Varsity 7:30pm

### **2/10/2024**

Boys Wrestling at Division 2 Playoffs – Varsity 9am

Girls Wrestling at Regional Playoffs - Varsity 9am

### **2/16/2024**

Boys Wrestling at TBA-Masters – Varsity 9am

### **2/17/2024**

Softball at Laguna Creek Scrimmage JV 8am, Varsity 8am

Softball at Chavez-Laguna Creek Scrimmage JV 9:30am, Varsity 9:30am

Boys Wrestling at TBA-Masters – Varsity 9am

### **2/20/2024**

Baseball Scrimmage vs Colfax – JV 3:30pm, Varsity 3:30pm

### **2/21/2024**

Boys Tennis at Liveoak Scrimmage – Varsity 3:30pm

### **2/22/2024**

Boys Wrestling at State/Regionals – Varsity 9am

### **2/23/2024**

COED Track & Field at Yuba City Tournament – Varsity TBA

Boys Wrestling State/Regionals – Varsity 9am

Boys Tennis vs Pioneer – Varsity 3:30pm

### **2/24/2024**

Boys Wrestling State/Regionals – Varsity 9am

Softball at Davis Sr Laguna Creek Scrimmage – JV 9:30am

Softball at Laguna Creek Scrimmage JV 11am

Softball at Delta Charter – Laguna Creek Scrimmage – Varsity 2pm

Softball at Laguna Creel Scrimmage – Varsity 3:30pm

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**A note from the RV Health Office:**

With the warmer weather and frequent rainy days, we are seeing an increase in students with symptoms of an illness. If you are not feeling well or have any of the following symptoms, you will need to stay home until the symptoms resolve and you no longer need medication to feel better. Staying home when you are ill, will help stop the spread of illness to others.

**Symptoms of an illness include:**

- Fever or chills
- Cough
- Congestion
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Runny nose
- Headache
- Sore Throat
- Nausea/vomiting
- Diarrhea

**DO NOT COME TO SCHOOL IF YOU ARE SICK, STAY HOME, REST, RETURN WHEN YOUR SYMPTOMS HAVE BEEN RESOLVED.**

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