

What's the Buzz



September 5th, 2021

Who doesn't love a 3 day weekend!?
I hope you're enjoying yours safely!

Next Thursday, September 16th is a
Minimum Day due to **Staff
Development** in the afternoon.

**Friday, September 24th is the end of the
Progress Report Period.** Please check
Aeries, turning missing assignments
and utilize Office Hours to get support
from teachers.

Stephanie Searle, Activities Director
searle@nUSD.org

UPCOMING EVENTS

September 6th
LABOR DAY
(no school)

September 9th
PTSA MEETING
7:00pm



Principal Brewer's Message of the Week:

Humility – Freedom from pride or arrogance:
The quality or state of being humble.
Humility makes the world a better place.

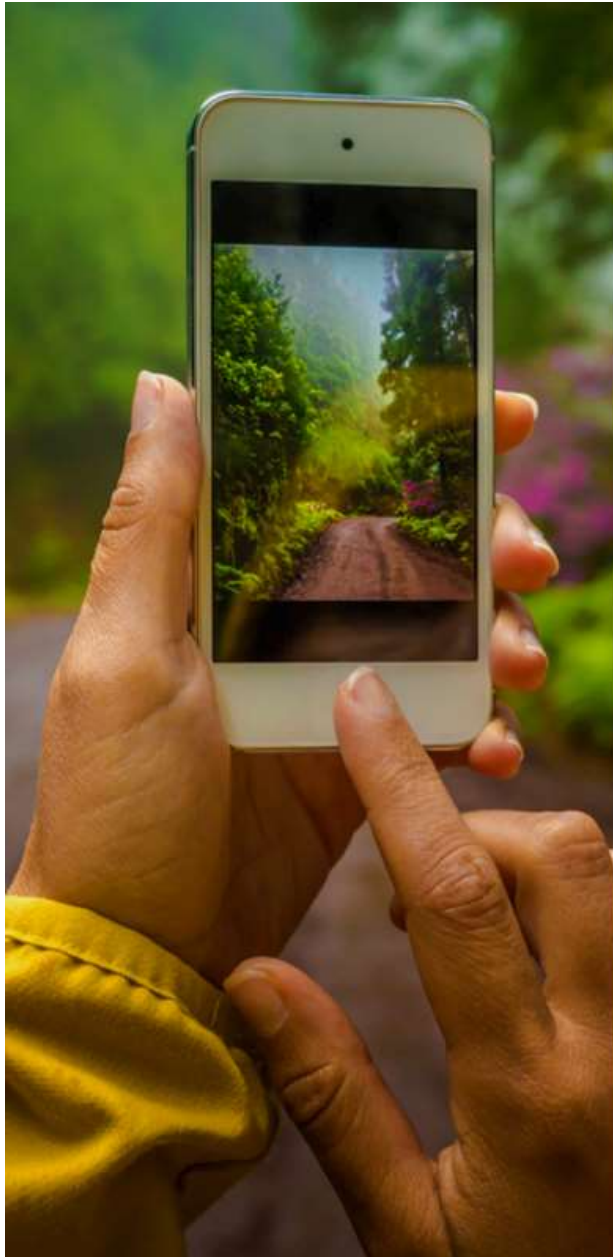
Every Monday (or Tuesday if it's a 3 day weekend) students watch the NHS Video Announcements in their 4th period class. We encourage all staff, students and families to watch them so they can stay in the know! They are available in English & Spanish!



Welcome to the HIVE!

Brooks Fletcher

After receiving a BA in Communication Studies from California State University, Sacramento, Brooks Fletcher served 11 years on active duty in the US Army as a Public Affairs Specialist trained in photojournalism and strategic and mass communication. Following his military service, the Oakland native returned to complete his MFA in Photography from the Academy of Art University in San Francisco. **Welcome to the Hive!**



Yearbook is now accepting photos of:

BACK TO SCHOOL
WACKY WEDNESDAY
CLASS COLORS
SCHOOL SPIRIT
PEP RALLY
SENIOR SUNRISE
PETS
SIBLINGS
SUMMER TRIPS



Access code: Novato (case sensitive)



September 16th:

MINIMUM DAY SCHEDULE

Warning Bell	8:25	
Period 1	8:30	9:05
Period 2	9:10	9:45
Period 3	9:50	10:25
Period 4	10:30	11:05
BREAK	11:05	11:15
Period 5	11:20	11:55
Period 6	12:00	12:35
Period 7	12:40	1:15

(Staff Dev. after school)

Homecoming Dates:

- October 18th - 22nd: **Homecoming Spirit Week**
- October 22nd: **Homecoming Rally** 12:00-12:50pm
- October 22nd: **Homecoming Parade** down Grant Ave 7:00pm
- October 23rd: **Homecoming Halftime Royalty Crowning Ceremony** (Varsity halftime)
- October 23rd: **Homecoming Dance** 7:00pm

School Portrait Information:

Senior Portrait Make-Up Day:

Friday, October 15th 9:00am-3:00pm in the Cafe

To make an appointment click [HERE](#)

Questions: call Dorian Studios at 1-800-826-3535 or email support@dorianstudio.com

9th - 11th Grade Portrait Make-Up Day:

October 7th 9:00am-3:00pm

Novato High School Library

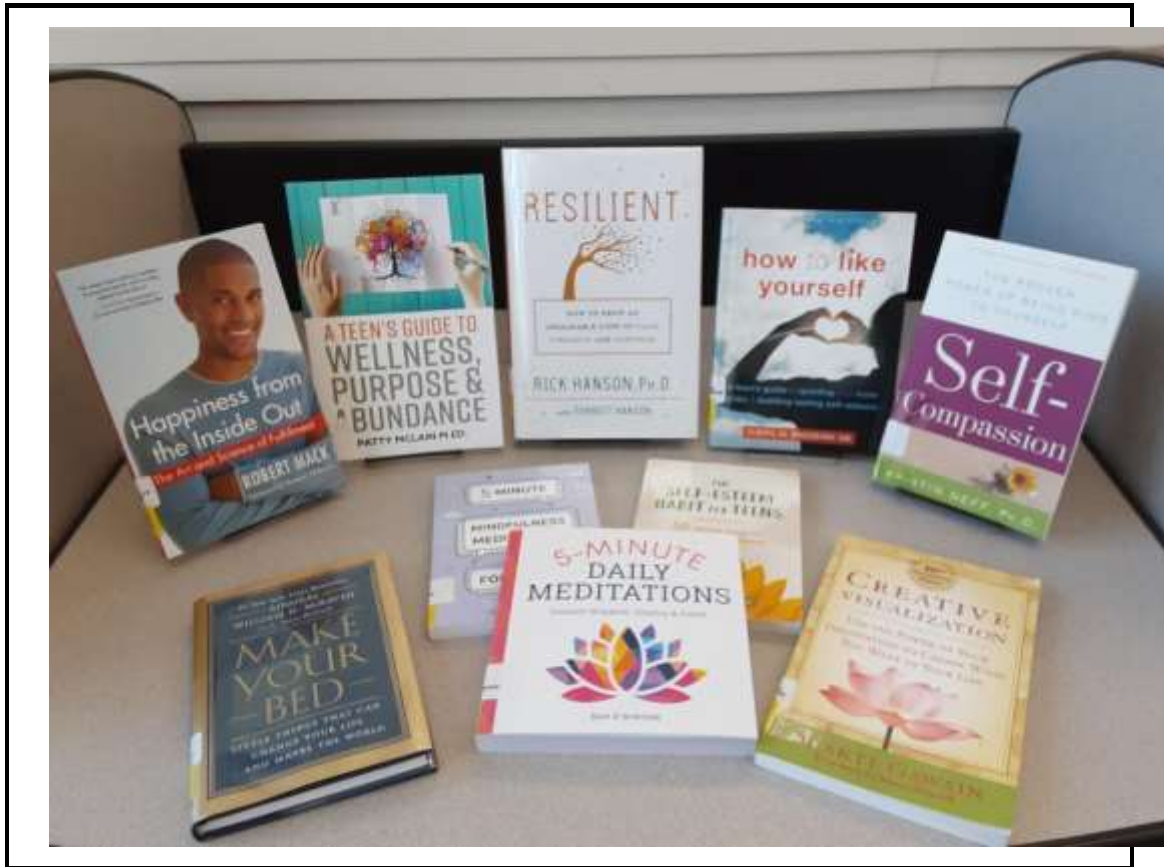
Ms. Moore is available anytime between 8:00am-3:00pm

Email Ms. Moore if you have any questions CMOORE@NUSD.ORG

**Come to the library to pick up your 30 Day Self-Care Challenge
to celebrate Self-Care Awareness Month!**

30 Day Self Care Challenge

- Day 1: Start your day with a glass of lemon water or herbal tea.**
- Day 2: Spend time outdoors/put flowers in your room.**
- Day 3: Stargaze with someone you love.**
- Day 4: Make a yummy, home-cooked meal.**
- Day 5: Watch your favorite YouTuber.**
- Day 6: Create a playlist featuring relaxing music.**
- Day 7: Clean your room or do a chore unasked.**
- Day 8: Unplug for the day.**
- Day 9: Make plans to see a friend.**
- Day 10: Check out a new book at the library.**
- Day 11: Explore your neighborhood or local park.**
- Day 12: Discover a new hobby that makes you happy (search YouTube, ask at the library, find a class).**
- Day 13: Listen to an interesting podcast or TED talk.**
- Day 14: Thank someone or let someone know how much they mean to you.**
- Day 15: Make your own self-care kit (candle, essential oils, stress ball, journal, etc.)**
- Day 16: Create a journal using magazine cut outs and doodles about your favorite things.**
- Day 17: Go to sleep earlier.**
- Day 18: Create or revise your bucket list.**
- Day 19: Start a gratitude jar.**
- Day 20: Play a board game or card game.**
- Day 21: Practice mindfulness or look up a guided meditation or yoga video.**
- Day 22: Get yourself a nostalgic treat from childhood.**
- Day 23: Create a visualization board about your future.**
- Day 24: Take silly BuzzFeed quizzes and share the results.**
- Day 25: Bake cookies for your next door neighbor.**
- Day 26: Share your 30 Day Self Care Challenge on social media.**
- Day 27: Wake up early and take time to make a good breakfast.**
- Day 28: Send a letter to a family member.**
- Day 29: Watch the sunset.**
- Day 30: Write down at least 3 kind things about yourself.**



COLLEGE & CAREER CENTER

Ms. Pretl LPRETL@NUSD.ORG

Students: This is a reminder that the following college reps will be giving presentations at Novato High! Please be sure to register to attend through your Naviance account. You can access the link to join the presentation from there, as well.



Hey NHS Alumni!

**We are a rebuilding Hornet Nation and
want your support!**

**NHS Sports Boosters is currently raising money
to help fund our sports programs. Join the
commitment to excellence. Support Hornet
Athletics by clicking the link in the post.**

All donations are tax deductible



[Support NHS Athletics!](#)



Show your support for the NHS student athletes by purchasing a family banner sign!

This is a great opportunity for our Novato High School families, friends, and relatives to show students how truly supported they are.

Let's work together and fill our campus with spirit!



Show your support with a group family banner (2-4 names).



The proceeds will be split between team sports and the boosters general fund which is used to support all our NHS student athletes. Recent general fund projects include the purchase of Personal Protection Equipment, Team Tough Sheds, and the Nets and Pads on the upper field.

The cost of a family banner is \$600 per year (banners will be displayed for 12 months). The NHS Sports Boosters is kicking off this year with a special offer, save \$100 by ordering before November 1st. Multiple locations available however space will be limited in some areas so don't delay!

[Purchase: NHS Family Banner!](#)

NHS ATHLETES - Follow these instructions:

- **Step 1:** Register for [Family ID](#)
- **Step 2:** Complete **Physicians Clearance Form** (after June 2021)
- **Step 3:** Register and complete the **Impact Baseline Concussion Test** (once per academic year)
- **Step 4:** Sign up for the [Newsletter](#), follow us on [Twitter](#) and [Instagram](#)!

**Sports Boosters Meeting
Monday, September 13th
@ 6:00pm**

[Join the Zoom!](#)

Upcoming Meeting Dates:

September 1 at 2 pm:

Suicide Prevention & Recovery Month:
Supportive Transitions, Resilience and Resources

October 6 at 2 pm:

Equitable and Culturally Responsive Suicide
Prevention: Building Equity in Communities

November 3 at 2 pm:

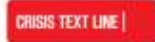
Gun Violence Restraining Order Training and
Community Action Team Reporting



[Register here](#) for all
upcoming meetings!

Questions?

Email: BHRSPreventionandoutreach@marincounty.org
Or visit: www.BHRSPrevention.org



DEPARTMENT OF HEALTH AND HUMAN SERVICES
BEHAVIORAL HEALTH AND
RECOVERY SERVICES



Suicide Prevention & Recovery Month Events

Link to video re: teens and depression:

[Daniel Emina, M.D. offers advice to parents whose teens may be depressed. - YouTube](#)

Link to channel w/multiple videos:

[Parenting Teens During the Pandemic - YouTube](#)

NATIONAL

SUICIDE
PREVENTION
LIFELINETM

1-800-273-TALK (8255)


suicidepreventionlifeline.org

RED NACIONAL

de
PREVENCIÓN
del
SUICIDIO

1-888-628-9454

prevenciondelsuicidio.org



Call the Teen Clinic
 for more info!
 (415) 985-5012

Schedule/Make
 Appointment with a
 Teen Clinic Provider

Schedule in Person
 Visit with a Teen
 Clinic Provider

Call/Llame: (415) 985-5012

Llame a la línea de
 información de la Clínica
 para obtener
 (415) 985-5012

Haga una cita
 telefónica con un
 proveedor de salud
 de la Clínica de
 Adolescentes

Haga una cita con un
 proveedor de salud
 de la Clínica para que
 te vea en persona

Novato Teen Clinic Info

The Novato Teen Clinic is now at the new location: Marin Community Clinics! It's across the street from the Ford Dealership at 6090 Redwood Blvd. Enter through the door with the vibrant GREEN STAR.

The Novato Teen Clinic is now offering services Virtually! This will replace our usual drop-in hours, and allow for you to get the services you may need in a safer manner for you and the health provider! To set up an appointment, you can give us a call or text Monday - Friday on our Teen Clinic Line (415) 985-5012.

The Novato teen Clinic Offers FREE, CONFIDENTIAL, and BILINGUAL SERVICES condoms, Plan B, Testing for STIs, Pregnancy test, Mental Health Counseling, Birth control and more! Give us a call (415) 985-5012

NOVATO.HIGHSCHOOL





