

What's the Buzz



September 19th, 2021

Fall Club Fair was a blast! We have 43 clubs this semester, a record high! Check out the [Fall Club List](#) in case you missed the fair!

Homecoming Week is happening in ONE MONTH! Leadership is working hard to plan the spirit days, rally, parade, royalty crowning ceremony and dance - lots of fun coming your way! If you're interested in helping with the grade level floats, students can attend the grade level float meetings/workdays.

UPCOMING EVENTS

September 24th
HISPANIC/LATIN MUSIC
@ LUNCH
Cement Quad by the Garden

September 24th
PROGRESS REPORT
PERIOD ENDS
Grades submitted - Sept 28th

September 28th

We are looking for any parents/guardians who have access to a **FLAT BED TRUCK** or would be willing to drive one if we rented one.

We currently have 2 out of the 4 grade levels set up with a flatbed truck. If you have any connections, we welcome them!

This **Friday, September 24th is the end of the Progress Report Period!** This week check Aeries, utilize Office Hours and turn in any missing work. If Aeries is not working for you, please email help@nUSD.org so our IT can support you.

Stephanie Searle, Activities Director
ssearle@nUSD.org

MSA FAMILY TOURS
Center for the Arts 1:30-3:00pm

September 30th
**NUSD COMMUNITY
CONVERSATION ABOUT
SUICIDE PREVENTION**
(Zoom 6:00-7:30pm)
Register [HERE](#)



Tell yourself
Everything will work out.
Things will get better.
You are important.
You are worthy of great things.
You are loved.
Your time is now.
Your time shall pass.
You can be who you really are.
The best is yet to come.
You are strong.
You can do this.

Principal Brewer's Message of the Week:
Positivity – The quality or state of being positive.
Having a positive outlook will lead to a better future.
Be safe and Be well!





Amber Yang
Restorative Practices and Wellness Coordinator

[SEL Video](#) - Shown on Sept. 16th



Welcome to the HIVE!

Margaret Starr

Margaret Starr began her musical journey in the 2007 trail-blazing class of Marin School of the Arts studying choral music and musical theatre. She could not be more delighted to now be making her way home to Novato as a teacher and is thrilled to accept the choral director position!

Welcome to the Hive!

PLEASE JOIN NOVATO HIGH PTSA!

Novato High's PTSA just had our first meeting and attendance in person and via Zoom was incredible! Our organization is very active and works closely with the administration and staff to provide support and enrichment to all students at Novato High. Come join us and help make our returning students' experience the very best it can be! If you haven't yet joined, you can do so online by clicking [HERE!](#)

Every member who joins by September 30 will automatically be entered into a drawing for either a \$100 Finnegan's gift card (parents), a Novato High sweatshirt (students) or a \$50 Target gift card (staff).



Hispanic/Latin Music @ Lunch on Fridays!

Cement Quad by the
Garden

We'd love song requests!

Click below to request
Hispanic/Latin songs to
be played throughout
the month.

[Submit Song
Requests!](#)

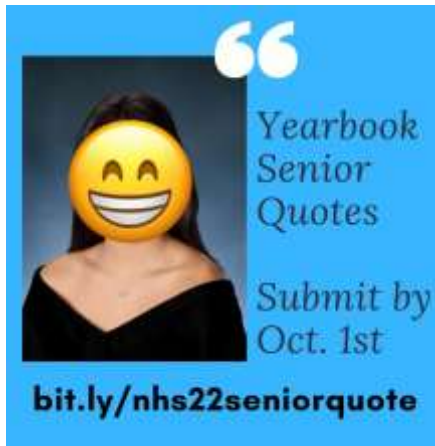
Hispanic Heritage Month: Sept. 15th - Oct. 15th

National Hispanic Heritage Month traditionally honors
the cultures and contributions of both Hispanic and
Latino Americans as we celebrate heritage rooted in
all Latin American countries.



2022 Yearbook Information:

- **Purchase a yearbook (\$90!**
 - **Cash/Check** to main office (checks payable to "NHS Yearbook")
 - **Online** - click [HERE](#)
- **Submit photos** to be featured:
 - Download the Yearbook Snap App (code: Novato) and upload pics!
 - [Email](#) photos!
- **Senior Information:**



- Purchasing a Senior Dedication (pics/message tribute to your senior student) - Purchase by October 1st!
- Senior students - submit your senior quotes by October 1st!
- Senior baby photos - a collage of senior baby pictures in the yearbook - if you're interested email 1 photo to novatohighyearbook@gmail.com

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

***KNOW ANYONE WITH A FLAT BED TRUCK? WE'D LOVE YOUR HELP!**

October 23rd: **Homecoming Halftime Royalty Crowning Ceremony** (Varsity halftime)

October 23rd: **Homecoming Dance** 7:00pm



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**



Throughout Hispanic Heritage Month our NHS Library will be showcasing Hispanic authors as well as fiction books in Spanish. Come check them out!

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 YouTube.
- 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 library).
- 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).
- 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.

College visits this week:

Monday, Sep 20, 12:20 Arizona State University-Tempe

Tuesday, Sep 21, 10:00 The University of Arizona

Wednesday, Sep 22, 10:00 Willamette University

Wednesday, Sep 22, 2:30 University of Chicago

Novato High Internship Program

The internship program provides an 8-week intensive career exploration opportunity requiring students to spend 6 hours per week on the worksite with a mentor. Fall internships begin in early October. The program also focuses on “work readiness” skills such as resume building, cover letter writing, and mock interviews so students feel prepared for their career. Elective academic credit is available.

Application is due Friday, September 24th. <https://bit.ly/NHSInternship>

School Portrait Information:

Senior Portrait Make-Up Day:

Friday, October 15th 8:30am-2:00pm in the Cafe or Old Gym (*assigned times)

To make an appointment click [HERE](#)

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

Senior Panoramic Photo:

Tuesday, January 25th during Office Hours on the Football Field (10:00am)

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

October 7th 8:30am-2:00pm in the Old Gym



The NHS football team has 5 home games, and we need student volunteers for the snack shack!

[Volunteer!](#)



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!



[Support NHS Athletics!](#)

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, October 11th
@6:00pm

[Join the Zoom!](#)



NOVATO UNIFIED SCHOOL DISTRICT

Novato Unified School District asks you to join us for: A Community Conversation about Suicide Prevention

Moderated by students from our high schools



As our students move through the school year, Novato Unified School District, in collaboration with community partners and county mental health experts, is deeply dedicated to the mental and physical health and wellness of our students.

We ask that you join us in a community conversation to collectively grow our understanding of how best to support our youth and families and develop strategies to discuss suicide prevention with empathy and openness.

Date: September 30, 2021

Time: 6:00pm-7:30pm

This event will take place via Zoom Webinar. Please follow this link to register for the event: <https://bit.ly/NUSDcommconv>

Our guest speakers include:

- Kara Connors, MPH, Senior Program Coordinator for Suicide Prevention, BHRS
- Tim Lea, MFA, Suicide Prevention Outreach Coordinator, Buckelew Programs
- Cecelia Luna, Community Grief Counselor, By the Bay Health

We would like your thoughts and questions! Our experts will address questions from the community. Please click on this link to begin the conversation:
<https://bit.ly/QuestionsforSept30>

If you or someone you know is in distress, please contact the Marin Suicide Prevention Hotline: 415-499-1100. For grief support call: 415-499-1195.



SEPTEMBER YOUTH ART & FILM SHOWCASE FOR MENTAL HEALTH!

In honor of September Suicide Prevention and Recovery Month, the Marin County Board of Supervisors Intern Team, in collaboration with Health and Human Services and Cultural Services, is hosting a **youth arts showcase surrounding mental health and suicide prevention**.

The goal of this event is to increase awareness and conversations around mental health and well-being within Marin through sharing youth art and perspective.

The showcase will be an in-person event on **September 25th, 2021, from 4-6 pm at the Marin Community Clinic** (Kerner Campus, 3240 Kerner Blvd., San Rafael). Masks are required. Under Covid-19 guidelines, this event may need to shift to an online format for the well-being of attendees and participants will be updated as we learn more.

Click [**HERE**](#) to learn more.

Questions: email Nancy Vernon at nvernon@marincounty.org.



SAFE ROUTES TO SCHOOLS MARIN COUNTY

Good News! Marin County has a plan to reach carbon neutrality by accelerating the reduction of carbon emissions; goals are set at 60% below 2005 levels by 2030, and below zero by 2045.

Great News! Safe Routes received a high school grant to enable a robust partnership, supporting students hopeful and excited that their actions will make a difference.

Safe Routes to School is looking to recruit two motivated Sophomores or Juniors this September to join other Marin High School students to collaborate on the most pressing concern of their generation - climate change.

Interested students should click this [**link to learn more and to register**](#). Deadline for registering is September 22nd.

Questions: Please contact Renee@marinbike.org



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

Suicide Prevention & Recovery Month Events





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 HIGH SCHOOL](#)



Novato High School ASB | 625 Arthur Street, Novato, CA 94947