

# Mark Keppel High School

## Student Bulletin Thursday November 9th, 2023 Bell Schedule - All Periods

“Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma — which is living with the results of other people's thinking.” — *Steve Jobs*

### ATHLETIC

**Athletic Events: Week of Nov. 6th-Nov. 10th, 2023**  
**Show school spirit and pride; attend sporting events.**  
Check [MKHS](#) website for all scheduled games

- Medical Clearance Paperwork must be cleared in order to try-out or participate in any sport. If you are currently in a sport, you can try-out after your season is over.
- Attention Fall Girl Athletes. If you are interested in trying out for the swim team, please contact Coach Perez.
- MKHS Athletic Webpage: [mkhs.org](#) (Students Tab, Athletics Tab)
- MKHS Athletic Remind/Code: @mkhsat or Text 81010

**Thursday, November 9th - Regular Schedule All Periods - No Events**

**Friday, November 10th - Veterans' Day - No School**

- Boys' Varsity XC @ Mt. SAC - CIF Prelims - Bus Leaves 6:45AM
- Girls' Varsity Tennis vs TBD @ Claremont Tennis Club - CIF Playoffs Finals - Games Begin 2PM - Bus Leaves 1:30PM

**Saturday, November 11th**

- Boys' & Girls' Wrestling @ Bishop Amat - All Levels - Tournament Begins 10AM - Bus Leaves 8AM

### GIRLS TENNIS

**CONGRATULATIONS** to Girls Varsity Tennis for making it to the CIF Quarterfinals of Division 3. **CONGRATULATIONS** to Keppel for taking all the individual CIF spots in the Almont League. These Aztec Varsity members earned individual honors and will move on to CIF individuals during Thanksgiving break. Dana Kunza- league singles champion, Noor Abani-league singles runner up , Valerie Dinh and Valerie Ding- league doubles champion, Alyssa Luc and Giselle Chan-league doubles runner up, and Trisha Buranabul and Nicole Leung took 4th in Doubles. . Great Job Aztecs!

### MKHS DANCE ARTS DEPARTMENT

The MKHS Dance Arts Department proudly presents our fall showcase, entitled "Sweet Dreams". This year's showcase will be held next Wednesday, November 15th during Period 4. If you'd like to see this year's fall dance showcase, please ask your period 4 teacher to RSVP your class by email with Mr. Arroyo. Don't miss this year's candy-themed fall dance showcase, starring the MKHS intermediate

dance class students, and featuring performances by the MKHS National Dance Arts Honor Society, and the MKHS Dance Company. Each class that RSVP's will be assigned a 20-minute assembly on that day. Hope to see everyone there.

## **POWERTIME**

**TO ALL STUDENTS** do not forget to log into Adaptive Scheduler to select locations

## **COLLEGE & CAREER CENTER**

**Hey Aztec's, University of Nevada will be here TODAY and 2 great Universities will be here next week before Thanksgiving Break. Don't hesitate & sign up to receive the latest registration & Scholarship information.**

- **TODAY: University of Las Vegas**
- **11/15: Long Island University**
- **11/17: Hope International University**

**See. Ms. Hernandez in the College & Career Center.**

## **CAL STATE LA FIELD TRIP**

Attention Aztecs! On December 5th there will be a field trip to Cal State LA. The field trip is open to all grade levels, however priority will be given to seniors applying to Cal State LA. If you would like to pick up a permission slip come to the College & Career Center starting Monday Nov. 13th during lunch, space is limited.

## **WELLNESS CENTER WEDNESDAY POWERTIME**

Gateway to Success Counselors will be hosting Powertime in the Wellness Center. Sign up with Ms. Andrea Madrigal on Adapter Scheduler. There are only 10 Seats Available for the Powertime Session: Open to All.

**Wednesday, 11/29-** Managing & Overcoming Test Anxiety

**Description:** Learn skills & strategies to prepare for upcoming tests and manage test anxiety.

Sign up with Ms Madrigal on Adapter Scheduler

## **MENTAL HEALTH MONDAY LUNCH TABLE**

Join us for our "Mental Health Monday Lunch Table":

Counselors will be out in Palm Court on **Monday, November 27th**, during lunch with mental health resources on campus and to raise awareness on **National Homeless Youth Awareness Month. Make sure you're wearing green for a chance to win some goodies.** Stop by, say Hi, and pick up resources and information about mental health and raising awareness on Homeless Youth.

## **FOOD RECOVERY**

In an effort to not let food go to waste. We have bins placed by the end of the checkout lines. Place unopened items you do not want into the bin. This is a way for us to give what we can back to the food bank in our community. Please do not put trash in these bins.

## **ID CARDS**

ID cards for all students who had pictures taken are now ready to be picked up at the Bookroom! **Please do so as soon as possible.** For those who HAVE NOT TAKEN THEIR PICTURE, come to the Bookroom BEFORE SCHOOL OR AT LUNCH. Thank you for your patience & understanding ;) Ms Miller

## **STUDENT BANK**

### **Student Bank Hours:**

- ★ Monday : 8:00 a.m.- 4:30 p.m.
- ★ Tuesday: 8:00 a.m. -4:30 p.m.
- ★ Wednesday: 12:00 p.m. -4:30 p.m.
- ★ Thursdays: 8:00 a.m.- 4:30 p.m.
- ★ Friday: 8:00 a.m.-4:30 p.m.

**Student bank is closed TODAY and will be closed on Monday Nov. 13th as well.**

## **LOST & FOUND**

The Student Support Services office has a metal cabinet with lost & found items. Items that are not picked up will be removed at the end of each month.

## **LUNCH**

**REMINDER to all students that food delivery or drop off on campus is not allowed.**

For the health and safety of all students, the Alhambra Unified School District enforces a No Food Drop-Off Policy. The staff will not accept food to be dropped off for students. If you have any questions, please contact Student Support Services. Thank you.

## **STUDENT PARKING**

When parking in the front lot, students are allowed to park only on the left side facing Hellman. The right side closest to the school is reserved for visitors. Parking spaces are limited, and it's first come first served. The lot will be closed at 7:30 AM