

**Mark Keppel High School**  
**Student Bulletin, Monday September 11th, 2023**  
**Bell Schedule - Collaboration**

**"It is literally true that you can succeed best and quickest by helping others to succeed."**  
– Napoleon Hill

**Athletic**

**Athletic Events: Week of Sept. 11th-16th, 2023**

Show school spirit and pride; attend sporting events.  
Check our school 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.
- Girls' Water Polo Tryouts - Wed., September 6th @ 4PM - Elder Park Pool
- Baseball Tryouts - September 19th-21st from 4-6PM - Varsity Baseball Field
- Cheer Tryouts - September 18-22 from 4-6PM - East Gate
- MKHS Athletic Webpage: [mkhs.org](http://mkhs.org) (Students Tab, Athletics Tab)
- MKHS Athletic Remind/Code: @mkhsat or Text 81010
- Congratulations to...
  - Girls' Golf win over Schurr.
  - Girls' Varsity Tennis win over Poly Pasadena and El Rancho.
  - Girls' JV Volleyball win over Maranatha.

***Monday, September 11th - Collaboration Schedule All Periods***

- Girls' Golf vs San Gabriel @ Almansor GC - Match Begins 4PM - Early Dismissal 2:30PM - Bus Leaves 3PM
- Girls' Varsity Tennis vs Maranatha - Games Begin 3:15PM - Tennis Courts - Early Dismissal 2:15PM

***Tuesday, September 12th - Block Schedule Periods 1, 3, 5***

- Girls' Varsity Volleyball vs Montebello - Aztec Arena - 4PM - Early Dismissal 3PM
- Girls' JV Volleyball vs Montebello - Aztec Arena - 5:30PM - No Early Dismissal
- Girls' Frosh/Soph Volleyball vs Montebello - Aztec Gym - 5:30PM - No Early Dismissal

***Wednesday, September 13th - Block Schedule Periods 2, 4, 6***

- Girls' Varsity Tennis @ Temple City - Games Begin 3:30PM - Early Dismissal 1:45PM - Bus Leaves 2:15PM
- Girls' JV Tennis vs Temple City - Games Begin 3:30PM - Early Dismissal 2:30PM
- Girls' Golf vs Montebello @ Whittier Narrows GC - Match Begins 3PM - Early Dismissal 1:30PM - Bus Leaves 2PM

***Thursday, September 14th - Regular Schedule All Periods***

- Boys' Water Polo @ La Canada - 3:30PM - Early Dismissal 1:30PM - Bus Leaves 2PM
- Girls' Varsity Volleyball vs San Gabriel - 4PM - Aztec Arena - Early Dismissal 3PM
- Girls' JV Volleyball vs San Gabriel - 5:30PM - Aztec Arena - No Early Dismissal
- Girls' Frosh/Soph Volleyball vs San Gabriel - 5:30PM - Aztec Gym - No Early Dismissal

### ***Friday, September 15th - Regular Schedule All Periods***

- Girls' Varsity Tennis @ La Canada - Games Begin 3:30PM - Early Dismissal 1:15PM - Bus Leaves 1:45PM
- Girls' JV Tennis vs La Canada - Games Begin 3:30PM - Early Dismissal 2:30PM
- Boys' Football vs John Glenn - 7PM - Aztec Stadium - No Early Dismissal - Get your tickets on GoFan.co or MKHS.org.

### ***Saturday, September 16th***

- Girls' Frosh/Soph Volleyball @ Azusa Tournament - Games Begins 9AM - Bus Leaves 7AM

### **This Year's ID Cards Are Here!!**

English teachers will be handing them out this week. If you didn't have your picture taken during registration before school started or if you're new to MKHS, there will be a make-up picture session on September 22. Please check the school website or listen to the bulletin for more information as the date approaches. Once you have your new card, please bring it EVERY DAY.

**NOTE TO SENIORS:** We are currently in progress of printing your ID and have not finished the last part of the alphabet (P through Z), you will not get a card this week. Please check your school email for updates.

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

Gateway Counselors will be out in palm court on today and Sept 25 during lunch with mental health resources on campus. Stop by and say Hi and pick up resources to support your mental wellness.

### **Ms. Acuna will be hosting two powertime sessions in September that are open to all students.**

#### **Tuesday 9/12**

#### **Happiness Lab Episode 1 -36 seats open to all students**

Come practice your listening skills. This is a podcast that will help you focus on your mental health and give you tips on how to be happier

#### **Wednesday 9/20**

#### **Planner Party - 36 seats open to all students**

Do you love planners, stickers, color coding, and organization? Grab your planner and join Ms. Acuna in planning for the month ahead.

### **All College Presentations will be In-Person:**

**Open to all students. Students can sign up for the presentation in the College Career Center**

### **THIS WEEK we are hosting the following In-Person College presentations:**

- UC San Diego - Sept. 12
- University of San Francisco - Sept. 12
- University of Maryland College Park - Sept. 13
- University of Redlands -Sept. 13
- Scripps College Sept. 14
- Hamilton College - Sept. 14
- California Baptist University - Sept. 15
- University of La Verne - Sept. 15

### Following week :

- Art Center College Design - Sept. 19
- Soka University - Sept. 19
- UC Irvine - Sept. 20
- Oregon State University - Sept. 21
- Santa Clara University - Sept. 21

### Last week of September:

- Brown University - Sept. 26
- Mount Saint Mary's University - Sept. 27
- Cal State Long Beach -Sept. 29

Visit the link below to sign up:<https://tinyurl.com/mkccc-presentations>

### Gateway to Success: September Wellness Workshops

Sign up to attend our Wellness Workshops on Tuesday Powertime:

Tuesday, 9/5- Meet and Greet with MKHS Mental Health Counselors

Tuesday, 9/12- Youth Media Literacy Workshop

Tuesday, 9/19- Youth Media Literacy Workshop

Tuesday, 9/26- Rising Above the Chaos: A Guide to Taming Stress

### **Look for Ms. Madrigal on Adaptive Scheduler.**

### Student Bank:

Student Bank Hours

Monday : 8:00 a.m.- 4:00 p.m.

Tuesday: 11:30 a.m. -4:00 p.m.

Wednesday: 8:00 a.m. -4:00 p.m.

Thursdays: 11:30 a.m.- 4:00 p.m.

Friday: 8:00 a.m.-4:00 p.m.

Student Bank is currently selling Keppel gears; come by and purchase your spirit wear!

### Restroom Access

Only 1st-floor restrooms in A, B, and C buildings will be available for afterschool use.

### 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.

### 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

### 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.