

The Cougar Courier Newsletter



Email Principal Nazar: nazarj@cabrillo.k12.ca.us
HMBHS Website: <https://hmbhs.cabrillo.k12.ca.us/>

February 2, 2021

7th Edition

From [Mr. Nazar](#)

Dear Half Moon Bay High School Students, Parents, Guardians and Community Members:

We are in the middle of taking the course requests for next year's classes! It might seem like very early in the year to do this, however, it is critical we do this so we can determine how many sections of each course is needed for next school year. If you have questions about the classes for next year, please do not hesitate to reach out to our excellent counselors for assistance!

Also, please take some time to read through the counselors messages. They offer a lot of important information and resources.

Most Sincerely,

John Nazar, Principal

This Week at a Glance

Tuesday, February 2
Students Course Selection

Wednesday, February 3
Students Course Selection

Hour of Kindness

Thursday, February 4
Students Course Selection

Friday, February 5
Students Course Selections Due!

Make-up Picture Day Form Due!

Monday, February 8
Cougar Boosters Meeting -
6:30 - 7:30 p.m.

Tuesday, February 9
District Led ELAC/DELAC meeting - 6:00 - 7:30 p.m

Mr. Nazar's Video Message



Important Student Information

2021-2022 COURSE SELECTION

Selecting your courses for next year? Check out the important links below.

*Course Request Forms (*by next year's grade*): [9th](#) / [10th](#) / [11th](#) / [12th](#)
FORMS DUES BY FRIDAY, FEBRUARY 5th!

*[Student Planning Guide](#) for more details about courses and pathways

*[Informational Sessions](#) to learn more about specific AP, Advanced, and Elective courses

*PLPs (*by next year's grade*):

- [9th Grade](#)
- [10th Grade](#)
- [11th Grade](#)
- [12th Grade](#)

2021-2022 Required Forms for AP, Honors, and Advanced Courses:

Please be mindful in selecting your schedule as requested AP and Adv courses cannot be dropped.

English:

[HMBHS Rationale for AP, Honors, and Adv. Course Policy](#)

[AP, Honors, and Adv Course Contract](#)

[AP, Honors, and Adv 4 Courses Contract](#)

Spanish:

[HMBHS Rationale for AP, Honors, and Adv. Course Policy](#)

[Expectativas y Contrato de Cursos de Colocación Avanzada y Nivel Avanzado](#)

[Contrato para cuatro o más cursos avanzados](#)

MAKE-UP PICTURE DAY

Did you miss Picture Day last week? You can still take your school picture with Lifetouch for the MAKE-UP Day Wednesday, February 10th! If you would like to take your school picture on the Make-up Day, please complete this form:

[HMBHS School Pictures MAKE-UP DAY \(9th - 11th Graders\)](#)

ONLY COMPLETE THIS FORM IF YOU MISSED THE FIRST PICTURE DAY AND WOULD LIKE TO HAVE YOUR MAKE-UP SCHOOL PICTURE TAKEN FEBRUARY 10th. Take a moment to learn about the safety protocols [Lifetouch](#) has put into place.

Complete this form by **FRIDAY, FEBRUARY 5th**. The student will receive an email through Schoolloop by February 9th with an appointment time along with the health guidelines and protocols that will need to be followed. [How to Order Pictures through Lifetouch.](#)

Important Parent Information

HMBHS PTO

Please mark your calendars for Thursday, May 6th for our biggest fundraising day, Coastside Gives. Our goal this year is to raise \$120,000 to support academics, enrichment and our teachers. We know this has been the most unusual year, however, we still need your support. Watch this space for more information or email president@hmbhspto.org

Counselor Information

Important! Please open and read: [Counseling Newsletter February 2021](#)

MINDFULNESS MONDAYS

Is the stress of the pandemic weighing down on you? Well, Ms. Lomeli is starting a Mindfulness Mondays Group! This group will begin in March and space is limited! The Mindfulness Mondays Group will be held via Zoom (for now!) every Monday at 2:00pm for 4 weeks starting March 1st 2021. Students will be able to learn about what mindfulness is, practice mindfulness skills, and have a safe space to talk. Come learn new coping skills, build friendships, and earn prizes for participating! If you attend every session, at the end you will also be given a gift card to places such as Starbucks, Amazon, Target, Subway, Nintendo

eShop, Claires, and/or others! You will also receive a Certificate of Completion of the Mindfulness Mondays Group!

If you are interested in participating, please fill out this interest [survey](#). Space is limited!

Leadership

[Mr. Jones](#)

[Website](#)

Good News Network aired its first episode this past Thursday, January 28th. The media team led by Kai Guevara and Noah Hill did a fantastic job creating an episode focused on spreading positivity, kindness, and building others up. Click [here](#) to view the episode.

Each Wednesday, Leadership is sponsoring an **Hour of Kindness**. This Wednesday, you are invited to join us. You will be creating videos of you reading your favorite childhood book. The videos are being made available on the Leadership website for parents to access so the children can enjoy story time virtually. Please click [here](#) to view some of the videos that have been created by students, students and staff together, staff, and staff's children. Join us via Zoom:

<https://cabrillok12.zoom.us/j/92364097705?pwd=YzA3ZnlLM2tYUUM2YkVhRHlKQlpsZz09>
Meeting ID: 923 6409 7705 | Passcode: 148702

K2FUN begins this week. Leadership is hosting an hourly event Monday through Thursday each week from 2 to 3. The goal is to support parents/guardians as they work from home and are looking for something positive for their kids to do. Click [here](#) to read more about K2FUN. Please spread the word. K2FUN is ideal for K to 5th Grade. Join us via Zoom:

<https://cabrillok12.zoom.us/j/98214874795?pwd=c1JrQ3JQWkp3bWVoenJaMS9QT3YzZz09>
Meeting ID: 982 1487 4795 | Passcode: 896119

Follow Leadership on [Instagram](#).

Athletics

With the move back to the Purple Tier, our Season 1 sports are allowed to start outdoor practices and our Season 2 sports are allowed to start outdoor pre-season conditioning (all with Covid protocols in place). The Season 1/Purple Tier sports are now allowed to begin competitions. For Peninsula Athletic League (PAL) schedules visit:

<https://www.smcoe.org/about/peninsula-athletic-league/current-league-information.html>

(All schedules subject to change given changes in Covid-19 Tier status)

Boys Tennis! - Hello students, Boy's tennis is gearing up for the season and we want to know if you're in! Anybody interested in playing this year should email Mr. Taylor as soon as

possible at taylor@cabrillo.k12.ca.us so your name can be added to the roster. More information about practices and scheduling to follow. Go Cougars!

Clubs

Puente Club:

We are meeting on Tuesdays at 1:00 p.m.! Please join us:

Join Zoom Meeting

<https://us02web.zoom.us/j/82899758902>

Meeting ID: 828 9975 8902

Passcode: MtwF1N

Please send any questions to Señorita Stubbs at stubbsv@cabrillo.k12.ca.us

Yearbook

The Yearbook Class is working hard to make the 2020-21 Yearbook the best ever.

- The 3rd Annual **Yearbook Photography Contest: Perseverance** — upload your photos at hjeshare.com, school code **HMB2021**. Prizes are awarded for original photography.
- You can purchase a **yearbook** or a **senior tribute** (ad) at yearbookordercenter.com school code **16344**
- Your Yearbook needs YOU: **send us your pictures** from your remote adventures, your job, your volunteer work, your sports team and practices, your clubs, your hobbies, and any other interesting photos. Upload them to hjeshare.com, school code **HMB2021**

Transition to In-Person Learning Information - COVID 19

Our focus continues to be on the health and safety of students and staff as we develop a plan for transitioning to in-person learning within our county and state guidelines. The HMBHS Safety Plan for the Transition to In-Person Learning 2020-2021 will be presented at the next regular [Governing Board](#) meeting.

Cougar Boosters

President: Angela Bye
president@hmbcougarboosters.org

The next **Cougar Boosters** meeting will be Monday, Feb 8, 2021 6:30pm

<https://zoom.us/j/2973118891?pwd=Z3VSam5TN2o1TVBOYi95ZUFkODIzQT09>

Meeting ID: 297 311 8891

Passcode: vC3Qav

Library

Ms. Smith

The NEW library hours for book and Chromebook issues are:

1pm to 3:30pm: Mondays and Fridays

9:30am-3:30pm: Wednesdays

Ms. Smith is not on campus Tuesdays or Thursdays.

For any questions or help with these items, email Ms. Smith at smithji@cabrillo.k12.ca.us

Work hard, be kind to one another, and have a great day!
GO COUGARS!