

The Cougar Courier Newsletter



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

February 9, 2021

8th Edition

From [Mr. Nazar](#)

Dear Students, Families and Community members:
I think we are all looking forward to the upcoming week long break to celebrate Presidents week. I hope our students will take this time to relax a bit and rejuvenate for the next stretch of school.

The entire teaching, support and administrative staff at Half Moon Bay High School is dedicated to the education and social and emotional well-being of our students. This year has been incredibly hard on every one of us, yet we are now becoming increasingly hopeful we will be able to serve more of our students on campus in some capacity. This Thursday evening, Feb 11, we will introduce at the Cabrillo Unified School District Board of Governors meeting, our students on campus safety plan with proposed ideas of how to bring larger numbers of students onto our campus in a safe and thoughtful manner. I encourage you to take some time and look at the plan. It is something that has been revised and then revised some more as the conditions from our State and County change.

I do suggest you look at Appendix B of the plan (scroll to the very end of the document), as that is something we feel we can do relatively quickly to help with the transition to students coming onto campus safely. Here is the link to the entire plan:

<https://app.eduportal.com/documents/view/783301>

And, please do not hesitate to reach out to me with your ideas, suggestions and thoughts. We need to work collaboratively together to move our school forward.

Sincerely,

John Nazar, Principal
nazarj@cabrillo.k12.ca.us

This Week at a Glance 2/9 - 2/16

Tuesday, Feb 9

District Led ELAC/DELAC
Meeting 6:00 - 7:30 p.m.

Wednesday, Feb 10

Make-up Picture Day

Vape Escape Free Swag Give
Away to HMBHS Students!
12:00 - 2:00 p.m. on Campus

Thursday, Feb 11

School Board Meeting 6:00 p.m.

You can watch the School
Board Meeting live on [CUSD
YouTube Channel](#), on
www.PacificCoast.TV, and on
Xfinity Channel 27 in Half
Moon Bay

Friday, Feb 12

Monday, Feb 15 to

Friday, Feb 19

Presidents Week Vacation!

Mr. Nazar's Video Message



Important Student Information

Hello HMBHS students,

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!

Current 9th-11th Grade Student - Course Request Google Forms has been extended

The deadline to submit your Course Request Google Forms has been extended to Wednesday, February 10th at 11:59pm. Due to the website being down on February 4th and due to remote learning, we want to make sure all students have enough time to turn in their course requests. The Course Request Google Forms and PLP videos are located on our main HMBHS [website](#).

Counseling Department

[Mr. Muramoto](#) | [Ms. Jolivette](#) | [Ms. Lomeli](#)

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

RTS/SMCOE Parent Webinar - Online Safety

Please see the following message sent by RTS (Rape Trauma Services) who partnered with the San Mateo County Office of Education to bring Online Digital Safety webinars to the HMB community. Please note: HMBHS is not putting this event together, this is a supplemental resource.

RTS has partnered with the San Mateo County Office of Education to create and publish an [online digital safety resource for parents](#) (both in English and Spanish). Additionally, RTS is holding one hour Digital Safety webinars in English and Spanish for parents to learn more about talking to their kids about sex, sexting, and digital safety and we are hoping to bring this resource to your Half Moon Bay High School community. We have the following date and time set aside below for the Half Moon Bay community:

Los educadores de prevención de violencia de RTS, que han educado colectivamente a más de 5,000 estudiantes de secundaria y preparatoria en todo el condado de San Mateo, compartirán las realidades de la cultura juvenil en línea. Usted obtendrá nuevos recursos para aumentar la seguridad en línea de sus hijos y ayudar a iniciar conversaciones con ellos.

Date/time:

- **English Webinar:**
 - **This webinar has passed (February 2nd; 7pm) please contact Cindy for more information (see contact info below)**
- ***Spanish Webinar:**
 - **Wednesday, February 10th; 7pm (Miércoles 10 de febrero 2021 7:00pm)**
 - [Link to register/find Zoom link \(click here\)](#)

If you have any questions, please contact Cindy Marroquin at cindy@rapetraumaservices.org

[Flyer](#)

Athletics

Mr. Roth

HMBHS Athletics are very excited to start (& restart) offseason conditioning, in season conditioning and in season practices. In-season conditioning will take place for Season 1 sports who cannot participate in full practices. Season 2 sports will be eligible to begin offseason conditioning February 8th. We ask families to review the documents posted below.

If you have any questions please reach out to Athletic Director, Brendan Roth rothb@cabrillo.k12.ca.us and he will put you in touch with team coaches.

All student-athletes must create a profile on athleticclearance.com and upload a valid physical filled out by their physical to be eligible for participation. HMBHS Athletics Physical Form can be downloaded from athleticclearance.com.

While we are excited to begin practices we are working to maintain a tightly controlled environment, some programs will be offering varsity conditioning exclusively while others may offer conditioning for both Varsity and JV levels.

[HMBHS Check-in Protocol](#)

[HMBHS Athletics Start Dates](#)

[HMBHS Athletics Letter to the Community](#)

[CIF Sport Guidelines](#)

[HMBHS Athlete & Family Protocol](#)

Softball!

Students interested in participating in HS Softball (J/V and Varsity) are encouraged to attend conditioning sessions on Tuesday February 16 and Thursday February 18 from 4:00 to 5:00 on the Varsity Softball Field. Athletes should arrive to the field between 3:30 and 4:00 to do check-ins. Please make sure that you are cleared by the athletic department. All Covid protocols and policies will be followed.

Leadership

[Mr. Jones](#)

[Website](#)

Each Tuesday, Leadership is sponsoring an **Hour of Kindness**. Please click [here](#) to view some of the upcoming **Hour of Kindness** events. Join us via Zoom:

<https://cabrilok12.zoom.us/j/92364097705?pwd=YzA3ZnlLM2tYUUM2YkVhRHIKQlpsZz09>

Meeting ID: 923 6409 7705 | Passcode: 148702

Clubs

Interact Club: meeting will be 2/9/21 at 1:00 pm. We hope to see you on Zoom.

Here is the zoom link:

Join Zoom Meeting:

<https://zoom.us/j/98409774472?pwd=S2FUaWJBSXc2Q2FDRINYSHBvOVdYQT09>

Meeting ID: 984 0977 4472

Passcode: 2DfNnt

California Scholarship Federation (CSF) Club: Spring Membership Drive is underway! CSF is a merit club focused on community service. If you have mostly A's and B's on your Fall 2020 report card, you are eligible! Complete the [Eligibility Form](#) and follow CSF on Instagram [@hmbhs_csf](#) so you can get information on our next meeting.

Reopening of School Information

Half Moon Bay High School has been working very hard to continue to develop and modify plans to bring as many students back to campus as possible, under the guidelines of the State, County and local governing bodies. On Thursday, Feb 11 we will introduce to the School Board our re-entry [Safety Plan](#) and plans to bring larger numbers of students on campus. At this moment, all of our Varsity Athletic Teams are practicing following the strict guidelines we are under and we are preparing for all of our junior varsity programs to start practicing very soon!

Below is our current status of students on campus. We hope to be able to expand on this soon!

- Academic Learning Pods with access to technology and supports
- SDC Learning Pod
- Genentech Bus with high speed internet Monday through Friday from 7:30 a.m. - 4:30 p.m. on campus for any student to use
- Athletics: outdoor conditioning and individual skills-based practices, following county-approved guidelines for current tier status

Cougar Boosters

President: Angela Bye

president@hmbcougarboosters.org

- We are extremely grateful to the Joseph Cotchett Foundation and the Half Moon Bay Beautification Committee who together raised funds through the Pumpkin Power Project to replace lost funds due to the cancelation of the Pumpkin Festival. Because of their generosity and thoughtfulness, HMBHS athletic teams that participate in the Pumpkin Festival, and count on it as an annual fundraiser, will benefit by getting approximately 88% of their funds replaced. Thank you to all who donated to this worthwhile project. Our teams, coaches and student-athletes are forever grateful.
- We are looking for a volunteer to help with our Coastside Gives campaign this year which will be held on May 6, 2021. Please contact Angela Bye at president@hmbcougarboosters.org if interested.
- Part of our mission is to support the health and safety of our student-athletes. As such, we pay for half of the salary of our full-time Athletic Trainer, Taylor Leidheisl. Taylor has been extremely busy creating Covid protocols and processes to keep our student-athletes and coaches safe while participating in athletic practices and conditioning on campus. Without Taylor, we would not be able to even think about having sports at HMBHS. Please help us to support Taylor's salary by donating to the Cougar Athletic Boosters by either becoming a member or donating to our general fund. <https://www.hmbcougarboosters.org/donations.html>

Important Senior Information

Seniors! Please complete your Diploma/Legacy form if you have not done so.

Thanks!

Mrs. Alvarez

Yearbook

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

- You can order your **yearbook** at school or online at yearbookordercenter.com, school code **16344**.
- 3rd Annual **Photography Contest**: Perseverance — upload your photos at hjeshare.com, school code **HMB2021**. Prizes are awarded for original photography.
- **Portraits**: This year, your portrait can be with any school-appropriate background and outfit. You can upload your portrait at hjeshare.com, school code **HMB2021** (choose portrait!)
- **Seniors**: If you took your portrait with Prestige or Becky Ruppel, make sure you choose your yearbook pose as soon as you can.
- **Seniors**: You can still give us your **senior quotation**: <https://forms.gle/EMRZac7cU1TRxifA6>
- You can purchase 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**

Vape Escape

Attention All Students!

The Vape Escape Swag Giveaway is being held on campus this Wednesday, February 10th! Come by campus to get your FREE Vape Escape hoodies and t-shirts (while supplies last):

When: Weds Feb 10th

Time: 12:00p-2:00p

Where: Half Moon Bay High School - near the Bronze Cougar statue just outside the Admin Building.

What: **FREE Swag**

How: Wear a Mask & Stay Socially Distanced

Watch the promotional video:

<https://youtu.be/5vUf9wDPcDU>