

Madison High School  
**THE WARHAWK BULLETIN**  
**WEDNESDAY, JANUARY 18, 2023**

“To prepare students to be 21<sup>st</sup> century global citizens by establishing a positive trajectory for success through a rigorous curriculum and a comprehensive educational experience.

## 2022-2023 BELL SCHEDULE

### Regular School Day

Period 1	8:45 – 9:42
Nutrition	
Period 2	9:49 – 10:46
Period 3	10:51 – 11:48
Lunch	11:53 – 12:23
Period 4	12:28 – 1:25
Period 5	1:30 – 2:27
Period 6	2:32 – 3:29



PLC Schedule – 9/14, 10/12, 11/9  
12/14, 1/11, 2/8, 3/8, 4/12, 5/10

Nutrition	
Period 1	10:03 – 10:47
Period 2	10:54 – 11:38
Period 3	11:43 – 12:27
Lunch	12:32 – 1:02
Period 4	1:07 – 1:51
Period 5	1:56 – 2:40
Period 6	2:45 – 3:29

### FINALS WEEK

**THURSDAY**, Jan 19<sup>th</sup> Periods 1, 2 & 3  
**FRIDAY**, Jan 20<sup>th</sup> Periods 2, 4 & 6

**PERIODS 1, 4**.....8:45AM TO 10:20AM  
**PERIODS 2, 5**.....10:25AM TO 12PM  
**LUNCH**.....12:05PM TO 12:35PM  
**PERIODS 3, 6**.....12:40 TO 2:15PM

### TIPS FOR SUCCESS FROM NURSE JEN

Why is sleep important during exams?  
 They say the best 'food' for the brain is sleep. You need to allow yourself, 8-9 hours' sleep every night. This will allow your brain to fully function the next day, your concentration levels will remain high and you will have more energy throughout the day.

### SOFTBALL MEETING

Softball meeting in 709 on **TODAY, January 18th** at lunch. We will discuss the upcoming season, expectations, dates and all important information that pertains to the spring softball season!

### REMINDER ABOUT FOOD DELIVERIES

Please remember that food/drinks are **NOT** allowed to be delivered for lunch from GrubHub, Uber Eats, Door Dash, etc.  
 If family/guardians are bringing you food/drinks, please remind them to drop it off at the attendance window **ONLY**.  
 In an effort to keep our campus safe, you are **NOT** allowed to meet them in the parking lot

### DANCE TEAM GUILTEA FUNDRAISER

Come grab a sweet treat and hang out at GuilTea on **Friday, January 20th** (after finals) from 3:30-7pm. Mention that you are there to support Dance Team to help us raise money for uniforms! Then catch us performing at the Varsity Basketball Home Game at Half time!

JOB OPPORTUNITY	Looking for a job? The Live Well San Diego Youth Sector is currently looking for the following positions, Youth Sector Coordinators, Youth Leaders and Content Creators. Students ages 16-24 years old are encouraged to apply! Please see this FLYER for more details. The deadline to apply is <b>January 22, 2023</b> at <a href="http://www.livewellsd.org/youth">www.livewellsd.org/youth</a> or email: LiveWellYouth@sdcounty.ca.gov. If you have questions contact Ms. Middlebrooks ( <a href="mailto:vmiddlebrooks@sandi.net">vmiddlebrooks@sandi.net</a> )
SAN DIEGO BLACK COLLEGE EXPO	San Diego County of Education Presents 6th Annual San Diego Black College Expo on <b>Thursday January 26th 2023</b> at MLK Center at Bayview at 12:30pm to 5pm. Students have a chance to meet 1:1 with 20+ HBCUs and a variety of other colleges and universities. If you're a Senior or Junior you have a chance to get accepted and awarded scholarships right on the spot (Must bring your transcripts). There is an opportunity to get Educational Resources. Everyone is Welcome...it's for students of all Ages. RSVP your spot on the bus. <b>Space is limited so sign up fast.</b> See Ms. Middlebrooks if you have any questions. <a href="https://docs.google.com/forms/d/e/1FAIpQLSfAhxuA2csdt2Kt-qns0yh5kVZOKk21MqwX66SCI8KUYHoag/viewform">https://docs.google.com/forms/d/e/1FAIpQLSfAhxuA2csdt2Kt-qns0yh5kVZOKk21MqwX66SCI8KUYHoag/viewform</a>
VOLUNTEERS NEEDED	The American Lung Association is currently seeking volunteers for the Lung Force Walk on <b>January 29th, 2023</b> at Liberty Station. Sign up to learn about working for a non-profit, gain experience and help promote and advocate for lung health amongst your peers and community. For questions and further information, see link below, contact Michelle Gonzales at <a href="mailto:michelle.gonzales@lung.org">michelle.gonzales@lung.org</a> or see Ms. Middlebrooks if in the office. <a href="https://exchange.sandi.net/owa/projection.aspx#:~:text=Looking%20to%20make,have%20any%20questions">https://exchange.sandi.net/owa/projection.aspx#:~:text=Looking%20to%20make,have%20any%20questions</a>
BACHATA DANCE PARTY NIGHT	Dance Team will be hosting a Bachata Night Party Fundraiser on <b>Thursday, February 16th</b> from 4-6pm. We will start with a 30 minute lesson on Bachata basics and then have an open floor party to dance bachata with all of your friends! Bring a partner to dance with or come alone! \$3 solo entrance, or bring a friend and enter together for \$5. Location: Dance Room (behind the Gym).
SCHOLARSHIPS	Seniors, want to pursue a career in teaching or STEM (Science, Technology, Engineering and Mathematics)? The San Diego Education Fund is providing scholarships and mentoring Application period: <b>11/7-2/25/23</b> . Contact Ms. Middlebrooks ( <a href="mailto:vmiddlebrooks@sandi.net">vmiddlebrooks@sandi.net</a> ) if you have questions. <a href="https://drive.google.com/file/d/1KarLI3K-O2O75cc-OFrO28hSV7rpSXBu/view?usp=share_link">https://drive.google.com/file/d/1KarLI3K-O2O75cc-OFrO28hSV7rpSXBu/view?usp=share_link</a>
COVID TESTING	You must be registered to have Covid testing on Wednesdays at Madison. Link to sign up for Covid testing on campus: <a href="https://my.primary.health/l/sdusd_2022">https://my.primary.health/l/sdusd_2022</a> <b>REMINDER:</b> Testing ends <b>January 31st</b> . The district is moving to an all home testing model and we will supply the tests. Thank you

COUNSELOR DISTRIBUTION	<div> <div>Mrs. Guerra</div> <div>A – G</div> <div>X 3034</div> </div> <div> <div>Ms. Colon</div> <div>H – N</div> <div>X 3035</div> </div> <div> <div>Mrs. Sphonix-Rust</div> <div>O – Z</div> <div>X 3037</div> </div>
------------------------	--