



October 8-12, 2018  
No School October 10th



PSAT test is Wednesday October 10th. Students MUST bring their ID card and approved calculator at 7:30am to the gym.



Choir Fall Show is Friday October 12th at 7:00pm at the Rowland Heights Community Center at Pathfinder Park for \$8 with ASB card and 410 without ASB card.

48th Annual Band Field Show is Saturday October 13th where our Rowland Regiment will perform at 8:40pm Cost is \$10 adults and \$5 with ASB Card.

Coming Out Day: National Coming Out Day is the celebration of accepting and sharing your identity as an LGBTQ person or sharing your support of LGBTQ people! NoH8 will be hosting a display that represents being "closeted," in which students are encouraged to stick Post-Its in its center to "come out" as LGBTQ or as an ally! The celebration takes place during lunch on October 11th, a Thursday, near the ASB office.

Character Awareness Week is next week October 15-October 19th



This week is designed to place a greater emphasis on establishing a positive school climate and instilling critical academic, social and emotional skills, as well as core character traits.. The framework instills academic, social, emotional and ethical values, mindsets and character traits to help students:

- *Reach their academic potential and have the ability to succeed in school*
- *Succeed in the workplace and their careers*
- *Live happy, worthy and fulfilling personal lives*
- *Become engaged, responsible and productive citizens*

Rowland will be celebrating this week with a spirit week as follows:

**Monday October 15th wear BLUE for TRUST**

**Tuesday October 16th wear YELLOW for Respect**

**Wednesday October 17th wear ORANGE for Fairness**

**Thursday October 18th wear GREEN or/and PURPLE for Responsibility and Citizenship**

**Friday October 19th wear PINK or/and RED for Caring and Family**

Tuesday and Wednesday at lunch will have activities at lunch in the new quad.



Next week is a week in recognition of National Alliance on Mental Illness' efforts to raise mental illness awareness. In conjunction with Character Awareness Week daily activities and information will be distributed to help in educating the stigma surrounding mental illness and curbing popular myths.

- Monday October 15th End the Stigma--lunchtime activity of POP the Stigma
- Tuesday October 16th Self Care--lunchtime activity of Making Bath Bomb
- Wednesday October 17th Managing Stress Pet Therapy
- Thursday October 18th How to help a Friend
- Friday October 19th Warning Signs



October 18th is Parent Conferences from 2:00-4:00 pm and 6:00-8:00pm. This is a shortened day schedule with start time of 7:22 and period 7 ending at 12:56 pm This is an opportunity for parents/guardians to come visit with teachers.



Attention students :follow our new mascots on Twitter and Instagram. Their name is JohnnyandStorm on both platforms! They will also keep them updated on things going on here and when they will be making appearances!



October 19th is a shortened day schedule too focusing on Digital Citizenship but will have a special schedule. ALL students must pick up schedule from the gym between 7:15-8:00am. ALL students must attend from 8:09-12:57pm. See specific schedule on the Rowland website



All club treasurers must attend a mandatory meeting on potential revenues on Thursday October 18th from 1:00-2:00pm in the hideout.

French Club cheese tasting is Monday October 15 at lunch, Room R205. Please sign up before attending. Event is free for members



If you ordered a senior shirt or senior sweatshirt they will be delivered to you during your 5th or 6th period class this week.

October Senior Event is Friday October 26th at lunch in the hideout. Wear your senior attire and bring your IC card.



# SPORTS

Captains' Club Meeting is Thursday October 11th at lunch in the hideout.

Tuesday	Girls tennis vs. Baldwin Park	Varsity away JV home 3:15
	Girls volleyball vs. Baldwin Park	away
Wednesday	Cross Country League Meet #2	Bonelli Park 3:15
	Boys water polo vs. Cathedral	varsity home 3:15 JV home 4:15
Thursday	Football vs. San Dimas	JV home 3:15 Frosh away
	Girls tennis vs. Covina	varsity away JV home 3:15
Friday	Varsity Football vs. San Dimas FREE with ASB and \$7 without	away 7:00