

HERITAGE HIGH SCHOOL DAILY ANNOUNCEMENTS June 03, 2025



LUNCH MENU: Burrito

ON THIS DAY IN HISTORY –1988 "Big," a film directed by Penny Marshall and starring Tom Hanks, premieres in the US

- **NEW: YEARBOOK DISTRIBUTION IS NEXT WEEK!!!**
ID is required- Yearbook Distribution will be during Pat Plus and lunch outside of LG109 Monday through Thursday 6/2-6/5. **STUDENTS MUST HAVE STUDENT ID OR LICENSE TO SHOW A PICTURE ID.**
- **Transcript requests**
Here are online resources to find out how to register and order transcripts through parchment.
<https://ca01001129.schoolwires.net/cms/lib/CA01001129/Centricity/Domain/443/How%20to%20Order%20Transcript.pdf>

CLUBS/ACTIVITIES

COLLEGE & CAREER

- **NEW: Final College Personal Statement Workshop Wednesday June 4th @ 6:30 PM PST**

College application essays have become more essential than ever to really get right. They are still one of the few places where you can really highlight your strengths and even tip the admissions scales your way!

This 90 minute workshop will help you understand how your essay can help you stand out amongst other applicants and how to get a solid start on your college essay.

You'll see real examples of proven essays that have helped students gain admissions to UCs and Ivies in the past and will help you answer questions like:

- When should I start writing my essay?
- How do I come up with and develop good material?
- Which prompts do I choose?
- How do I begin outlining?
- What strategies should I avoid?
- And more...

All attending students will also receive a complimentary 15 minute "Ask Me Anything" 1-1 session, which can also be used for personal essay review and critique from the instructor after the workshop.

Workshop will be held Wednesday June 4th from 6:30-8:00 PM, with time for questions at the end.

Note: The workshop, normally priced at \$99, is being made available at no charge through special arrangement with our high school.

Heritage High School does not discriminate on the basis of race, color, national origin, sex, or disability.

Click to Register:

https://us02web.zoom.us/join/No4gXiKpRoC7BCTo_QtCkA

About the instructor:

Daniel Herzberg is the owner of Optimum Educational Solutions, a comprehensive internet based college admissions advisory service for families of college bound youth. He has personally helped over 9000 families over 32 years and is an Alum of UC Berkeley and Harvard.

VOCATIONAL CAREER OPPORTUNITIES



- Would you like to train for a career working with your hands and making a lasting impact on your community?
- Does four years of college tuition sound daunting?
- Have you ever considered a career in the construction building trades?

Join the Heavy Metal Summer Experience!

ABOUT

The Heavy Metal Summer Experience (HMSE) is a **FREE 1-week program** introducing high-schoolers and recent graduates (ages 15-20) to union job opportunities in Mechanical Construction (HVAC & Plumbing). Through five (5) 6-hour training sessions led by construction professionals, you will learn the basics of HVAC & Plumbing Service, Sheet Metal & Piping.

HMSE takes place at our premier offices and shops in San Leandro where participants will receive hands-on experience, safety training, and exposure to a wide variety of options open to them in the building trades.

HMSE SAMPLE SCHEDULE :

DAY 1	DAY 2
ORIENTATION Distribute boots/t-shirts Safety Training & PPE Field Trip and Career Development	SHEET METAL Sheet Metal Shop Tour Sheet Metal Detailing Hands on Sheet Metal Project
DAY 3	DAY 4
PIPING Process Piping Shop Tour and Project Plumbing Shop Tour and Project HVAC Piping Shop Tour and Project	SERVICE Service Shop Tour and Project Equipment Survey and Maintenance Operating Tools and Project
DAY 5	
FINAL PROJECT & GRADUATION Project Introduction and Materials Final Project Build Trades Conversation Project Showcase Graduation	



SCHEDULE:

June 9th to June 13th
Monday through Friday 8:30am - 2:30 pm
ACCO Engineered Systems San Leandro Office



IGNITE YOUR FUTURE!

June 9 – June 13

LOCATION & MORE INFORMATION:

1133 Aladdin Avenue
San Leandro, CA 94577
Wildivina Rosario 510.495.4894
wrosario@accoes.com



WHY EXPLORE A CAREER IN THE TRADES?

Great pay, exciting projects, equity & opportunity. Building trades offer so much variety- whether you love the idea of using your tech skills to "pre-build" systems in CAD, you enjoy helping people remain safe and comfortable where they live, work, dine, or shop, or you want to build- construction just might be the place for you. Ignite your future in the trades!



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- **NEED A JOB? – FIND A JOB HERE!**


Sparrow connects students with families and small businesses specifically looking for students to help with tutoring, pet sitting, sports coaching, moving assistance, waitering, and more. Our platform offers a supportive environment where students can build connections, gain valuable experience, and earn a flexible income. **You can find more on findsparrow.com.**

- **CONTRA COSTA COUNTY – SHERIFF WOMEN'S JUNIOR ACADEMY – JOIN TODAY!** *(till end of school)*


Contra Costa County Office of the Sheriff

JUNIOR


Women's Academy



Girls aged 14-18, Contra Costa County Office of the Sheriff invites you to participate in a 3 day camp that will ignite your passion for law enforcement careers. Prepare for a thrilling adventure as you engage in activities like S.W.A.T., Crime Scene Investigation, Patrol, Dispatch, K-9, and more. Join us for an unforgettable experience!



When: June 24th, 25th, and 26th
Time: 9:00am - 3:00pm
Location: Law Enforcement Training Center Range
12000 Marsh Creek Road Clayton, CA



Transportation will be provided if needed. Pickup/dropoff points throughout the county. Free event. Lunch and snacks will be provided.

- **INTERESTED IN A CAREER IN HEALTHCARE?**

The Stanford Health Care Tri-Valley Clinical Academy, which is a 2-week immersive program tailored to high school students interested in healthcare careers. **This year, the program will take place from July 21 to August 1, 2025.** The program consists of interactive activities and lectures (for example: heart, lung, and brain dissections, CPR certification, bronchoscopy, ultrasound, and peripheral IV insertion) to

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expose students to clinical medicine while allowing them to network with Stanford faculty and staff. We hope that you will connect with us if you are interested in the Clinical Academy. Please note that this program is designed for high school juniors and seniors. Participants must be 16 or older at the start of the program. While there is a tuition fee, we offer scholarship opportunities for select students. **Please refer to our website for scholarship eligibility.**

To learn more about the Clinical Academy: <https://med.stanford.edu/shvca.html>

To learn more about Stanford Health Care Tri-Valley: <https://stanfordhealthcare.org/tri-valley>

Contact for more info: trivalleyclinicalacademy@stanford.edu

Event will be held in Pleasanton, CA - Applications will open soon!

- **ASIAN PACIFIC COMMUNITY FUND SCHOLARSHIP**

The [Asian Pacific Community Fund](#) (APCF) is excited to announce that our 2025 scholarship applications are now open! We are offering over \$400,000 in scholarship funding to high school seniors in their support of higher education.

SENIORS:

SPORTS

BASKETBALL ACTIVITIES

JEFF CARTER

JASON BONILLA

CHRIS MORALES

VARSITY BASKETBALL COACH

JV BASKETBALL COACH

FRESHMAN BASKETBALL COACH

PATRIOTHOOP@GMAIL.COM

MRUNIQUE08@YAHOO.COM

4CHRISMORALES@GMAIL.COM

925.719.2464

925.752.5603

925.788.0781

Heritage Head Coach Directory		
Sport	Name	Email
Athletic Director	Nate Smith	smithn@luhsd.net
FALL SPORTS		
Football	Dave Fogelstrom	fogelstr@luhsd.net
Flag Football	Jessica Banchieri	banchierij@luhsd.net
Girls Volleyball	Janet Hannigan	hannigan@luhsd.net
Girls Golf	Mark Tinder	tinderm@luhsd.net
Girls Tennis	Beth Hill	bethahill98@gmail.com
Boys Water Polo	Chris Duttera	chrisduttera@gmail.com
Girls Water Polo	Lindsey Heaney	lheaney@brentwood.k12.ca.us
Cross Country	Mark Weiler	mweiler_13@hotmail.com
WINTER SPORTS		
Boys Basketball	Jeff Carter	patriothoop@gmail.com
Girls Basketball	Mark Hurtado	markhurtado@antiochschools.net
Boys Wrestling	Eric Krimm	erickrimm@yahoo.com
Girls Wrestling	Shannon Yancey	yanceys@luhsd.net
Boys Soccer	Randy James	jamesr@luhsd.net
Girls Soccer	Sienna Zabroski	szabroski4@gmail.com
SPRING SPORTS		
Baseball	Kevin Brannan	patriotbaseball@att.net
Softball	Ron Rivers	riversrsoftball@yahoo.com
Boys Golf	Dave Fogelstrom	fogelstr@luhsd.net
Boys Volleyball	Janet Hannigan	hannigan@luhsd.net
Boys Tennis	Beth Hill	bethahill98@gmail.com
Track & Field	Terrcel Floriolli	tfloriolli@gmail.com
Swimming/Diving	Theresa Romo	theresamromo@gmail.com
Stunt Cheer	Brittani Barmann	brittanibarmann@yahoo.com
MULTIPLE SEASONS		
Unified Sports	Melissa McCarthy	mccarthym@luhsd.net
Dance	Jen Guerrero	guerreroj@luhsd.net
Rally Squad	Valerie Raudebaugh	raudebau@luhsd.net
eSports	TBD	