



THE GOLD STANDARD

For the Parents, Students, Faculty, Staff & Community of
Clovis West High School - Fresno County, California

CLOVIS WEST HIGH SCHOOL

1070 E. Teague Ave.
Fresno, CA 93720

Ph: 559-327-2000
Fx: 559-327-2490

cwhs.cusd.com

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Matt Loggins

Counselors

Anthony Bringetto

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Andrea Yang

PRINCIPAL'S MESSAGE

Dear Golden Eagle Family,

I cannot believe our first semester has come to a close! I am very proud of all that our students have accomplished over this first semester. Our students have been achieving at high levels academically. Clovis West students have shown an increase in the number of students meeting career and college readiness standards which means our students are setting themselves up for success once they leave the nest! Our goal is to continue to increase the number of students earning all grades at a C or higher level. Parent connect is a great way to continue to monitor the progress of your student. Checking in with your student and monitoring progress online frequently can be a key intervention to helping your student achieve at their best levels. Communication is also key. If concerns arise please make sure to contact your student's teacher as soon as possible. Teamwork can definitely be a powerful component to helping your student succeed.



Our fall co-curricular season recently ended with many of our athletic teams having outstanding seasons through valley and state playoffs. Each victory was hard fought and well deserved by our teams and as our competition got tougher so did our Golden Eagles. Clovis West is currently in 2nd place in the athletic supremacy race within our TRAC schools and we are certainly looking forward to using that momentum moving into the winter season. Our academic teams are gearing up for their competitive seasons so look for many more accolades to come. Our visual and performing arts groups certainly love this time of year as we transition from marching band season into winter percussion and winter guard. Also, as a parent or community member the sounds of the winter season concerts by our bands, choirs and orchestra will leave you relaxed and ready to celebrate this holiday season.

I hope staff, students, and our community enjoy some time relaxing with family and friends and we look forward to seeing everyone in 2020!

Sincerely,

Richard Sarkisian

A TRADITION OF EXCELLENCE IN EDUCATION

- January 7: LBV Fashion Show Applications Available
- January 17: Club Food Booths
- January 18: Winter Formal
- January 24: Winter Rally
- January 27-31: Sadie Hawkins Dance
- February 1: CW Foundation Big Bash
- February 5: Blood Drive
- February 8: Pep & Cheer Showcase
- February 12: House of Reps
- February 13: SPED Valentine's Day Dance



DEC 2019 ISSUE 4

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 Clovis Unified School District
 1450 Herndon Avenue
 Clovis, CA 93611

Hello Parents/Guardians,

Social Media such as Facebook, Instagram, Twitter, or Snapchat, just to name a few, have become popular resources for individuals to communicate, interact, and network with others. As we all know, social media can be used both positively and negatively. Clovis Unified recently released a public service announcement video surrounding the topic of social media and the stakes involved in posting or sharing things that include threatening language. It is a good idea to reassure your child that they can always talk to you. To help further your conversation with your student at home, here are some questions or conversation starters you can use:

- Ask your child if they've seen anything online that they are not comfortable with. For example, they might have seen things like negative comments, sexual content, or violent images.
- Tell your child that you won't overreact if they tell you about something they've seen, that you'd much rather have them talk to you, instead of keeping it to themselves.
- If your child is upset or worried about something they've seen, talk about how they feel and how they can avoid seeing them again in the future.
- If necessary, help them to report or block the content they find disturbing.
- Whatever happens, stay calm if you find they have come across something you do not approve of.

Listening to and helping students process their feelings when they have seen something online that is uncomfortable may help save a life. A helpful tip from the video link below is to, "Think before you post, think before you share because one post can change your life forever".
<https://tinyurl.com/cusd-digital-citizenship-psa>

Screenagers: The Next Chapter:

Two years ago Clovis West hosted a showing of *Screenagers: Growing Up in the Digital Age*. Clovis West will be hosting a showing of the recently released second documentary *Screenagers: The Next Chapter* which focuses on solutions for improved adolescent well-being in the digital age. The date for this screening is Monday January 13th at Clovis West and will be open to the CW Area community.

LEGAL EAGLES SOAR OVER SAN FRANCISCO

Congratulations to the Clovis West Legal Eagles who placed 9th out of 28 teams at the prestigious Empire San Francisco Tournament. Senior Brandon Babauta brought home an outstanding attorney award with a perfect score as a plaintiff closer. The Legal Eagles are composed of forty students who make up the Varsity and Junior Varsity team.

Recently, the Legal Eagles were visited by Fresno County's District Attorney Lisa Smittcamp. Mrs. Smittcamp took time to share encouragement and advice to our aspiring attorneys.

The eagles have also been hard at work gathering donations and supplies for their new courtroom that will be student and parent built on the Clovis West Campus in the J building. Everyone is excited and looking for another successful season of Mock Trial!

Upcoming Dates:

- **January 10th - 12th** - Menlo NorCal Invitational Tournament
- **January 15th** - Round 1 County Mock Trial Competition
- **January 21st** - Round 2 County Mock Trial Competition



Team at the Empire Tournament in San Francisco



Team after listening to guest speaker District Attorney Lisa Smittcamp



Team Collecting pews for the new courtroom on campus



Seniors Andrew Rush, Brandon Babauta, and Lauren Boone at the Chick-Fil-A fundraiser event

Make your visit your own

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NURSE NOTES

With cold and flu season upon us, it is important to be informed and prepared to keep yourself and your family healthy. The flu is caused by a virus known as influenza, of which there are numerous strains. Like many other contagious viruses, influenza is spread from person to person typically by way of droplets when a person coughs, sneezes, or speaks. A person can become infected by coming into direct contact with these droplets, or even by touching exposed surfaces. This is the reason that **frequent and thorough handwashing** is the

most effective means of preventing the spread of disease. In addition, the CDC recommends that all people, ages 6 months or older, receive a flu vaccination before the onset of the flu season which usually begins in October, peaks in December/January, and can extend through late Spring. Please consult with your doctor. There is still time to get vaccinated this season!

It is common for the flu to be confused with the "common cold." If you do happen to become sick, it is important to know what symptoms to look for and when to contact your doctor.

The chart above is helpful when trying to determine between the flu and a cold. If you do become sick, it is advised that you stay home for at least 24 hours after clearing of fever, vomiting or diarrhea. If you suspect that you might have the flu, you should see a physician within the first 48 hours of the onset of symptoms. An antiviral medication prescribed by your doctor may reduce the symptoms and shorten the duration of the infection. It is also advised to avoid contact with people who are sick or who may have

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

#FIGHT FLU

compromised immune symptoms such as very young babies and the elderly. As always, avoid exposing others by covering your cough and maintaining good hygiene along with frequent handwashing.

Have a wonderful and healthy Winter Break!

School Nurse, Shannon Dean, RN

Reference: Cold Versus Flu. Nov. 18, 2019. Retrieved from <https://www.cdc.gov/flu/symptoms/coldflu.htm>

Clovis West Social Media

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Clovis West High School

Cloviswesths

FOLLOW US!

Clovis Community College is FREE for your first year!

Enrollment fees waived for Fall 2019/Spring 2020 semesters if you meet the following requirements*:

1. First time college student in Fall 2019**
2. Enroll in a minimum of 12 units each semester at Clovis Community College (and/or any of the colleges/centers in State Center Community College District)
3. Complete the Free Application for Federal Student Aid (FAFSA) at FAFSA.gov*** or the California Dream Act Application (CADAA) at dream.csac.ca.gov****

Questions? We are here to HELP.

Contact the Financial Aid Office at Clovis Community College (559) 325-5239 or clovis.financialaid@cloviscollege.edu

cloviscollege.edu

* Awarded on a first come, first serve basis due to limited funds
 ** College enrollment as a high school student via dual enrollment does not count
 *** For U.S. citizens and eligible non-citizens
 **** For AB540 eligible non-citizens

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CW AASU, NATURAL BEAUTY, INVISIBLE CHILDREN'S AND HIP-HOP CLUBS



The Clovis West African American Student Union, Natural Beauty Club, Invisible Children's Club and Hip-Hop Club served at Terry's House on Friday, October 11, 2019. We prepared Baked Ziti, tossed green salad, French bread and chocolate chip cookies. On Friday November 15, 2019, we prepared Nachos with all of the trimmings and chocolate chip cookies. We typically serve at Terry's House four to five times a school year. Terry's House is a two-story hospitality home on the corner of Fresno and R streets in downtown Fresno. Located across the street from Community Regional Medical Center, the home opened in January 2011 and provides lodging for families of patients in critical care units at the hospital. Our next community service project will be at Terry's House on Friday December 13, 2019.

The Clovis West African American Student Union, Natural Beauty Club and Hip-Hop Club volunteered at Days for Girls on Saturday, November 16, 2019. Days for Girls is a global movement made up of a network of dedicated and passionate individuals working to ensure women and girls have the health solutions they needed to limit the amount of school time missed. This organization has grown to service the need in over 125 countries. Clovis West volunteers helped to package Days for Girls kits to help meet this tremendous need. More information can be found at daysforgirls.org.



The Clovis West African American Student Union and Natural Beauty Clubs hosted their annual Sweet Friday here at Clovis West on November 22nd, thanking the entire CW staff for all they do for our students! The Clovis West Staff also enjoyed their Thanksgiving luncheon prior to divulging into these delicious treats and to top it off, three outstanding employees were surprised with the news that they are CUSD Crystal Award winners. Please congratulate Learning Director Karen Boone, SOAR Transition Coordinator Danny Munster, and Food Services Supervisor Kristy LeBoeuf for their outstanding service to the Clovis West students, school and Clovis West community.

The Clovis West African American Student Union organized a private screening of the recently released movie, HARRIET at Edwards Theater on Tuesday, November 5, 2019. The movie Harriet was informative, and the group really enjoyed it. After the movie, we had an open discussion with the students about the importance of knowing their history as well as Harriet Tubman's accomplishments and endurance. We had a total of 105 in attendance from CWHS, CHS, CEHS and BHS. CNHS was unable to attend.



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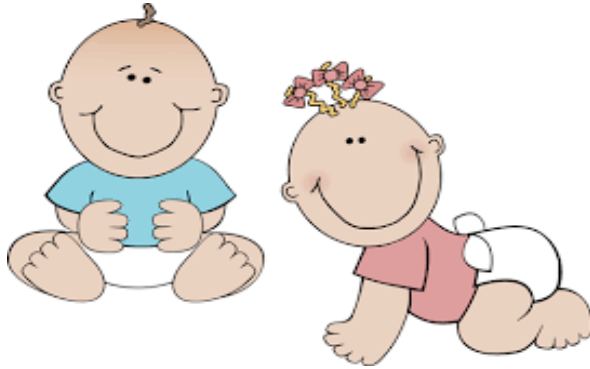
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2019 NICU BABY BLANKET DRIVE

(Sponsored by Clovis High and Clovis West Peer Counseling Programs)

Share the warmth with a newborn baby this holiday season.



We will ONLY be accepting newly bought and newly made baby blankets!!!

Please bring all blankets to Mrs. Hurley in C-4 starting December 2nd, 2019 and ending Friday, January 17th, 2020.

Additional drop off locations on campus: CW Main Office and E1 (Mrs. Messick)

The new blankets will be shared with both Valley Children's and St. Agnes Satellite NICU families throughout the holiday season.

Clovis West and Clovis High Peer Counseling thanks you for all your support and continued efforts in giving back to our community. Go Eagles!!!

The goal this year is to collect 3000 blankets in total!!!



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A few spots are left!



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This is a wonderful way for your company to get community recognition and exposure, and at the same time help support your local schools!

Genevieve Wilcots
 genevievewilcots@cusd.com
 Clovis West High School

CANNED FOOD DRIVE

With the help of our feeder schools, we were able to donate over 11,140 cans and non-perishable food items to the Food Distribution Center at St. James Episcopal Cathedral.



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CLOVIS WEST COUNSELING CORNER

Your Clovis West Counseling Department wishes to remind you that we are here to help support your student both academically and emotionally. Please do not hesitate to reach out to your student's individual counselor should you have any concerns you wish to discuss regarding your student. As the semester progresses, many students may begin to feel anxious or apprehensive regarding their classes and course loads. This is especially true for our seniors as they are in the process of applying to colleges and navigating their futures. We are here to support you and your student! The direct line to the Counseling Center Office is 327-2118.

Upcoming Events

- **January 21st** - Jr. Parent Night in the Lecture Hall with representatives from Community College, California State University, and the University of California from 6:00-8:30 PM.
- **January 22nd-28th** - Individual Junior Conferences via US History classes.
- **January 31st** - Junior Parent Coffee with Counselors 7:30-8:30 AM in the Career Center.



College Application Days 2019!

On October 30th and 31st, the CW Counseling Team teamed up with the Government and Economics teachers to help our seniors apply to Community College. **College Application Day** was formed by the CW Counseling Team in 2017 with the objective of helping Clovis West Seniors understand the importance of preparation following high school. While Community College may not be the intended plan for all students, we believe that by having a Community College application completed, even if it is a "plan b," or "plan c," it is crucial to the start of our students' college career. Every senior completed one or more college applications and were celebrated by our faculty and staff. Each senior who completed their application received an "I Applied," sticker to show their peers and teachers that they were that much closer to becoming a college student! Congratulations Class of 2020!



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ARE YOUR STUDENTS THINKING ABOUT BECOMING A TEACHER?

Did you know that Clovis West offers an educational pathway on campus that not only provides students with college credit but firsthand experience working with children? If your child is considering any position within education, the educational pathway is a great way to gain honors english credit and practice in the field at the same time.



Educators Rising Fall station event at lunch



Refresh

Relax

Enjoy!

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ATHLETIC GAME SCHEDULES 7

BOYS SOCCER

Day	Date	Opponent	Site	Team	Time
Tuesday	12/17	Redwood	Clovis West	JV/Varsity	4:30/6:00
Thursday	1/2	Bullard	Clovis West	JV/Varsity	3:00/5:00
Tuesday	1/7	Clovis North	Clovis North	JV/Varsity	3:00/3:00
Friday	1/10	Central	Clovis West	JV/Varsity	3:00/5:30
Tuesday	1/14	Clovis East	Clovis West	JV/Varsity	3:00/5:30
Friday	1/17	Buchanan	Buchanan	JV/Varsity	3:00/3:00
Tuesday	1/21	Clovis	Clovis West	JV/Varsity	3:00/5:30
Friday	1/24	Clovis North	Clovis West	JV/Varsity	3:00/5:30
Tuesday	1/28	Central	Central	JV/Varsity	3:00/5:00
Friday	1/31	Clovis East	Clovis East	JV/Varsity	3:00/3:00
Tuesday	2/4	Buchanan	Clovis West	JV/Varsity	3:00/5:30
Thursday	2/6	Clovis	Clovis	JV/Varsity	3:00/5:00

Home Games are in BOLD (Varsity Home Games Played at Tice Park)

GIRLS SOCCER

Day	Date	Opponent	Site	Team	Time
Wednesday	12/18	Liberty (Ranchos)	Clovis West	JV/Varsity	3:30/5:00
Friday	12/20	Bullard	Clovis West	JV/Varsity	3:00/5:00
Monday	12/23	Kingsburg	Kingsburg	JV/Varsity	Noon/1:30
Fri-Sat	12/27-28	Pioneer Valley Tournament	Santa Maria	Varsity	TBA
Friday	1/3	Madera	Madera HS	Varsity	7:00 pm
Tuesday	1/7	Clovis North	Clovis West	JV/Varsity	3:00/5:00
Friday	1/10	Central	Central	JV/Varsity	3:00/5:00
Tuesday	1/14	Clovis East	Clovis East	JV/Varsity	3:00/3:00
Friday	1/17	Buchanan	Clovis West	JV/Varsity	3:00/5:00
Tuesday	1/21	Clovis	Clovis	JV/Varsity	3:00/5:00
Friday	1/24	Clovis North	Clovis North	JV/Varsity	3:00/3:00
Tuesday	1/28	Central	Clovis West	JV/Varsity	3:00/5:00
Friday	1/31	Clovis East	Clovis West	JV/Varsity	3:00/5:00
Tuesday	2/4	Buchanan	Buchanan	JV/Varsity	3:00/3:00
Thursday	2/6	Clovis (Senior Night)	Clovis West	JV/Varsity	3:00/5:00

Home Games are in BOLD (Varsity Home Games Played at Tice Park)

WRESTLING

Day	Date	Opponent	Site	Team	Time
Fri-Sat	12/20-21	Zinkin Invite	Buchanan	Varsity	9:00 am
Fri-Sat	1/3-4	Doc Buchanan	Clovis	Varsity	TBA
Wednesday	1/8	Clovis North	Clovis North	JV/Varsity	4:30/6 pm
Fri-Sat	1/10-11	JV Eagle Challenge/ Firebaugh Inv	Firebaugh	JV	TBA
Thur-Sat	1/9-11	5 Counties	Fountain Valley	Varsity	TBA
Wednesday	1/15	Central	Central	JV/Varsity	4:30/6 pm
Thu-Sat	1/16-18	Sam Boyd CIT	Morro Bay	Varsity	TBA
Wednesday	1/22	Clovis East	Clovis West	JV/Varsity	4:30/6 pm
Wednesday	1/29	Buchanan	Buchanan	JV/Varsity	4:30/6 pm
Fri-Sat	1/31-2/1	Colt Invite	El Camino HS	JV/Varsity	TBA
Wed	2/5	Clovis	Clovis	JV/Varsity	4:30/6 pm
Fri-Sat	2/14-15	CIF-Central Girls North Area	TBA	Varsity	TBA
Fri-Sat	2/14-15	CIF-Central Section OT Finals	Lemoore	Varsity	TBA
Fri-Sat	2/21-22	CIF-Central Girls Masters	TBA	Varsity	TBA
Fri-Sat	2/21-22	CIF-Central Section Masters	Hoover	Varsity	TBA
Thurs-Sat	2/27-29	CIF-State Finals	Rabobank Arena	Varsity	TBA

Home Matches are in BOLD

BOYS BASKETBALL

Day	Date	Opponent	Site	Team	Time
Thur-Sat	12/19-21	Sanger Invitational	Sanger	Frosh/JV	TBA
Friday	12/20	Arroyo Grande	Clovis West	Varsity	7:30
Saturday	12/21	San Luis Obispo	Bullard	Varsity	2:00
Thur-Mon	12/26-30	Modesto Christian Tourney	Modesto Christian	Varsity	TBA
Thur-Mon	12/26-30	Clovis West Tournament	Clovis West	Frosh/JV	TBA
Friday	1/3	Sanger	Sanger	F/JVV	3:30/5/6:30
Saturday	1/4	Hoover	Hoover	F/V	5:30/7:00
Friday	1/10	Clovis North	Clovis North Big Gym	Varsity	7:00
Friday	1/10	Clovis North	Clovis North Small Gym	JV/F	4/5:30
Tuesday	1/14	Central 1	Clovis West	F/JVV	4/5:30/7
Friday	1/17	Clovis East 2	Clovis West Big Gym	Varsity	7:00
Friday	1/17	Clovis East	Clovis West Small Gym	JV/F	4/5:30
Monday	1/20	Bakersfield Christian	Fresno City College	Varsity	TBA
Tuesday	1/21	Buchanan	Buchanan Big Gym	Varsity	7:00
Tuesday	1/21	Buchanan	Buchanan Small Gym	JV/F	4/5:30
Friday	1/24	Clovis 3	Clovis West Big Gym	Varsity	7:00
Friday	1/24	Clovis	Clovis West Small Gym	JV/F	4/5:30
Tuesday	1/28	Clovis North	Clovis West Big Gym	Varsity	7:00
Tuesday	1/28	Clovis North	Clovis West Small Gym	JV/F	4/5:30
Friday	1/31	Central	Central	F/JVV	4/5:30/7
Tuesday	2/4	Clovis East	Clovis East Big Gym	Varsity	7:00
Tuesday	2/4	Clovis East	Clovis East Small Gym	JV/F	4/5:30
Friday	2/7	Buchanan (Senior Night) 4	Clovis West Big Gym	Varsity	7:00
Friday	2/7	Buchanan	Clovis West Small Gym	JV/F	4/5:30
Wednesday	2/12	Clovis	Clovis Big Gym	Varsity	7:00
Wednesday	2/12	Clovis	Clovis Small Gym	JV/F	4/5:30

Feeder Nights:

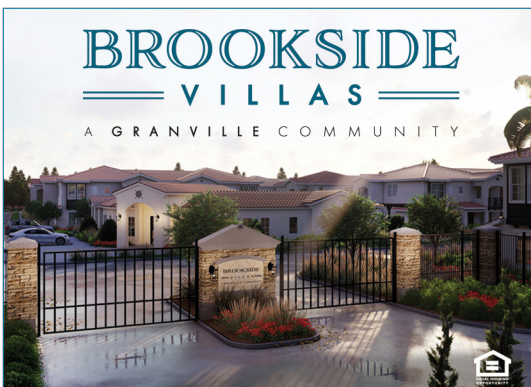
1. Kastner Boys
2. Valley Oak, Maple Creek, & Lincoln
3. Fort Washington, Liberty, Nelson, & Pinedale
4. Boys' Lil Hoopster Night

GIRLS BASKETBALL

Day	Date	Opponent	Site	Team	Time
Tues-Sat	12/17-21	Crescom Bank Holiday Invite	South Carolina	Varsity	TBA
Thurs-Sat	12/19-21	Dinuba Tournament	Dinuba	Frosh	TBA
Thurs-Mon	12/26-30	So Cal Holiday Prep Classic	San Diego	Varsity	TBA
Thurs-Sat	12/26-28	Heritage Tournament	Heritage	JV	TBA
Thurs-Sat	12/26-28	Selma Tournament	Selma	Frosh	TBA
Saturday	1/4	Mater Dei Showcase	Mater Dei	Varsity	TBA
Saturday	1/4	Arroyo Grande	Clovis West	F/JV	Noon/1:15
Friday	1/10	Clovis North	Clovis North Big Gym	JV/Var	4/5:30
Friday	1/10	Clovis North	Clovis North Small Gym	Frosh	7:00
Tuesday	1/14	Central	Central	F/JVV	4/5:30/7
Friday	1/17	Clovis East 1	Clovis West Big Gym	JV/Var	4/5:30
Friday	1/17	Clovis East	Clovis West Small Gym	Frosh	7:00
Saturday	1/18	MLK Showcase	St. Mary's	Varsity	TBA
Tuesday	1/21	Buchanan	Buchanan Big Gym	JV/Var	4/5:30
Tuesday	1/21	Buchanan	Buchanan Small Gym	Frosh	7:00
Friday	1/24	Clovis 2	Clovis West Big Gym	JV/Var	4/5:30
Friday	1/24	Clovis	Clovis West Small Gym	Frosh	7:00
Tuesday	1/28	Clovis North	Clovis West Big Gym	JV/Var	4/5:30
Tuesday	1/28	Clovis North	Clovis West Small Gym	Frosh	7:00
Friday	1/31	Central	Clovis West	F/JVV	4/5:30/7
Tuesday	2/4	Clovis East	Clovis East Big Gym	JV/Var	4/5:30
Tuesday	2/4	Clovis East	Clovis East Small Gym	Frosh	7:00
Friday	2/7	Buchanan (Senior Night) 3	Clovis West Big Gym	JV/Var	4/5:30
Friday	2/7	Buchanan	Clovis West Small Gym	Frosh	7:00
Wednesday	2/12	Clovis	Clovis Big Gym	JV/Var	4/5:30
Wednesday	2/12	Clovis	Clovis Small Gym	Frosh	7:00

Feeder Nights:

1. Valley Oak, Maple Creek, & Lincoln and Autograph Poster Night
2. Fort Washington, Liberty, Nelson, & Pinedale
3. Kastner Girls



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ENVIRONMENTAL CLUB

Clovis West students show their heart for others by reaching across the ocean to help those in need. Our AP Environmental Science and Environmental Club students under the direction of Mr. Todd Kennedy have just completed and shipped a solar suitcase to the children of Uganda. Uganda is part of sub Saharan Africa and has one of the lowest electrification rates and highest poverty rates in the World today. Less than 7% of the population has access to electricity daily which means small tasks like turning on a light to study or carry on common household tasks is impossible. When Clovis West students heard this, they jumped into action. The solar suitcase built in a partnership with We Share Solar is destined for a K-6 facility in Uganda. Mr. Kennedy's students went the extra mile and packed the solar suitcase with letters for the children full of well wishes from Clovis West. A second solar suitcase is in production that will be sent to Cal Fire in Northern California/ Bay area to support families dealing with the devastating wildfires of the past few months. Each solar suitcase is a fully self-contained unit capable of lighting a school in a permeant installation, as is the case of the Uganda system, or being deployed as a portable system to be moved from house to house for fire victims. They can charge mobile devices, radios, medical equipment, and run lights for up to 12 hours on a single charge. Approximately 100 students participated in this build, for many it was an eye opening and life changing opportunity. Mr. Kennedy and his students hope to be able to continue this for years to come.

