

WWH 03/04

Presented by ASB



Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 Today	5 Torrey Pines 8th grade Welcome Night	6
9 Wellness Weeks starts! Pi day	10 Tacky Tourist Day Cherry Blossom Craft	11 PJ DAY Therapy dogs	12 Tie-Dye Day Pottery in Wellness Center	13 - LAST DAY TO BUY DISNEY TICKETS!!! PTMS Blue and Green Day 10 year Chalk Mural

WELLNESS WEEK MARCH 9-13

Monday

Dress like your Future self!

Daily Challenge:

Turn off all screens by 8:00 PM tonight.

The "Why": Your brain needs deep sleep to process everything you learned in math today!



Celebrate Pi day in your math class!



Tuesday

Tacky Tourist Day

Daily Challenge:

Since we are celebrating nature and exploring today, go for a 10-minute walk outside after school.

The "Why": Like the cherry blossoms, humans need fresh air and sunlight to thrive!



Come to the Learning Commons at Lunch for a Special Cherry Blossom Making Event! The first 75 Students will get a prize and get to make their very own cherry blossom that will be used to decorate a tree in the C-building!



Wednesday

PJ Day

Daily Challenge:

When you see the therapy dogs today, take three deep 'belly breaths' to match their calm energy.

The "Why": PJs are for physical rest, but breathing is for mental rest.



Come to the Wellness Center at Lunch to pet the Therapy Dogs!



Thursday

Tie-Dye Day

Daily Challenge:

Eat at least one vegetable with dinner tonight that is as bright as your tie-dye shirt.

The "Why": Good overall Wellness' requires good fuel.



Sign up to come to the Wellness Center during homeroom to make your very own Clay Pot. This will be a two week event where you will make your clay pot this week and paint it in the future.



Friday

Blue and Green PTMS Day

Daily Challenge:

Sign the chalk mural at lunch and give a 'high-paw' or a compliment to someone you don't know well.

The "Why": We've been a "Pack" for 10 years; let's make sure everyone feels included in the community.



Stop by the concrete bench in the quad to make your mark on our 10 year legacy Chalk Mural. Sign your name and get a treat for participating!

There will also be face paint and hair braiding.



CHERRY BLOSSOM CRAFT

WHEN: MARCH 10TH DURING LUNCH

WHERE: THE LEARNING COMMONS

WHY: TO OBSERVE THE CHERRY

BLOSSOM FESTIVAL

HOW: COME INTO THE LEARNING

COMMONS DURING LUNCH TO

COMPLETE THE CRAFT AND GET A

PRIZE

FIRST 75 STUDENTS GET A TREAT!



Deadline March 13th!



Joy bought her 8th grade Disneyland ticket!



Anger tried to buy their ticket from Ms. Vetha but didn't have their ID card. It is okay, Anger, bring it tomorrow!



Sadness tried to buy their ticket from Ms. Vetha on March 16th and now cannot go on the trip!



Minnie! Did you know students can buy they their Disney tickets **before school, during break, during lunch, or after school** from Ms. Vetha!

Wow, Mickey! All they need is their student ID card, signed permission slip, and payment!

Deadline is March 13th!

Congrats to Ari Felix and Adelaide French!

Both of these talented artists entered and won a spot in a San Diego County Calendar contest



2026 Clean Air For All Calendar

Featuring art by 13 San Diego County K-12 Students



NOVEMBER



SAVE THE DATE

03 26 26

mark your calendar!

PTMS SPRING DANCE

March 26th, 2026 from 5:00 - 7:00 pm at PTMS



- **MATH** +
÷ **TUTORING** ×
WITH CCA TUTORS

NEED SOME EXTRA PRACTICE, HELP WITH A TOPIC, OR WANT TO PREPARE SOME MORE BEFORE A TEST?

WE CAN HELP YOU OUT

×
OPEN TO ANY
AND ALL PTMS
STUDENTS

+

DROP IN, NO NEED
TO SIGN UP!

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THURSDAY
MORNINGS
7:30-8:00
IN ROOM
B224
-

Interested in making Podcasts?

Want to group up with some friends for a chance to win a prize?



The NPR Student Podcast Challenge runs from January to April, is free to enter, and is an exciting contest for students all around the country.

Contact Mr. Torkelson if you are interested

PTMS Band Performances!

- Mar 13 Forum Festival & Disneyland Tr p
- Mar 26 All District String Festival at TPHS (Adv Orchestra)
- Mar 2- Apr 27 Monday After School Music Class for 6th graders
- Apr 10 All District Jazz Festival @ Torrey Pines H.S.
- Apr 14 Padres Band Night 6:40 pm
- May 13 Spring Concert (Symphonic Band, Adv Orchestra) at CCA
- May 19 Arts Night Concerts (Guitar, Concert Band, Orchestra) at PTMS



PTMS Spring Sports!

Sport	Tryouts	Grades
Girls Basketball	3/9, 3/12 & 3/16. (Gym not available on 3/10) 8th grade 3-4pm & 7th grade 4-5pm	7th & 8th
Girls Soccer	3/9, 3/10, 3/12 3pm-4:30pm on PTMS Field	7th & 8th
Boys Soccer	3/9, 3/10, 3/12 3pm-4:30pm on PTMS field	7th & 8th
Pickleball Club	First Day 3/10 3-4pm outdoor basketball courts (no cuts)	6th, 7th, 8th
Track & Field	First Day 3/9 3-4:30pm - PTMS track (no cuts)	6th, 7th, 8th

Season Info
Final Rosters posted Monday 3/16 after 6pm. 8th grade practices Mondays, Tuesdays & Thursdays 3-4pm. 7th grade practices are Mondays, Tuesdays & Thursdays 4-5pm. Practices held at PTMS Gym. First day of practice is Tuesday 3/17. Last day of the regular season is 5/7. Postseason is w/o 5/11.
Final Rosters posted 3/13 after 6pm. Practices are Mondays, Tuesdays & Thursdays from 3-4:30pm. First day of practice is 3/16 from 3-4:30pm at PTMS Field. Last day of the regular season is 5/7. Postseason is w/o 5/11.
Final Rosters posted 3/13 after 6pm. Practices are Mondays, Tuesdays & Thursdays. First day of practice is 3/16 from 3-4:30pm at PTMS Field. Last day of the regular season is 5/7. Postseason is w/o 5/11.
First day of Pickleball is Tuesday 3/10 from 3-4pm on the outdoor basketball courts. Practices are on Tuesdays & Thursdays 3-4pm. Last day of the season is 5/7.
First day of practice is Monday 3/9 from 3-4:30pm at PTMS Track. Practices are Mondays, Tuesdays and Thursdays 3-4:30pm. Last day of the regular season is 5/7.

Birthdays

Eli B, Averie D, Sophia N, Fernanda R, Leonard T, Reva A, Kelly C, Katelyn C, Eli F, Aaron L, Alexander M, Niranjana P, Idan R, Jason W, Brooklyn B, Jordyn M, Zara S, Anya V, Amy Y, Selena Y, Mihn Jay K

PTMS 20 25-26

Student Clubs





FIRST TUESDAY OF THE MONTH



Mr. Gillette's Room, B210

AGATHA CHRISTIE CLUB



PTMS Book Club


Thursdays

2:50 – 3:30 p.m.

in the Learning Commons

All are welcome!





 Plans for the Year



Spring: Compete in the National Civics Bee – test your civic smarts and rep PTMS!

All Year: Play iCivics games (People’s Pie, Argument Wars, Do I Have A Right?, and more!)

COIN = Civics, Our Inalienable
Nation

Tuesdays: Financial literacy games 💰

Play the game. Learn the rules.
Change the world.

Thursdays: Civics simulations ⚖️

We’re here to make civics fun, competitive, and real. Learn how money and government work—while gaming, winning prizes, and outsmarting your friends.

CHESS CLUB



8th grade, Thursdays
B225 @ Van Over

First meeting on Sep 11 during 8th grade lunch.

We will provide all materials like chess clocks, boards, and pieces.

Join the online chess club [here](#).

Learn more about this club [here](#).



PTMS

DEBATE CLUB



Thursdays at 8th Lunch

Mr. Gillette's Room, B210

First meeting September 18th

Questions?

Email:

yeha9254@my.sduhsd.net

lii9146@my.sduhsd.net

brian.gillette@sduhsd.net



PTMS DRAMA CLUB

EVERY WEDNESDAY,
8TH GRADE LUNCH IN ROOM B227 & AFTER
SCHOOL IN THE LEARNING COMMONS

LOOKING FOR CAST & CREW!

Featuring an original script, members of the PTMS Drama Club will work towards putting on a play from scratch.

If you are interested in musical theater or working behind the scenes, Drama Club is the place for you! No previous experience needed.

Contact sljivargranta8154@my.sduhsd.net or harrisc9350@my.sduhsd.net for more information.

IMPORTANT DATES

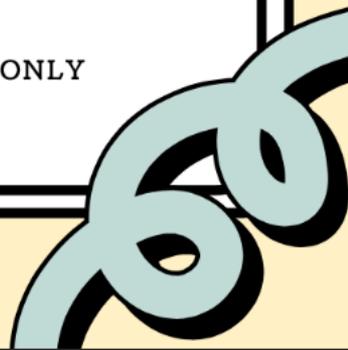
AUDITIONS:

WEDNESDAY
FEBRUARY 4TH
8TH GRADE LUNCH
& AFTER SCHOOL

Can't make it? No worries! We offer extra auditions in case you're absent.

ABSENT AUDITIONS:

WEDNESDAY
FEBRUARY 11TH
8TH GRADE LUNCH ONLY





PACIFIC TRAILS ESPORTS

Interested in being on a Rocket League, Smash Bros, or Marvel Rivals team and competing against **other schools**?
Try out for one of the ESports teams!

Reach out to Mr. Torkelson with any questions or info.



EQUESTRIAN CLUB

Run by Aven Eichenbaum
and Eva Mahller

If interested please email
mahllere1138@my.sduhsd.net

Join us for an equestrian hangout with fun horse related activities in C110 during 7th grade lunch every monday!



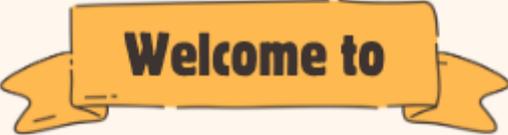
Love horses?

Or don't know much but
want to learn about them?



Welcome to Everybody!





Welcome to



FILMMAKERS CLUB!

Questions?

Email popovas9535@my.sduhsd.net



Every
Monday
afterschool
2:45-3:30

If you like
writing,
drawing / a
nimating,
filming,
and / or
acting,
come!



CINE

Garden Club

We are excited to introduce you to our **Garden Club**, established in 2022! The club gives students a fun, hands-on opportunity to learn about plants, sustainability, and caring for the environment—all while helping to grow and maintain our school garden.

Our garden is a **Monarch Waystation Certified** site, providing a habitat for monarch butterflies and supporting local pollinators. Students in the club plant a variety of flowers, fruits, and vegetables, and take pride in watching their work grow and thrive throughout the year.

The Garden Club meets **every Monday after school for one hour**, and all students are welcome to join—no gardening experience needed!

If you are interested in participating please use this google classroom code ([3nve62u](#)).





GUITAR CLUB

All Levels of Electric & Acoustic Players Welcome!

**THURSDAYS
AT LUNCH**

7th grade:

**Mr. Hunt's room
B226**

8th grade:

**Mr. Johnson's
room M103**

First informational meeting is this
Thursday 8/28 at lunch!

Bring your guitar if you have one! Limited
loaner guitars will be available.

Use this
link to sign
up!



or click :

<https://forms.gle/RSTyvmgKRuf3momg8>

MAGIC THE GATHERING CLUB

Want to learn a fun card game that lots of people know how to play and is used everywhere? Then look no further this club will do just that!

Wednesdays at 8th grade lunch

Mr. Jenkins room, C219

- We will supply the decks
- You can make your own decks





By Ryan Wang and Charles Wu

TABLE TENNIS CLUB



EVERY TUESDAY LUNCH IN GYM!

FOUNDER EMAILS:

WUC7846@MY.SDUHSD.NET

WANGR8431@MY.SDUHSD.NET

Every Friday in room C-210
Creating a diverse community of writers

WRITER'S WORKSHOP

For more information, email,
seoy1764@my.sduhsd.net or
nohk0813@my.sduhsd.net

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92 02



Thank you!!

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