

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

TUESDAY, FEBRUARY 25, 2025

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
No Birthdays	Turkey Taco, Rice, Beans, Veggies, Fruit, Milk Variety.	Seniors, check your email for the cap and gown size and color form! This form must be completed to ensure you get the correct fit for graduation. Submit it as soon as possible! Questions? See Mrs. Burke for assistance

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<ul style="list-style-type: none">• Grading Period Reminder: The grading period closed on Friday, and teachers will submit final grades by Thursday evening.• Athletic Eligibility: A 2.0 GPA is required to participate in athletics—keep up your hard work!• Seniors, Stay Eligible! Your GPA affects your eligibility for senior activities. Stay focused and finish strong!• Chromebooks: Make sure to bring your Chromebook fully charged every day.• Lost or Damaged Items: Bills will be issued for lost or damaged Chromebooks and athletic uniforms. Take care of school-issued items!	<p>Stay Connected! Scan the QR codes around campus to follow ASB Instagram for updates on rallies, dances, spirit days, and campus events. Don't miss out!</p> <p>ASVAB Test – March 4, 2025: Juniors and Seniors interested in the military can take the ASVAB on campus. Sign up in the office. This test is required for enlistment, but taking it does not commit you to the military. Questions? See Mrs. Accurso.</p> <p>College & Career Day Field Trip – March 6, 2025: Open to grades 9-12, this trip to Mendocino College-Lake Center runs from 10:00 AM - 12:30 PM. We have 50 spots available—first come, first served! Pick up your permission slip from Mrs. Accurso's office ASAP!</p> <p>Spring Break Rally – March 21! Get ready for a fun and spirited send-off before break!</p> <p>Save the Date – Prom 2025! Mark your calendars for Saturday, April 19, from 7:30-9:30 PM for a night to remember!</p>	<p>Good luck to Aiden Dancer as he competes at the CIF State Wrestling Championship this week!</p> <p>Friday: Varsity baseball vs Willits @ 3:30, release @ 2:15</p>

What is Bullying?

Bullying can take many forms, including name-calling, spreading rumors, physical aggression, excluding others, or cyberbullying through social media or text messages. Recognizing these behaviors is the first step in stopping them. Talk to a trusted adult today if you or a friend is being bullied.

COUGARS FOCUS ON THE PRESENT

There once was a baseball coach who said, "You're only as good as your next pitch."

The idea was that the only thing to focus on is the next pitch. No matter how good or bad your last one was—or how many future pitches you'll need to execute to win—it's only the next one that you can control right now.

- Focusing on the past is dangerous.
- Focusing on the future is paralyzing.
- Focusing on the present is beautiful.

Cougars focus on what they can control and always strive to do better!