

# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

**TUESDAY, MARCH 04, 2025**

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
No Birthdays	Turkey Taco, Rice, Beans, Veggies, Fruit, Milk Variety.	Make sure to enjoy every event this semester! From rallies to prom, it's your time to shine. Don't miss out on all the activities leading up to graduation! Be sure to stay on top of your grades and eligibility to fully participate in all upcoming senior events! Stay engaged, make the most of this exciting time, and let's make this final semester unforgettable

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p><b>College &amp; Career Day Field Trip – March 6, 2025:</b> A trip to Mendocino College-Lake Center is open to <b>grades 9-12</b> from <b>10:00 AM - 12:30 PM</b>. Only <b>50 spots</b> are available—permission slips are in <b>Mrs. Accurso's office</b>. First come, first served! <b>TODAY IS THE LAST DAY TO TURN IN THE PERMISSION SLIP</b></p>	<p><b>Wear GREEN</b> on Monday, March 17 to celebrate St. Patrick's Day! The Mighty Cougar will be out with treats.</p> <p><b>Spring into Break Rally</b> is on Friday, March 21!</p> <p><b>Save the Date:</b> Prom is on <b>Saturday, April 19</b> from 7:30 to 9:30 PM. Let's make it a night to remember! Eligibility and non-privilege list will be in effect.</p> <p>Keep an eye out for <b>ASB officer ballots</b> – let your voice be heard!</p> <p>Healthy Living Tobacco Club meeting Wednesday at Lunch <b>ALL ARE INVITED</b> to attend!</p>	<p><b>Today:</b></p> <ul style="list-style-type: none"><li>Softball &amp; Baseball vs South Fork @ 3:00 PM (Release @ 1:45 PM)</li><li>Winter Sports Awards Night @ 6:30 PM</li></ul> <p><b>Wednesday:</b></p> <ul style="list-style-type: none"><li>Golf @ Brooktrails in Willits @ 11:00 AM (Release @ 9:00 AM)</li></ul> <p><b>Friday:</b></p> <ul style="list-style-type: none"><li>Baseball &amp; Softball @ Technology in Rohnert Park @ 3:30 PM (Release @ 12:15 PM)</li></ul>

## *Friendly Reminder*

Does your family need food? Come to Ms. Toback's office. On the door you will see a list of organizations that can **HELP YOU GET THE FOOD YOUR FAMILY NEEDS**.

## *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.

## *READY TO LEARN*

Thank you, MIGHTY COUGARS, for understanding how important it is for you to be 100% engaged in the classroom... We are helping you prepare for COLLEGE & CAREER! Need support? Reach out!