


# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

*FRIDAY, MARCH 14, 2025*

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
Daegen Medina	Chef's choice, Veggies, Fruit & Milk	 <b>Seniors: Don't Risk Your Senior Privileges!</b>  Seniors, as we approach the finish line, remember that <b>all senior activities—including walking the stage at graduation—are privileges, not rights.</b> Violating the <b>Code of Conduct</b> can put these opportunities at risk. Make good choices, represent your class with pride, and finish strong. Don't let one mistake jeopardize everything you've worked for!

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
 <b>Latino Student Retreat Field Trip!</b>  Students of Latino/Latina heritage are invited to the <b>37th Annual Latino Student Retreat</b> at Mendocino College on <b>Friday, April 25th!</b>  Interested? Pick up a packet from <b>Mr. Z, Mrs. Gonzalez, or Mrs. Accurso's office.</b> You must complete: <ul style="list-style-type: none"><li><input checked="" type="checkbox"/> Permission slip</li><li><input checked="" type="checkbox"/> Picture consent form</li><li><input checked="" type="checkbox"/> QR code registration</li></ul> All forms are due by <b>Friday, March 21st</b> —turn them in to <b>Mrs. Accurso.</b>  Questions? See <b>Mr. Z, Mrs. Gonzalez, or Mrs. Accurso!</b>	Wear GREEN Monday, March 17 in honor of St. Patrick's Day! The Mighty Cougar will be out and about with treats.  Spring into Break rally is Friday, March 21! Please wear your best SPRING COLORS to the rally! Pastels and light colors as we celebrate Spring!  Save the Date! Prom is Saturday, April 19 from 730 to 930. Let's make it a night to remember! Eligibility and non-privilege list will be in effect.  Be on the lookout for ASB officer ballots and let your voice be heard	Friday: BAseball vs Ferndale @ 4:00, release @ 2:45

## *Student Services Words of Wellness*

### **Positive Self-Talk**

Your inner voice matters! Instead of saying, "I can't do this," try, "I can figure this out with effort." How you speak to yourself affects how you feel and act. Stay kind and encouraging!

# SPRING BREAK

🌸 **Spring Break is Almost Here!** 🌸

Spring Break will be from **March 24 – April 4**. School resumes on **Monday, April 7**.

When we return, we'll have just **9 weeks left**, including **state testing**, so stay focused and finish strong!

We wish all students and families a **fun, restful, and safe break!** 🎉