

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

MONDAY, MARCH 17, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
No Birthdays	Chef's Choice, Veggies, Fruit & Milk	Seniors, you're in the home stretch! Stay focused, stay committed, and make these last weeks count. Every assignment, every class, and every effort matters.

ACADEMICS	ACTIVITIES	ATHLETICS
<p> Latino Student Retreat Field Trip!</p> <p>Students of Latino/Latina heritage are invited to the 37th Annual Latino Student Retreat at Mendocino College on Friday, April 25th!</p> <p>Interested? Pick up a packet from Mr. Z, Mrs. Gonzalez, or Mrs. Accurso's office. You must complete:</p> <ul style="list-style-type: none"> ✅ Permission slip ✅ Picture consent form ✅ QR code registration <p>All forms are due by Friday, March 21st—turn them in to Mrs. Accurso.</p> <p>Questions? See Mr. Z, Mrs. Gonzalez, or Mrs. Accurso!</p> <p>📌 Attention 10th-Graders! 📌</p> <p>After lunch TODAY, all 10th-grade students must go to the cafeteria instead of their 6th-period class for important instruction.</p> <p>Make sure to head straight there—don't go to your classroom first! See you Monday! </p>	<p> The Mighty Cougar is on the prowl! </p> <p>Keep an eye out today for green beads and sweet treats from our favorite mascot!</p> <p> Freshmen are delivering St. Patrick's Day grams! Spread the luck and enjoy the festive surprises! </p> <p> Spring Rally This Friday! </p> <p>Show up in your best spring-themed gear—pastels, florals, or any color that screams spring! Let's Spring into Break together!</p> <p> Prom: Save the Date! </p> <p> Saturday, April 19 🕒 7:30 - 9:30 PM</p> <p>Let's make it a night to remember! The eligibility & non-privilege list will apply.</p> <p> Prom Permission Slips & Tickets</p> <p>Sales start Monday after Spring Break! You MUST have a signed permission slip before buying a ticket! Pre-sale is highly encouraged to secure your spot—don't wait until the last minute!</p> <p> Questions? Reach out to Hayenga!</p> <p>Tobacco Youth Coalition students are meeting in Miss Hayenga's room after school on Monday, Tuesday, and Thursday to paint a Narcan Stand Art Project. Join them and remember you can get a ride home at 4 o'clock.</p>	<p>Tuesday: Golf @ Buckingham in Kelseyville @ 11:00am, release @ 9:00</p> <p>Baseball and Softball vs Laytonville @ 4pm, release @ 2:45</p> <p>Friday: Baseball vs Calistoga and Softball vs Credo @ 4pm, release @ 2:45</p>

Student Services Words of Wellness

Pause & Breathe 🧘

Feeling overwhelmed? Take a deep breath! Inhale for four seconds, hold for four, and exhale for four. A few deep breaths can calm your mind and help you regain focus. Try it before tests, presentations, or stressful moments!

FFA WEEK



Today is the second day of FFA week and is "National Days of Service." A part of the national motto is "Living to Serve." How can you give back to your community? Some ideas are cleaning around your neighborhood, helping your neighbors or teachers, and volunteering at shelters or events. These are just a couple of ways to celebrate! We will have lunch games and activities all week long so make sure to look in the FFA classroom to decide Wednesdays! The activity today will be degree hand painting in the quad.

SITE COUNCIL MEETING TOMORROW!



Our monthly School Site Council meeting takes place TODAY from 3:30 - 4:30 pm. The School Site Council is an organization made up of the principal, teachers, parents, students, and other school staff.

School Site Council meetings are generally held the last Tuesday of every month at 3:30 pm Room 16 or via Zoom. Agendas are posted on our website under "Families" and "Site Council."