

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

WEDNESDAY, MARCH 19, 2025

BIRTHDAYS

No Birthdays

LUNCH

Chef's Choice

SENIOR CORNER

Participation in senior activities, including the picnic and trip, is a privilege. Eligibility requires meeting all guidelines, and failure to do so may result in lost privileges. Thank you for upholding these standards as we celebrate our graduates!

Campus Guideline

The stadium and snack shack area are off limits to all students. You are not allowed to be in the stadium, in the bleachers, under the bleachers, or by the track or snack shack area at any time, including before school, during school, during break or lunch. Thank You.

ACADEMICS

🌸 Latino Student Retreat Field Trip!

Students of Latino/Latina heritage are invited to the **37th Annual Latino Student Retreat** at Mendocino College on **Friday, April 25th!**

Interested? Pick up a packet from **Mr. Z, Mrs. Gonzalez, or Mrs. Accurso's office.** You must complete:

- ✅ Permission slip
- ✅ Picture consent form
- ✅ QR code registration

All forms are due by **Friday, March 21st**—turn them in to **Mrs. Accurso.** Questions? See **Mr. Z, Mrs. Gonzalez, or Mrs. Accurso!**

ACTIVITIES

🌸 Spring Rally This Friday! 🌸

Show up in your best **spring-themed gear**—pastels, florals, or any color that screams spring! Let's **Spring into Break** together!

📅 Prom: Save the Date! 📅

Saturday, April 19 | 7:30 - 9:30 PM

Let's make it a **night to remember!** ✨ The **eligibility & non-privilege list** will apply.

📄 Prom Permission Slips & Tickets

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!** Questions? Reach out to **Hayenga!**

👤 Want to be a Student School Board Member? 👤

Make your voice heard and represent your classmates! 🗣️ ✨ If you're interested in being a Student School Board Member next year, reach out to Ms. Hayenga for an application! 📄 🎓

Don't miss this opportunity! ⌚

If you want to participate in the Quinceanera sign up in Mrs. Gonzalez Perez room by Friday.

ATHLETICS

Friday: Baseball vs Calistoga and Softball vs Credo @ 4pm, release @ 2:45

Student Services Words of Wellness

Move to Reset 🚶

Stuck in a bad mood? A quick walk, stretch, or even a few jumping jacks can reset your energy and improve focus. Movement helps regulate emotions and clears the mind. Try it between study sessions!

FFA WEEK



It is finally the fourth day of FFA week, and is also the best. Today is Ag teacher appreciation day, so let's be grateful for Mrs.Boomer and Mr.Decker! We thank you guys for everything that you continue to do and for the great things that you teach us everyday. Make sure to tell your teachers thank you and to keep being the amazing teachers you are! We also have a meeting tonight at 6 pm, see you there! The activity today is COW KISSING in the basketball courts, we will see who was vote