

# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

*THURSDAY, MARCH 20, 2025*

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
Jerod Rosales	Chef's Choice	

## *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.

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p> <b>Latino Student Retreat Field Trip!</b></p> <p>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></p> <p>Interested? Pick up a packet from <b>Mr. Z, Mrs. Gonzalez, or Mrs. Accurso's office.</b> You must complete:</p> <ul style="list-style-type: none"> <li>✅ Permission slip</li> <li>✅ Picture consent form</li> <li>✅ QR code registration</li> </ul> <p>All forms are due tomorrow, <b>Friday, March 21st</b>—turn them in to <b>Mrs. Accurso.</b></p> <p>Questions? See <b>Mr. Z, Mrs. Gonzalez, or Mrs. Accurso!</b></p>	<p> <b>Spring Rally This Friday!</b> </p> <p>Show up in your best <b>spring-themed gear</b>—pastels, florals, or any color that screams spring! Let's  <b>Spring into Break</b>  together!</p> <p> <b>Prom: Save the Date!</b> </p> <p> <b>Saturday, April 19</b>   ⌚ <b>7:30 - 9:30 PM</b></p> <p>Let's make it a <b>night to remember!</b> ✨ The <b>eligibility &amp; non-privilege list</b> will apply.</p> <p> <b>Prom Permission Slips &amp; Tickets</b></p> <p>Sales start <b>Monday after Spring Break!</b> You <b>MUST</b> have a signed <b>permission slip</b> before buying a ticket!  <b>Pre-sale is highly encouraged to secure your spot—don't wait until the last minute!</b></p> <p> <b>Want to be a Student School Board Member?</b> </p> <p>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! 📄 🎓</p> <p>Don't miss this opportunity! ⏰</p> <p><b>Tobacco Youth Coalition</b> students are meeting in Room 9 after school today to paint a <b>Narcan Stand Art Project.</b> Join them and remember you can get a ride home at 4 o'clock</p> <p>WOLF PACK MEETING TODAY 3rd period in Room 15.</p>	<p>Friday: Baseball vs Calistoga and Softball vs Credo @ 4pm, release @ 2:45</p> <p><b>Student Services Words of Wellness</b></p> <p><b>Plan, Don't Panic</b> 📅</p> <p>Overwhelmed by assignments? Make a to-do list! Prioritizing tasks and breaking them into smaller steps reduces stress and helps you stay on track. One step at a time = progress!</p>

# *FFA WEEK*

Today is the fifth day of FFA week and we are celebrating "Give FFA Day". This day is about raising money for the organization so then we can keep having great opportunities and activities! While most people do donations, this day is just about showing our appreciation through any gifts of some sort. This can be done to our teachers or to our officers! Our activity today is different, we will be having an all day campus-wide livestock scavenger hunt! If you find a pig, lamb, goat, or steer, make sure to bring it to an ag teacher or Maddi Sullivan!

## *COUGARS and SOCIAL MEDIA*

Social Media is everywhere and can be a great way to stay informed, keep in touch, and experience new content! However, it's essential that we, as students, learn how to use Social Media safely. Here are some tips on safely using social media:

**TIP 1:** Remember that everything you post is public; it doesn't matter whether or not you delete the post; if you've published it, it's traceable. Plus, when you post things online, you're creating a digital footprint. A digital footprint is the trail of stuff you leave behind online.

**TIP 2:** Speak kindly. Remember: it may look like a screen before you, but another person (or people) is on the receiving end. Think about how you would feel if you received the message you're sending. If the answer isn't favorable, don't send it.

Thank you for using social media as trustworthy, respectful, and responsible.

**GO MIGHTY COUGARS!**