


# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

**TUESDAY, OCTOBER 22, 2024**

<b>BIRTHDAYS</b>	<b>LUNCH</b>	<b>SENIOR CORNER</b>
Zoey Wing- Helton	Loaded Nachos, Mexican Rice, Fresh Veggies, Fruit & Milk Variety	It's time to start the FAFSA Process!  <b>STEP 1:</b> Create an FSA ID  <b>STEP 2:</b> Start the FAFSA® form at <a href="https://fafsa.gov">fafsa.gov</a> .  See Mrs. Accurso or Mrs. Burke for more information or help

<b>ACADEMICS</b>	<b>ACTIVITIES</b>	<b>ATHLETICS</b>
 <p>FFA Monthly Chapter Meeting THURSDAY at Lunch in Boomer's Room.</p> <p>Cougar Pride and Rotary Top 40 celebration is next Friday! We are striving for excellence in Academics, Activities, Arts, and Athletics!</p> <p>Research shows that the presence of cell phones in the classroom can significantly disrupt focus, reduce academic performance, and lower student engagement. Studies have found that even when phones are not in use, their mere presence can be a distraction. That's why we show up ready to learn with cell phones in backpacks—ensuring our attention is fully on the task at hand.</p> <p>TODAY! All Mendocino College dual enrollment students are encouraged to attend a presentation given by Mendocino College Counselor and Coordinator of the Health and Wellness Center Lisa Larimer Burtis. Join us in</p>	<p>Halloween Costume Contest 10/31</p> <p>Sophomores are selling Halloween grams!</p> <p>Stay tuned for more information on Halloween-themed lunch time activities!</p> <p>Day of the Dead celebration on 11/1</p> <p>Wolf Pack meets the last Thursday of every month during 3rd period in room 1. Students should look at their email for the calendar invite. If you have questions, see Ms. Hayenga or Mr. McLaurin.</p> <p>Spanish Club keep in touch with Mrs. Gonzalez Perez! We have a lot going on to prepare for Dia de Los Muertos!</p>	<p>Tuesday: Volleyball @ Middletown 5&amp;7pm Release @ 2:45 Soccer @ Middletown Boys @ 4:30 Girls @ 6:15, Release @ 2:15</p> <p>Wednesday: Volleyball @ St. Helena 5&amp;7pm Release @ 2:15</p> <p>Thursday: Soccer vs Willits 5:00 &amp; 6:45 Gate: O'Rourke Cafe: Duncan</p>

the cafeteria during 5th period TODAY to learn more about our free mental health & personal wellness support services.

## *CAMPUS REMINDERS*

Congratulations students! We are getting good at using the campus pass when we need to be out of the classroom. When you need to go to the office or the restroom, communicate with your teacher, use the campus pass, and return promptly.

If you are out of the classroom without permission and without a pass, you may be a student who needs to be escorted around campus by one of our friendly and responsive instructional aides. Those who continue to struggle using the pass might find themselves enjoying the solitude of structured day. Be wise. Use the pass.

## *COUGARS DO OUR BEST*

Here in Cougar Country, we strive to always do our best.

**DO**  
- your best -

Under any circumstance, always do your best, no more and no less. But keep in mind that your best is never going to be the same from one moment to the next. Everything is alive and changing all the time, so your best will sometimes be high quality, and other times it will not be as good. When you wake up refreshed and energized in the morning, your best will be better than when you are tired at night.

Your best will be different when you are healthy as opposed to sick, Your best will depend on whether you are feeling wonderful and happy or upset, angry or jealous...regardless of the quality, keep doing your best.

We are all members of our Cougar Family, and together we support each other to do our best!