

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

MONDAY, DECEMBER 16, 2024

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
There is No Birthdays	Chef's Choice Fresh Veggie, Fruit & Milk Variety	

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p>Congratulations to all of the Performers from the Lakeport Dance Center Christmas Show this weekend! What a show of strength, talent and grace!</p> <p>FINALS WEEK THIS WEEK!</p>  <p>Finals are Thursday or Friday. Your teacher will let you know how to prepare and what day your final exam will be on. There will be no parties on Thursday or Friday so support all classes to FINISH STRONG!</p>	<p>Do you have a wish? Look for the QR codes around campus and scan. Your Cougar Wishes might be granted!</p> <p>If you selected an angel from the tree, please bring your wrapped gift with the angel taped to the outside to Hayenga no later than Wednesday, 12/18.</p> <p>Celebrate the holiday season and end of the semester with our winter spirit week.</p> <p>December 16: Pajama Day 17: Grinch vs. Santa 18: Winter Gear 19: Ugly Sweaters 20: Candy Cane day</p> <p>Juniors are selling Holiday Grams to be delivered 12/18 Hot Cocoa Grams 4\$ Candy Cane Grams 1\$</p> <p>Feliz Navidad: Pinata Day at lunch 12/20</p> <p>Mark your calendars! Winter Semi-Formal is January 25. Stay tuned for ticket info!</p> <p>If you are interested in running for ASB office (student government) or taking Leadership, reach out to Ms. Hayenga</p> <p>We are looking for student helpers in the snack bar Tuesday, 12/17 during the basketball game. We will feed you! See Hayenga if you are interested.</p>	<p>Tuesday: Boys basketball vs Clear Lake JV @ 5pm, Var @ 6:30 Girls basketball @ Clear Lake JV @ 5pm, Var @ 6:30 Wednesday: Team Sports Pictures Girls Basketball 2:30pm Wrestling 4:00pm Boys Basketball 6:00pm Thursday: Boys Varsity Basketball @ Kelseyville Stokes Ladders Tournament vs St. Bernards @ 7:30pm Friday: Boys Varsity Basketball @ Kelseyville Stokes Ladders Tournament vs TBD @ TBD Wrestling at Reno TOC @ 9am Saturday: Boys Varsity Basketball @ Kelseyville Stokes Ladders Tournament vs TBD @ TBD</p>

COUGAR MINDFULNESS



Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Mindfulness helps us create space between ourselves and our reactions, breaking down our conditioned responses. Here's how to tune into mindfulness throughout the day:

Observe the present moment as it is. The goal is simple: we aim to pay attention to the present moment without judgment.

Let your judgments roll by: When we notice judgments, we can make a mental note of them and let them pass.

Feel your breath: Bring your attention to the physical sensation of breathing: the air moving through your nose or mouth, the rising and falling of your belly,

or your chest.

When Cougars practice mindfulness, it helps us to put some space between ourselves and our reactions.