

















DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

THURSDAY, APRIL 10, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
No Birthday	Teriyaki Chicken, Veggies & Rice Bowls, Fruit & Milk Variety	Hey Seniors-You're in the final stretch—don't slow down now! Keep showing up, stay focused, and give it your best. Every assignment, every choice, and every effort matters. You've come too far to quit. Let's finish strong and end the year proud! 🙌

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Attention Juniors!</p> <p>It's time to show what you know! The CAASPP state tests are coming up, and this is your chance to demonstrate your skills in English, Math, and Science. Mark your calendars:</p> <p> English: April 22 & April 24</p> <p> Math: April 29 & May 1</p> <p> Science: May 6</p> <p> Easter Event – Volunteers & Donations Needed!</p> <p> April 13</p> <p> Set-Up: 9:00 or 10:00 AM (based on # of volunteers)</p> <p> Event: 12:30 PM (about 1 hour)</p> <p> Location: Tentative – Middle School Field</p> <p>We need:</p> <ul style="list-style-type: none"> Volunteers (set-up, stations, clean-up) Candy for eggs & Easter basket <p>Sign up in the front office or talk to Boomer!</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> ✨ SPIRIT WEEK: April 14–18! ✨ </p> <p>Let's get hyped for PROM on Saturday, April 19 with a full week of fun, fashion, and prizes!</p> <p>Monday (4/14): Glam In or Glam Out – PJs 🛏 or red carpet ready 👑 —your kind of glam!</p> <p>Tuesday (4/15): Dress as Your Favorite Color – Pick your power color and wear it loud! 🌈</p> <p>Wednesday (4/16): White Lies or Red Flags – Rock a funny "white lie" shirt 😊 or a classic red flag ▶ (keep it school-appropriate!).</p> <p>Thursday (4/17): Rhyme Without Reason – Pair up and rhyme with no reason! 🗣️ 🗣️ (ex: "witch & snitch" or "pirate & parrot")</p> <p>Friday (4/18): Disney Day! – Dress as your favorite Disney character 🧡 or wear Tangled colors: 💜</p>	<p>Friday: Varsity Baseball and Softball @ Lower Lake @ 4pm, release @ 1:45. Jv softball vs Lower Lake @ 4pm, release @ 2:45</p>

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 in a trustworthy, respectful, and responsible way.

Student Services Words of Wellness: How to handle stress: Breathe deeply. Inhale for 4, hold for 4, and exhale for 4. Repeat. Another great way to handle stress is to Stay Active. A short walk or stretch can boost your mood. Stay Organized. Use a to-do list to stay on track. Talk It Out. Share how you're feeling with someone you trust. Sleep Well. Aim for 7–9 hours to recharge your brain. Hydrate & Eat Well. Fuel your body for focus and energy.