



WILDCAT WEEKLY

We A.R.E Sonora High
Accountable - Respectful - Engaged

September 3rd, 2023

Items on this page are hyperlinked.
Hyperlinked items appear in blue, **BOLD**, and underlined

Making History... Congratulations to Coach Craig and his Coaching Staff

This past Friday night, Sonora High Schools Varsity football team defeated the Hilmar Yellowjackets. With this win, Varsity Head Football Coach Bryan Craig, (pictured middle) along with coaches Kirk Clifton (left) and Josh Kroeze (right) became the winningest Varsity Head Football coach in Sonora High School history with 109 wins. Congratulations to Coach Craig and the Sonora High School football staff on this massive achievement. Please see this link for the press release: [109 Wins](#)



This year, the SHS Golden Regiment Band celebrates its 40th anniversary! Please see this link for more information: [SHS GOLDEN REGIMENT 40th](#)



Club DAYZ

This Thursday and Friday 9/7 & 9/8 Club Dayz will be during lunch in the mall! Come see what Clubs SHS has to offer!



WHAT IS FLEX

For more information about what the FLEX period is at Sonora High School, please see this link: [What is the Flex Period?](#)

90%
OF SUCCESS IS **SHOWING UP**
IT ALL STARTS WITH ATTENDANCE

Football Games 9/8/23

This Friday nights football games vs Buhach Colony High School will be played at Atwater High School.

COUNSELORS CORNER

"Ensuring today's students become the productive, well-adjusted adults of tomorrow!"

September is Suicide Awareness Month



September is Suicide Awareness Month. It is a month dedicated to spread awareness about the importance of mental health and suicide prevention. A student's emotional well being is of utmost priority. By listening, talking, and acting we could save lives. Suicide is preventable. For additional information and resources go to: [988 Lifeline](#) [TC Behavioral Health](#) [MACT Health Mathiesen Clinic](#) [Adventist Health](#) [Tuolumne Me-Wuk Indian Health](#)

SAT Information

The SAT is no longer required for all UCs, CSUs and NCAA Clearinghouse. However, if you are considering an out of state or private college, please check with the institution as they may require it. Use the link below for information, test dates and to sign up. [SAT Info](#)

EPIC

Calling all High School Students interested in making a positive difference in the community and having your voice heard! Join the EPIC (Empower Peers Inspire the Community) program. All high school students are invited to join. Stop by the Wellness Center for more information.



Medication at School...

If your child needs to take medication while at school, it is important that the appropriate paperwork is filled out. Please see these links for the necessary paperwork: [SUHSD Administration of Medicine Permission to Carry Inhaler](#)



ASB Cards are on sale in the ASB office for \$40. An ASB Card gets you into most games for free and to other school events for a reduced rate.



What Is Going On...

Click here to see this week's events [The Week Ahead](#)



REMINDER - **Claim Jumper Day** is on September 28th. Come tour the campus and learn about all the great offerings. Pick up your field trip forms in the Wellness Center.

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