



WILDCAT WEEKLY

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

December 3rd, 2023

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

We Heard You... New Things on Campus

For the past two or three years, when we survey parents regarding their thoughts about school, the number one concern that comes out, is vaping and/or drug use in the restrooms. Over the past several years we have changed significantly our supervision of restrooms, and though this has helped, the concern parents and some students continued to present was the vaping issue. Over the Thanksgiving break, we finalized the installation of vape detectors in the restrooms on campus. This will be an additional tool for us to utilize to keep our restrooms a safe environment for all students.

The Sonora High Music Department Presents:
All Band Concert
Monday, 12/4 7:00 pm
Bud Castle Gymnasium
Admission is Free

ATTENTION FRESHMEN PARENTS

Counselors will be visiting Freshman English classes over the next three weeks to present, Living Works, a 90-minute suicide prevention training that teaches students to recognize when someone is thinking about suicide and connects them to help and support. Students will learn a powerful four-step model to keep someone safe from suicide, and they'll have the chance to practice it with impactful simulations. Your student is welcome to set up a free student account where you can review and complete this training as a family. [Click here](#) for instructions on how to set up a student account and [here](#) for a list of resources. Please contact your student's school counselor with any questions.

Student Spotlight

The Science Department would like to recognize Junior Lyla Lacitignola for our student spotlight of the week.

Lyla is positive, helpful, kind and cheerful in Chemistry, and stands out academically in all her classes. On top of her dedication to SHS Leadership and her heavy academic load, Lyla is continuing her science career with her third year of straight As! On top of that Lyla is an amazing creative force as witnessed by her over-the-top, fantastic Mole Day contributions this year. She made a "Mole-roid" frame complete with props, a stuffed "Molaf" mole, a wonderful T-shirt she designed, and brought in Hot Ta-Moles" to share as well! Lyla is our stand out student in Science!



All Students recognized in the student spotlight receive a free meal from Sierra Energy/Squeeze Burger

SUHSD Board Study Session: Understanding the Laws Related to Transgender Students
Monday, December 4th
5:30 pm
SHS Auditorium

winter break
12/25/23-1/5/24
school resumes on 1/8/24

COUNSELORS CORNER

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

All Students-

Stress Management: As we are nearing the end of the semester, it is important to ensure we are managing our stress and prioritizing our mental and physical well being as well. This month's theme is Stress Management. The end of the semester, along with the holiday season can bring about new stress to our daily lives. Below are some things to keep in mind.

- Exercise
- Eat healthily
- Stay organized
- Get enough rest/sleep
- Practice positive thinking
- Don't be afraid to ask for help



Seniors -

- **FAFSA information, [click here](#)**
- **FAFSA nights**
 - Jan 10th, 4-7pm
 - Feb. 8th, 4-7pm
- Columbia Senior application workshop *Dec 11th 8:30-1:30*. Please bring your device and social security number to the CAT center anytime during the designated times. Even if you are a student at Columbia you must re-apply as a senior.

Wellness Center Flex Activities: register through *Enriching Students*

- December 12th- Anxiety Workshop
- December 21st- Guest Speaker (Judge Boyak)

ATTENTION SOPHOMORE PARENTS
Next week counselors will present Four Year Planning lessons in Sophomore History classes. Students will learn high school graduation and four-year college requirements. They will develop a plan in Aeries to identify what classes they need to take over the next four years to meet graduation and college requirements. In order to view and make adjustments to your student's four year plan you must activate your parent ARIES account. [Click here](#) to find instructions to activate your parent portal. Once you are logged into AERIES, click "classes", then "academic plan" to review and update the four-year plan. [Click here](#) to access our course catalog with A-G, Graduation and NCAA requirements.

What Is Going On...
Click here to see this week's events
[The Week Ahead](#)

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