



# WILDCAT WEEKLY



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

January 14th, 2024

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



## Positive Attendance Incentives

Attendance is a very important indicator of success at school, and we are looking to encourage students to not only attend, but to also be on time to school. Students who are on time each day to 1st period will earn a ticket each week for a drawing for one of the prizes pictured to the left. Tickets can be earned for the next four weeks, January 16th thru February 9th. We look forward to seeing our students at school, every day, on time!!

## Student Spotlight

Hailey Campbell is a freshman straight A student who has a particular gift for language. In fact, she earned an A+ in both English & Spanish for the first semester. In Spanish class she is always willing to participate and goes the extra mile when challenging herself to learn new things. When she has mastered her Spanish work, she spends her extra moments reading voraciously. Hailey is an absolute joy to teach! P.S. She also had perfect attendance for the first semester.



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

## ASVAB Results

Students who took the ASVAB: Results will be given in the library during flex on 1/18 or 1/19. Please bring your chrome book!

## Musical Auditions

## Spring Sports Information

Despite being in the middle of the winter sports season, the spring sport season is right around the corner. If your son or daughter is planning on trying out for a spring sport, please make sure that they are registered for that sport, that they have a current physical and concussion baseline test. You can find information on how to do these things at this link: [SHS Athletic Information 2023/24](#)

Sonora High School offers the following spring sports, with the indicated start date:

## COUNSELORS CORNER

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

### All Students-



This month's wellness center theme is mindfulness. Mindfulness is our ability to be fully in the present which means being aware of where we are and what we're doing. It also focuses on not being overly reactive or overwhelmed by our surroundings or what is happening around us. Practicing mindfulness is said to reduce our stress levels, help us become more self aware and improve our actions and conduct. For more info click [here](#).

### Wellness Center Flex Activities -

- Jan 18- Nature Journaling (weather permitting)/Meditation
- Jan 25- Growth Mindset Lesson/Activity



**24/7 Counseling Support:** If you or a family member is struggling, download the STOPit app to immediately text with a counselor. The STOPit app is available 24/7 and is FREE for everyone in our school community. There are 4,000 trained counselors online, day and night, ready to help. Click on the Crisis Text Line button on the STOPit app to be connected to a counselor.

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

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