



WILDCAT WEEKLY



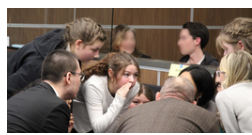
We A.R.E Sonora High
Accountable - Respectful - Engaged

January 28th, 2024

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

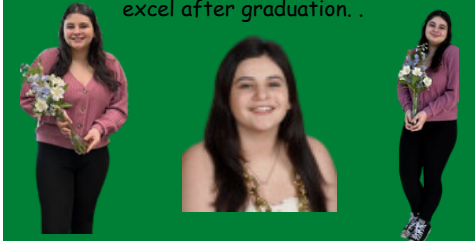
Congratulations to the Mock Trial Team

The Sonora High School Mock Trial team competed in the county Mock Trial competition on 1/17/24 and 1/24/24 at the Tuolumne County Superior Court. On the 17th, our team was the defense and on the 24th our team was the prosecution. Our team competed against both Tioga High and Summerville High. We were notified on Friday the 26th, that the Sonora High School team won first place in the competition! Students involved on the Defense team were: Victoria Bonilla, Natalia Lopez, Liliana Murphy, John Ryavec, Isadora Lopez, Alice ELizondo, Nina Teshin, Isabel David and Emma Hesler. The Prosecution team was made up of: Leon Montan, Mia Kjaer, Lore Sullivan, Maddy Vera, Gave Lamas, Ella Schmidt, Mandi Corcoran, Sarah Schmidt. In addition the following students were sketch artist: Abbie Gibson and Emerald Miller. A big congratulations to all of the participating students and a huge thank you to Club advisor Peter Smith and the Attorneys who volunteered their time to help our team be successful: Doug Boyack, Cassandra Jenecke, Kate Christie, Clint Parish, Maria Sullivan and Carolyn Woodall.



Student Spotlight

The counseling department is nominating Nevaeh Medeiros for the student spotlight, because she is a rockstar! Nevaeh was told in elementary school that she would not graduate from 8th grade because she did not meet the grade requirement. Covid regulations went into place which allowed her to graduate but this event prompted a change in how Nevaeh pursued school. She came into her freshman year determined to be successful and she absolutely was. Nevaeh earned five A's her first semester and that was just the beginning of her success. She is now a senior in the CNA program successfully earning credit in her first college classes. We could not be more proud of Nevaeh and her outstanding achievements at SHS. We know she will only excel after graduation. .



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

Ticketing at Athletic Events No Cash... No Problem

Beginning on Tuesday, 1/30 we will be taking both cash and credit cards at all home athletic events. You can pay with cash or credit card at the gate. As well if you prefer you can purchase a ticket in advance at GoFan using the QR Code below or the following link: [SHS GoFan](https://www.gofan.com)



NO TARDY
GIVEAWAY
JAN. 16TH-FEB9TH
GET TO FIRST PERIOD ON TIME
AND YOU COULD WIN!

Nike Gift Card | Apple AirPods | JBL Flip 6 | Amazon Gift Card

JOIN THE HABIT BURGER GRILL IN SUPPORT OF
Sonora High Sober Grad
Date: January 31, 2024 Time: 4:00pm-9:30pm
The Habit Burger Grill will **DONATE 20% OF SALES** from this event to benefit your organization. Simply present printed flyer or show either on your smart phone to cashier upon ordering.
Support your organization and enjoy!
Award-Winning Flame-Grilled Challenges
Signature Sandwiches | Fresh Sides | Car Shakes | Delicious Sides
Fries | Shakes & More
The Habit Burger
13783 Moore Way
Sonoma, CA 94970
www.habitburger.com
Giving never tasted so good
MAKE IT A HABIT

SONORA HIGH SCHOOL
Lip Sync & Talent Show
02.16.2024
5:00 PM - 8:00 PM
AUDITORIUM
Open to all SHS Students and Staff
Proceeds to Benefit SHS Student Activities

Scan to Register!

reminder:
Senior Parent Information Night
Wednesday 1/31/24
6:00 pm SHS Library

Val-O-Grams
Choir will be selling Val-O-Grams at lunch in the Mall 1/29/24 to 2/9/24.
\$5 includes a song, candy and balloon. Val-O-Grams will be delivered on Valentines day!

COUNSELORS CORNER

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

All Students

Middle College: Applications will be available for the 2024-2025 school year 2/12-12/23 online. The link will be posted in the Wildcat Weekly and sent via communicator to all 10th and 11th graders. If you are currently enrolled in Middle College you do not need to re-apply.

Registration: Counselors will be visiting classrooms in February & March in order to begin the registration process for next year.

Mindfulness continues to be our theme this month. See the visual for some advice on how to create and stick to a mindfulness practice.

Seniors

Scholarships: Applications will be available to students on February 6th. Counselors will visit senior classrooms on February 5th and 6th to share details.

Financial Aid Workshop (FAFSA/CADAA): Financial Aid Night is scheduled for February 8th from 4-7 pm in the SHS library. Come join us for support in completing the FAFSA or CADAA. Please bring Chromebooks, use this [link](#) to see what else to bring, and to create your FSA IDs before the event, if possible. Please email apelfrey@sonorahs.k12.ca.us to sign up to attend!

Wellness Center Flex Activities: register through Enriching Students

- Feb 1 - Navigating Relationships part 1 (hot Cocoa)
- Feb 9- Navigating Relationships part 2 (more hot cocoa)

How to Stick to a Mindfulness Practice

- Find something you enjoy
- Keep it manageable
- Pair it with an existing habit
- Create a reward for the habit
- Find the right time of day
- Find a friend
- Create a menu for yourself
- Set up a reminder or alarm

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

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Website:



@sonorahighschoolsdistrict