



WILDCAT WEEKLY



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

March 10th, 2024

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

Half Way Mark of the Semester

This Friday, March 15th, is the end of the 3rd quarter grading period, which is the half way point of the 2nd semester. 3rd quarter grades will be mailed home on Monday, March 25th. Though not grades that will be permanent on a student's transcript, the 3rd Quarter grades do determine eligibility for extra curricular activities such as interscholastic athletics and visual and performing arts trips and performances. If you are concerned about your child's progress, please do not hesitate to reach out to your child's teachers or counselor. We are here to help!

2024/2025 FALL SEASON

Are you interested in playing Girls Flag Football???

[Click here to fill out an interest form](#)

Sonora High Multicultural Club Fundraiser

Pies are \$20 and proceeds go to fund club activities

Order by 3/14
Pies will be delivered on 3/21

Variety of Flavors Available!

To order pies contact Mrs. Hodson
mhodson@sonorahs.k12.ca.us

Free Meals at school

As a reminder, all students at Sonora High School are provided with a no cost meal every day that they attend school. Meals include breakfast and lunch!

Student Spotlight

This week we are excited to spotlight Ryan Crosby. His teachers unanimously agree that not only has Ryan improved a great deal over the course of the year, but his work ethic has increased immensely and resulted in solid grades. Ryan loves to have discussions about how the world works, as well as what snack he will prepare when he gets home from an engaged day at school. He is organized and ready to learn every day. In addition, Ryan's behavior is a model for other students to look up to. Keep up the great work Ryan!

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



No School 3/25-4/1

COUNSELORS CORNER

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

All Students

Course Registration for Next Year - The final registration meeting with 10th grade classes will occur next week. Ballots need to be reviewed and signed by a parent for this registration meeting. Counselors have visited all 9th grade, some 10th grade and all 11th grade classrooms.

Looking for Volunteer Opportunities The Sonora Area Foundation is sponsoring a Volunteer Fair at the Mother Lode Fairgrounds on April 4th from 4:00pm-7:00pm. This is a free event and a great resource to learn about volunteer opportunities in our community.



Self Injury Awareness Month It's very possible for anxiety to spark urges to self-harm. Since anxiety is characterized by a sense of feeling overwhelmed or worried about not being able to handle life situations, people may engage in self-harm acts due to the anxious feelings. While anxiety does not always lead to self-harm, studies have shown people who engage in self-harm are more likely to experience anxiety and vice-versa. It is important to be mindful and practice self care to help cope with anxiety. See the following link for some coping strategies. [Coping with Anxiety](#)

Wellness Center Flex Activities: register through Enriching Students

- March 21- Yoga/Meditation

Human Trafficking Awareness- Without Permission, an anti-trafficking organization, will be presenting Human Trafficking Awareness on March 18 from 3:30pm to 5:00pm at Sonora Elementary School. This is a free event open to educators, parents, and community members. Please contact the Wellness Center for more information.

Seniors

FAFSA/CADAA - Please remember to complete the FAFSA/CADAA. It is a state graduation requirement. If you need help completing this process, please contact [Columbia College financial aid office](#). If you do not plan to attend a post secondary institution then you are eligible for a waiver which is available in the CAT center.



In case you forgot, today 3/10, Daylight Saving time began. Clocks moved one hour ahead!

SOBER GRAD

Sober Grad is an event that parents from the graduating class puts on every year in order to provide a safe environment for our graduates to celebrate their graduation. If you are interested in donating either prizes or money to support the class of 2024 Sober Grad Night, please see either this link to donate a prize, [SOBER GRAD 24](#) or the QR code to donate money.



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What Is Going On...

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



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