



# WILDCAT WEEKLY



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

May 5th, 2024

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

## Celebrating Student Achievement

This past week, we celebrated many student achievements. Pictured clockwise are:

The members of the swim team who qualified for section finals; Bryce Nicolson receiving the Dale Lacky CIF Award; Members of the CCAP Welding class who earned their welding certificate; Participants in the annual Art Show; Officers from the FFA Banquet; The CCAP CNA graduating class.



### Student Spotlight

This week the PE Department is happy to announce Estelle Omlsted and Melissa Vassar as our PE students of the week. They are perfect PE students and an absolute pleasure to teach each day. They are kind, polite and actively engage in our daily lessons. Together they push each other to PR on our various running courses without needing praise or attention. We are proud of Estelle and Melissa's hard work, dedication and commitment to achieving fitness and personal excellence. Their presence and participation in PE is truly what Sonora High PE is all about. Thank you for making Sonora PE a better place.

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

## SCHOOL LUNCH HERO DAY



On Friday, May 3rd, we celebrated School Lunch Hero Day! Please help us recognize our amazing Food Service Staff, Shirley Lawrie, Kristin Ratto Gail Staggs, Jayleen Munsil & Michelle Hicks! Please see this link for the [2024 Celebration Video!](#)

## 4th Quarter Progress Report Grades

On Monday, the 4th Quarter Progress Report grades will be mailed home. Please look for them in the mail this week!

## COUNSELORS CORNER

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

**All Students**  
**May is Mental Health Awareness Month!**



**Credit Recovery Opportunity... Summer School** - June 10th to July 3rd, 8:05 am-1:00 pm  
Return your summer school application to the Wellness Center. Click on the link or pick one up in the Wellness Center if you need an application. [Summer School Form 2024](#)

**Wellness Center Flex Activities:** register through Enriching Students  
• May 6th: Gratefulness Journaling



**TUOLUMNE COUNTY VOLUNTEER FAIR**  
NEW DATE  
Thursday, May 23, 4 - 7 PM  
Mother Lode Fairgrounds

Visit Local Organizations and learn about Volunteer Opportunities in our community

[TCVFair.org](http://TCVFair.org)

Columbia College Presents  
**CYBER CAMP**

Free! Two camps  
Camp 1: Cars and Drones  
Camp 2: Gaming Computer

No experience necessary! You keep what you make, and it is all free for you!

WHERE: COLUMBIA COLLEGE CAMPUS  
WHEN: Session 1: June 10th - June 21st  
Session 2: Monday 7:00 - 3:00 PM  
All sessions are from 8:00 am until 2:00 pm, Monday through Thursday.

**SHS SPORTS PHYSICAL NIGHT**

We are pleased to announce the return of the sports physical night. Please save the date **Tuesday 5/21/24, 4:30-8:00** Please see this link for more information: [High School Physical Night 2024](#)

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

### Seniors

If you are planning to attend Columbia College in the fall, sign up to attend Go Columbia Day May 15th! Sign up and get a permission slip in the CAT Center. Space is first come first serve.

- The day will include a FREE lunch and other giveaways!
- The campus has many hills, stairs and a variety of walking paths, so students should wear comfortable shoes!

\*\*8:05 board the bus in the bus loading zone. We will leave promptly at 8:15 and return to school at 1:30

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Website:



@sonorahighschoolsdistrict