

CLOVIS HIGH SCHOOL DAILY BULLETIN THURSDAY, OCTOBER 24, 2024

THURSDAY BLOCK – Odd Periods 0 / 1 / 3 / 7
0 7:30 – 8:35
C 7:55 – 8:35
1 8:42 – 10:36
3 10:43 – 12:37
LUNCH 12:37 – 1:15
7 1:22 – 3:15

GENERAL

Good morning, Cougars! Happy Thursday and 4th day of Red Ribbon Week. Today's dress up day is Spirit Day! Show your school spirit by wearing blue & gold because Cougars are drug free. We often say the phrase "take care of yourself, take care of each other, and take care of Clovis High", but what does it mean to take care of ourselves? As the seasons are changing, we need to prioritize taking care of our bodies to prevent winter colds and stay healthy. Eating balanced meals, taking vitamins, and exercising consistently helps to boost your immune system. It is also very important for both physical and mental health to get at least eight hours of sleep at night. Finding self-care activities such as reading, meditating, or doing a screen free hobby can help with school burnout going into finals time. Come to school tomorrow in your favorite jersey as we "team up against drugs" to close out the week! We wish the best health for all students and hope you have an amazing day!

Seniors! The last opportunity to make up your Senior portrait will be today! Larson Brothers will be on campus in the Library Annex from 8:00am-3:15pm for any Senior who has not taken a Senior picture. Make sure to show up in your best outfit and double-check the Senior portrait dress code on the Clovis High website. Seniors must abide by the Senior portrait dress code in order for their portrait to be put in the yearbook!

Attention students: Are you the first person in your family to go to college or want to hear more information about college resources? Join us for a first-generation college workshop where we'll share resources, tips, and support for students. Join us in K-01 during lunch today.

It's the season of giving! Clovis High Interact Club will be collecting canned food and other non-perishable food items for the Annual Clovis High School Thanksgiving Canned Food Drive until Friday, November 15th. This food drive supports CHS area families by creating meal boxes to supplement our free breakfasts and lunches while we are on Thanksgiving Break. Please bring all donated items to the Yale or Stanford offices, or to rooms E-03 or N-15. If you have any questions, please reach out to Mrs. Bedwell in E-03 or Mr. G in N-15.

Need help on your homework? Need some tutoring before the big test? Need a quiet place to study after school? The GROWL is open in the Library from 3:30-4:30 Monday through Thursday. We have teacher and student tutors who are fully prepared to help you in any math, science, history, Spanish, or English related questions. Any questions? Contact Mr. Aguiar in his room, C21.

It is not too late to join Mock Trial. Meetings are Tuesdays & Thursdays in C-03 from 4:00pm-6:00pm. We hope to see you there!