



WILDCAT WEEKLY

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

January 15th, 2023

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

Upcoming Holidays

Here is a list of the different school closures for the next few months.

School will be closed on the following days:

- Monday, January 16th, in recognition of Martin Luther King Jr Day
- Monday, February 13th, in recognition of Lincoln's Day
- Monday, February 20th, in recognition of Presidents' Day
- Spring Break this year will be from Monday 3/27 thru Friday 3/31 with school resuming on Monday, April 3rd.

Sonora High School
Site Council Meeting
Tuesday 1/17/23
4:00pm

[AGENDA/MEETING LINK](#)
MEETING HELD IN SHS FRONT
CONFERENCE ROOM AND ONLINE

Order A Yearbook Today!!!

Please order your yearbook by Friday, January 20th in order to be guaranteed your copy. Books are selling fast! Orders placed after 1/20 will not be guaranteed a book. Additionally, March 17th is the last day to purchase a senior tribute ad. Both can be ordered at yearbookordercenter.com.

Use school code 6858.

Spring Sports Information



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

During the Spring Season we offer the following sports, with the indicated practice start date:

- Baseball- 1/30/23
- Boys Golf- 2/6/23
- Softball- 1/30/23
- Swimming- 2/6/23
- Coed Tennis- 2/6/23
- Track and Field- 2/6/23

What's Happening

Click here to see this week's events

[The Week Ahead](#)

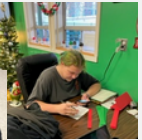
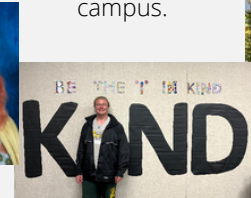
1ST SEMESTER GRADES

Grades have been submitted by teachers and are on the way to you via the mail. Look for them in to arrive early this week.

STUDENT SPOTLIGHT LUCAS DAVIS

This week the Counseling Department would like to recognize Lucas Davis. Lucas' presence in the Wellness Center is treasured. He is a student who always wears a bright smile, has an optimistic outlook, and is kind to everyone.

In addition, Lucas is a talented artist and a motivated student who seeks out opportunities to better his future and never shrinks from a challenge. Students like Lucas are a joy to be around and truly make Sonora High a better place. The Counseling Department is pleased to recognize Lucas for the positive difference that he makes on our campus.



All students recognized in the student spotlight receive a free meal from Sierra Energy

COUNSELORS CORNER

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

Wellness Center Flex Activities: Register through *Enriching Students*



- January 17th: Yoga
- January 19th: Mindfulness Lesson

January's wellness center theme is mindfulness. Harvard Medical defines mindfulness as "the practice of purposely focusing your attention on the present moment- and accepting it without judgment". Mindfulness has been found to decrease stress and improve physical & mental health. This month we'll offer mindfulness activities so students learn specific strategies to improve overall health. Click [here](#) to read the benefits of mindfulness.

Upcoming Events

Seniors:



- Do you need help with Financial Aid? February 9 is the last opportunity at SHS to get help completing the FAFSA or CADA. Details to follow.
- On February 21, counselors will visit senior Gov/Econ classes to review the scholarship application process/timeline. Applications will open February 22.

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