



WILDCAT WEEKLY

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

October 29th, 2023

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

Not My Kid Event



The Not My Kid: Mental Health Tools Every Parent Needs, event will be on November 8th, from 5:00 to 8:00 pm. Tickets are free, dinner is provided as well as childcare if needed. Please see this link for more information as well as how to register. [NMK Flyer 2023](#)

PLAYOFFS FOR FALL SPORTS... PRACTICE BEGINS FOR WINTER

This week marks the beginning of the winter sports season. The winter sports that Sonora High School offers are the following: Girls and Boys Basketball, Girls and Boys Soccer and Wrestling.

If you have not already registered your child for the Winter Sport they are planning on playing, please use this link to do so ASAP, [Athletic Registration Information](#). Athletes won't be allowed to participate until they are registered, have a current physical (dated after 5/1/23) and a current concussion baseline test.

Though the winter sports season is beginning, CIF SJS Playoffs continue for Cross Country, Girls Water Polo and Football. For the brackets, please see these links: [Girls Water Polo Brackets](#)

[Football Brackets](#)

As a reminder, all tickets for playoff games must be purchased through [GoFan](#) or by using the QR Code below. There will not be any tickets sold for cash at the door. Ticket prices for Playoffs are set by the CIF Sac Joaquin Section:



Adults: \$12
Senior Citizens/Military: \$10
Students: \$7

HALLOWEEN COSTUMES

If your child chooses to dress up on Tuesday for Halloween, please follow these guidelines for costumes:

- Masks can not be full face masks, costumes can not obscure a student's identity
- No weapons, real or fake
- Costumes must not disrupt instruction



Student Spotlight

This This week, Sonora High School counseling department is proud to recognize Sahari (Sarah) Medina as the student spotlight. Sarahi transferred to SHS last school year, and spent the year immersing herself in the SHS campus life. This year Sarahi has taken on the role of a peer support person for other EL students on campus, by providing tutoring and mentorship.

After high school Sarahi plans to attend Columbia College and study child development.

She is a very happy person, looking for adventures and loving nature because it is the most beautiful part of life. "Every single day I try to enjoy my life and smile because I think smiling is the best way to face obstacles that life can present to you. If someone needs help, I will always try to be there if they ask for help."



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

Clothing SWAP

Ready to refresh your wardrobe? On Friday 11/3 during flex period and lunch, the Environmental Club is hosting a Clothing Swap! Bring an article of clothing and swap it for a new one. Swing by H-17 and swap your unwanted clothes with the discarded clothes of your peers, you might find something you like! Please don't feel the need to take any used clothes if you just want to donate clothing you no longer wear. Help out the environment and leave your unwanted outfits with the Environmental Club.

Class of 2024

Grad Nite Information

If your child is a senior, please see this important information regarding the [2024 Grad Nite Trip to Disneyland](#)



SHS Golden Regiment Band Annual Holiday Fundraiser
[Sherwood Forest Farms Holiday Wreaths](#)

COUNSELORS CORNER

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

All Students-



The Not My Kid Event is coming up soon (11/8). Don't miss this amazing opportunity to participate in workshops and access mental health tools that parents can use to help their kids stay happy, healthy, and successful. It is a free event. To register, please follow this link: [NotMyKid Registration Link](#)

Wellness Center Flex Activities: Register through *Enriching Students*

- November 9th: Yoga



Bullying Prevention, Kindness, and Tolerance Month-

During the month of November, we celebrate kindness and tolerance as part of our anti-bullying theme. Increased awareness of the impact of bullying helps our community to work together in order to prevent it. We are always committed to encouraging acts of kindness and tolerance for all in order to fight against bullying.



Seniors -

- **CSU & UC application period closes on November 30th.** Get those applications turned in!
- **Senior flex workshop schedule:** [Senior Flex Workshops](#)
- Elks Lodge Most Valuable Student Scholarship- Due 11/13. Do not miss this chance! Find more information at this link: [ELKS SCHOLARSHIP PROGRAMS](#)
- Registration deadline for the December 2nd SAT is 11/2. See this link to register: [College Board](#)



ASVAB Assesment 11/13 @ 8:00 am

1ST QUARTER REPORT CARDS

1st Quarter Report Cards will be mailed home on Monday 10/30/23. Please look for them in the mail early this week.



What Is Going On...

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

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