

**Tuesday, November 14, 2023**

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This week is Battle Week! The week will be full of dress up days and will end with the Battle Rally on Friday. Dress up days are as follows:

Today is Country vs. Country Club.

Tomorrow is Barbie vs. Oppenheimer so go all out with pink or greyscale

Thursday is Sports Day so represent your favorite team.

Friday is Battle of the Ages: Freshmen dress as babies, Sophomores dress like little kids,

Juniors dress like adults or parents, Seniors dress like senior citizens

Staff, it's your choice how to dress

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There will be a GSA meeting today at lunch in Room 201. All student and staff are welcome and invited to attend.

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Lunchtime yoga is here again. The next session will be today at lunch in Room A. Grab a friend and come try yoga to help you feel your best Please see Ms. Cachu in Room A during break if you are interested. Yoga mats will be provided.

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Do you have any jeans that you don't wear anymore? Do you need to make room in your closet for some new threads? *Fancy Pants Thrift store* is accepting men's and women's jeans of all sizes. Donations can be dropped off in the Library or Room Q from now until Friday. Tell your friends!

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How would you like to support those in need? This week from November 13 through the 17<sup>th</sup>, ASB will be holding a canned food drive with your 1<sup>st</sup> period classes being the collection spot. The class that collects the most cans will win a donut party sponsored by the ASB. They are collecting canned goods ONLY. Your donation will go to help those in need this holiday season & throughout the year.

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The Business Club's annual Care Package Drive is happening now until December 4<sup>th</sup>. Check out the posters around campus to see the items that are needed for those in need. You can donate your items to any of the participating classrooms, offices or send them to Ms. Khan's room, Room 101.

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Seniors, if you are planning to apply to a Cal State University, University of California, or private university and need help with the application process, help is available. Counselors will be available tomorrow in the Library from 12:30 to 1:30. Check your Google Classroom for resources to help you best prepare for the application process.

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Are you interested in being a part of a student wellness group? Are you ready to make time for yourself and prioritize your health and wellness! The Blue Zones Project of Yuba-Sutter will be hosting monthly student wellness groups in the Library from 12:30 PM - 1:15 PM on set Wednesdays. There will be activities like healthy cooking, taking walks, community outreach projects/crafts, gardening and mindfulness based activities. You can sign up for the group meeting set for tomorrow, November 15. Please make sure to sign up in person with Mrs. Wood in the Counseling Office to join a session. Space is limited, so reserve your spot!

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Seniors, have you ordered your cap and gown for graduation? Check your Google Classroom for the Cap and Gown survey. Deadline to order is Friday. If you have questions or need assistance, please see Ms. Pam in the Student Store at break or lunch and after school Please do not use class time.

There will be a meeting for anyone who is interested in participating in Track and Field this year on Thursday, November 16 in the Gym. This meeting will be at lunch, so grab your food and come find out what Track & Field is all about.

Tomorrow is a Collaboration Day with class dismissed at 12:15 and buses arriving at 1:30.

### **Athletic Events**

<b>Date</b>	<b>Day</b>	<b>Sport and Opponent</b>	<b>Location</b>	<b>Game/Match/Meet Time</b>	<b>Out of Class</b>
11/15	Wednesday	Varsity Girls Soccer (Scrimmage) vs. Las Plumas	Las Plumas	4:00 p.m.	2:30 p.m.
11/15	Wednesday	Varsity Boys Soccer (Scrimmage) vs. Las Plumas	Las Plumas	6:00 p.m.	2:30 p.m.
11/15	Wednesday	Varsity Girls Basketball (Foundation Game)	Hiram Johnson	6:00 p.m.	None
11/15	Wednesday	Varsity Boys Basketball (Foundation Game)	Hiram Johnson	8:00 p.m.	None
11/16	Thursday	Wrestling Dual vs. Yuba City (Scrimmage)	Yuba City	6:00 p.m.	None
11/17	Friday	Varsity Girls Soccer	San Juan	4:00 p.m.	1:45 p.m.
11/17	Friday	Varsity Boys Soccer	San Juan	6:00 p.m.	1:45 p.m.
11/17	Friday	JV and Varsity Boys Basketball vs. Sacramento Adventist	Marysville	5:30/7:00 p.m.	None
11/18	Saturday	Wrestling at Savedra Memorial Tournament	Wheatland	7:00 a.m.	None

***Thank you for being respectful, responsible, healthy and engaged!***