

MONDAY, OCTOBER 22, 2018

WILDCATS!

RELATIONSHIPS . RIGOR . RELEVANCE

AOD – MR. WILSON

Today is an **Even Day** schedule:

- Period 1: 7:00 – 8:00am**
- Tutorial: 8:00 – 8:20am**
- Period 2/3: 8:25 – 10:13am**
- Brunch: 10:13 – 10:28am**
- Period 4/5: 10:35 – 12:15pm**
- Lunch: 12:15 – 12:55pm**
- Period 6/7: 1:05 – 2:45pm**



Wednesday, October 24, Girls Tennis Prelims – Hart Hosts @ Paseo Club – 11am

Wednesday, October 24, Girls Golf vs Team PR @ TBD - TBD

Thursday, October 25, Frosh Football vs Valencia @ WR – 3pm

Thursday, October 25, Girls Tennis Finals – Hart Hosts @ Paseo Club – 11am

Friday, October 26, Football vs Valencia @ Valencia – VAR: 7pm / JV: 4pm

----- Counseling -----

IF YOU'RE FEELING:

Angry with people who've wronged you...

Frustrated by opportunities you haven't received...

Limited by obstacles that prevent you from making changes ...

Discouraged by failures and setbacks...

Ashamed of yourself for mistakes you've made...

Disappointed in yourself for making the "wrong" choices ...

Anxious about everything that isn't working in your life...

...then you're human. We all feel these things at times. A hero, however, isn't controlled or limited by them. A hero is proactive, empowered, and committed to growth and forward momentum – not a passive audience member watching life go by.

Wellness tip for the day...

Think about what you are good at and find an opportunity for it today.



----- Clubs/Sports/ASB/Library -----

Lost and Found

Reminder to check lost and found in the 200 bldg. office if you lost any items recently. All unclaimed items are disposed of at the end of each month.

--Sports--

Tryout information:

Boys Volleyball:

Tryouts will be October 23rd and 24th 4-6pm in the main gym

Boys Tennis:

Tryouts will be November 6th and 7th from 3-5pm on the tennis courts

--ASB--

--CLUBS --

Target Tutors

Meeting today at lunch in room 307

Math Club

Meeting today in room 425 at lunch!