

# SVHS Dons Daily Bulletin



## Thursday, September 19, 2024

### Announcements

We continue honoring Latinos this month with today's fact: Latinos are the largest people of color in the United States, comprising about 18% of the population in the United States and 41% in California.



Hey DONS: Do you find yourself stressed out and anxious all of the time? Do you want to learn some strategies to help manage stress, enhance your mental health and learn some yoga along the way? Then come join Mr. Garcia's Advisory Period. We will learn all about mindfulness, stress management and yoga. Yoga is also great for enhancing strength, mobility and flexibility for athletes and is practiced by NBA players like LeBron James, WNBA player Alana Beard, NFL player Tom Brady, MLB player Evan Longoria and Soccer player Hope Solo. Anyone interested in joining MUST come speak to Mr. Garcia in Room 513 during Brunch by Friday, September 27th. Space is extremely limited and juniors and seniors will have priority. I hope to see you on the mat soon!

 **MORE**  
stretching  
 **LESS**  
**STRESSING**

Hey Students: Don't forget that TODAY is Back to School Night and our first ever Community Fair! Clubs will be selling food, too, so come along with your parents. We'll be raffling off a few homecoming tickets to families who fill up their stamp cards! Hope to see you there!



### Sports

Frosh Football vs Valley Christian  
@ Valley Christian - 3:30



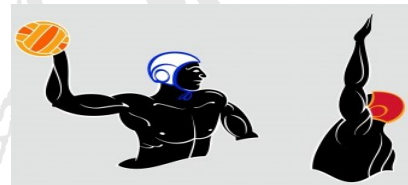
Girls Varsity Tennis vs Pioneer  
@ Pioneer - 3:30



ALL Girls Volleyball vs Duarte  
@ Sierra Vista - 3:30



Boys Varsity Water Polo vs Baldwin Park  
@ Baldwin Park - 3:30



### College Visits

Attention Students: The representative from Columbia University will be on campus Wednesday, September 25th, during 5th period. Please register in the Counseling Office or by scanning the QR Code on the flyers around campus.



# SVHS Dons Daily Bulletin



## Thursday, September 19, 2024

### Clubs & Activities

DonsBuddy is having their first meeting TODAY during Lunch in Room 513. It's the perfect place for you to chill and play games. We hope to see you there!

Attention ALL 10th, 11th and 12th Grade Students: Do you have a 3.7 GPA or above? Are you involved in a club or sport on campus? Do you have community service hours? Then you are eligible to apply for the S.V.H.S. National Honor Society. We are an organization on campus that recognizes students that are involved on campus and work hard in class. Come by Room 510 for questions or a paper application. Or look for our flyers and QR code on Instagram for our digital application. Applications are due Friday, September 27th.



### Yearbook

Attention Dons: Hold on to your memories, grab your discounted yearbook today. The Pre-Halloween sale is here now. Buy the yearbook for \$115 until September 30th. Seniors 1/2 page ad is only \$115 and full page ad is \$215 until October 31st. If you have any questions or need help ordering, see Mr. Garcia in Room 513, or Ms. Self in Room 514.



### Faculty Section

**Group B**

**has duty this week**

#### Please Release The Following

**Frosh Football**

**@ 1:00**

**Girls Varsity Tennis**

**@ 1:00**

**Boys Varsity Water Polo**

**@ 1:00**

**ALL Girls Volleyball**

**@ 2:00**