

Daily Bulletin

October 7, 2025



Slideshow LINK with Music
SDUHSD Accounts Only

PLEASE RISE FOR THE PLEDGE OF ALLEGIANCE



The Pledge of Allegiance

I pledge allegiance to the flag
of the United States of America,
and to the republic for which it stands,
one nation under God, indivisible,
with liberty and justice for all.



Tuesday, October 7th, 2025

Regular Day Schedule	
Period 1	8:30 - 10:00
Period 2	10:08 - 11:42
Lunch	11:42 - 12:14
Period 3	12:22 - 1:52
Period 4	2:00 - 3:30

Thursday and Friday are Finals Bell Schedule days and then we have a three-day weekend. Good luck, Ravens.



PALS FALL STRESS LESS WEEK

OCT 6-10

OCT 6

Therapy Dogs!

Come say hi to these cute furry friends!



OCT 7

Throw Your Worries Away!

Show off your hoops skills by writing your worries down and throwing them away!



OCT 8

Mood bracelets!

Manifest your moods with different colors and make your own bracelet!



OCT 9

Hang in There Queen!

See how long you can hold on to a pull-up bar for a prize and decorate a crown!



OCT 10

Box Smashing!

Worried about a test? Come smash some boxes!



LOWER QUAD @ LUNCH!
RELEASE YOUR STRESS!

Fall Stress less



THROW YOUR WORRIES AWAY

OCTOBER 7 | LUNCH | LOWER QUAD

1. WRITE YOUR WORRIES DOWN
2. CRUMPLE THEM UP
3. THROW THEM INTO THE BASKETBALL HOOP
4. THE MORE BASKETS YOU MAKE THE MORE PRIZES YOU GET!



RELIEVE YOUR STRESS!

*You
GOT
this*

MONTHLY MINDSET

October



As we head into midterms, it's important to pause and reflect on what really matters, growth. Remember, growth is far more important than just earning a good grade on a test or assignment. Grades don't define your potential. Wishing you a great month filled with positivity and happiness.

growth
matters
more than
grades





**TUESDAY
OCT 7TH**

BSU MEETING

**ROOM C105
AT LUNCH**



FALL 2025

COLLEGE & CAREER WEBINAR SERIES

WEBINAR #3

FINANCIAL AID NIGHT

WEDNESDAY,

OCT. 8

5:00 P.M.

REGISTRATION REQUIRED



SENIORS:
REGISTER FOR
WEBINAR #3
“FINANCIAL AID
NIGHT” FROM OUR
DISTRICT’S COLLEGE
& CAREER CENTER



Fall College Visits for Seniors and Juniors

Join us at the College & Career Center to meet college representatives and explore your options!

Upcoming Visits:

• University of Richmond	10/7/2025	9:30 am - 10:00 am
• Georgetown University	10/7/2025	11:10 am - 11:40 am
• American University	10/7/2025	11:45 am - 12:15 pm
• Worcester Polytechnic Institute	10/8/2025	9:30 am - 10:00 am
• University of Navarra	10/8/2025	11:10 am - 11:40 am
• Boston College	10/8/2025	11:45 am - 12:15 pm

This list is updated frequently! Find the full schedule and register for visits on the school website: [Academics & Programs > Counseling > College/Career > College Visits](#) - Check the spreadsheet for registration links.

Don't miss the chance to learn about programs, scholarships, and campus life!

COMEDY SPORTZ

SPOOKY MATCH

ALEX IKIZYAN

RYAN SMITH

SOPHIA SAYRE

OONA NORVELL

LONDON BRUMMUND

SYLVIE TERJESEN

DAVID BARNES

SARA CAIDAR

FRIDAY | OCTOBER 10TH, 2025 | 7:00 P.M.

\$5 STUDENTS | \$10 ADULTS

LOWER AMPATHEATRE

(CASH ONLY)



PREORDER YOUR 2025-2026 YEARBOOK

Now, for limited time

\$95

*price increase in January!

Pre-purchase your
Yearbook now at the
CCA Webstore or
through the Finance
Office!

VISIT

<https://cca.myschoolcentral.com>



WWW.KEANESENIORS.COM



**LAST DAY FOR SENIOR
PORTRAITS STUDIO
SESSIONS IS OCTOBER 31**

RESERVE YOUR SESSION NOW!

EMAIL US AT CCASENIORS26@GMAIL.COM
OR DM US WITH YOUR QUESTIONS!

*Seniors,
submit your
Senior Quote!*

DUE NOVEMBER 22!
GOOGLE FORM LINK IN OUR BIO!
WE WILL NOT ACCEPT ANY LATE RESPONSES!

**Senior Quotes
due November
22nd!**

MiraCosta College Ambassador



Our MiraCosta College Ambassador is here to help!

Students and parents can schedule a one-on-one appointment to get answers about MiraCosta programs, admissions, and resources—with guidance tailored to your needs.



When: Every Thursday, 12:15 – 3:15 PM



Where: College & Career Center



Schedule your appointment here: [MiraCosta Ambassador](#)

HOW TO CONTACT YOUR COUNSELOR



Counselors are available for students on a walk-in basis before school, during lunch, and after school.

- **Want to make an appointment?** Students can fill out a slip with the counseling secretary or send their counselor an email and counselors will send a call slip to the student's class.
- **Urgent social-emotional need?** Students can come directly to counseling if they are in an immediate emotional crisis.
- **Parents wanting to set up a meeting with their student and counselor?** Counselors are available to meet with parents by **appointment only**. Please email your counselor to set something up!



WHAT IS NO PLACE FOR HATE?

(& WHY IS IT RELEVANT TO CCA?)



No Place 4 Hate

No Place for Hate is a collaborative initiative that provides Pre-K–12 schools with an organizing framework for students, administrators, teachers and family members to develop long-term solutions for creating and maintaining an inclusive and equitable school climate.

Relevance

CCA is committed to being Caring, Confident and Accepting. We care about ALL of our students, we are confident we are committed to the safety and well-being of ALL students, and we accept EVERY student for who they are.

SIGN THE PLEDGE

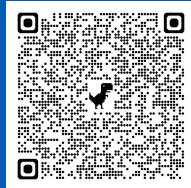
NO PLACE FOR HATE



THIS SUMMER, High School STUDY ABROAD **SEE the WORLD!**

- 40+ destinations in Europe, Asia, Latin America and Africa
- Only 2-3% of high school students study abroad
- Great for college applications
- CCA Scholarships available

cíee® | GLOBAL NAVIGATOR
High School Study Abroad

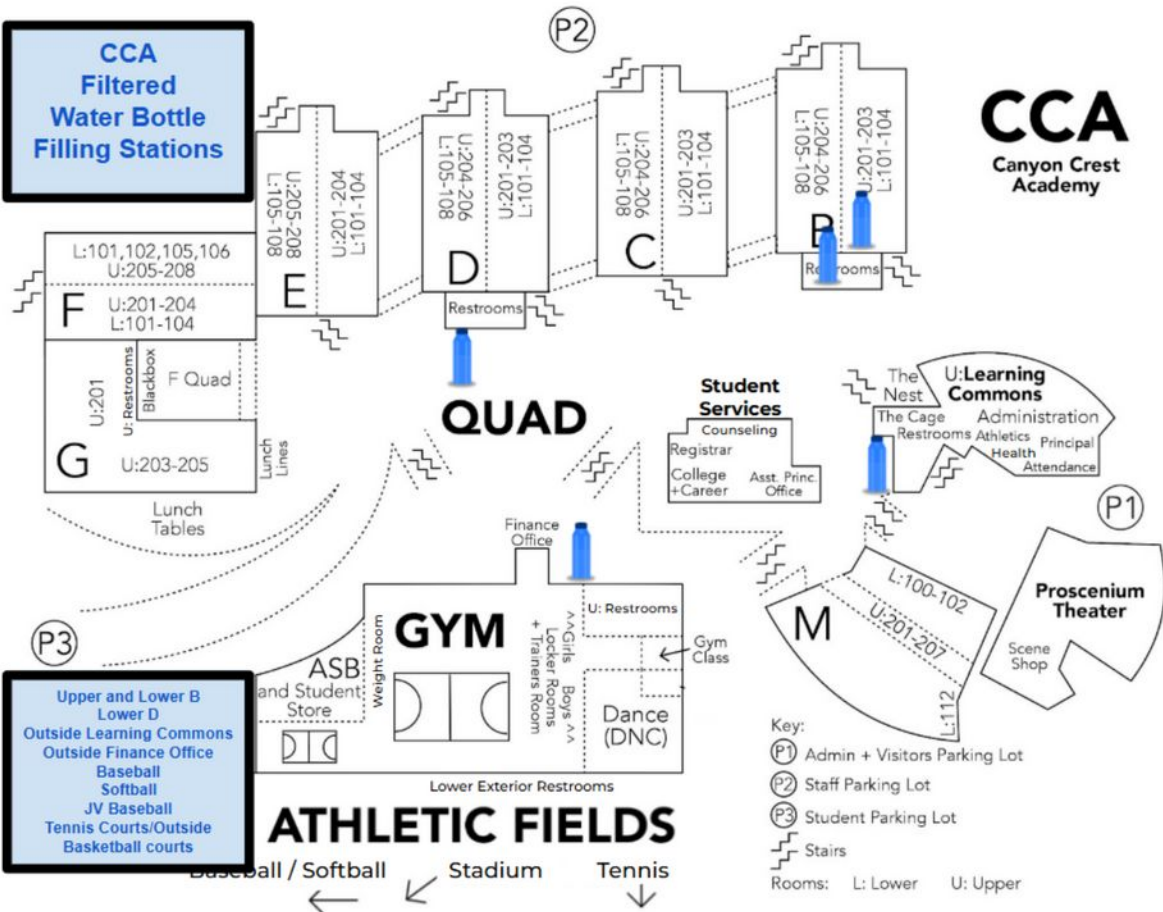


LUNCH Meeting E201 for more information Tuesday 10/14 or email tracy.bryant@sduhsd.net



CCA
Filtered
Water Bottle
Filling Stations

CCA
Canyon Crest
Academy



Are YOU In the Class of 26?

FOLLOW OUR INSTAGRAM!

@cca.classof2026





Follow Us
@cca_classof27



Stay updated with all of our class activities
for events, free food, and fundraisers!



SOPHOMORES!!

FOLLOW

@CCACCLASSOF2028



PALS Peer Counseling



Stressed?

Want someone to talk to?

Reach out to a PAL!



High school can be a difficult adjustment, we know the feeling! Come talk with us about anything on your mind! For more info click [here](#) or scan the QR code!



CCA peer TUTORING

- Free tutoring by quality tutors!
- One-on-one sessions for any subject
- Flexible schedules to meet online or in person
- Become a tutor and help others
- Earn volunteer hours and build your resume

Visit our website for
more information!





KEEP AN EYE OUT FOR THE FOLLOWING EVENTS COMING TO YOU
SOON

FALL SPIRIT WEEK

TUESDAY



PAJAMAS



WEDNESDAY

pink



THURSDAY



PERFORMATIVE



FRIDAY

**RED
9TH-10TH**

&

**BLACK
11TH-12TH**

10/14 - 10/17

Have announcements for the Daily Bulletin?

If you are a part of a club or organization on campus, a club officer or club advisor can send a Google Slide with information that you would like posted to the Clubs Commissioner, clubs@ccaasb.com, or to the ASB Director, tanner.kortman@sduhsd.net, by 3:30pm of the day before you would like the slide to play.

- Slides cannot play for more than 3 consecutive days, and Club Meeting slides generally post only on the day of the meeting unless there are extenuating circumstances.
- Any physical posters or flyers must be approved and stamped by ASB Executive Vice President, Eire Chen, and can be posted on the bulletin boards or Gym building windows using painters tape.



Current Bulletin Theme Solving Standings Top Classes

<u>Class</u>	<u>Place</u>	<u>Points</u>
Hare	1st	12
Dobashi	2nd	11
Celniker	3rd	10
Shakeri	4th (tie)	8
Shay	4th	8
Eddingfield	6th (tie)	6
Sevilla	6th	6
Gross	8th	5
Brown, Shane	9th	4
Gilbert	10th (tie)	3
Parsons	10th	3
Perisic	11th	2

RULES: Two points are awarded to the class or classes that solve first (defined as Day #1 and can be any day from Monday to Wednesday), and one point is awarded for any solve after Day #1. Only one guess allowed per day except on Thursdays on which unlimited guesses are allowed, and solves on Thursday can only earn one point.

Theme guesses can be emailed by the teacher (or one designated student in case of teacher absence) to Tanner.Kortman@sduhsd.net by the end of 2nd period.

...
**HELP
KEEP
CCA
SAFE!**

**IF YOU SEE
SOMETHING,
SAY
SOMETHING.**

Today's Music: "Radar Love" by Golden Earring

