

Daily Bulletin

March 9, 2026



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.



Monday, March 9th, 2026

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

Welcome back, we have an Extended Lunch on Friday.



BATTLE *of the* BANDS



LOWER
AMP

COME WATCH BANDS
PERFORM AND VOTE FOR
YOUR FAVORITE
PERFORMERS!

3/9 TO
3/13



Spring Stress Less Week
PALS

@ lunch
in the amphitheater

March 9th-13th

Monday, March 9th

Pop Your Stress Away

@ lunch

in the amphitheater

CANYON CREST ACADEMY ENVISION THEATRE ARTS PRESENTS



SIX

TEEN EDITION

BY TOBY MARLOW &
LUCY MOSS

DIRECTED BY JEANNINE MARQUIE
MUSIC DIRECTION BY LEIGH SCARRITT
CHOREOGRAPHED BY THERESA BENDORF

DIVORCED. BEHEADED.
LIVE IN CONCERT

March 12 - 7:00

March 14 - 7:00

March 17 - 4:30

sing-along performance

March 18 - 4:30

SCAN FOR



TICKETS

March 20 - 7:00

March 21 - 2:00

March 24 - 4:30

March 25 - 7:00

PRESENTED BY SPECIAL ARRANGEMENT WITH CONCORD THEATRICALS. WWW.CONCORDTHEATRICALS.COM

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CANYON CREST ACADEMY ENVISION THEATRE ARTS PRESENTS

Harry Potter

AND THE
CURSED CHILD

HIGH SCHOOL EDITION



It's time to believe in magic again

SCAN FOR TICKETS



FRI MAR 13 / 7PM

SAT MAR 14 / 2PM

THU MAR 19 / 4:30PM

SAT MAR 21 / 2PM

SAT MAR 21 / 7PM

Proscenium Theater
5951 Village Center Loop Rd

When Harry Potter's son befriends the only child of his fiercest rival, Draco Malfoy, it sparks an unbelievable new journey for them all – with the power to change the past and future forever.

A SAN DIEGO PREMIERE

DIRECTED BY
BLAKE MCCARTY

BASED ON AN ORIGINAL STORY BY
J.K. ROWLING, JOHN TIFFANY AND JACK THORNE

FEBRUARY

RED CROSS CLUB

Club Spotlight

- BRANCH OF THE NATIONAL RED CROSS ORGANIZATION
- HOLD BLOOD DRIVES, FUNDRAISE, PARTICIPATE IN VARIOUS DISASTER AND HEALTH CAMPAIGNS
- SUCCESSFULLY ADVOCATE FOR BETTER HEALTH AND SPREAD THE RED CROSS MISSION

join by google classroom!

asiil77g - personal email

SEAL THE DEAL

VENTURE TECH

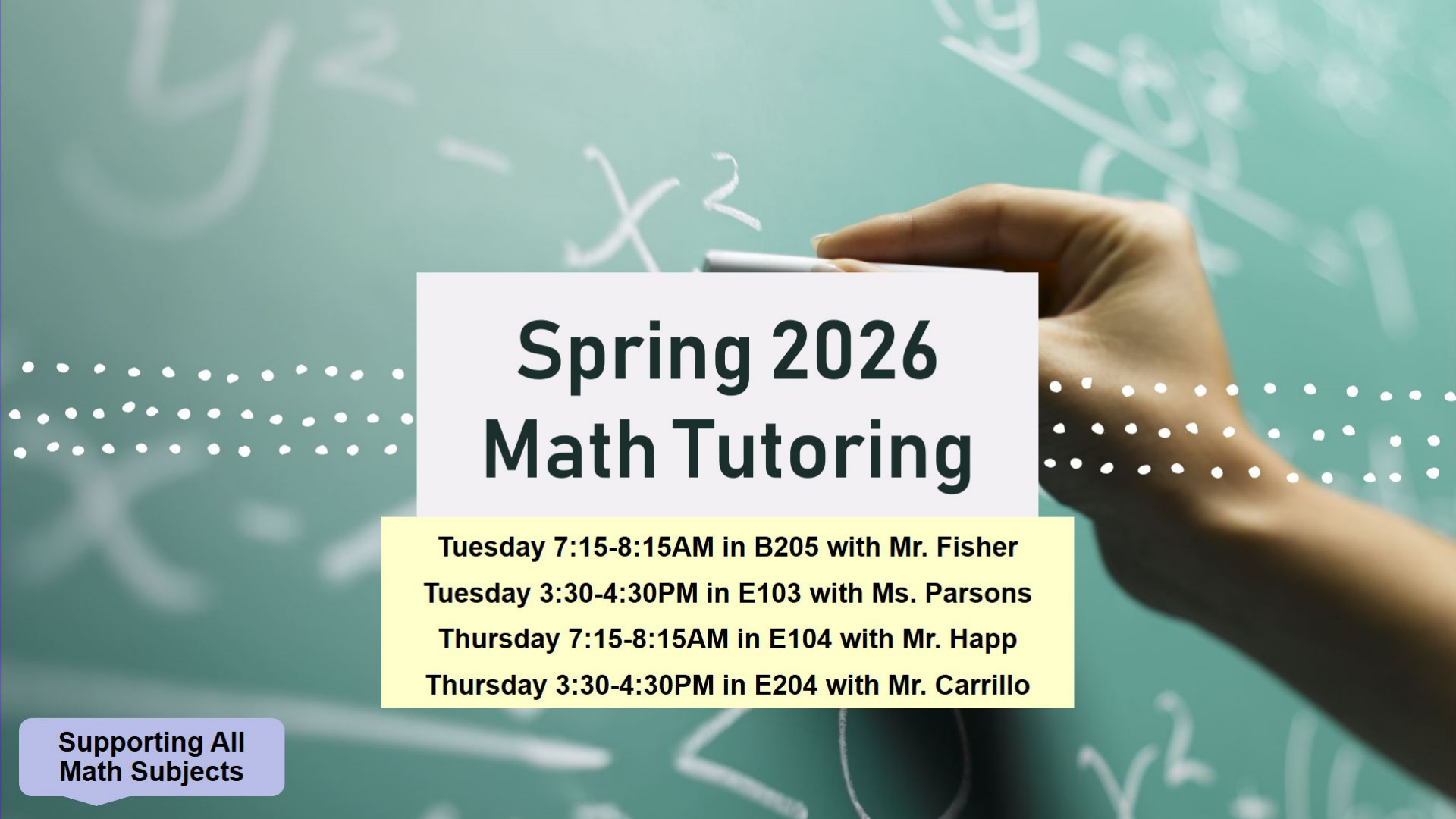
- LEARN HOW TO MAKE A LEVEL 1 AND LEVEL 2 SEAL AND SELL THEM AT CCA EVENTS!
- JOIN TO BE A PART OF FUNDRAISERS AND DONATIONS AND START AN ONLINE STORE!

join by email!
sealthedeal.floaties@gmail.com



- TOURS/SHADOWS OF VARIOUS START-UP COMPANIES
- ENTREPRENEURIAL COMPETITIONS
- CASE STUDIES OF STARTUP COMPANIES

come to E104!
give your email



Spring 2026 Math Tutoring

Tuesday 7:15-8:15AM in B205 with Mr. Fisher

Tuesday 3:30-4:30PM in E103 with Ms. Parsons

Thursday 7:15-8:15AM in E104 with Mr. Happ

Thursday 3:30-4:30PM in E204 with Mr. Carrillo

**Supporting All
Math Subjects**

Canyon Crest Academy's

CAREER MONTH

FEATURING PANELS IN:

HEALTHCARE

3/4 - PERIOD 2

**ENGINEERING/
COMP SCI**

3/12 PERIOD 3

BUSINESS

3/24- PERIOD 2

CREATIVE ARTS

3/26- PERIOD 4



MARCH 2026- CCA LEARNING COMMONS

CCA-TV WANTS

**CONTRIBUTE
STORY IDEAS AT
CCA-TV.COM/
CONTACT/**



**TO HEAR
YOUR STORY**

Experiencing Exam Stress?



TRY OUR RELAXING SCENTS!

Student Parking Lot
and Front gates
March 13th
3:30-4:15 pm



@SCENT_ONTHEGO

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!





10 SELF-CARE STRATEGIES FOR TEENS



- 1 It's OK to feel overwhelmed. Focus on what you can control, like your breathing and being in the present moment.
- 2 Spend time outside, even if you're avoiding crowds.
- 3 Engage in mindfulness activities, such as starting a gratitude journal or preparing your favorite meal.
- 4 Practice self-care in whatever form it looks like to you, which may include exercising, reading, meditation or getting adequate sleep.
- 5 Reach out to whomever and whatever you know helps you.
- 6 Make a list of your favorite songs or movies, and share the list with your friends.
- 7 Challenge negative beliefs about change.
- 8 Find new ways to connect with your friends. Social distancing should not mean social isolation.
- 9 Make your space comfy and cozy.
- 10 Set boundaries with your media consumption.

TEEN APPS FOR SELF-CARE



STOP, BREATHE, THINK



VIRTUAL HOPE BOX

**Remember to
take care of
yourself and
check-in with
your friends** 😊

Pacific Highlands Ranch Library

Discover

March- June 2026 TEEN PROGRAMS @
Pacific Highlands Ranch Library

COLLEGE PREP

Private & Out of State Colleges
Thu. 3/26 @ 3:30-5:30 PM

 *UCSD Information Session*
Thu. 4/4 @ 10-11 AM

 *Personal Insight Questions*
Thu. 4/9 & 4/16 @ 3:30-5:30 PM

Writing a Strong Personal Statement
Thu. 6/18 @ 4-5 PM

Admissions 101
Thu. 6/25 @ 4-5 PM

**ALL PROGRAMS ARE
FREE OF CHARGE!**

LIFE SKILLS

MyVoice Matters
Thu. 3/5 @ 4-5 PM

Stress Management
Thu. 4/23 @ 4-5 PM

Study Smarter, Not Harder
Thu. 5/7 @ 4-5 PM

Roommate Etiquette
Thu. 5/21 @ 4-5 PM



For more information &
to register:
<https://mysdpi.org/discoveru>

Discover  **SD  Public Library** 

These programs are funded in full or in part by Carnegie Corporation of New York's national Libraries as Pillars of Education and Democracy Program.

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 slide or image file with information that you would like posted to the Clubs Commissioner, clubscommissioner@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.



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**HELP
KEEP
CCA
SAFE!**

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

Current Bulletin Theme Solving Standings: Top Ten

<u>Class</u>	<u>Place</u>	<u>Points</u>
Hare	1st (tie)	13
Shay	1st	13
Celniker	3rd	12
Dobashi	4th	9
Travastos	5th	9
Carrillo	6th (tie)	7
Sevilla	6th	7
Krogh	8th	6
Gross	9th	4
Parsons	10th	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 which have unlimited guesses, and solves on Thursday can only earn one point.

SECRET DJ: On designated weeks in Spring, an extra point is awarded for guessing the contributor with hints starting Wednesday. Only 3 Secret DJ guesses allowed/week and points are awarded only if the theme is also solved. 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.

Today's Music: “Domino” by Jessie J



Congratulations to these classes for solving last week's "Yearbook" theme: Krogh, Travastos, Dobashi, Gross, Sevilla, Hare, Shay, and Carrillo. Underlined classes also solved the Secret DJ Identity: Mrs. Jenni Travastos who contributed this back in 2018 when she was the Yearbook advisor. Points have been tallied and things are really heating up on the leaderboard. It's another Secret DJ Week, so an extra point is awarded for guessing the contributor of the theme but you must solve the theme to be eligible for that point. Only three Secret DJ guesses total per week with hints starting Wednesday!