



GRIDLEY HIGH SCHOOL

DAILY BULLETIN



Tuesday, December 2nd, 2025

New Information

📣 **First Boys' Basketball Game of the Season!** 🏀

Come out and support your Bulldogs as they kick off an exciting new year on the court!

🎉 **All Freshmen Get In FREE!** 🎉

Voces will meet TODAY 12/2 @ lunch. Grab your lunch and meet in room 110.

To kick off our Winter Wellness Week, we'll be hosting a Hallway Bingo Event on December 3rd. Visit the hallway to check out tables from our school clubs and organizations, each sharing helpful wellness information. Complete your bingo card for a chance to win prizes, including Dutch Bros, Starbucks, and more!

Increased Mental-Health Problems

Substance use is strongly linked to:

- Anxiety and depression
- Suicidal ideation
- Mood instability
- Self-harm behaviors

A recent study found that adolescent substance use predicts mental disorders, hospital contacts for alcohol or drug use, and suicidal behaviour.

Why it's harmful:

Drugs and alcohol often mask underlying mental-health needs, which go untreated and can worsen dramatically.

Attention Seniors! The Counseling Department invites you to join Grounded Seniors, a small lunch group designed to help you find calm, balance, and connection during this busy season.

We'll meet the first three Wednesdays in December during lunch in Room 603.

Lunch will be provided!

Come take a midweek breather, share with peers, and learn strategies to manage stress and expectations as you finish strong this semester.

Sign up by scanning the QR code on the flyers in Mr. Stark's, Mr. Sarginson's or Mr. McCabe's classes!



Sports Today:



No Sports

Day	Date	Sport	Level	Opponent	Release	Game Time
Tue	Dec 2	Boys Basketball	F/JV/V	<i>Bear River</i>	—	4:30
Tue	Dec 2	Girls Basketball	JV/V	@ <i>Bear River</i>	—	6:00
Tue	Dec 2	Boys/Girls Soccer	V	@ <i>Yuba City</i>	2:15	4:00



Today's Birthdays



Valerie Arredondo Ortiz

Emiliano Sarmiento Ramirez

And remember at GHS

We Grow, We Honor, and We Succeed.

Reminders



Scholarship Portfolio



If you have not started your scholarship portfolio,
go to the GHS website and under the counseling link click on
SCHOLARSHIP PORTFOLIO:

RESUME RESOURCES AND POSTED SCHOLARSHIPS:
click link to access all of the resume resources and all posted scholarships.

**Students can see scholarship eligibility,
how/where to apply and scholarship deadlines.**

 Did you know you can look up library books using your chromebook? 

On your Chromebook:

go to CLEVER,

click LIBRARY RESOURCES,

click FOLLETT DESTINY.

You can search by title, author, or topic in the search bar.

Tutoring

Monday	3:15-4:15	Room #509
Tuesday	3:15-4:15	Room #509
Wednesday	2:15-3:15	Room #509
Thursday	3:15-4:15	Room #509