

Daily Bulletin

September 9, 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, September 9th, 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

Our district is observing Yellow Ribbon Week
and Suicide Prevention Month.



ASB X PALS

YELLOW RIBBON WEEK

SEPTEMBER 8-12

SEPTEMBER 8
**POST-IT
NOTE WALL**

SEPTEMBER 9
**RIBBON
TYING TREES**

SEPTEMBER 10
**ROCK
PAINTING**

SEPTEMBER 11
**TRIVIA & COOKIE
DECORATING**

SEPTEMBER 12
**WEAR YELLOW
FOR A SUNFLOWER**

@ LUNCH IN THE LOWER QUAD



SUICIDE PREVENTION MONTH



TOP WAYS TO HELP SOMEONE WHO MAY BE STRUGGLING FROM AFSP & SEIZE THE AWKWARD

1. LEARN THE SIGNS

You might not be sure your friend is displaying concerning signs regarding their mental health. **Here are a few signs to look for:**

- Impulsive behaviors or being more irritated than usual
- Changes in habits of how they dress, appearance, eating, or sleep
- Talking about feelings of loneliness or despair
- Excessive worry or trouble concentrating
- Substance misuse

2. START THE CONVERSATION

Say whatever gets you talking, use an opening line like "Seems like something is up; do you want to talk about it? or "I've noticed you've been down lately. What's going on?"

Find time to talk; can be over lunch, shared hobby or sport, short walk or started with a "What's up"

3. DURING THE CONVERSATION

Being a friend and a good listener doesn't require a manual - there is no right or wrong. Just listening and letting them know you support them and they are not alone is a solid place to start. **Be sure to ask about trusted adults they can talk to and support them by connecting directly with them.**

*Can't connect with an adult, **call 9-8-8 or text 741741 for help.**



4. AFTER THE CONVERSATION

After the conversation, continue to reach out and listen to them. Encourage their progress and connections with adults- and talk about your trusted adults on campus.

***Need more ideas, resources, or want to get involved go to**
www.seizetheawkward.org/conversation/learn-the-signs



A hand holding a piece of chalk is positioned on the right side of the image, as if about to write on a chalkboard. The background is a teal-colored chalkboard filled with faint, white mathematical equations and symbols, including x^2 , y^2 , and $1/x$. A white rectangular box with a dotted border is centered on the left side of the image, containing the main title. Below the title, a yellow rectangular box contains the schedule details.

Fall 2025 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

CCA Math Team

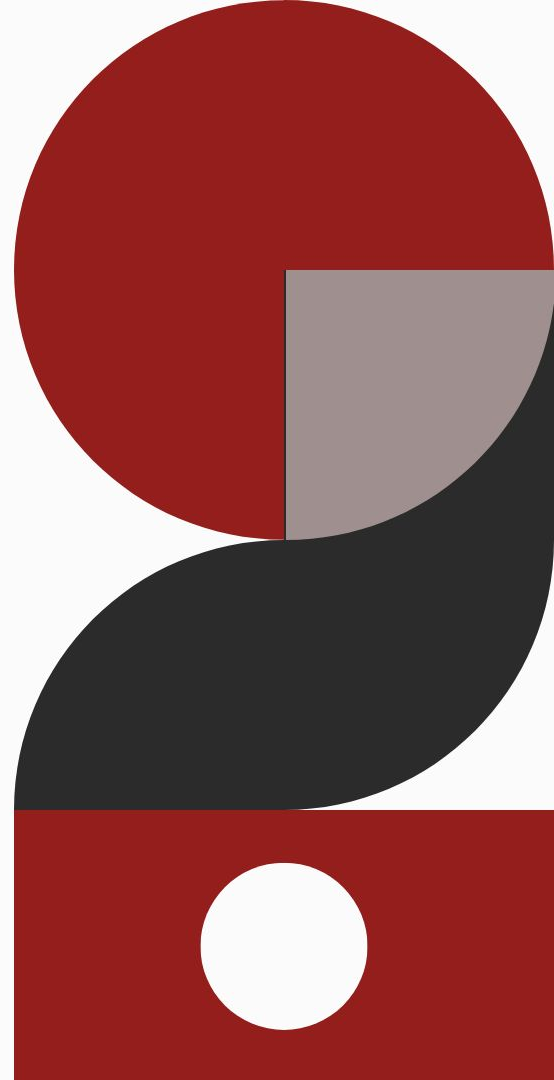
Join a club dedicated to exploring math beyond what's taught in school through collaborative learning and competitions with fellow mathematicians!

Tuesdays @ Lunch E101 (Shay)

Email: mathteam.cca@gmail.com

Discord: bit.ly/ccamt-discord

Website: <https://ccamathteam.wordpress.com/>





ACADEMIC TEAM

**Interested in the joining the
Academic Team?**

**The first meeting is
Wednesday, 9/10, in E101
during lunch.**

**Everyone is
Welcome!!**



Join CCA DECA Today!



INTRO MEETING

September 10th during lunch
@ Gym Classroom (Baum)

GOOGLE CLASSROOM

lowercase L

eelbede5

OPPORTUNITIES

- Compete at districts+state+international conferences
- Build connections with business-minded peers around the globe!

Questions?
Feel free to email:
ravensdeca@gmail.com
OR
Dm us on Instagram at:
[@cca_deca](https://www.instagram.com/cca_deca)





Fall College Visits for Seniors

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

Upcoming Visits:

- **Olin College of Engineering**

9/11/2025

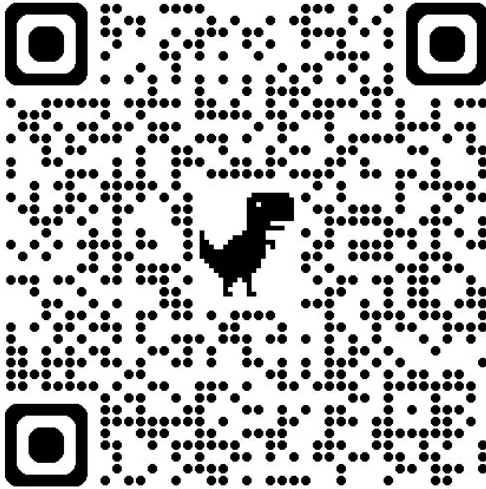
9:30 am - 10:00 am

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!

INTERESTED IN EXPLORING YOUR PASSIONS?

register a club now!



FORM

**Registration ends
September 17!**

**Get your club approved to do
events, fundraisers, etc!**

QUESTIONS?

CONTACT: CLUBSCOMMISSIONER@CCAASB.COM

SENIOR T-SHIRT DESIGN CONTEST

submit design
between
9/1 and 9/19

scan QR code
to submit



for a chance
to win a

\$25

GIFTCARD

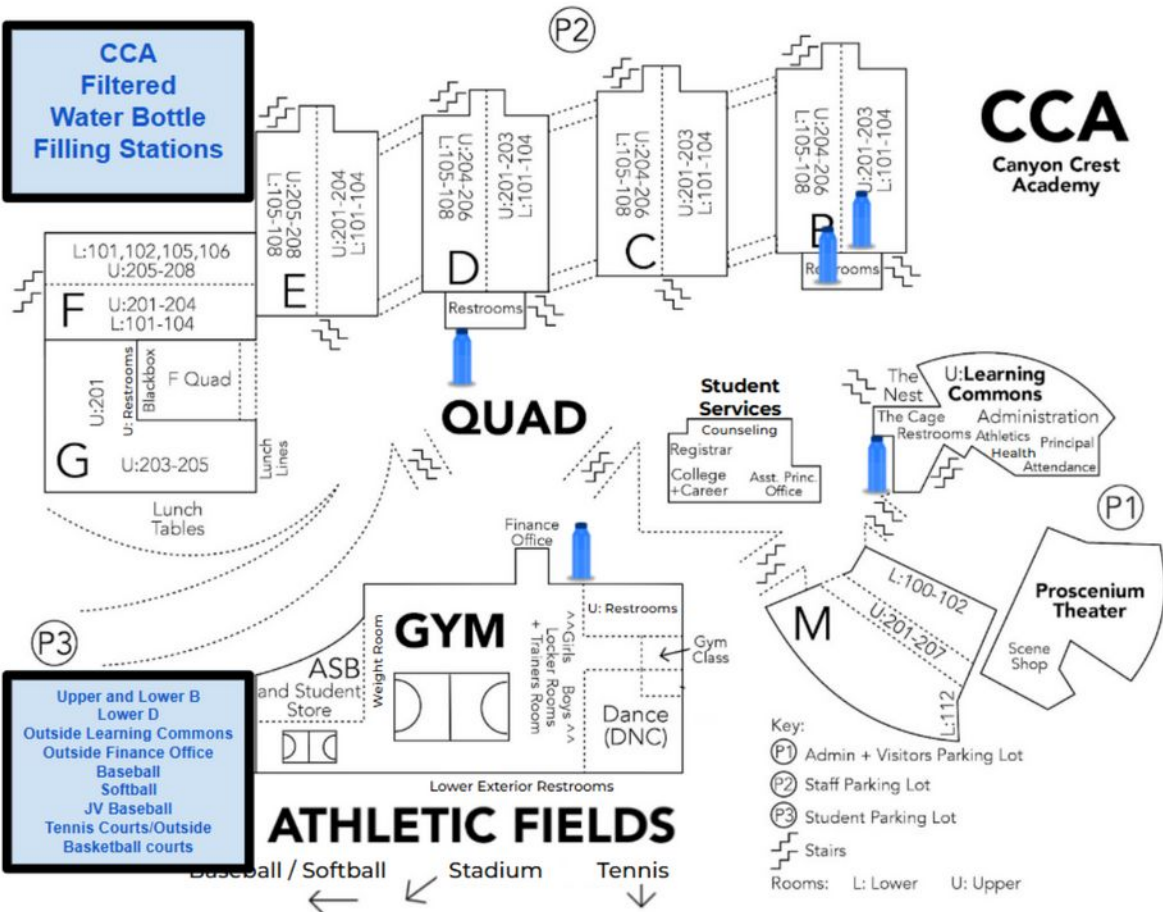
and a FREE
senior shirt

senior submissions only



CCA
Filtered
Water Bottle
Filling Stations

CCA
Canyon Crest
Academy





RAVEN IDOL AUDITIONS



SEPTEMBER 15-16



SCAN THE QR
CODE TO SIGN UP!

IN PERSON AND VIRTUAL!



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!





- Do you need community service hours?

Come tutor an elementary school student for one hour a week for 7 weeks. Join others and participate in the Del Mar/Solana Beach STUDY BUDDY program.

- STUDY BUDDY applications are available now in the Counseling Office or can be downloaded from www.sandieguitoalliance.org.

All applications are due back no later than Friday, September 19.

Orientations will be the the week of October 6.

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.



Daily Bulletin Theme Solving Contest

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.

SUBMISSIONS: 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:
“Little Deuce Coupe”
by The Beach Boys

