



Cougar Daily's "The Potty Mouth"

8/29/22 – 9/3/22

Read and learn while you pee and poo

Welcome Back Cougars! It's the start of another year so let's start this one off right. We've had about a week to get back into the swing of things and at this point everyone has (hopefully) started to settle back into a routine. In this issue of your favorite bathroom chronicle, we'll discuss some back to school pro tips (freshmen take notes) and some news updates from around the school. Also stay on the lookout for more information on auditions for this semester's play, Patrick Barlow's *A Christmas Carol*!

Helpful Hints for not Hating High School

Good morning (or afternoon) everybody! Going back to school again after a long summer can be a bit tough, and a lot of times it's easy to forget how to do high school. Not to worry though, the *Cougar Daily* has your back! Here are our top five tips for making this school year the best that it can be.

1. USE A PLANNER - Time management is huge and having a way to visualize it is possibly the best weapon you can have in your proverbial arsenal.
2. Have a good attitude and mindset going into your classes – They might not be thrilling, but don't expect them to be awful (you might be pleasantly surprised)
3. Take some risks – Join a club! Try out for a Sport! Talk to new people!
4. Make your mental health a priority – More on mental health in a later issue but know that your health is more important than any math problem :)
5. Figure out what study habits work for you – Everyone is different, so don't just buy into the prescribed methods. Find a homework routine and schedule that helps you to succeed.

Fun Things Happening in Your Hallways

- Join the Robotics Team! Want a fun and inclusive activity that also can earn you a varsity letter? Cougars Gone Wired is for you! There's something on the team for everyone and the first meeting is this Wednesday, the 24th from 6-8 PM in room 407. Hope to see you there!
- New floors! You've probably already seen them but it's worth mentioning.
- Mr. Ottmer's new Outdoor Expeditionary Sciences class is officially underway. This groundbreaking new class focuses on the physical application of science in the field. The class spends much of their time on different trails around town and goes on two backpacking trips during the year.

Other Friendly Reminders

- August 30 – Auditions for *A Christmas Carol*
- September 5 – Labor Day, NO SCHOOL
- September 6 – Open House 5:30-8:00
- September 8 – Coffee House in the Auditorium 6:30-7:30

Upcoming Events

Monday 8/29	Tuesday 8/30	Wednesday 8/31	Thursday 9/1	Friday 9/2	Saturday 9/3
	<ul style="list-style-type: none"> - Golf: Boys Varsity Gladiator Invite @ Cheyenne Shadows (8:00am) - Softball: Varsity/JV @ Pine Creek (3:30pm/5:00pm) - Volleyball: C-team/JV/Varsity @ Air Academy (4:00pm/5:00pm/6:00pm) - Boys Soccer: JV/Varsity vs. Palmer Ridge @ Garry Berry South Field (4:00pm/6:00pm) - Boys Tennis: Varsity @ Discovery canyon, JV @ Home (4:00pm) 	<ul style="list-style-type: none"> - Golf: Boys JV 9-hole vs. Mesa Ridge @ Cherokee Ridge Golf Course (3:30pm) 	<ul style="list-style-type: none"> - Boys Tennis: Varsity @ Palmer High School, JV @ Home (4:00pm) - Volleyball: C-team/JV/Varsity @ Lewis Palmer (4:00pm/5:00pm/6:00pm) - Football: Varsity game vs. Lewis Palmer @ Don Breese Stadium (7:00pm) 	<ul style="list-style-type: none"> - Softball: JV/Varsity vs. Palmer Ridge @ Holmes Middle School (3:30pm/5:00pm) 	<ul style="list-style-type: none"> - Cross Country: JV/Varsity Vista Nation Invite @ Mountain Vista High School (8:30am) - Football: C-team vs. Lewis Palmer @ Don Breese Stadium

Want to read more? Find more of *The Cougar Daily* on our website, cougardaily.org!