



Cougar Daily's "The Potty Mouth"

9/12/22 – 9/17/22

Read and learn while you pee and poo

Hello and welcome back to another beautiful week at Coronado! The sun is shining (maybe), the birds are chirping (probably), and homecoming week is rapidly approaching (definitely). We'll have a full event schedule for you next week, but for now, some wisdom from *The Cougar Daily* writing room. There is sometimes a temptation to skip out on some of the events during homecoming week. Don't. If you can, do everything that you're able to do. Go to the game, see the powderpuff, go to the dance, participate in spirit days. You'll be glad you did and who knows, you might even have some fun.

A Quick Therapy Session

Sometimes it's very easy to get lost in the rush and routine of day-to-day life. We've all been there at one point or another, and we all know that very low feeling that can sometimes come with it. Now that school is in full swing, here are a couple things you can do to boost your mood, but also maybe make someone else's day better in the process.

1. Breathe. It's okay to slow down for a second and just breathe. In for four, hold for four, and then release for four. Lots of fours but it helps.
2. Let yourself feel what you need to feel. It's tempting to suppress certain feelings, but the best way to get through them is to face them head on and knowing it's okay to not be totally alright.
3. Compliment each other. It may seem small, but to someone else, it might be the difference between a good day and a bad day. Try to compliment two people a day, it'll make you feel good too.
4. September is suicide awareness month. If you or someone you know is struggling, don't be afraid to reach out and get help (the new national hotline is 988). You matter in this world, don't forget that. ;

Fun Things Happening in Your Hallways

- Come and join The Cards and Games Club! Enjoy a welcoming environment where you'll find a whole host of things to do. The club meets in room 205 on Monday, Wednesday, and Friday to play various games (and to enjoy the occasional party). Meetings last until 4:30, we hope to see you there!
- The Cougar Daily has an Instagram, go follow @thecougardaily!
- Check out the new Writing Lab in room 250 during first, second, fifth, and sixth period. From proofreading to brainstorming, the amazing writing staff has you covered!
- Not in your hallways, but still prevalent: After 96 years, 6 popes, 14 presidents, and 1 really really old prince king, the queen of England has passed away.
- Breaking news: people decide to be nice to each other and discover that they're happier now. Imagine that.
- You're pretty amazing :)
- Potty Mouth Application Code



Upcoming Events

Monday 9/12	Tuesday 9/13	Wednesday 9/14	Thursday 9/15	Friday 9/16	Saturday 9/17
- Boys Soccer: JV/Varsity vs Fountain Fort Carson @ Garry Berry (4:00pm/6:00pm)	- Boys Golf: Varsity Cougar Classic @ Kissing Camels (10:00am), JV Cougar Classic @ Kissing Camels (10:00am) - Boys Tennis: Varsity @ Widefield, JV @ Home (4:00pm) - Softball: JV/Varsity vs Canon City @ Rouse Park (4:00pm/6:00pm)	- Boys Golf: Varsity Trojan Invite @ Cheyenne Shadows, Varsity Pueblo Tournament @ Walking Stick, JV 9-hole @ Cherokee Ridge (8:00am/8:00am/3:30pm)	- Boys Soccer: JV/Varsity @ Vista Ridge High School (4:30pm/6:00pm) - Softball: JV/Varsity @ Widefield High School (4:00pm/4:00pm) - Girls Volleyball: C-team/JV/Varsity vs. Discovery Canyon @ Home (4:00pm/5:00pm/6:00pm)	- Football: Varsity vs Pueblo Central @ Dutch Clark Stadium (4:00pm) - Boys Tennis: JV/Varsity @ Canon City (4:00pm)	- Football: C-team vs Pueblo Central @ Home (9:00am) - Softball: JV vs. Harrison @ Holmes Middle School (9:30am)

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