



Cougar Daily's "The Potty Mouth" 2/5-2/9

The Bathroom Sensation That's Sweeping the Nation

It's another week, Cougars! The winter sports season is winding down, so we are too – this week, the topics of our two columns have nothing to do with each other! Well, maybe, if you think really hard, you'll find a connection

Coronado History Trivia

How well do you know your own school, Cougars? The answers are at the bottom of this section, but try to do it without looking at them! How many did you get right?

- 1) What are our school colors?
- 2) True or false: Mann Middle School is one of our feeder schools.
- 3) True or false: Boys Tennis is a fall sport.
- 4) In the 2022-2023 school year, how many students were enrolled?
- 5) When was Coronado High School established?
- 6) Who's the advisor for the Chess Club?
- 7) On which page is the Cougar Daily linked?
- 8) Which tier of behavior interventions includes creating a "cool down or refocus area in the classroom"?
- 9) How many total credits are required for graduation?
- 10) How many mathematics credits are required for graduation?
- 11) Which grades are allowed to drive off campus?

Answers: 1) Scarlet, gold 2) False 3) True 4) 1265 students 5) 1970
6) Willey 7) Student Links 8) Tier 2 9) 49 10) 6 11) 10-12

Brush Your Teeth!

How much do you usually brush your teeth? The ADA recommends following the 2/2 rule; brush your teeth twice a day for two minutes. But there's a lot of things that doctors recommend that high schoolers don't really follow. But here's why brushing is actually extremely important.

Let's start with the stuff everyone knows: preventing the build-up of plaque and gum disease. Plaque is a perfect place for bacteria to grow. When you haven't taken good care of your teeth, you can get cavities or even lose your teeth.

Brushing your teeth can also prevent heart disease and decrease your risk of cancer. Because your mouth is a pretty solid opening to several of your vital organs, including your lungs (and by extension, your heart) and stomach, if there's harmful bacteria in your teeth, it's probably capable of making it down there, too.

A good, healthy smile also makes you feel better. According to the American Psychiatric Association, there is an often overlooked link between mental health and dental health. Eating, speech and self-esteem are all affected by poor oral health.

Let's take care of our smiles, Cougars! See you next week!

Upcoming Events

Monday 2/5	Tuesday 2/6	Wednesday 2/7	Thursday 2/8	Friday 2/9	Saturday 2/10
Boys JV Basketball v Rampart @ Home (7pm)	Unified Basketball v Mitchell @ Mitchell High (5:30pm)	Girls Basketball v Canon City @ Canon City High (4pm) Boys Basketball v Canon City @ Home (4pm)	Academic Council (11:40pm)	Stop The Bleed Class w D11 Security @ Room 250 (9am) Girls Varsity Wrestling Regionals @ Lamar (TBD) Boys Varsity Wrestling Regionals @ Windsor (1pm) Girls Basketball v Widefield @ Home (4pm) Boys Basketball v Widefield @ Widefield (4pm)	Girls Varsity Wrestling Regionals @ Lamar (9am) Boys Varsity Wrestling Regionals @ Windsor (9am)

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