



The Bathroom Sensation That's Sweeping the Nation

Good job on making it through testing week, Cougars! I know last week was hard on you, but don't give up! Things may feel suffocating right now, but we're almost finished! Stick close to your friends and lean on them when it gets hard, and make sure to take care of yourself.

Self-Care After Big Tests

Congratulations for making it through your SATS, PSATS, and CMAS testing, Cougars! A lot of teachers also chose this week for big tests, so I know it's been overwhelming, and I've seen a lot of people cry this week, so let's remember to take care of ourselves!

- Treat yourself to a game, tasty food, that new pair of headphones you've needed for a while, or whatever reward you prefer.
- Remind yourself that you did your best and remember that it's not over if you didn't get a good grade. For upperclassmen, most colleges no longer require a good grade on the SAT to be accepted, and for the underclassmen, you still have time to grow! Nothing is definite.
- Take a break from studying and have fun! Within reason and remember that you have big projects coming up as the end of the school year approaches.
- Don't sell yourself short! You probably did better on the test than you think you did, so don't lose sleep over it. Control what you can and keep going.

How To Make the Impossible Feel Possible

Sometimes, everything feels impossible. Getting out of bed, going to school, doing that dreaded assignment, that mortifying presentation, or attending that awful class. Sometimes it feels so impossible all you can do is to curl up and cry. Crying is actually a particularly good idea; it's been scientifically proven that crying reduces stress. But if all you do is cry, you might make things worse, leading to you spiraling deeper and deeper down. It'll feel like it'll never get better.

To make the impossible feel possible, you need to hang on. If you change your perspective towards an issue, you'll realize it's not as daunting as it seems. One way to do this is to use positive language rather than negative language (it seems silly, I know, but just trust me here). Rather than saying "I can't do this", say "I can do this". Trust your abilities. You know more than you think you do!

When things are impossible, focus on what you *can* control instead of what you can't. Very few things in life are impossible – you just need to have a flexible point of view, and to trust yourself!

Upcoming Events

Monday 4/22	Tuesday 4/23	Wednesday 4/24	Thursday 4/25	Friday 4/26	Saturday 4/27
Lunch LinkUP @ Room 212 (both lunches) Freshman Recognition Celebration @ Auditorium (2:05pm) Girls JV & Varsity Tennis v Liberty @ Liberty (4pm) Girls JV & Varsity Soccer v James Irwin Charter @ James Irwin Charter (4:30pm)	Varsity Baseball v Widefield @ Home (4pm) Cheer Tryouts @ Aux Gym (4pm) Boys Swin and Dive v Rampart @ Home (4pm) Girls JV & Varsity Tennis v Air Academy @ Air Academy (4pm) Boys JV & Varsity v Cheyenne Mountain @ Home (4pm)	Girls JV Golf v Mesa Ridge @ Cherokee Ridge (3pm) Girls JV & Varsity Soccer v Harrison @ Harrison (4pm) Boys JV & Varsity Volleyball v Discovery Canyon @ Home (4pm) Cheer Tryouts @ Aux Gym (4pm)	Westside Pikes Peak Work Force Job Fair @ Main Gym (8am) Academic Council (11:40am) Varsity Baseball v Widefield @ Widefield (4pm) Girls C-Team Soccer v Pine Creek @ Pine Creek (4pm) Boys Swim & Dive v Palmer @ Home (4pm)	Track & Field Varsity Cougar Classic @ Garry Barry Stadium (TBD) Girls JV & Varsity Soccer v Widefield @ CA Foster Stadium (4pm) Boys JV & Varsity Volleyball v Doherty @ Doherty (5pm)	Track & Field Varsity D2 Invite (9am)

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