



## The Bathroom Sensation That's Sweeping the Nation

Welcome back from break, Cougars! We've started the final semester, and we've entered a new year! You can start "fresh" (so to speak) to finish out the rest of the school year (just 5 more months) strong!

### Make This Semester a Good One!

Now that we've started the final semester, here are a few tips to make it go well! We're halfway to the end of the year!

- If you made goals or new year's resolutions, make sure to review them occasionally.
- Organize yourself before it gets too crazy – new folders for new classes and clean out the folders for old classes.
- If you tend to forget your schedule easily, write it down somewhere and keep it in your pocket or your bag where you can easily reach it to check.
- Look at what went well last semester and what didn't go well. Use that to help guide you through the last semester!
- Organize your computer files, too. Make it so you can find new files quickly and you don't lose any of your homework.
- Make sure to focus on yourself, too. Take care of yourself and make sure you have enough time for yourself and things that aren't schoolwork.
- Join a club if you've got the time! There are a wide variety of clubs available at Coronado! Listen to the morning announcements or talk to your teachers about clubs!

### Holidays...So Many!

Christmas, New Years, Valentine's Day, Easter...and more! There are so many holidays in the

late to early months, so here's some backgrounds for each of the more "popular" holidays (outside of Christmas and New Years, since those two already passed).

Valentine's Day originates from Catholic celebration of the death of two men executed by Claudius II, both named Valentine. Later the holiday gained its romantic theme when Pope Gelasius I combined Valentine's Day with Lupercalia, to overwrite pagan rituals.

Easter is celebrated by Christians as the third day of Jesus' resurrection but has even deeper roots as the pagan celebration of the Spring Equinox, and the Easter Bunny even has roots in German Lutherans as a figure that evaluated if the children were good or bad, like Santa Claus.

Labor Day originates from the Haymarket Riot in 1886, when labor activists fought for the recognition of American workers. Congress designated the day as a national holiday in 1894.

### Upcoming Events

Wednesday 1/15	Thursday 12/16	Friday 12/17	Saturday 12/18	Monday 12/20	Tuesday 12/21
Boys Basketball v Canon City @ Home (4pm) Girls Basketball v Canon City @ Canon City (5:30pm)	Girls Swim & Dive Tri @ Cheyenne Mountain (4pm)	Boys & Girls Varsity Wrestling USA Metro @ Fountain Fort Carson (TBD) Girls JV & Varsity Basketball v Widefield @ Home (4pm) Boys Basketball v Widefield @ Widefield (4pm)	Boys & Girls Varsity Wrestling USA Metro @ Fountain Fort Carson (TBD) Boys JV Wrestling Tournament @ Home (8:30am)	Martin Luther King Jr. Day – NO SCHOOL	Girls Swim & Dive v Palmer @ Home (4pm) Boys Basketball v Palmer @ Home (3:30pm) Girls JV & Varsity Basketball v Palmer @ Palmer (4pm) Unified Basketball v Palmer @ Home (6:30pm)

Want to read more? Find more on our website, [cougardaily.org](http://cougardaily.org) or on Instagram @ [thecougardaily!](https://www.instagram.com/thecougardaily/)