



Daily Bulletin

Friday

March 23, 2018

MENU: \$3.50 Lunch Entrée Choices: BBQ Chicken Flatbread Pizza; Macaroni & Cheese with Garlic Toast; Spicy Asian Chicken Salad and a Roll; Hot Chicken Sandwich; Turkey & Cheese Sandwich; Pepperoni Pizza; Bean & Cheese Burrito; Bistro Box. Side Dishes: Tossed Green Salad; Cauliflower florets; Baked Sweet Potato Fries; Fresh Apple Slices; Dried Fruit. Choice of Milk.

Schedule: Friday 6 2 4

Hey Rams! The Spring Dance is approaching and tickets are still being sold! The dance will be on Thursday, April 5th from 3:30-5:30. We will have a taco truck, baked bear ice cream, candy, popcorn, and a brand new DJ. The cost of a ticket is \$10 or you can buy a VIP ticket with food included for just \$12. Tickets are on sale now in the student store until the day of the dance. Buy your tickets soon before they sell out! If you come to the dance, you can win prizes such as Twin Peaks Shirts, student store coupons, and even an In-N-Out Gift Bag! Thanks Rams and hope to see you at the dance.

Last week's SWITCH Adventure on Empathy, putting ourselves in others' shoes, really helped everyone at Twin Peaks understand each other better! Great work! Here's the message from our guides on Adventure #4, Stress Control!

Raise your hand if you feel stress! Stop what you're doing and take 3 deep breaths right now! We can help ourselves when we feel stress, but how can we PREVENT stress?

We're often stressed because we not only compare ourselves to others, but we have unrealistic expectations of ourselves. This is the result of everything on media because a lot of it is **FAKE!** Yes, **FAKE!** From people taking fake pictures to make others think their lives are perfect, to pictures of models who've been air brushed!

So today, we're SWITCHing from **UNHEALTHY COMPARISONS** to **SELF-HONOR**. HOW? By spending less time on social media and more time on what you love doing like hiking, building things, hanging out with your dog!

Stress can lead to anxiety, then depression, then feelings of hopelessness. If you or someone you know have any of these signs, make sure you go talk with a trusted adult. **STRONG** people accept help! Days will get brighter even though you don't feel it now.

Our quote for this week....repeat after me. "I will do my best, then forget the rest". If you go to bed every night and ask yourself, "Did I do my best?" If you answer yes, then that's all you can do so relax! Now go SWITCH the Story, Begin Your Adventure!

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