



Daily Bulletin

Friday

March 30, 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: 5 1 3

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.

Attention OCIS-PE students:
Timesheets for 3rd Quarter are due in the AP Office on or before Monday, April 2nd.
If you need additional forms, please see Mrs. Carter.

Would you like to be part of TPMS elite wrestling team? Stop by room 203 or the front office to pick up a registration form for this year's team. Practice begins April 2nd!

The Twin Peaks Quidditch Tournament will take place on Wednesday, April 4th in the quad during both lunches. If you signed up to play on a Quidditch Team, be on the lookout for a note in your RAM class in the next few days with more information. Wednesday, April 4th will be a Harry Potter Spirit Day in honor of the tournament. Come to school in your most magical attire and come out to the quad at lunch on Wednesday to cheer on your favorite teams!!

Attention Students: The next Builders Club meeting will be next week on Tuesday, *April 3rd*, during 1st lunch in the MPR. Be sure to check in with your RAM teacher then head over to the MPR on Tuesday.

Last week's SWITCH Adventure quote was, "We will overcome stress by giving our best and forgetting the rest!" Remember that if we give our best, that is ENOUGH! Here's today's message from our guides on Adventure #5, Direct Communication.

One of our greatest stressors is because we don't speak up or say how we genuinely feel in situations. This can be from going along with others even when we know it's against our beliefs, not saying anything to someone who has hurt you, or not speaking to someone about a problem.

Raise your hand if you have times when it's really hard for you to be direct and say how you *REALLY* feel? Responding honestly, being direct, is empowering because it makes you feel that YOU're in control of your life. Thoughts that weigh you down are gone when you express yourself!

Our quote for this week is, "We will be who we are and say what we feel, because those who mind don't matter, and those who matter don't mind." Now repeat it after me... "We will be who we are and say what we feel" (*pause*) "Because those who mind don't matter" (*pause*) "And those who matter don't mind." (*pause*) Now go SWITCH the Story, Begin Your Adventure! See you at SWITCH Today!

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