

# SVHS Dons Daily Bulletin



## Thursday, November 17, 2022

### Announcements

Our goal at the Wellness Center is to provide support and encourage the development of strategies to overcome the challenges that life might bring.

One of those important strategies is the practice of gratitude even when things are dire, distressed or difficult. Through the practice of gratitude, we can build hope and resilience. Today's quote is:

Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling.

Thanksgiving is the following of that impulse.

Attention Seniors Applying to Four Year College: Do you have questions about your Cal State, U.C. or Private College application? If so, come to the Counseling Office TODAY during Lunch and see Ms. Villegas for help.

### Sports

Boys Varsity Basketball Tournament  
@ Sierra Vista



Girls JV & Varsity Water Polo vs Monrovia  
@ Monrovia - 3:30



### Faculty Section

**Group B has duty this week**

**Please Release The Following  
Girls JV & Varsity Water Polo**

**@ 1:15**

**Boys Varsity Basketball**

**@ 2:00**