



# Daily Bulletin

## Wednesday, January 22, 2025

### SCHOOL ACTIVITIES

Hello Saints, this month's theme at the Wellness Center is "Self-Care." Join us today during lunchtime for our "Self-Care Action Plan" in collaboration with YouthWell at the Wellness Center. We are excited to see you. (Olivera 1/22)

Seniors! We will be hosting a Parent FSA ID Workshop for families who have not completed an FSA ID. Please join us on 1/30 @4:30 pm - 7pm. (Sustaita 1/22)

If you have registered for AJ 101 College Now, your first class is today in room 230 after school. (Sustaita 1/22)

### CLUBS

The Close Up Washington DC Club will meet at lunch on Wednesday in room 640. (Hennings 1/21-1/22)

The Santa Maria Rotary Club is sponsoring the 20th Annual Essay Contest Scholarship with awards of \$100-\$300. This Scholarship is open to all grade levels. The is Deadline: 2/2/25. Applications are in the College and Career Center. (Sustaita 1/22)

Our first Interact meeting of 2025 will be tomorrow during lunch in room 514. See you all in Mrs. Springer's room. (Springer 1/22)

Save the date to join the free after-school Fitness Club hosted by CAPSLO. This 5-week fitness challenge is for staff and students, and will take place in the small weight room for 30 minutes on Tuesdays and Thursdays at 4:05pm beginning January 28th. For more information, look for the QR code in the front office or look for the CAPSLO representative on campus at lunch time. (Jacobson 1/22)

FBLA members, we have a meeting this Thursday, January 23rd, in room 233. Make sure to join us as we'll be talking about volunteer opportunities. (Fulton 1/22 -1/23)

### SPORTS

Softball tryouts January 25th and February 1st 12 pm to 3 pm Varsity Softball Field. (Placencia 1/22 -1/23)

## SPORTS

Attention all Saints interested in joining the swim team. We will be meeting on the pool deck after school on Thursday at 4 pm. This is a required meeting for all swimmers prior to our first in-pool practice on Friday. We hope to see you tomorrow afternoon on the pool deck. (Kaser 1/22)

Attention boys interested in playing tennis! Please come to the track at lunch on Friday to receive a handout for our season's practice and game schedule! If you cannot attend, stop by the Girls PE office and see Ms. Nordwall for a handout. (Nordwall 1/22 -123)

Please release j.v and varsity girl's wrestlers @3:05p.m (Torres 1/22)

## SMHS Weekly Athletic Bulletin:

### Week #24 Jan 20 - Jan 25

Date	Day	Start Time	Opponent	Location
<b>GIRLS BASKETBALL</b>				
1/20	Mon	4pm Varsity	Coastal Christian	SMHS
1/24	Fri	5pm JV 6:30pm Varsity	Atascadero	Atascadero
<b>BOYS BASKETBALL</b>				
1/20	Mon	2:30 JV 5:30pm VB (MLK)	Righetti/Coastal Christian	SMHS
1/24	Fri	3:45pm Frosh 5pm JV 6:30pm Varsity	Lompoc	Lompoc
<b>GIRLS SOCCER</b>				
1/21	Tues	4:15pm JV 6pm Varsity	Santa Ynez	SMHS
1/24	Fri	4:15pm JV 6pm Varsity	Pioneer Valley	SMHS
<b>BOYS SOCCER</b>				
1/20	Mon	3:30pm Frosh (MLK)	San Luis Obispo	SMHS
1/21	Tues	4:15 6pm	San Luis Obispo	San Luis Obispo
1/24	Fri	4:15 6pm	Paso Robles	Paso Robles
<b>GIRLS WRESTLING</b>				
1/22	Wed	5pm	Nipomo	SMHS
1/25	Sat	8am	JV Tournament	SMHS
<b>BOYS WRESTLING</b>				
1/25	Sat	8am	JV Tournament	SMHS
1/24	Fri	Varsity CIT	Tournament	Morro Bay
1/25	Sat	Varsity CIT	Tournament	Morro Bay