

DAILY BULLETIN

Monday, February 11th, 2019

Good morning, Dublin High School. Now please stand for the Pledge of Allegiance. Ready, begin. I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all.

Athletics

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| Tuesday, February 12, 2019 | Varsity Softball Home vs San Ramon Valley Varsity Stunt Cheer vs Granada at Livermore HS 8:00PM NCS Boys Basketball Home vs Arroyo 7:00PM NCS Girls Basketball Away at San Leandro HS 5:30 |
| Wednesday, February 13, 2019 | NCS Boys Soccer Home vs Foothill 7:00PM |
| Thursday, February 14, 2019 | JV Boys Tennis Away at Livermore Varsity Boys Tennis Home vs Livermore |
| Friday, February 15, 2019 | JV/Varsity Baseball Away at James Logan Swimming/Diving Away at James Logan |

Announcements:

This Friday, February 15th, is our first ever Black Light Dance!!!! Get your dance contract and ticket in Student Activities before Wednesday the 13th! Tickets are \$7 with ASB and \$10 without! Wear white to add to the black light effect! Come have fun and be part of history!!

This is DubLove Week and the theme is *Show Your Love*. For the rest of the school year, we're going to talk a bit more seriously about mental health, so think of this as showing love for yourself! Let's start by understanding what mental health is. Mental health simply refers to the combination of our emotional, psychological, and social well-being. It affects how we think, feel, and act. As stated by positive psychology experts, there are two main differences in how people deal with things when they're stressed, sad, anxious, etc....you can cope or you practice self-care. Self care practices build up our abilities to deal with future setbacks and empowers us to take control of the things we can, whereas coping strategies simply tide us over. Coping allows us to deal with difficulties in the short-term, while self care maintains and replenishes our reserves in the long-term. Coping strategies can feel helpful in a crisis, but they contribute to drain us over time, as they usually involve covering up the painful emotions we can't deal with in the present. Self-care strategies, on the other hand, can certainly "feel good" in the moment but they usually require intention, commitment, and therefore some sacrifice, since their purpose is not to gratify us in the present moment but rather to build long-term reserves that we will be able to rely on in times of crisis. Here is something to think about today: How can you add more love and joy to your day-to-day life?

"Welcome to DUBLOVE WEEK!!!! The rest of this week we will be having events at lunch and dress up days! The theme this year is Show Your Love....today is show your love to sleep so you may see people wearing PJs! Tomorrow is show your love to sports (wear jerseys or work out gear), Wednesday is show your love to your community so wear anything from Dublin, DHS, or other Dublin schools/activities, Thursday is show your love to music so wear anything related to music or musical artists, and Friday is our DubLove Rally Day!! Freshmen wear red, sophomores wear purple, juniors wear pink, and seniors wear white!"

We only have 60 copies left of the yearbook for sale. It is likely we will sell out before the book arrives, so if you wish to purchase a yearbook, stop by student activities and purchase one today. The cost is \$70 with ASB and \$75 without.

Hey Gaels! Interested in expanding on your leadership skills and how to help people feel connected on campus? Want to be a part of a fun elective with friends and help plan all the events on campus? Pick up a Leadership application in Student Activities today! Applications are this Friday, February 15th!

Juniors! Prom is coming up! Be sure to get your tickets! They will be sold in Student Activities starting Wednesday, February 13th through Friday the 15th for an amazing price of \$85 per DHS student or \$95 for outside guests. After this sale, prices will go up! See you for a night under the stars on April 13th!

All winter sport athletes that are interested in trying out for the swim and dive team need to go to Portable Q-3 at lunch TODAY. This is a mandatory meeting for winter sport athletes interested in trying out for the swim and dive team.

The Give Light Club invites all of you to go support orphans in the Bay Area by going to a fundraiser at Chipotle in Dublin by Target TOMORROW the 12th! It is from 4 to 8 PM, so go with your friends and family! Remember all proceeds go to Bay Area Orphans!

Academic Block D applications are now available on the DHS Counseling website and in the Counseling Office. Freshmen are not eligible to apply until sophomore year. You are eligible to apply for the Block if you have 3 consecutive or 5 non-consecutive high school semesters with a 3.5 or above GPA on transcript. If you have one additional semester, you may apply for the final award, the Honor Pin. If you have any questions regarding the Academic Block Program, please see Mrs. Villanueva in the Counseling Office before the deadline on Thursday, February 28th at 4 pm. Late applications will not be accepted.

Singagram season is here! Choir will be selling Singagrams during lunch outside of Student Activities today for \$4.00 each. Buy one for your friends, teachers and significant other for Valentine's Day! Don't miss out!

Reminder: The HUB is closed for presentations during FMP on Tuesdays in February. The HUB will be open for normal business during the remainder of lunch after FMP time. If you know you will need tutoring, remember that the HUB opens at 7am.

CSF Applications are available at www.dublincsf.com for this semester. Seniors must apply at this time to earn Lifetime Membership. Applications are due by the end of the school day on February 28th!

Applications for FMP are open! They are available for current sophomores and juniors. You can apply from the DHS website, under departments and then FMP. The deadline is this Friday, February 15th. Become a mentor and make a difference every day!

Stay fly Dublin High!