



PAW TRACKS

January 16, 2018

The official source for all things CO

Winter Spirit Week

There are many people that contribute to the success of our students at Cosumnes Oaks High School. This is the Winter Spirit Week. This week's dress-up days are as follows:

Tuesday - Crazy Socks and Sunglasses

Wednesday - Meme Day (make sure it is appropriate!)

Thursday - Movie/TV Character Day

Friday - Neon Day

Dress code is still enforced during spirit weeks, so please be mindful if your outfit would be out of compliance.

Blacklight Rally

We have our annual Blacklight Rally Friday January 19. The rally will kick off at 2:30 pm and be over by 3:13. This is an optional rally for our students...although they will all want to be there. School will officially dismiss at 2:25 pm; students who choose not to attend the rally are required to leave campus and are not allowed to hang out on school grounds while the rally is underway. Due to the dark nature of Blacklight Rallies, NO ENTRANCE AFTER 2:30. Unfortunately, parents cannot be accommodated in the gym for the rally as we do not have room for all the students and guests.

Blacklight Dance

Tickets are on sale for the Blacklight Winter Dance on January 20 at the student store during both lunches and will be sold until Friday January 19 at both lunches. Tickets are \$15 w/ ASB card and \$20 w/o. No after school ticket sales on Friday. The guest pass application deadline has already passed.

Your leadership class is gearing up and planning a great dance that will be a lot of fun. It is your last chance for a COHS dance that is not Prom or Ball, so everyone will be there.

Please remember:

- The dance is from 7:00 – 10:00 pm.
- You must have your school ID card to get in, as that is how we know you have purchased a ticket.
- No students will be admitted after 8:00 pm. You cannot leave before 9:00 pm. Students MUST be picked up no later than 10:30 pm.
- You do not need a date to attend.
- The dance is semi-formal which means students cannot wear jeans, t-shirts, or strapless dresses to this dance. Dresses must be at least fingertip length, have a back, without cutouts, and must be school appropriate.
- Non-appropriate dancing (dirty dancing) will not be allowed. Students who are caught with inappropriate dancing will be removed from the dance and not allowed to attend either Jr. Prom or Sr. Ball.
- This dance is part of the Senior Package if you purchased one.

COHS Week Of Awareness

Cosumnes Oaks is celebrating our third annual “Week of Awareness” January 22-26. The goal for the week is for students to be aware of issues them in high school. It is also to lets them express positive causes they support to make our community better and to create active citizens once they leave into the bigger world. This year’s themes are as follows.

Monday (1/22): Human Trafficking Awareness Day

Monday will bring focus to the Human Trafficking that impacts our city. On this day, students will have the opportunity to donate funds to A21, a nonprofit organization whose goal is to end human trafficking across the world. Students will also be encouraged to wear blue to show their support for this cause.

Tuesday (1/23): Mental Health Awareness Day

Tuesday will help demonstrate to our students that mental health is a serious issue, and that there are many resources here at COHS for them. Students will be encouraged to wear green on this day, to show our support. During our lunch times, the People Advocating Communication and Kindness (PACK Club) will be sponsoring a mental health trivia game, and passing out green ribbons to spread awareness for this cause.

Wednesday (1/24): We Are One Day

Today is an exciting part of our Week of Awareness! On this day, students will be encouraged to wear orange, blue, and other variations of COHS spirit wear to create a sea of our school colors at our rally, led by the creator of Unity Day, Phillip Boyte. The goal today is to bring our regular Unity Day program to the whole school. Unity Day is to bring awareness of not how different we are, but how alike everyone at COHS is to one another. By recognizing our similarities, we forge bonds between each other to bring mutual respect and positive interactions between us.

Thursday (1/25): Suicide Prevention and Awareness Day

Thursday brings attention to the importance of suicide prevention. Students will be provided with resources from the American Foundation for Suicide Prevention (AFSP). They will learn the symptoms of depression and what to do when they, or a friend, show these signs.

Friday (1/26): Wear Your Cause Day

The final day of our Week of Awareness will be a day where students are encouraged to wear buttons or clothing supporting a cause that is near to them. Different groups and clubs will have booths out during lunches, where students will be able to explore different organizations and find new things in common with fellow students!

Apply for COHS ASB

Want to be a Leader at CO? Want to learn how to be successful in the business world and to be part of positive change? Want to be part of some of the best events on our campus?

Sure its hard work, but it delivers so much for your life and you have fun while doing it!

Leadership applications are now out and ready for you. You can get them from the Activities Room windows. You do not need to have been in Leadership before to join!

Applications are due January 25. If you are running for an elected position (ASB President, ASB Vice-President, or Sophomore/Junior/Senior Class.), you need to read the requirements carefully and get three recommendations from teachers.

Commissioners and Advocates just need to fill out the application.

For questions, see or email Mr. Mason at mrmason@egusd.net.

January Dates

January 16-19:	Winter Spirit Week Thoroughly Modern Mille Auditions (after school) Choir Room
January 19:	Blacklight Rally (school is out at 2:25)
January 20:	Blacklight Formal (7 pm) COHS Gym
January 22-26:	Week of Awareness
January 29-31:	Advanced Ensemble Auditions (after school) Choir Room
January 31:	Cap and Gown order deadline (visit www.graduationorder.com , password “cohs916”)