

Cafe

We will be serving Chicken Nuggets or Tenders today and tomorrow is our Burger Bar with Fries.

Mindfulness is back for the New Year

Come to the career center **NOW** for 30 minutes of quiet, reflection, and some calm strategies to bring peacefulness to your everyday life. That's now in room 103.

P.S.A.T

Don't forget that your test results are here. Please come pick them up in the main office during your free time.

Parent Evening

AHS will host Parenting in the Era of Marijuana Legalization" on Wednesday, January 16, 2019 from 6:00-8:00pm in the AHS Theatre. Parents, guardians, and community members (NO CHILDREN) are invited to this FREE, informative event, focusing on balancing the science of marijuana.

Tiger OT

Free after school tutoring by AHS teachers has resumed in the AHS library. Don't forget that it is every Monday & Wednesday from 3:00 - 4:00 and on Thursdays from 2:30 - 4:00.

Leadership Announcements

👉 Next Tuesday Student Senate will meet in the library at the beginning of SSR. 👉 Next Thursday Tiger Transition meets on the field, if weather permits. Update will be sent in Thursday morning announcements! 👉 Winter Spirit Week is coming January 28th. Get ready to dress up. More info coming next week.

Golf

Any boys that are interested in playing Golf, please come to room 107, **TOMORROW** @ Lunch.






Football

Attention players, there is meeting **TODAY** after school and workouts start next Monday!

Analy Choir Presents

Annual Benefit Variety Show on Friday Jan 25th at 7pm. \$5 for students and \$7 for adults, benefitting the North Valley Animal Disaster Group.



 Mon. Clubs @ Lunch		 Tues. Clubs @ Lunch		 Wed. Clubs @ Lunch		 Thur. Clubs @ Lunch		 Friday Clubs @ Lunch	
D & D	Rm 1	Ping Pong	By Rm110	Video	Anx. 8	Modeling/Eng	Rm 108	Amnesty	Rm 102
Math	Anx. 7	D & D	Rm 1	Nap (Every Other)	Rm 1	Computer	Rm 1	GSA	Vill 2
Global Student Embass	L-1	Vehicle for Change (2nd of Month)	Rm 102	B.S.U (Every other)	Theatre	Anime	Rm 206	Anime	Rm 206
		Project 1-4-1	Rm 102	ESports	Rm 201	Journalism	Rm 109	D & D	Rm 1
		MECHA	Vill 1			Cereal (Every Other)	CC Center Rm 103	Book Club	Library
		Interact	Art3					Creative Writing	Rm 211

Analy Athletics

Date	Sport	Place	Time	Dismiss	Transportation
1-10-19	Boys FS Basketball	Montgomery High	4:30		Meet at Event
1-10-19	Boys JV Basketball	Montgomery High	6:00		Meet at Event
1-10-19	Boys V Basketball	Montgomery High	7:30		Meet at Event
1-10-19	Girls V Soccer	Sonoma Academy	4:30		Meet at Event
1-10-19	Coed Wrestling	Home vs Montgomery	6:00		
1-10-19	Boys V Soccer	Roseland Prep	6:30		Meet at Event
1-11-19	Girls FS Basketball	Montgomery	4:30		Meet at Event
1-11-19	Girls JV Basketball	Montgomery	6:00		Meet at Event
1-11-19	Girls V Basketball	Montgomery	7:30		Meet at Event
1-12-19	Girls JV Soccer	Home vs Montgomery	12:00		
1-12-19	Girls V Soccer	Home vs Montgomery	2:00		
1-12-19	Boys V Soccer	Home vs Cardinal Newman	6:00		
1-12-19	Boys JV Basketball	Home vs Healdsburg	3:00		
1-12-19	Boys V Basketball	Home vs Healdsburg	4:30		
1-14-19	Boys FS Basketball	Home vs El Molino	4:30		
1-14-19	Boys JV Basketball	Home vs El Molino	6:00		
1-14-19	Boys V Basketball	Home vs El Molino	7:30		

