



issue7-01



issue7-02



issue7-03



issue7-04



issue7-05



issue7-06



issue7-07



issue7-08



issue7-09



issue7-10



issue 7-100



issue7-101



issue7-102



issue7-103



issue7-104



issue7-105



issue 7-106



issue7-107



issue7-108



issue7-109



issue7-11



issue7-110



issue7-111



issue7-112



issue7-113



issue7-114



issue7-115



issue7-116



issue7-117



issue7-118



issue7-119



issue7-12



issue7-120



issue7-121



issue7-122



● issue7-123



issue7-124



issue7-125



Issue 7/2016



issue7-127



issue7-128



issue7-13



issue7-14



issue7-15



issue7-16



issue7-17



issue 7-18



issue7-19



issue7-20



issue 7:21



issue7-22



issue7-23





issue7-24



issue7-25



issue 7-26



issue7-27



issue7-28



issue7-29



issue7-30



issue7-31



issue7-32



issue7-33



issue7-34



issue7-35



issue7-36



issue7-37



issue7-38



issue7-39



issue7-40



issue 7-41



issue 7-42



issue7-43



issue7-44



issue7-45



issue7-46



issue7-47



issue7-48



issue7-49



issue7-50



issue7-51



issue7-52



issue7-53



issue7-54



issue7-55



issue7-56



issue 7-57



issue7-58



issue7-59



Issue 7-60



issue7-61



issue7-62



issue 7-63



issue7-64



issue7-65



issue7-66



issue7-67



issue7-68



issue7-69



issue7-70



issue7-71



issue 7-72



issue7-73



issue7-74



issue 7-75



issue 7-76



issue 7-77



4 Rs for Mental Health

Feeling worried, sad or frustrated?
Try one of these activities to help.



RECONNECT

Talk with a friend
or trusted adult.



RECHARGE

Listen to your
favorite music.

Doodle or draw.

Laugh—watch a funny video.

Play a game.

Read a good book.



issue7-78



issue7-79



issue 7-80



issue7-81



issue 7-82



issue7-83



issue 7-84



issue7-85



issue7-86



C.A.L. CHAMPS
FOOTBALL
1971 1974 1988 2007 2008
2012 2018 2021 2022

C.A.L. CHAMPS
WINTER
CHEERLEADING
1977

C.A.L. CHAMPS
1976 1979
1989 1992
1993 1995
1996 2002
2004 2005
2006 2014
2015 2016
2019 2020
2021

2022 2023

C.A.L. CHAMPS
GIRLS OUTDOOR TRACK
2017 2018 2023

issue 7-87



issue 7-88





issue7-89



issue7-90



issue7-91



issue7-92



issue7-93



issue7-94



issue7-95



issue 7-96



issue7-97



issue 7-98



issue7-99