

# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

*TUESDAY, JANUARY 21, 2025*

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
Wyatt Hallman Troah Lubi	Hamburgers, Veggies, Fruit, Chip, Milk Variety.	All seniors, join us on Wednesday 1st period in the cafeteria to review important spring semester dates. Senior sweatshirts will also be distributed—don't miss it!

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p><b>Welcome, Chris Briggs-Hale!</b> We're excited to welcome Mr. Briggs-Hale as he continues to support our <i>READY TO LEARN</i> and <i>LEVEL UP</i> initiatives! Say hello to Mr. Briggs-Hale when you see him on campus!</p> <p><b>Good Luck to Our Teams!</b> Our DECA, Robotics, and Mock Trial teams are kicking off their competition seasons. Let's show them our Cougar pride—GO MIGHTY COUGARS!</p> <p>Congratulations to our FFA leadership team for competing this weekend! Good luck to our Ag Metal students at Butte College Arc Exposure!</p> <p><b>Grades Coming Out This Week</b> Remember, As, Bs, and Cs keep you on track for college admissions. Stay focused and keep leveling up, Mighty Cougars!</p>	<p>Winter semi-formal time we want to know what songs you want to hear at the dance! The song request form is on the grade-level Google Classroom. It was posted 12/10, so you might need to scroll. Tickets are on sale NOW on Go Fan!</p> <p>Winter Wonderland Semi-formal dance is on Saturday, 1/25, in the ULHS Cafeteria from 7 to 9 PM.</p> <ul style="list-style-type: none"><li>• Plan to stay the entire event! There is no early departure.</li><li>• Tickets are \$10 with your Cougar Den pass and \$15 without.</li><li>• You must have a permission slip to attend, and you will be searched at the door.</li><li>• Please leave your backpacks and big purses at home! They will be placed in the bag check area.</li><li>• The non-privilege will be in effect, and you must meet eligibility!</li></ul> <p><b>If you need support with a dance ticket, reach out to Hayenga! We got you!</b></p>	<p><b>Tuesday:</b> Jv &amp; Var Boys Basketball HOME vs St. Helena @ 5:00/6:30</p> <p>Jv &amp; Var Girls Basketball @ St. Helena @ 5:00/6:30, JV release @ 2:15 and Var @ 2:45</p> <p><b>Wednesday:</b> Wrestling @ Willits at 4:30 release at 2:15pm</p> <p><b>Friday:</b> Wrestling @ Mid Cals 9:00am</p> <p>Jv &amp; Var Girls HOME vs Fort Bragg @ 5:00/6:30</p> <p>Jv &amp; Var Boys vs Fort Bragg @ 5:00/6:30, release JV @ 1:30 and Var @ 2:15</p> <p>Athletic Eligibility is determined this week!</p> <p>Let's demonstrate Cougar pride by showing respect, integrity, and good sportsmanship at all times, on and off the field!</p>

## COUGAR SPIRIT!

### Winter Rally – Thursday, January 23rd!

Let's come together as a school community to celebrate and show our Cougar spirit at the Winter Rally this Thursday—don't miss the fun and excitement!

## COUGAR KINDNESS



*be kind*

Has someone ever done something kind to you, and all you wanted to do after was pay it forward? That's because kindness is a chain reaction. It's a wave that keeps rolling; all it needs is one person to start it. One small act can cause a ripple effect, impacting an entire community. If we are all focused on being kind, we create a change movement. You know that famous "be the change you wish to see in the world" quote? That quote isn't just about change; it isn't only about one person being able to change their world. It's more extensive; it is about a movement that can be started by acting with intention.

Today's kindness challenge is to let someone go ahead of you in the lunch line. Sometimes, the most minor things have the most significant impact!