

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

THURSDAY, JANUARY 23, 2025

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
No Birthdays	Polish Dogs & Chili, Veggies, Fruit, Chip, Milk Variety.	Seniors if you missed yesterday's meeting, please see Ms. Hayenga for your Senior Sweatshirt and pick up the Senior Date fliers in the office!

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p>Good Luck to Our Teams! 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>Site Council Meeting next TUESDAY at 3:30 pm in Mr. Holt's room!</p>	<p>Winter semi-formal tickets are on sale NOW on Go Fan! 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.</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">• Plan to stay the entire event! There is no early departure.• Tickets are \$10 with your Cougar Den pass and \$15 without.• You must have a permission slip to attend, and you will be searched at the door.• Please leave your backpacks and big purses at home! They will be placed in the bag check area.• The non-privilege will be in effect, and you must meet eligibility! <p>If you need support with a dance ticket, reach out to Hayenga! We got you!</p>	<p>Friday: Wrestling @ Mid Cals 9:00am</p> <p>Jv & Var Girls HOME vs Fort Bragg @ 5:00/6:30</p> <p>Jv & 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>

RALLY TODAY!

COUGAR WELLNESS

When you are in class, do you ever feel sluggish? Do you catch yourself yawning and struggling to keep your eyes open? Here's a quick tip to rejuvenate your mind: take a one-minute stretch break whenever you can throughout the day. Stand up, change positions--anything to get your blood flowing! Frequent movement fuels your body, mind, and soul.