

# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

*FRIDAY, JANUARY 24, 2025*

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
Over the weekend Avelia Brady Landon Brewer	Chef's Choice, 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><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>Site Council Meeting next TUESDAY at 3:30 pm in Mr. Holt's room!</p> <p>Today is the last day to sign up to see Mrs. Accurso for a schedule change for spring semester.</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"><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>TODAY:</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>

## *HOW TO LOSE WELL--AND WHY IT MATTERS.*

An important mindset shift: Avoiding every loss is impossible, so turn your focus to losing well and growing through the losses. Two important tips:

1. Don't focus on what you've lost; focus on what you've found. View every loss as a moment for learning and growth.
2. Look in, not out. Every loss is an opportunity to take accountability. Never point the finger.

A good mindset as we start the new year and tackle new and challenging endeavors.