

# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

**TUESDAY, JANUARY 28, 2025**

BIRTHDAYS	LUNCH	SENIOR CORNER
James Stiritz	Meatloaf Sandwich, Veggies, Fruit, Chip, Milk Variety.	<b>Financial Aid Night</b> Join us on <b>February 10, 2025</b> from <b>5:30 - 7:30 pm</b> in the <b>Student Center</b> for Financial Aid Night. Get important information to help you with your financial aid options!

ACADEMICS	ACTIVITIES	ATHLETICS
<p> <b>Congratulations to our Mock Trial Team</b> on an impressive scrimmage on Saturday!</p> <p> <b>Shoutout to our Mock Trial Winners: MVP Prosecution Team: RYKER KING!</b></p> <p><b>MVP Defense Team: ALEXIS ROBBINS and LILY BOKE.</b></p> <p> <b>Well done to our DECA team</b> for a successful day of testing! Good luck as you head to Fairfield on Friday for the Speech and Interview competition!</p> <p> <b>Kudos to our Robotics Team</b> for representing ULHS at the Qualifier in Folsom this weekend!</p> <p> <b>Friday at 9:00 AM in the Cafeteria</b> we will celebrate our Cougar Pride and Rotary Top 40 Students of the Month!</p>	<p> Join us at the Cougar Den <b>TONIGHT</b> to cheer on <b>Girls' Basketball</b> as they take on Clear Lake!</p> <p> <b>Theme: BLACKOUT!</b>  <b>ULHS Students</b> dressed in theme get in <b>FREE!</b></p> <p> Don't forget to check in with <b>5-Star</b> for a chance to win a <b>FREE snack bar treat!</b> See you at the game! </p> <p> Interested in helping out at the snack bar this Tuesday or Friday? Let Hayenga know—volunteers get <b>FREE food!</b> </p> <p>Wolf Pack meets on Thursday during 3rd period in room 15.</p> <p>Spanish Club meeting TODAY at lunch in Mrs. Gonzalez-Perez's room!</p>	<p><b>Tuesday:</b> Girls basketball @ Clear Lake JV @ 5, Var @ 6:30 Boys basketball vs Clear Lake, JV @ 5, Var at 6:30</p> <p><b>Wednesday:</b> Wrestling @ Clear Lake @ 3:30, release @ 3:00pm</p> <p><b>Friday:</b> Girls and Boys Basketball vs Cloverdale, Jv boys @ 4, Var girls @ 5:30, Var boys @ 7:00</p> <p><b>Saturday:</b> Girls Wrestling @ The Goddess of the Vines at Clayton Valley HS in Concord, CA Jv boys basketball @ Mendocino Tourney @ 9am</p>

## **What is Bullying?**

Bullying is repeated, intentional behavior meant to hurt, intimidate, or embarrass someone. It can be physical, verbal, or even online. Remember: respect and kindness go a long way. Let an adult know if someone is being bullied. Students at ULHS extend trust, show respect, and model responsibility.

***SITE COUNCIL MEETING TODAY  
3:30 PM in Mr. HOLT'S ROOM***

The School Site Council (SSC) is a group of students, parents, teachers, staff, and administrators who work together to develop, review, and approve plans that support student achievement and improve the school. The SSC ensures that resources are used effectively to meet the needs of all students.

By participating in the Site Council, you have the opportunity to share your voice, collaborate with others, and help shape the future of our school. Join us in making a difference for our students and community!

## ***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.