












DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

MONDAY, JANUARY 27, 2025

| <i>BIRTHDAYS</i> | <i>LUNCH</i> | <i>SENIOR CORNER</i> |
|----------------------|---|---|
| Avell Valencia Navas | Chef's Choice Veggies Fruit Milk-Variety | If you didn't get your Senior Sweatshirt, see Ms. Hayenga! Seniors will be selling Valentine's Day grams! Get a sweet for your sweetie! Or just buy some for yourself. |

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

Do you need to talk to someone? Are you feeling anxiety or stress? Tell one of your Student Services Team. Reach out to Maria, Thomas, Miles, Bob, Mrs. Accurso or Ms. Toback, or Dr. Petrie. We want to help!

Today is International Holocaust Remembrance Day. It is a day to honor the memory of the six million Jewish men, women, and children, as well as millions of others, who lost their lives during the Holocaust, beginning in 1933 and ending in 1945.

As a school community, let us take this opportunity to reflect on the importance of tolerance, kindness, and standing up against hate in all its forms. Remember, even small acts of compassion can make a big difference in building a better world.

SITE COUNCIL MEETING TUESDAY!

3:30 PM in MR. HOLT'S ROOM!

COUGAR KINDNESS

Kindness is a chain reaction—one small act can ripple through an entire community. Let's create a movement by focusing on kindness!

Today's kindness challenge: Let someone go ahead of you in the lunch line. Small actions make a big difference! 🌟