

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

THURSDAY, JANUARY 30, 2025

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
Weslee Medina Talia Perez Vitalia Perez	Hot Dogs & Fries, Veggies, Fruit, Chip, Milk Variety.	Financial Aid Night Join us on February 10, 2025 from 5:30 - 7:30 pm in the Student Center for Financial Aid Night. Get important information to help you with your financial aid options!

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p>🎓 Tomorrow at 9:00 AM in the Cafeteria we will celebrate our Cougar Pride and Rotary Top 40 Students of the Month!</p> <p>Good luck to our DECA team as they head to Fairfield for the Speech and Interview competition!</p>	<p>Come out to the Cougar Den this Friday and support Boy's Basketball as we take on Cloverdale!</p> <p>Check-in with 5-Star for a chance to win a free snack bar treat!</p> <p>Interested in helping out at the snack bar? Let Hayenga know! We'll feed you!</p> <p>Seniors are selling Valentine's Day grams—get a sweet for your sweetie or treat yourself!</p> <p>Wolf Pack meets tomorrow during 3rd period in Room 15.</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>

Trust is the first of our core values at Upper Lake High School. Want others to trust you? Start by being kind, keeping your promises, and listening to others. Trust grows when we treat each other with care and understanding.

COUGAR WELLNESS

Feeling sluggish in class? Try this wellness tip: take a one-minute stretch break whenever you can. Stand up, move around, or change positions to get your blood flowing. Short breaks throughout the day can boost focus, energy, and overall well-being!