

# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

**WEDNESDAY, FEBRUARY 05, 2025**

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
No Birthdays	Pasta & Garlic Bread, Veggies, Fruit, Chip, Milk Variety.	<b>Financial Aid Night – February 10, 2025</b> Seniors, join us from 5:30 - 7:30 PM in the Student Center for an informative evening on financial aid options. Mendocino College will be there to provide valuable guidance on how to navigate the process. Don't miss out on this opportunity to learn more about securing financial support for your education!

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p>Our CTE Ag Metals Program is heading to the Colusa Farm Show today! 🌿</p> <p>Taking college classes while in high school is an incredible opportunity to challenge yourself, earn college credit, and get a head start on your future. It shows dedication, hard work, and a commitment to success. Keep pushing yourself – your future self will thank you!</p>	<p>If you are interested in ASB/Leadership, the application is posted in the grade-level Google Classroom. Applications are due Friday, February 14.</p> <p>Seniors will be selling Valentines' grams today through the 10th. Don't miss out!</p> <p>Valentine's Spirit Day: Thursday, 2/13. Wear RED, WHITE, or PINK!</p> <p>Remember there will be no school on Friday, February 14, and Monday, February 17, in observance of Presidents' Day weekend. Enjoy the long weekend!</p> <p>Our MOCK TRIAL team will compete next Wednesday for the County Competition!</p> <p>Juniors and Seniors, if you have interest in possibly joining the military after high school, we will be offering the ASVAB (an aptitude test) on our campus on March 4, 2025. Sign-Ups are in the office. The ASVAB is mandatory in order to join the military, but by taking the exam you are not committing to the military in any way. Have questions? Reach out to Mrs. Accurso.</p>	<p><b>Wednesday:</b> Girls Basketball vs Kville @ 5 &amp; 6:30 Boys Basketball @ Kville @ 5 &amp; 6:30</p> <p><b>Friday:</b> Basketball @ Lower Lake JV G @ 3:30, JV B @ 5:00, Var G @ 6:30, Var B @ 8:00</p> <p><b>Saturday:</b> Wrestling @ Ukiah, release 7:00</p> <p>Save the Date = Thursday Feb. 20th @6pm will be Winter Sports awards Night in the cafeteria.</p> <p>Spring Sports begin on Monday Feb. 10th. Want to play a Spring Sport? All Students must register at Arbiter Sports at the school website and have a valid sports physical.</p> <p>Track = see coach Thomas Santana Baseball = See coach Doni Meri Softball = see coach Mrs. Klier Golf = see coach Mr Figg Boys Volleyball = stay tuned</p> <p>Spring Sports Night for parents and players to meet with Spring coaches on Thursday Feb. 20th at 5:30</p>

## *Campus Guidelines*

🚫 ATTENTION ULHS STUDENTS! 🚫

We know the outside world is tempting—sunshine, snacks, maybe even a quick nap at home—but guess what? **ULHS is a closed campus!** That means once you're here, you're **ours!** (mwaaa haaa haaa).

No sneaky snack runs. No midday coffee missions. No "accidental" exits to chase squirrels. 🚫🐿️

Stay put, learn lots, and save the great escape for 3:10 PM!

## *BLACK HISTORY MONTH*

Mary Frances Berry, born in Nashville, TN, became the first woman to serve as a chancellor at the University of Colorado Boulder. A dedicated civil rights activist, she fought for gender equality and social justice. Berry served as chairperson of the U.S. Commission on Civil Rights and held key roles in the U.S. Department of Health, Education, and Welfare. She has received 35 honorary doctorates and many prestigious awards, including the NAACP's Roy Wilkins Award. Berry is featured in *I Dream A World: Portraits of Black Women Who Changed America* and teaches American Law and History.