

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

TUESDAY, FEBRUARY 04, 2025

BIRTHDAYS

Sophia Hamalian
Logan O'Leary
Jimmy Sanchez

LUNCH

Chicken Enchilada Pie, Veggies,
Fruit, Chip, Milk Variety.

SENIOR CORNER

Financial Aid Night – February 10, 2025

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!

ACADEMICS

Enrolling in a college course while in high school is a great opportunity, but it also comes with higher expectations:

- ✔ Be Responsible – You are now a college student. Stay on top of deadlines, assignments, and communication.
- ✔ Attendance Matters – Missing class can impact your grade. Follow the college's attendance policy.
- ✔ Check Your Email – Important updates from your professor and college will be sent to your student email. Read and respond promptly.
- ✔ Ask for Help – If you're struggling, reach out to your professor, counselor, or support services before it becomes a bigger issue.
- ✔ Academic Integrity – Plagiarism and cheating have serious consequences in college. Do your own work and cite sources properly. This is a real college class with real college credit—take it seriously and make the most of this opportunity! 🚀

ACTIVITIES

If you are interested in ASB/Leadership, the application is posted in the grade-level Google Classroom. Applications are due Friday, February 14. Seniors will be selling Valentines grams the 6th through the 10th. Don't miss out!

Congrats to Our Academic Decathlon Students on a Successful Weekend! 🎉

Our CTE Ag Metals Program is heading to the Colusa Farm Show this Wednesday! If you're going, be sure to turn in your permission slip and let your teachers know you will be absent!! 📄

Families are invited to join Principal Petrie for Coffee with the Principal this Wednesday at 7:00 AM in the ULHS Staff Lounge. This is a great opportunity to ask questions, share your thoughts, and stay connected with what's happening at school. We look forward to seeing you there!

ATHLETICS

Tuesday: Wrestling @ St. Helena. Release @ 1:30

Wednesday: Girls Basketball vs Kville @ 5 & 6:30
Boys Basketball @ Kville @ 5 & 6:30

Friday: Basketball @ Lower Lake
JV G @ 3:30, JV B @ 5:00, Var G @ 6:30, Var B @ 8:00

Saturday: Wrestling @ Ukiah, release 7:00

Save the Date = Thursday Feb. 20th @6pm will be Winter Sports awards Night in the cafeteria.

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.

Track = see coach Thomas Santana
Baseball = See coach Doni Meri
Softball = see coach Mrs. Klier
Golf = see coach Mr Figg
Boys Volleyball = stay tuned

Spring Sports Night for parents and players to meet with Spring coaches on Thursday Feb. 20th at 5:30

COUGAR WELLNESS

Feeling sluggish in class? Take a one-minute stretch break to get your blood flowing and recharge your mind. Stand up, change positions, and move whenever you can.

CAMPUS GUIDELINES

Please remember that once you arrive on campus, you stay on campus until your school day ends. Students are not allowed to leave campus for lunch or break, nor congregate in the parking lot or in cars. Thank you for helping keep campus safe.

BLACK HISTORY MONTH

On This Day in 1857

Frederick Douglass, former escaped slave and leading abolitionist, was elected President of Freedom Bank and Trust. Douglass was a prominent activist, author, and speaker who fought for the end of slavery and equality for African Americans and women. He also served as an ambassador and continued advocating for human rights until his death in 1895.