

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

THURSDAY, FEBRUARY 06, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
No Birthdays	Baked Chicken, Mashed Potatoes, Veggies, Fruit, Chip, Milk Variety.	Attention seniors! FAFSA Night is Monday from 5:30-7:30 pm in the Student Center! Be sure to bring the following items to ensure a smooth and successful session: <ul style="list-style-type: none">• Your FSA ID (you can create this online before the event)• Social Security Number (SSN) or Alien Registration Number• Your 2023 tax returns (or W-2 forms if you didn't file)• Your parents' 2023 tax returns (if you're a dependent student)• Bank statements and investment records• Records of untaxed income (if applicable) Make sure you have these items with you to get the most out of FAFSA Night. We're here to help you with the process, so come prepared!

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Dual enrollment lets you take college courses while in high school, earning both high school and college credit. It's a great way to get a head start on your academic and career goals. Challenge yourself and open new doors for your future!</p> <p>Remember there will be no school on Friday, February 14, and Monday, February 17, in observance of Presidents' Day weekend.</p> <p>Next week is a 4 day week so there is NO EARLY RELEASE on Wednesday!</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>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>today during lunch at 1:05pm there will be a baseball meeting with new head coach Donnie Meri on the cafeteria stage.</p> <p>Friday: Basketball @ Lower Lake JV G @ 3:30, JV B @ 5:00, Var G @ 6:30, Var B @ 8:00</p> <p>Saturday: 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</p>

FFA Week is Coming Up!

Get ready to celebrate FFA Week! From February 17-23, we'll be highlighting everything our FFA chapter stands for—leadership, community, and agriculture. Join us for fun activities, special events, and a chance to show your FFA pride! Stay tuned for more details on how you can participate. Let's make this week one to remember!

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

Campus Safety

SEE SOMETHING SKETCHY? SPEAK UP!

Hey Mighty Cougars! We all want ULHS to be **fun AND safe**, so if you notice a student doing something that could put themselves or others at risk, don't just shrug it off—**report it!** Talk to a teacher, administrator, any adult on campus. Keeping our school safe is a **team effort**—and trust us, being a hero is way cooler than being a bystander. 🦊 ✨

BLACK HISTORY MONTH

Toni Morrison, one of the most celebrated authors, won numerous awards including the Pulitzer Prize and the Presidential Medal of Freedom. She focused on African American experiences, especially women's stories, at a time when they were often marginalized. Known for her lyrical writing, Morrison explored themes of slavery and inequality in America. As the first African American woman to win the Nobel Prize in Literature, she inspired generations of writers.