

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

*MONDAY, FEBRUARY 10, 2025
4-DAY WEEK - NO SCHOOL FRIDAY*

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
No Birthday	Chili, Corn Bread or Dinner Roll Veggies Fruit Milk-Variety	FAFSA Night – Tonight at 6:00 PM! Join us tonight at 6:00 PM in the ULHS Library for FAFSA Night! Get expert help completing your financial aid application and make sure you're on track for college or career training. Bring your Chromebook and necessary documents. Parents/guardians are encouraged to attend. Don't miss this opportunity to secure financial aid for your future!

BLACK HISTORY MONTH

📖 Poet Spotlight: Langston Hughes

Langston Hughes was a leading figure of the **Harlem Renaissance**, known for his powerful poetry, novels, plays, and columns. He published his first poem in **1921** and later wrote for the *Chicago Defender*, using his voice to highlight the experiences of Black Americans.

One of his most famous poems, "**Harlem (What Happens to a Dream Deferred?)**", published in **1951**, explores how the American Dream often falls short for African Americans. Through vivid imagery, Hughes asks: *Does a dream dry up like a raisin in the sun? Or does it explode?*

Take a moment to reflect—what do *you* think happens to a dream deferred?

ACADEMICS

Interested in Nursing? Start by becoming a CNA! If you're 16-18, join us tomorrow during 5th period in the Student Center to learn about a fully funded CNA opportunity—covering transportation, meals, scrubs, shoes, stethoscope, and more! Don't miss out!

📅 **End of Grading Period – Friday, Feb. 21**

The **first grading period** ends soon! Stay focused on your **academics**, show up **ready to learn**, and **ask for help** when you need it. Keep pushing forward—**you got this, Cougars!**



Mock Trial Practice Today!

Mock Trial will have a practice session today in preparation for the **Lake County competition on Wednesday at the courthouse!** Best of luck to our team! 🎨⚖️

ACTIVITIES

♦ ASB & Leadership Applications Interested in running for ASB office or taking Leadership? The application is posted in your grade-level Google Classroom or email Hayenga. Deadline: Friday, Feb. 14.

If you are interested in being a student board member, please see Hayenga and get the petition materials! This is a great opportunity!

♥ Valentine's Spirit Day – Thursday, 2/13

Wear Pink, Red, or White and get a sweet treat from the Mighty Cougar!

🏀 Senior Nights – Cougar Den

- Boys Basketball: Tuesday, 2/11
- Girls Basketball: Thursday, 2/13

Wear your best Cougar colors and cheer them on!

🍷 Snack Bar Help Needed

Want to help in the snack bar on Tuesday & Thursday? Let Hayenga know

ATHLETICS

Monday

Spring Sports Start Today!

If you plan on trying out you need to be registered online at Arbiter Sports on the school website.

Tuesday

Girls B-ball at Middletown @ 5 & 6:30pm. Release JV @ 2:45

Boys B-ball vs Middletown @ 5 & 6:30 Senior night @ 6:15

Thursday

Wrestling @ CMC League

Championship @ Willits - Good Luck!

Girls Basketball vs St. Helena @ 5 & 6pm, release JV @ 2:15 and Var @ 2:45

Boys B-ball @ St. Helena @ 5 & 6:30pm, Senior night @ 6:15

\Golf Try-outs will be from 3:30-5pm on Thursday in the Fitness Room.

🐾 **Stay Mighty, Upper Lake Cougars!** 🐾

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Cougars rise to every challenge with **strength, resilience, and heart**. No matter what comes your way, keep pushing forward, support each other, and stay focused on your goals. Success isn't just about talent—it's about **grit, determination, and never giving up**.

Believe in yourself, lift up those around you, and **make every day count**. **Stay fierce, stay proud, and stay Mighty, Cougars!** 🍷🔥