

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

WEDNESDAY, FEBRUARY 19, 2025

4-DAY WEEK

BIRTHDAYS

Adian Pelayo
Alexis Robbins

LUNCH

Pasta & Garlic Bread,
Veggies, Fruit, Chip,
Milk Variety.

SENIOR CORNER

🎓 Seniors, Need FAFSA Help?

See **Mrs. Burke** for assistance with your FAFSA. Don't miss out on financial aid—get it done! 💰

🎓 Cap & Gown Info!

Don't forget to complete the **cap and gown Google Form** for your measurements and color preference. They must be submitted by this Friday. There is no cost to you or your family, you get to keep them after graduation, you just need to complete the form. Let's make sure you're all set for graduation! 🎓

ACADEMICS

📌 Final Push – Grading Period Ends Friday! 📌

Time is running out! The grading period **closes this Friday**, so now's the time to **show what you know** and put in the work to level up.

FFA Chapter Meeting Thursday, Feb 19 @ lunch

Anyone interested in learning about a new opportunity coming to Upper Lake High meet in Holt's room at lunch on Friday. We will be discussing Future Business Leaders of America. A new club and business pathway available to all students. Grab your lunch and come on over

ACTIVITIES

🌸🏀 Spring Sports Are Here!

As we wrap up an exciting winter season, we're looking ahead to **spring sports!** Let's keep the **Cougar spirit strong** by showing up, cheering loud, and demonstrating **good sportsmanship**—on and off the field.

Support your teammates, **respect the game, and bring the energy!** Let's make this season one to remember! 💙🐾

Save the date! March 21 is our Spring into Break rally and prom theme reveal!

Mark your calendars for prom, Saturday April 19.

ATHLETICS

Softball, Baseball and Track Tryouts @ 3:30 all week

Golf Tryouts on Thursday, starting @ 3:30

Friday is home Baseball vs South Fork at 3:30, Release at 2:15. And our Wrestlers will be attending the North Coast Section Championship @ James Logan HS in Union City with the hopes of qualifying for next week's CIF State Tournament in Bakersfield, CA.

Making Smart Choices

Every decision is a step toward your dreams. Think ahead, stay true to yourself, and make the right choice!"

Life Lessons

1. If you think something nice about someone, tell them right away.
2. Hug your loved ones like it could be the last time you see them. You never know when that moment might come.
3. Regret hurts more than failure. When in doubt, take action.
4. Don't let the pursuit of MORE take away from the beauty of ENOUGH. Keep growing, but appreciate the simplicity.

— *Sahil Bloom's Curiosity Chronicle*