

# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

*MONDAY, FEBRUARY 24, 2025*

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
No Birthdays	Chili, Corn Bread, Veggies, Fruit, Milk Variety.	<b>Seniors – Cap &amp; Gown Information!</b> Seniors, be sure to check your <b>email</b> for the <b>cap and gown size and color form!</b> Completing this form is required to ensure you receive the correct fit for graduation. Don't wait—fill it out as soon as possible! If you have any questions, see Mrs. Burke!

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p><b>Grading Period Update:</b> The grading period ended on Friday. Teachers will submit final grades by <b>Thursday evening.</b></p> <ul style="list-style-type: none"><li>• <b>Athletic Eligibility:</b> To participate in athletics, you must maintain a <b>2.0 GPA.</b></li><li>• <b>Senior Activities:</b> Seniors, your <b>GPA may impact your eligibility</b> for senior activities—stay on top of your grades!</li><li>• <b>Chromebooks:</b> Bring a <b>fully charged Chromebook</b> to school every day.</li><li>• <b>Lost or Damaged Items:</b> Bills will be sent out for <b>lost or damaged Chromebooks and athletic uniforms.</b> Please take care of these items, as they were purchased by the school district.</li></ul> <p>Thank you for being responsible and prepared!</p>	<p><b>Stay Connected!</b> Scan the <b>QR codes</b> around campus to follow our <b>ASB Instagram</b> for updates on rallies, dances, spirit days, and campus events. Don't miss out!</p> <ul style="list-style-type: none"><li>• <b>ASVAB Test – March 4, 2025:</b> Juniors and Seniors interested in the military can take the <b>ASVAB</b> (an aptitude test required for enlistment) on campus. <b>Sign-ups are in the office.</b> Taking the test does not commit you to the military. Questions? See <b>Mrs. Accurso.</b></li><li>• <b>College &amp; Career Day Field Trip – March 6, 2025:</b> A trip to <b>Mendocino College-Lake Center</b> is open to <b>grades 9-12</b> from <b>10:00 AM - 12:30 PM.</b> Only <b>50 spots</b> are available—permission slips are in <b>Mrs. Accurso's office.</b> First come, first served!</li><li>• <b>Spring Break Rally – March 21!</b> Get ready for a fun and spirited send-off before break!</li><li>• <b>Save the Date – Prom 2025!</b> Join us on <b>Saturday, April 19, from 7:30-9:30 PM</b> for an unforgettable night!</li></ul> <p>Stay involved and don't miss these opportunities!</p>	<p>Congratulations to <b>AIDEN DANCER</b> for winning the Wrestling Section Championship in his weight class! Aiden will be representing <b>ULHS</b> at the state meet this week! We are proud of you Aiden!</p> <p>Varsity baseball vs Willits @ 3:30, release @ 2:15</p>

## *SITE COUNCIL MEETING ON TUESDAY, FEBRUARY 25 at 3:30 PM*

Site Council Meeting Tuesday at 3:30 pm in Mr. Holt's Room

### *What is Bullying?*

Bullying is any repeated, intentional behavior that hurts, threatens, or humiliates another person. It can be physical, verbal, social, or online. No one deserves to be bullied, and everyone has the right to feel safe at school. Talk to a trusted adult today if you or a friend is being bullied.

### *COUGAR MINDSET*

Sometimes, a large task can feel overwhelming, so we give up or don't even start.

Change your mindset!

How would you eat an elephant?

One bite at a time.

Start small, finish **STRONG!**

***"CLAWING OUR WAY TO SUCCESS"***

