

# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

*FRIDAY, FEBRUARY 28, 2025*

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
Dalyla Beck Hope Marcks	Chinichanga Nada, Veggies, Fruit, Milk Variety.	🎓 <b>Decorating Your Mortarboard? Pre-Approval Required!</b> 🎓 If you plan to decorate your mortarboard for graduation, <b>you must get pre-approval first. See Mrs. Burke ASAP</b> to get it approved before you start decorating! 🎨✅

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p><b>Save the Date – Open House &amp; 8th Grade Registration Night!</b></p> <p><b>Wednesday, March 12</b> – We'll be welcoming current families and incoming 8th graders! This is an <b>all-hands-on-deck</b> event, and we need your help. Be on the lookout for ways to assist and represent the school as an ambassador for the evening!</p>	<p><b>Stay Informed!</b> Scan the <b>QR codes</b> around campus to stay updated on rallies, dances, and events via <b>ASB Instagram</b>.</p> <p><b>ASVAB Test – March 4:</b> Juniors &amp; Seniors interested in the military, <b>sign up in the office</b>. Questions? See <b>Mrs. Accurso</b>.</p> <p><b>College &amp; Career Field Trip – March 6:</b> Grades <b>9-12</b> can visit <b>Mendocino College-Lake Center</b>. <b>50 spots available</b>—get your <b>permission slip</b> from <b>Mrs. Accurso ASAP!</b></p> <p><b>Spring Break Rally – March 21!</b> Let's kick off spring break with a fun rally!</p> <p><b>Save the Date – Prom 2025!</b> Get ready for an <b>unforgettable night on Saturday, April 19</b> from <b>7:30-9:30 PM</b>. Mark your calendars!</p>	<p>Today</p> <p><b>Varsity Baseball vs Willits</b> at <b>3:30 PM</b>, release at <b>2:15 PM</b></p> <p>Good luck to our teams!</p>

## *What is Cyberbullying?*

What is cyberbullying? Good question. Cyberbullying can take many forms. Here are some examples:

- Sending hurtful or threatening messages
- Spreading rumors or lies online
- Posting embarrassing photos or videos without consent
- Creating fake profiles to impersonate or humiliate someone
- Excluding or shaming others in group chats or social media

Talk to a trusted adult today if you know of someone being cyberbullied.

**ULHS CORE VALUES DEFINED:** Our **Core Values** of *Trust, Respect, Responsibility* are in direct service of our underlying mission to build character among our staff and students. We are *all* held accountable to these Core Values, which are essential to achieving excellence in Academics, Activities, Arts, and Athletics. This school-wide focus allows us to develop and sustain a culture that promotes diversity supports learning, resilience, and a sense of belonging.