

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

MONDAY, MARCH 03, 2025

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
Alex Ledesma	Chili, Corn Bread, Veggies, Fruit, Milk Variety.	As we enter the spring semester, make the most of every event and activity! From sports to dances and end-of-year celebrations, this is your time to create lasting memories with friends and classmates. Let's make this spring unforgettable!

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p>College & Career Day Field Trip – March 6, 2025: A trip to Mendocino College-Lake Center is open to grades 9-12 from 10:00 AM - 12:30 PM. Only 50 spots are available—permission slips are in Mrs. Accurso's office. First come, first served!TOMORROW IS THE LAST DAY TO TURN IN THE PERMISSION SLIP</p>	<p>Wear GREEN Monday, March 17 in honor of St. Patrick's Day! The Mighty Cougar will be out and about with treats.</p> <p>Spring into Break rally is Friday, March 21!</p> <p>Save the Date! Prom is Saturday, April 19 from 730 to 930. Let's make it a night to remember! Eligibility and non-privilege list will be in effect.</p> <p>Be on the lookout !for ASB officer ballots and let your voice be heard</p> <p>ASVAB Test – IS TOMORROW: Juniors and Seniors interested in the military can take the ASVAB (an aptitude test required for enlistment) on campus. Sign-ups are in the office. Taking the test does not commit you to the military. Questions? See Mrs. Accurso.</p>	<p>Tuesday:</p> <ul style="list-style-type: none"> Softball & Baseball vs South Fork @ 3:00 PM (Release @ 1:45 PM) Winter Sports Awards Night @ 6:30 PM <p>Wednesday:</p> <ul style="list-style-type: none"> Golf @ Brooktrails in Willits @ 11:00 AM (Release @ 9:00 AM) <p>Friday:</p> <ul style="list-style-type: none"> Baseball & Softball @ Technology in Rohnert Park @ 3:30 PM (Release @ 12:15 PM)

Just a reminder, ULHS is a CLOSED CAMPUS which means that you cannot leave to go to Double D's, or Carls, or run home. Please stay on campus. Check with Ms. Toback if you have any questions.

RESTORATIVE PRACTICES

Restorative practices focus on resolving conflict by addressing root causes rather than judging isolated incidents. These practices emphasize that all students are worthy, behavior is learned, and incidents are

part of a larger issue.

Using talking circles, students and adults share power, fostering agency and self-governance. Students develop empathy, communication, problem-solving, and responsibility, while also building leadership and critical thinking skills.