










# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

**TUESDAY, MARCH 18, 2025**

BIRTHDAYS	LUNCH	SENIOR CORNER
No Birthdays	Chef's Choice	Decorated caps are due to Ms. Burke for review.

ACADEMICS	ACTIVITIES	ATHLETICS
<p> <b>Latino Student Retreat Field Trip!</b></p> <p>Students of Latino/Latina heritage are invited to the <b>37th Annual Latino Student Retreat</b> at Mendocino College on <b>Friday, April 25th!</b></p> <ul style="list-style-type: none"> <li>📌 Pick up a packet from Mr. Z, Mrs. Gonzalez, or Mrs. Accurso.</li> <li>📌 Complete &amp; submit by <b>Friday, March 21st:</b></li> <li>✅ Permission slip</li> <li>✅ Picture consent form</li> <li>✅ QR code registration</li> </ul> <p>Turn in forms to <b>Mrs. Accurso</b>. Questions? See Mr. Z, Mrs. Gonzalez, or Mrs. Accurso!</p> <p> <b>9th Graders—Get Ready to Fly!</b></p> <p>TODAY during <b>5th period</b>, head to the <b>stadium</b> for the <b>Airplane Project</b> with <b>Mr. Bjur, Ms. O, and Mr. Sombs!</b></p> <p>You'll be testing designs, launching planes, and maybe even breaking some distance records! 🎯🏆 <b>Science + Flight = Awesome!</b></p> <p><b>Be on time and ready to soar!</b> See you at the stadium! 📌📍✈️</p>	<p> <b>Spring Rally This Friday!</b> 🌸</p> <p>Show up in your best <b>spring-themed gear</b>—pastels, florals, or any color that screams spring! Let's  <b>Spring into Break</b>  together!</p> <p> <b>Prom: Save the Date!</b> 📅</p> <p> <b>Saturday, April 19</b>   ⌚ <b>7:30 - 9:30 PM</b></p> <p>Let's make it a <b>night to remember!</b> ✨ The <b>eligibility &amp; non-privilege list</b> will apply.</p> <p> <b>Prom Permission Slips &amp; Tickets</b></p> <p>Sales start <b>Monday after Spring Break!</b> You <b>MUST</b> have a signed <b>permission slip</b> before buying a ticket!</p> <p> <b>Pre-sale is highly encouraged to secure your spot—don't wait until the last minute!</b></p> <p>? Questions? Reach out to <b>Hayenga!</b></p> <p><b>Tobacco Youth Coalition</b> students are meeting in <b>Room 9</b> after school today to paint a <b>Narcan Stand Art Project</b>. Join them and remember you can get a ride home at 4 o'clock</p>	<p>Tuesday: Golf @ Buckingham in Kelseyville @ 11:00am, release @ 9:00</p> <p>Softball vs Laytonville @ 4pm, release @ 2:45</p> <p>Baseball has been cancelled for the day</p> <p>Friday: Baseball vs Calistoga and Softball vs Credo @ 4pm, release @ 2:45</p>

**SITE COUNCIL MEETING TODAY AT 3:30 PM!**

# FFA WEEK

Today is the second day of FFA week. Did you know that there are 1,027,273 FFA members? Only about 9,000 of those are students across the US, Puerto Rico, and the Virgin Islands! California is the second state with the highest number of members, followed by Texas. It's amazing that there are so many students who have similarities to us but we just don't know it yet. If you like getting to know new people while also being involved, FFA trips are perfect for you! Today's lunch activity is the pie-eating contest in the quad.

## *Student Services Words of Wellness*

### **Name the Emotion** 🎭



Struggling with frustration or anxiety? Identify what you're feeling. Saying, "I'm feeling stressed because of my workload," helps you process emotions instead of reacting impulsively. Awareness is the first step to self-control!

# Senior Activities Eligibility

Participation in end-of-year senior activities, including the senior picnic and senior trip, is a privilege. Eligibility for these events depends on students meeting the following guidelines and criteria. Any failure to adhere to these expectations may result in the loss of participation privileges.

We appreciate your dedication to maintaining these standards and look forward to celebrating the accomplishments of our graduating seniors.

## Eligibility Criteria

<b>Expectations</b>	<b>Criteria</b>
Demonstrate Academic Excellence	<ul style="list-style-type: none"><li>● 2.0 or better GPA*</li><li>● On track to graduate*</li><li>● Stay on track with Acellus Courses*</li><li>● Model academic integrity</li></ul>
Have Good Attendance	<ul style="list-style-type: none"><li>● 85% or better attendance*</li></ul>
Exhibit Trust, Respect, and Responsibility	<ul style="list-style-type: none"><li>● Exhibit positive and respectful attitudes and behaviors towards peers, staff, and the school community.</li><li>● Adhere to ULHS Ready to Learn and Code of Conduct</li></ul>
Make Good Choices	<ul style="list-style-type: none"><li>● No involvement in severe or repeated behavioral incidents.</li></ul>