

# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

*THURSDAY, AUGUST 15, 2024*

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
Keelie Kirk	Chicken Bacon burger & Fries, Veggies, Fruit & Milk Variety	It's time to start strong, seniors! Your senior year is filled with excitement, activities, applications, scholarships, dances, games, and memories! It's never too early to check out Senior Corner on our website and see what's in store.

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p>READY TO LEARN ADVANCED: I <b>make eye contact with the teacher and greet them by name</b> as I enter the room.</p> <p>I store my <b>cell phone and earbuds in the phone organizer or backpack</b> for the entire class period and gather my <b>supplies</b>.</p> <p>I <b>start my entry activity work <u>before</u> the teacher reminds me to.</b></p> <p>My actions and words are <b>focused on the next steps in the class.</b></p>	<p><b>Yearbook and ID Card Photo Day is FRIDAY in the GYM.</b> 12th Grade: 1st &amp; 2nd period 11th Grade: 3rd &amp; 4th period 10th Grade: 4th &amp; 5th period 9th Grade: 6th &amp; 7th period</p> <p>TCG Club meets Thursdays at lunch in Z's room.</p>	<p>Remember our Athletic Department Mantra is: Character First, Academics Next, Then Be your Best at Your Sport!</p>

**At Upper Lake High School, we strive to ensure you are:**

- Safe, Learning, Growing, Connecting

**Important Information about Devices:**

- **Chromebooks:** ULUSD provides a Chromebook for every student.
- **Assigned for Four Years:** Each Chromebook is yours for all four years.
- **Responsibility:** You are responsible for your device. Charges may apply for lost or damaged items.
- **Be Ready to Learn:** Bring your charged device to class every day.
- **Live by Our Core Values:**
  - Trust
  - Respect
  - Responsibility



## COUGAR KINDNESS

1. Everyone has a story, and that story really does matter. Unless others have walked in your shoes, they really don't know the whole story of you.
2. Why someone is doing something is much more important than what they are doing. There are reasons people do what they do. If you know the reason you can change the behavior a lot easier. Behavior follows belief. Change the way you believe about something, and the behavior will follow.



*be kind*

What comes around goes around, so if you say something negative it may come back to haunt you later. That's why you should be careful with what you say, because your voice is powerful and it can make a big impact on the way your day or someone else's day goes.

Remember, a candle loses nothing when it lights another candle!