

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

MONDAY, AUGUST 19, 2024

| BIRTHDAYS | LUNCH | SENIOR CORNER |
|---|--|---|
| Over the weekend Alexia Ramos Abigail Suzor | Sweet & Sour Meatballs, Veggies, Fruit & Milk Variety | Be on the lookout for important information regarding senior activities--we want and value your feedback! |

| ACADEMICS | ACTIVITIES | ATHLETICS |
|---|---|--|
| <p>Fair is coming up. Students enrolled in our Ag programs and/or in FFA or 4-H should be talking to Mrs. Boomer and Mr. Decker about the process for fair preparation with regard to staying on top of your academic classes during this busy and exciting time. Good luck Cougars!</p> <p>Mrs. Accurso will be calling students who want to see her re. Schedule changes. Remember, all students will graduate COLLEGE AND CAREER ready so be ready to share your post secondary plans when you meet with her!</p> <p>PE Uniforms must be worn in PE and Weight Training Classes. Uniforms are on sale on the COUGAR STORE!</p> | <p>COUGAR DEN CARD ~ \$77.00 Join COUGAR DEN and a special punch will go on your ASB Card and you will receive the following: FREE Yearbook, FREE Admission to all Home Games <i>Excluding playoff games</i>, Discount to dances</p> <p>Price Breakdown *\$50.00 for Yearbook *\$20.00 goes into the Associated Student Body Fund to serve ALL students. *\$5.00 for Athletics to help cover the cost of officials. *\$2.00 processing fee Buy ONLINE at our COUGAR STORE</p> <p>Freshmen: If you are interested in running for class office, please reach out to Ms. Hayenga. We have positions open for:</p> <p>President Vice President Administrative Assistant</p> | <p>TUESDAY: Volleyball @ Mendocino. Student Athlete Release 1:00</p> <p>FRIDAY: 1 PM V Volleyball Cougar Invitational in Cougar Country</p>  <p>Varsity Aug. 23rd UPPER LAKE CLEAR LAKE LOWER LAKE MIDDLETOWN POTTER VALLEY ST. HELENA ANDERSON VALLEY ST. VINCENT</p> <p>JV Aug. 24th UPPER LAKE CLEAR LAKE LOWER LAKE MIDDLETOWN POTTER VALLEY CLOVERDALE ANDERSON VALLEY WILLITS</p> <p><i>Varsity games start at 7pm on Friday JV games start at 9 am on Saturday</i></p> <p>5:30 PM V Football Lake County Jamboree vs Lower Lake in Lower Lake</p> <p>SATURDAY: 9 AM JV Volleyball Cougar Invitational in Cougar Country</p> <p>Student Athletes, DO NOT ask to leave early. Your coach will work with Mr. Figg on Release times! If there are changes, Mr. Figg will email staff.</p> |

WHAT DOES IT MEAN TO LEVEL UP AT ULHS?

At the beginning of each unit, each teacher will give you a list of the most important things you will need to learn. **(Essential Standards)**

During each unit, you'll keep track of how well you are learning each standard, and you'll get specific help and feedback to get better and better along the way. **(Progress Chart)**

Your class grade will be based on how well you learn each standard. **(Rubric Score)**

