

# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

**WEDNESDAY, AUGUST 21, 2024**

**MINIMUM DAY**

## **BIRTHDAYS**

Frankie Kavanaugh  
Rochel Iribe Prado

## **LUNCH**

Deli Subs  
Sandwich,  
Veggies, Fruit &  
Milk Variety

## **SENIOR CORNER**

Now is a good time to meet with Mrs. Accurso to make a plan for you senior year. One helpful tip is to create a calendar of what needs to be done, and when. This will help you stay on track so you don't miss important deadlines!

## **Campus Reminders**

To be eligible to participate in extra and co-curricular events you must have a 2.0 GPA, 85% attendance or better, and good behavior. Eligibility is determined every week for participation the following week. Questions? See Ms. Toback

This is the last day to sign up for schedule changes! There is now a sign up sheet in the office if you would like to see Mrs. Accurso for any changes to your schedule. There will be no more sign ups available after the end of the day.

Have you been grieving the loss of a loved one? Are you having a hard time understanding the grieving process? We can help! Our local hospice will be providing a bereavement group for students at the high school and middle school. The first session will take place this Thursday, 8/22 during first period at the middle school library. If you have interest in attending the bereavement group, please sign up on the sign in sheet with Mrs. Accurso. The sign up sheet is located in her office on the round table.

No DoorDash or other food delivery services will be permitted on campus. If a DoorDash does arrive, the office will hold the delivery until the end of the day.

ULHS is a closed campus. Do not leave campus once you have arrived unless you have completed your classes for the day. Leaving campus without a valid reason may jeopardize your eligibility for sports and other events.

## READY TO LEARN

**We can be trusted to ENTER THE CLASS AND GET READY TO LEARN.**

When the teacher greets me at the door, I say **“hello”** back.

I place my cell phone in the **phone organizer**, **put away my earbuds**, and gather my **supplies**.

After one reminder, I **start my entry activity work**.

After one reminder, my actions and words are **focused on the next steps in the class**.

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Early release: 12:45 PM Please do not go to other campuses!</p> <p>At Upper Lake High School, we learn what matters most. Every course has ESSENTIAL STANDARDS.</p> <p>Every standard has skills inside it. SKILLS are “what you can do with what you know.”</p> <p>Your teachers are here to support you in your learning!</p>	<p><b>Stay tuned for Homecoming info!</b></p>	<p><b>FRIDAY:</b> 1 PM V Volleyball Cougar Invitational in Cougar Country</p> <p>5:30 PM V Football Lake County Jamboree vs Lower Lake in Lower Lake</p> <p><b>SATURDAY:</b> 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>

## 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!