

# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

**FRIDAY, AUGUST 23, 2024**

## BIRTHDAYS

Ashten Higginbotham

## LUNCH

Peperroni Pizza  
Garden Salad  
Veggies & Milk  
Varetiy

## SENIOR CORNER

Now is a good time to meet with Mrs. Acurrso or Mrs. Burke 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!

## ACADEMICS

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!

Students must bring their charged CHROMEBOOK to school EVERYDAY!

## ACTIVITIES

Buy your COUGAR DEN CLUB CARD and get a FREE YEARBOOK, FREE ADMISSION TO HOME GAME and DISCOUNT TO DANCES!

Tell your families to check out the Cougar Super Fan Pass!

Congratulations to our Freshman ASB officers!

Freshman President: Molly Rhamer  
Vice President: Alyna Solorio  
Administrative Assistant: Luke Green

## ATHLETICS

**TODAY:** 1 PM V Volleyball Cougar Invitational in Cougar Country

5:30 PM V Football Lake County Jamboree vs Lower Lake in Lower Lake

**SATURDAY:** 9 AM JV Volleyball Cougar Invitational in Cougar Country

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.

## VICTORY WITH HONOR



Our school endorses the principles of Pursuing Victory with Honor. All involved should display proper sportsmanship and play by the rules of the game because it's the right thing to do! We expect students to support our team by being a positive representative of your family and your school. Admission to this event is a privilege and not a license to display insensitive or offensive behavior. Thank you for supporting our student-athletes and our school!

**GO MIGHTY COUGARS!**

## *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

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.

Our next Site Council Meetings is Tuesday, August 27 from 3:30 - 4:30 in Room 16. All Site Council resources can be located on our website under "For Families" and "Site Council."

## *SELF CARE*



Self-care is important to maintain a healthy relationship with yourself. Practicing self-care results in positive feelings and boosts self-esteem. A self-care plan can help you enhance your health and wellbeing, manage your stress and maintain your sense of self.

Here are some easy tips to get started on your self-care plan:

1. Drink lots of water
2. Take five minutes to do some simple stretches when you wake up in the morning
3. Don't forget to breathe. Inhale for 4 seconds, hold your breath for 7 seconds, and exhale for 8 seconds. You will be amazed at what this simple exercise can do for your state of mind.

Learn to identify activities and practices that support your well-being and help you to sustain positive self-care in the long-term. If you need support with developing your self-care plan, there are plenty of adults on campus who would be willing to talk to you. The adults on this campus are here for you and your classmates are too...Reach out if you need support. It's okay to ask for help.



# Cougar INVITATIONAL

*Varsity Aug. 23rd*

UPPER LAKE  
CLEAR LAKE  
LOWER LAKE  
MIDDLETOWN  
POTTER VALLEY  
ST. HELENA  
ANDERSON VALLEY  
ST. VINCENT

*JV Aug. 24th*

UPPER LAKE  
CLEAR LAKE  
LOWER LAKE  
MIDDLETOWN  
POTTER VALLEY  
CLOVERDALE  
ANDERSON VALLEY  
WILLITS

*Varsity games start at 1 pm on Friday | JV games start at 9 am on Saturday*

