

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

FRIDAY, SEPTEMBER 6, 2024

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
Luniq Gama-Timmons Over the Weekend: Izaiah Cisneros-Garcia Jonathan Golden	Grab-N- Go Asian Chicken Salad, Fresh, Veggies & Fruit Milk- Variety	Remember to nominate for the Royal Court. Your King and Queen will be announced at halftime of the big game. It's time to start thinking about the senior trip! Contact Hope, Alyson, or Leslie with your ideas. We are also designing our senior hoodies!

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p>Back to School Night is next Wednesday, 9/11/24</p> <p>Next week: Come to the volleyball game on 9/12 dressed in GRUNGE or as a Coquette (PREPPY)</p> <p>FREE ENTRY if you are in Red/White or in theme</p> <p>Come to the football game on 9/13 dressed in red, white, and blue! If you are on theme, you get in for free!</p>	<p>HOMECOMING THEMES: SENIORS: 1990s JUNIORS: 2000s SOPHOMORES: 1980s FRESHMEN: 1970s</p> <p>Don't forget to NOMINATE for Homecoming Royal Court! The Prince and Princess will ride in the parade on the class float. Your King and Queen will be revealed at halftime during the big game!</p> <p><i>Remember: you can be on the Royal Court as prince of princess only one time throughout high school.</i></p>	<p>Friday: 4:00 PM- 9:00 Tyler Duncan Soccer Tournament 4:30 PM Girls Soccer (release at 2:30 pm) 6:15 PM Boys Soccer (release at 2:30 pm)</p> <p>4:00 PM- 5:00 PM Jv & Varsity Picture @ ULHS</p> <p>Football @ Los Molinos 5:00 and 7:00 (release at 12:45)</p> <p>Saturday: Tyler Duncan Soccer Tournament</p>

TEENS AND STRESS

Sometimes, feelings become so overwhelming that we cram them all away in an imaginary box and think we'll deal with them later. But later, there's so much stuff in the box that there is too much to deal with. This can make your head feel as if it is spinning. Sometimes you get angry or frustrated without even knowing why. You just know there is too much stuff going on in your head. It's good to pick just one problem to work on and forget the rest for the moment. When we decide to deal with only one problem at a time, it's much less scary to open the box. Here are some ideas to release your thoughts or worries one at a time.

Creativity. People who have a way to express themselves don't need to hold it inside. Creative outlets like art, music, poetry, singing, dance, and rap are powerful ways to let your feelings out.

Talking. Every young person deserves a responsible adult to talk to and some friends to trust. Here at ULHS, all you have to do is reach out. We are here for you!

Journaling. Write it out! Laughing or crying. Give yourself permission to feel your emotions fully. We are all members of our Cougar Family. This means that we help each other and support each other, especially when our friends feel stressed.

CAMPUS REMINDERS

Students with early release should remember that you are not allowed to stay on campus. You may return after school if you are participating in sports or other after-school activities.

TYLER DUNCAN SOCCER TOURNAMENT

Join us for the 6th Annual Tyler Duncan Girls and Boys Soccer Tournament this Friday and Saturday! Enjoy two full days of exciting soccer, great company, and delicious food from the Cougar Bistro, Mama D's, and Terped Out Kitchen. Don't forget to grab a commemorative Tyler Duncan Soccer Tournament T-shirt—visit our website for more information under the "Tyler Duncan Soccer Tournament" section. Go Cougars!



**UPPER LAKE
AND CLOVER VALLEY
HIGH SCHOOL
BACK TO SCHOOL NIGHT
Wednesday, September 11, 2024
5:30 - 7:03**

- ✓ View student schedule in AERIES
- ✓ Grab and Go Dinner will be served in our cafeteria
- ✓ Cougar Maul will be OPEN in Cafeteria Sponsored by the Booster Club
- ✓ Lake County Public Health and Healthy Start Mini Health Fair
- ✓ Site Council Members and Student Ambassadors Ready to Assist