

# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

**TUESDAY, SEPTEMBER 10, 2024**

<b>BIRTHDAYS</b>	<b>LUNCH</b>	<b>SENIOR CORNER</b>
Duane Milliron Joyalee Newingham	Chicken Fajitas & Refried beans, Fresh Veggies, Fruit Milk-Variety	We want to hear your voice! Reach out to Hope, Alyson, and Leslie and share your ideas for the senior trip! Be on the lookout for the senior hoodies and Royal Court ballots.

## CAMPUS REMINDERS

Please help keep the student bathrooms clean and in good condition. Your cooperation is appreciated!

<b>ACADEMICS</b>	<b>ACTIVITIES</b>	<b>ATHLETICS</b>
<p>Back to School Night is Wednesday, Sept.11th. Hope to see you there!</p> <p><b>READY TO LEARN:</b> Putting cell phones and earbuds away helps students stay focused, engage in meaningful interactions, and develop essential skills for learning, building relationships, and preparing for college and career success.</p>	<p><b>TUESDAY:</b> Spanish Club in room 8 at lunch.</p> <p><b>THURSDAY:</b> TCG in Z's room at lunch</p> <p>Be on the lookout for the Homecoming Royal Court ballot as you vote for your Prince and Princess! Remember: you can be on the Royal Court as prince of princess only one time throughout high school.</p> <p>The Cougar Den theme for volleyball is Red and white on 9/12 The Cougar Den theme for football is red, white, and blue on 9/13.</p>	<p><b>MONDAY:</b> Wrestling sign-up during lunch @ 12:45</p> <p><b>TUESDAY:</b> Home Volleyball vs Fort Bragg @ 5:00 PM and 6:00 PM Home Girls Soccer vs Tomales @ 4:30 Home Boys Soccer vs Geyserville @6:15</p> <p><b>THURSDAY:</b> Home Volleyball vs Clearlake 5:00 and 6:00 PM THEME: Grunge or Coquette Girls Soccer @ Rohnert Park @ 3:30</p> <p><b>FRIDAY:</b> Home Football vs. Clear Lake @ 5:00 and 7:00 PM THEME: RED, WHITE AND BLUE!</p>

# BACK TO SCHOOL NIGHT TOMORROW! DINNER PROVIDED!

**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



## CORE VALUES

Our **Core Values** of *Trust, Respect, and Responsibility* are in direct service of our underlying mission to build character among our staff and students. We are *all* held accountable to these Core Values, as they are essential to achieving excellence in Academics, Activities, Arts, and Athletics. We believe that this school-wide focus allows us to develop and sustain a culture that promotes diversity, supports learning, resilience, and a sense of belonging.

At Upper Lake High School, we expect all students to uphold these Values anytime they are representing Upper Lake High School on or off campus!