


DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

MONDAY, SEPTEMBER 16, 2024

BIRTHDAYS	LUNCH	SENIOR CORNER
No Birthdays	Tamales Rice Beans Veggies Fruit Variety of Milk	LETTERS OF RECOMMENDATION You should start asking Administrators, Teachers, Coaches, Support Staff, and Bosses to write you a letter of recommendation. Every senior should be prepared to provide their writers with a resume and a transcript so that they can write the most accurate letter that puts you in the best light possible. Every senior should aim to have 3-5 letters that they can utilize for scholarship opportunities. Don't delay! Start asking now! 

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Ready to Learn: Being ready to learn means placing your cell phone in your backpack as soon as you enter the classroom. No exceptions to this important life skill!</p> <p>Monday: Independent Study weekly check-in 2:30- 3 PM</p> <p>Wednesday: 6:30 PM FFA Chapter meeting</p> <p>Friday: End of the 1st Grading Period! Grades will be submitted by next Wednesday and report cards mailed out on Thursday! Athletic Eligibility is determined on September 30</p>	<p>Thank you, Cougar Den fans! Your energy and school spirit at our events have been absolutely contagious! Let's keep the momentum going! Don't forget—if you come dressed in the theme or in red and white, you get into the game for free!</p> <p>This Friday's game theme is "LIFE IS A BEACH"</p> <p>Join us at lunch to celebrate with our Spanish Club! They're hosting a special Mexican Independence Day event filled with music, dancing, delicious food, and fun. Don't miss it!</p>	<p>TUESDAY JV/V Vball @ Cloverdale 5 & 6 Release at 2:45</p> <p>WEDNESDAY G Soccer @ Tomales 4:30 Release 1:00</p> <p>THURSDAY Volleyball vs Kelseyville 5/6 @ ULHS Snack Shack-Hay, Gate- Zamudio B Soccer @ Geyserville 4:30 Release at 2:00</p> <p>FRIDAY Football vs. St. Helena 5/7 Gate McLaurin <i>GAME THEME: "Life's a Beach"</i></p> <p>SATURDAY Varsity Volleyball at Brookings High School</p>

CAMPUS REMINDERS

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!

REMINDERS ABOUT SCHOOL EXPECTATIONS

Loss of Privileges/Non-Privilege list – If someone abuses a previously earned privilege, that privilege can be revoked. The student can earn it back by successfully engaging in the expected behavior under supervision or by meeting prearranged criteria for reinstatement of the privilege. Loss of certain campus privileges (dances, sports, extra-curricular events, etc.) might be applied in response to any behavioral incident for a predetermined length of time. The Non-Privilege list will be enforced this week during all extra-curricular activities.