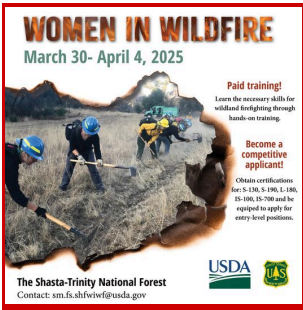



DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

TUESDAY, SEPTEMBER 17, 2024

BIRTHDAYS	LUNCH	SENIOR CORNER
No Birthdays Today	Pork Burritos Veggies, Fruit Variety of Milk	

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>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" 8am-10:15am</p>  <p>Each 8th Grade, 10th Grade, 10th Grade CVH student, and all students with IEPs and 504s that complete the hearing and vision screening will receive a fun treat for participating.</p>	<p>TODAY 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>

ELIGIBILITY AND NON-PRIVILEGE LIST

Sometimes students make decisions that violate our core values of Trust, Respect, and Responsibility. Such decisions could be violence, cutting class, leaving campus, and showing disrespect and defiance to staff members. If you are making these decisions, you may find yourself ineligible to participate in extracurricular events on campus, such as homecoming, dances, games, and field trips. Stay off the non-privilege list by being trustworthy, respectful, and responsible by avoiding conflict, staying in class and on campus, and treating everyone with respect.

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!

NATIONAL HISPANIC AND LATINO HERITAGE MONTH



Thank you to the Spanish Club for an incredible Mexican Independence Day celebration yesterday to kick off **National Hispanic and Latino Heritage Month!** A special recognition goes to Mrs. Gonzalez-Perez and Mr. Z for their leadership, and to all the Spanish Club students and families for your enthusiastic participation!

National Hispanic and Latino Heritage Month runs from September 15 to October 15. This is a meaningful opportunity to acknowledge, recognize, and honor the rich histories and diverse backgrounds of California's students, staff, and families. We invite everyone to join us in celebrating the vibrant cultures, histories, and contributions of California's largest ethnic group!