


# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

**WEDNESDAY, SEPTEMBER 18, 2024**  
**MINIMUM DAY**

<b>BIRTHDAYS</b>	<b>LUNCH</b>	<b>SENIOR CORNER</b>
No Birthdays	Ribs Mac and Cheese Veggie Fruit Variety of Milk	<b>LETTERS OF RECOMMENDATION</b> 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! 

<b>ACADEMICS</b>	<b>ACTIVITIES</b>	<b>ATHLETICS</b>
<p><b>Ready to Learn:</b> Being ready to learn—and preparing for college and career success—means placing your cell phone in your backpack as soon as you enter the classroom. Developing focus and responsibility is a key life skill, and there are no exceptions to practicing this daily!</p> <p><b>Friday:</b> 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>This Friday's game theme is "LIFE'S A BEACH."</p> <p>Vote for your 2024 Homecoming candidates!</p> <p>The form is linked to the grade-level Google Classroom and will close this Friday.</p>	<p><b>THURSDAY</b> Volleyball vs Kelseyville 5/6 @ ULHS Snack Shack-Hay, Gate- Zamudio B Soccer @ Geyserville 4:30 Release at 2:00</p> <p><b>FRIDAY</b> Football vs. St. Helena 5/7 Gate McLaurin <i>GAME THEME: "Life's a Beach"</i></p> <p><b>SATURDAY</b> 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 extra-curricular 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!

*TODAY - FFA CHAPTER MEETING 6:30 PM*

## *HONORING HISPANIC AMERICANS*

As the proverb goes, when you educate a woman, you educate a family. Jovita Idár believed that wholeheartedly. While working at her father's newspaper, *La Crónica*, she used the platform to speak out against racism and support women's and Mexican-Americans' rights. After writing an article condemning Woodrow Wilson's decision to send U.S. troops to the border, the Texas Rangers showed up at her door to shut down the paper. But she refused to let them in, literally putting her body between them and the door, and they left. Although the Rangers eventually succeeded in shutting down the paper, Idár continued to stand up for women and Mexican-Americans her entire life.