

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

TUESDAY, OCTOBER 1, 2024

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
No Birthdays Today!	Tacos With Mexican Rice & Beans, Fresh Veggies, Fruit & Milk Variety	This is your last high school Homecoming! This is a great time to make some fun memories! Go cheer for the MIGHTY COUGARS in our home games--this is your FINAL year to be a kid!

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p>Our Mantra for the Year: Ready to Learn, Level Up, Work Hard, and Don't Quit</p> <p>This guiding principle is designed to build a strong work ethic in all students, which is essential for success in college, career, and life. Remember, if you ever need support or guidance, don't hesitate to reach out to our staff. We're here to help you stay on track and achieve your goals!</p>	<p>Today is Teen Beach Movie, so dress as your favorite character. Earn points for your class by joining the spirit count in the quad at break!</p> <p>The lunch game is 4 square hosted by the Sophomores.</p> <p>Tonight is from 4- 9 PM in the bus barn for grades 9 and 10 and in the CTE complex for grades 11 and 12.</p> <p>Wednesday is THEME day! Dress as your decade. Float lineup is 5:30 in the bus loop, and the parade starts at 6.</p> <p>Friday is our Cougar Attack Rally and the mud-pit tug-of-war! Get hype before the big game!</p> <p>If you are interested in mud-pit Tug of War, finalize your sign-ups with Mr. Figg! Mud-pit clean-up is from 3 to 3:10. Prepare to hose off outside because the locker rooms will be closed. Or, just don't lose!</p> <p>Homecoming Dance is Saturday, 10/5, from 7 to 9 PM. NO EARLY DEPARTURE! Tickets are on sale now! 10 with your Cougar Den Pass 15 without</p> <p>Remember, you must have a permission slip for all Homecoming activities. And the non-privileged list will be enforced!</p> <p>If you bring a guest from another school to the</p>	<p>Tuesday: Volleyball vs St Helena 5&7pm Gate: Hay Cougar Cafe: Figg Soccer @ Fort Bragg Release @ 1:30</p> <p>Thursday: Soccer vs Middletown 4:30&6:15 Volleyball @ Fort Bragg Release 1:45 Gate: Decker Cougar Cafe:</p> <p>Friday: Football vs Cloverdale 5&7PM Gate: McLaurin</p>

homecoming, they must have a permission slip. Pick it up in the office.

CAMPUS REMINDERS

Each classroom now has a campus pass. In order to use the restroom or travel anywhere on campus, you will need the campus pass. Time out of the classroom should be no more than 5 minutes. Students who are found outside of class without a campus pass will be counseled and returned to their classroom. Students who continue to be out of class without a campus pass and without permission may find their campus movement restricted, may be put on structured day, or perhaps the non-privilege list. Please ask if you have any questions.

ATTENDANCE

A regular attendance routine is important for your well-being and long-term success. There are ways to stay healthy and avoid unnecessary absences from school:



1. Nutrition, Sleep, and Exercise
2. Hygiene
3. Safety

Need support? Reach out!

WORK PERMITS

Upper Lake High School can issue you a work permit however, there is a process:

1. After applying/interviewing, you receive an official offer of employment.
2. We provide you with a *Statement of Intent to Employ* that your new employer completes.
3. You return the form to Dani Gudmundson, and she will issue you a work permit.

Tuesday 10/1	Wednesday 10/2 MINIMUM DAY	Thursday 10/3	Friday 10/4
TEEN BEACH MOVIE	DECADES	COUNTRY CLUB VS. COUNTRY	COUGAR ATTACK
Spirit Count at Break Lunch Games 5 PM JV Volleyball 6 PM V Volleyball	Spirit Count at Break <div style="text-align: center; color: red;">Field Day</div> <div style="text-align: center; color: red;">HOMECOMING PARADE 6:00 PM</div>	Spirit Count at Break Lunch Games 4:30 PM Girls' Soccer 6:15 PM Boys' Soccer	Decorate Class Sections Freshmen 8 - 9 Sophomore 9 - 10 Juniors 10 - 11 Seniors 11 - 12:30 <div style="text-align: center; color: red;">RALLY</div> <div style="text-align: center; color: red;">TUG-O-WAR</div> <div style="text-align: center; color: red;">CLEAN UP</div>
Float Building 4:00 - 9 PM	Float Building 3:30 - 5:30 PM		FOOTBALL GAME

<p>11 & 12 CTE Complex Bommer/Decker 9 & 10 Bus Barn Hay/ Bjur</p>	<p>11 & 12 CTE Complex Zamudio/ McLaurin 9 & 10 Bus Barn Pritchard/ Gonzales</p>		<p>JV 5 PM V 7 PM Halftime: King and Queen Reveal</p>
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