

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

THURSDAY, OCTOBER 17, 2024

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
No Birthday	Chef's Choice Fresh Veggies, Fruit & Milk Variety	Seniors, if you need help with college applications, see Mrs. Accurso or Ms. Burke.

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p>Cougar Pride and Rotary Top 40 celebration is next Friday! Teachers please submit your nominations by FRIDAY!</p> <p>We are striving for excellence in Academics, Activities, Arts, and Athletics!</p>	<p>Wolf Pack meets the last Thursday of every month during 3rd period in room 1. Students should look at their email for the calendar invite. If you have questions, see Ms. Hayenga or Mr. McLaurin.</p> <div data-bbox="532 1201 760 1331"></div> <p>FFA Monthly Chapter Meeting NEXT THURSDAY at Lunch in Boomer's Room.</p> <p>Every Friday we wear RED and WHITE! Wear Cougar Colors and show off your school spirit!</p>	<p>TONIGHT SENIOR NIGHT VOLLEYBALL! G-Soc 4:30 vs Fort Bragg B-Soc 6:15 vs Fort Bragg Jv & V Vball vs Lower Lake 5:00/6:00</p> <p>Friday SENIOR NIGHT FOOTBALL & CHEERLEADING! Football vs Fort Bragg 5:00/7:00</p> <p>Winter Sports Begin on Monday, November 4th! All winter sports athletes must have everything completed including a physical in Arbiter Sports!</p>

CAMPUS REMINDERS

Students out of class without a pass may find themselves being escorted to the bathroom and perhaps on structured day. All students must have a campus pass.

Please remember, no blankets on campus. If you are cold, we will find you a coat to call your own.

UPPER LAKE HIGH SCHOOL OUR CORE VALUES



Living by core values is important because it provides a framework for making decisions and guiding behavior. Core values are the fundamental beliefs and principles that shape our thoughts, actions, and attitudes. They define who we are as individuals and as a society, and they can influence how we interact with others, make choices, and deal with challenges. At Upper Lake High School, our CORE VALUES are TRUST, RESPECT, and RESPONSIBILITY.

Living by our core values, we can maintain our integrity, stay true to our beliefs, and build trust and respect with others. It can also help us navigate difficult situations and make ethical decisions. In short, living by core values can lead to a more fulfilling and purposeful life.