


DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

FRIDAY, OCTOBER 18, 2024

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
Travis Brown Over the weekend- Lily Pacheco Mya Alvarado	Pulled Pork Subs Fresh Veggies, Fruit & Milk Variety	Okay, Seniors. It's that time of the year when your CSU and UC applications are due! College applications need to be submitted by November 30th. It's time to buckle down and get them done. If you need support, please reach out to Mrs. Accurso or Mrs. Burke. They are here to HELP you succeed.

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
Cougar Pride and Rotary Top 40 celebration is next Friday! Teachers please submit your nominations by FRIDAY! We are striving for excellence in Academics, Activities, Arts, and Athletics!	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.  FFA Monthly Chapter Meeting NEXT THURSDAY at Lunch in Boomer's Room.	Friday SENIOR NIGHT FOOTBALL & CHEERLEADING! Football vs Fort Bragg 5:00/7:00 Winter Sports Begin on Monday, November 4th! All winter sports athletes must have everything completed including a physical in Arbiter Sports!

OUR CORE VALUES

Social Media is everywhere and can be a great way to stay informed, keep in touch, and experience new content! However, it's important that we as students learn how to safely use Social Media. Here are some TIPS on how to safely use social media:

TIP 1: Remember everything you post is public; it doesn't matter whether or not you delete the post: if you've published it, it's traceable. Plus, when you post things online, you're creating a digital footprint. A digital footprint is the trail of stuff you leave behind when you're online.

TIP 2: Speak kindly. Remember: it may look like a screen in front of you, but there is another person (or people) on the receiving end. Think about how you would feel if you received the message you're sending. If the answer isn't a favorable one, then don't send it.

Thank you for using social media in a trustworthy, respectful, and responsible manner. **GO MIGHTY COUGARS!**

HALLOWEEN & DAY OF THE DEAD (DIA DE LOS MUERTOS)

We are celebrating two traditions in our community

- 1. Halloween, October 31st (Dress in a Costume OR Wear Orange and Black)**
- 2. Dia De Los Muertos, November 1**

Here are some reminders about dress-up days:

- Students in costumes must follow the Upper Lake High School Learning Environment/Dress Code
- Costumes must be appropriate for school and cannot disrupt classrooms or instruction.
- Students need to be identifiable: NO MASKS Full face paint is okay.
- Costumes must allow students to sit down and see and be able to do class work.
- No guns, knives, or other look-alike weapons are allowed on costumes.

Halloween Costume Contest

- 1. Scariest**
- 2. Funniest**
- 3. Best Group**
- 4. Most Colorful**
- 5. Cutest Duo**
- 6. Most Creative**
- 7. Best Orange and Black**



Dia De Los Muertos Celebration and Altar in the Cafeteria

The goal is for students to enjoy the opportunity to celebrate these traditions at school while at the same time allowing for academic learning and instruction to take place in all classes.

Thank you for your cooperation.