

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

MONDAY, OCTOBER 21, 2024

BIRTHDAYS

LUNCH

SENIOR CORNER

Chef's Choice, Fresh Veggies, Fruit & Milk Variety

Research and apply to colleges you can actually envision yourself attending. Don't limit yourself to big, name-brand schools. Many small schools are less well-known but can have cool programs and courses attuned to your interests.

ACADEMICS

ACTIVITIES

ATHLETICS



FFA Monthly Chapter Meeting THURSDAY at Lunch in Boomer's Room.

Cougar Pride and Rotary Top 40 celebration is next Friday! We are striving for excellence in Academics, Activities, Arts, and Athletics!

MONDAY: Independent Study check-in

Halloween Costume Contest 10/31

Sophomores are selling Halloween grams!

Stay tuned for more information on Halloween-themed lunchtime activities!

Day of the Dead celebration on 11/1

Tuesday: Volleyball @ Middletown 5&7pm Release @ 2:45

Soccer @ Middletown Boys @ 4:30 Girls @ 6:15, Release @ 2:15

Wednesday: Volleyball @ St. Helena 5&7pm Release @ 2:15

Thursday: Soccer vs Willits 5:00 & 6:45 Gate: O'Rourke Cafe: Duncan

CAMPUS REMINDERS

Congratulations students! We are getting good at using the campus pass when we need to be out of the classroom. When you need to go to the office or the restroom, communicate with your teacher, use the campus pass, and return promptly.

If you are out of the classroom without permission and without a pass, you may be a student who needs to be escorted around campus by one of our friendly and responsive instructional aides. Those who continue to struggle using the pass might find themselves enjoying the solitude of structured day. Be wise. Use the pass.

THROUGH THE EYES OF LOVE

Here in Cougar Country, we are all about improvement--and our focus tends to be on academics; I mean, we are a school, after all. But in addition to leveling up in our classes, we also need to improve ourselves. One way we can do that is through constructive self-criticism. We can be our own worst critic! But try this: look at yourself through the eyes of a loved one and avoid looking at yourself through a harsh lens. Try imagining that you are a loved one. See your flaws how they see them. Wish the best for yourself, and be loving in your self-criticism.

Remember, we are all members of our Cougar family, and we all want the best for each other!



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.