

# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

**TUESDAY, NOVEMBER 19, 2024**

<b>BIRTHDAYS</b>	<b>LUNCH</b>	<b>SENIOR CORNER</b>
No Birthdays	Pozole Soup with Chips, Fresh Veggies, Fruit, & Milk Variety	Only 4 school days left for you to get help from Mrs. Accurso on your CSU/UC priority applications. The deadline is December 2nd.

<b>ACADEMICS</b>	<b>ACTIVITIES</b>	<b>ATHLETICS</b>
The Mendocino College Schedule is now available for Spring Semester. If you would like to see Mrs. Accurso to look at your college class options, please sign up to see her in the office. College Registration starts November 22nd.	Tomorrow, FFA Chapter Meeting in the Cafeteria from 6:30-8:30. See Boomer or Decker with any questions.  Wednesday: BSU meeting at 8:40 AM in Bjur's room.  Seniors: Hoodies are on sale now in the Cougar webstore. ULHS seniors can purchase one hoodie for \$20. Any additional hoodie will cost \$40. We want every senior to get a hoodie! If you need support purchasing a hoodie, reach out to Hayenga.  Seniors are selling tamales! Place your order with Hope. Pick up is November 22	Today! Girls Basketball @ Ukiah JV @ 5:30, V @ 7pm.  Do you wonder if you are eligible for extracurriculars like basketball, wrestling, and field trips? Check with Ms. Toback.

## CAMPUS REMINDERS

When we use "values," we discuss the basic and fundamental beliefs that guide our attitudes and actions. In other words, values help determine what is important to us and help us be the person we want to be. So, our Core Values mean that these are the most essential beliefs that guide our actions and shape who we are. And when you are an Upper Lake Cougar, you demonstrate TRUST, RESPECT, AND RESPONSIBILITY.

## *NATIVE AMERICAN HISTORY*



Upper Lake and its surrounding areas are still home to seven federally recognized tribes: the Elem Indian Colony, the Habematolel Pomo of Upper Lake, the Big Valley Band of Pomo Indians, Robinson Rancheria of Pomo Indians of California, Scotts Valley Band of Pomo Indians, the Koi Nation of Northern California, and the Middletown Rancheria of Pomo Indians of California.

There will be a Native American Heritage Month presentation today in the gym during 5th period. You will go to your regular class, the teacher will take roll, and your teacher will escort you to the gym where you will sit with your teacher and be an attentive and appreciative audience.