


# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

*MONDAY, DECEMBER 09, 2024*

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
Sofia Calvillo	Chef's Choice	Seniors, you're just two weeks away from wrapping up your first semester of high school — stay focused, finish strong, and be proud of how far you've come. Keep pushing forward; every effort you make now sets the stage for your success ahead!

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
 <p>Stay focused, stay positive. We are better together. We are Upper Lake.</p> <p>Strength is found in connection. When we support, uplift, and value one another, we all thrive. Let's finish with purpose and pride.</p> <p><b>Stay focused, stay positive. We are better together. We are Upper Lake.</b></p>	<p>Do you have a wish? Look for the QR codes around campus and scan. Your Cougar Wishes might be granted!</p> <p>Celebrate the holiday season and end of the semester with our winter spirit week. December 16: Pajama Day 17: Grinch vs. Santa 18: Winter Gear 19: Ugly Sweaters 20: Candy Cane day</p> <p>Juniors are selling Holiday Grams to be delivered 12/18 Hot Cocoa Grams 4\$ Candy Cane Grams 1\$</p> <p>Come out to the Cougar Den this Tuesday. The theme is Christmas hats. ULHS students who dress in theme or Red/ white get in FREE!</p> <p>Feliz Navidad: Pinata Day at lunch 12/20</p>	<p>Tues: Girls Basketball @ Fort Bragg JV @ 5pm release @ 1:45, Varsity @ 6:30 release @ 3:15 Boys Basketball vs Fort Bragg JV @ 5pm Varsity @ 6:30pm</p> <p>Thur: JV Boys Basketball @ Maxwell Tourney @ 10:30am release at 7:30am</p> <p>Fri: JV Boys Basketball @ Maxwell Tourney @ TBD Fri: Girls Basketball @ Lower Lake Tourney JV @ &amp; 6pm release @ 12:45, Varsity @ 4:30 release at 2:15</p> <p>Sat: Girls Basketball @ Lower Lake Tourney @ TBD JV Boys Basketball @ Maxwell Tourney @ TBD Girls Wrestling @ San Leandro Boys Wrestling @ Oakdale</p>

## *COUGARS KEEP COUGAR COUNTRY CLEAN*

This week, we will focus on supporting each other to clean up after ourselves!



**Lead by example:** The very first thing you should do when you want people to clean up after themselves is to clean up after yourself! This might seem pretty straightforward, but a lot of people do not realize they are leaving a trail of dirt and filth behind them – and you don't want to be the person who's both guilty and pointing fingers at the same time.

**Make sure you have the moral high ground before you ask people to do the right thing.** Most of the time, when someone sees you cleaning up, they'll start doing the same.