

# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

*MONDAY, APRIL 14, 2025*

BIRTHDAYS	LUNCH	SENIOR CORNER
Blake Sneed	Peanut butter & Jelly Sandwich, Veggies, Fruit & Milk	Have you checked out the training and certificate programs offered at Mendocino College? Construction trades, culinary and more! See Mrs. Accurso or go online and check it out.

ACADEMICS	ACTIVITIES	ATHLETICS
<p><b>Grading Period Ends Friday – Finish Strong!</b> The end of the grading period is this Friday, April 18th. Stay focused, turn in all your work, and finish strong!</p> <p><b>Bring Your Charged Chromebook Daily</b> Make sure to bring a fully charged Chromebook to school every day. Remember: if an item paid for by ULUSD is lost or damaged, you are financially responsible. Thank you for taking care of your equipment!</p> <p><b>Attention Juniors – Camp RYLA Info Session</b> Are you a Junior interested in growing your leadership skills? Come learn about <b>Camp RYLA</b>, a <b>FREE week-long summer camp</b> focused on leadership development. 📅 <b>Friday, April 18th</b> 📍 <b>Student Center</b> 🕒 <b>Starts at 11:30 AM</b> This opportunity is open to current 11th graders only—don't miss out!</p>	<p>🚫 <b>Prom: Save the Date!</b> 🚫 📅 Saturday, April 19   🕒 7:30 - 9:30 PM NO EARLY DEPARTURE Let's make it a night to remember! ✨ The eligibility &amp; non-privilege list will apply.</p> <p>📄 <b>Prom Permission Slips &amp; Tickets</b> You <b>MUST</b> have a signed permission slip before buying a ticket! Pre-sale is highly encouraged to secure your spot—don't wait until the last minute! Get your permission slips at break and lunch on the stage. Return your permission slip to the stage and purchase your ticket. If you need support getting a ticket, reach out to Hayenga!</p> <p>To attend prom, you must have all bills paid, NOT be on the non-privilege list, and meet eligibility requirements!</p> <p>Get Glam for prom with <b>FREE</b> hair and makeup. Only three slots are left! Reach out to Hayenga to book your <b>FREE</b> appointment with a professional makeup artist!</p> <p>🎉 ✨ <b>SPIRIT WEEK:</b> April 14–18! ✨ 🎉</p> <p>🎭 <b>Today (4/15): Dress as Your Favorite Color</b> 🎭 🚩 <b>Wednesday (4/16): White Lies or Red Flags</b> – Rock a funny "white lie" shirt 🤪 or a classic red flag 🚩 (keep it school-appropriate!). 🎭 <b>Thursday (4/17): Rhyme Without Reason</b> – Pair up and rhyme with no reason! 🎭 <b>Friday (4/18): Disney Day!</b> – Dress as your favorite Disney character 🎭 or wear Tangled colors: 💜💛</p>	<p>Tuesday: Var Baseball &amp; Softball @ Mtown @ 4pm, release @ 1:30</p> <p>Jv Softball vs Mtown @ 4pm, release @ 2:45</p> <p>Wednesday: Track @ Fort Bragg @ 3pm, release @ 12pm</p> <p>Friday: Var Baseball &amp; Softball vs St Helena @ 4pm, release @ 2:45</p>

## *Student Services Words of Wellness*

**Conflict Tip:** When you feel your emotions rising, take a pause.

**Why it helps:** A few deep breaths give your brain time to catch up with your feelings. You'll respond better—and stay in control. **Quick Tip:** Count to 5, breathe in... Count to 5, breathe out. Then decide what to say or do.

## *Campus Reminders*

Please do not hang out in the parking lot or in your cars. Students with vehicles cannot take other kids off campus. We have a closed campus, which means you arrive on campus, park, and go to your classes. Thank You.