















DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

FRIDAY, APRIL 18, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
No Birthdays	Hamburger & French Fries, Veggies, Fruit & Milk Variety	<p> Graduation Cap Decorations – Pre-Approval Required! Seniors – if you plan to decorate your graduation cap, you must get your design pre-approved by Mrs. Burke.</p> <ul style="list-style-type: none">  All designs must be school-appropriate and follow the graduation guidelines.  Submit your design no later than [Insert Deadline Date].  Turn in your sketch or image to Ms. Burke. Let's celebrate your achievement with pride and respect—thank you for following the process!

ACADEMICS	ACTIVITIES	ATHLETICS
<p> Today is the End of the Grading Period!</p> <p>Today marks the end of the grading period—make sure all assignments are turned in and complete!</p> <ul style="list-style-type: none">  Check with your teachers about any last-minute opportunities to improve your grades.  Report cards will be finalized soon, so give it your best effort today. <p>Finish strong and stay focused—every point counts!</p> <p>CAMP Ryla meeting TODAY! See Mrs. Accurso for more information!</p>	<p> Prom: Save the Date! </p> <p> Saturday, April 19  7:30 - 9:30 PM NO EARLY DEPARTURE</p> <p>Let's make it a night to remember! ✨ The eligibility & non-privilege list will apply.</p> <p> Prom Permission Slips & Tickets</p> <p>You MUST 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 FREE hair and makeup. Only three slots are left! Reach out to Hayenga to book your FREE appointment with a professional makeup artist!</p> <p>Keep it handsome! Gentlemen, if you want a FREE haircut to get handsome for prom, reach out to Hayenga. We have a professional stylist offering FREE haircuts to get you handsome for prom! Book your appointment today!</p>	<p>Friday: Var Baseball & Softball vs St Helena @ 4pm, release @ 2:45</p> <p> Athletic Eligibility Reminder – 2.0 GPA Required</p> <p>Students planning to participate in sports must maintain a minimum 2.0 GPA to stay eligible.</p> <ul style="list-style-type: none">  Grades are checked at each grading period.  If your GPA falls below 2.0, you may be ineligible to compete or practice until your grades improve. <p>Stay on top of your work and ask for help if you need it! If you have questions about your eligibility, please see Mr. Figg</p>

🌟 **Friday (4/18): Disney Day!** – Dress as your favorite Disney character 🧚 or wear Tangled colors: 💜💛

Student Services Words of Wellness

Studying can feel tough sometimes, and that's **totally normal**. Everyone has challenges, but with the right strategies, you can succeed!

Study Tips:

- **Set small goals:** Break your study sessions into manageable chunks to avoid feeling overwhelmed.
- **Take regular breaks:** Short breaks help your brain stay focused and reduce stress.
- **Stay organized:** Keep track of assignments and deadlines with a planner or app.
- **Ask for help:** Don't hesitate to ask a teacher, tutor, or friend if you're struggling with a topic.
- **Stay positive:** Be kind to yourself and remember that everyone learns at their own pace.

Campus Reminders

Please be aware that the School Resource Officer will be at prom, making sure you have a safe and memorable evening. We will be using a handheld metal and vape detector as you come in the door. We are looking forward to seeing you tomorrow night! ULHS Cougars are trustworthy, respectful, and responsible members of our community.