

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

TUESDAY, APRIL 22, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
Sarah Compton	Bean & Cheese Burrito with Rice, Veggies, Fruit & Milk Variety	We're getting closer to graduation, and we know many of you are excited to personalize your caps for the big day! Cap decorating is allowed and encouraged—just remember to keep it school-appropriate and respectful.

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Juniors—You've Got This! CAASPP testing is underway today and Thursday.</p> <p>Grade Update: Final grades will be posted by the end of the week. Make sure to check your progress and stay on track.</p> <p>This Week's Highlights: Cougar Pride Awards – Shoutout to our students who lead with character, commitment, and community spirit! Rotary Top 40 – Celebrating academic excellence and student leadership. Congratulations to all being recognized!</p> <p>FBLA on the Move! Wishing the best to our Future Business Leaders of America team and Mr. Holt as they attend a leadership conference to sharpen their skills and build the program's future.</p> <p>FFA Leadership meeting is this Thursday at lunch in Mr. Decker's room.</p>	<p>Attention Upper Lake High School students, especially our graduating seniors. We know that you are moving out soon and won't need your formal wear. If you have a gently used dress that you wore to prom, we would love a donation! We are looking for nice, trendy pieces so we can provide options for next year's prom!</p> <p>🗳️ ASB Elections Are Coming! 🗳️ Are you ready to choose your leaders for next year? Voting for ASB officers will open <i>soon</i> – stay tuned for the official dates! 🗳️</p> <p>Interested in making an even bigger impact? We're also looking for next year's Student Board Member 🗣️ – someone ready to represent student voice at the district level.</p> <p>If you want to run for Student Board Member, see Ms. Hayenga ASAP to pick up a petition and get the details!</p> <p>Let's shape the future of Upper Lake High together! ❤️ 🐾</p> <p>Sophomores, please remember if you are interested in attending HOBY (Hugh O'Bryan Youth Leadership) conference, you must turn in your form to Mrs. Accurso by this Friday, April 25th!</p>	<p>Tuesday: Varsity Softball and Baseball @ Fort Bragg @ 4pm, release @ 12:45. JV softball vs Fort Bragg @ 4pm, release @ 2:45</p> <p>Wednesday: Golf @ Windsor @ 11:30am, release @ 8:35. Track @ Lower Lake @ 3pm, release @ 12:45. JV Softball vs St. Helena @ 4pm, release @ 2:45pm</p> <p>Friday: Baseball @ Clear Lake @ 4pm, Release @ 2:15</p> <p>JV Softball vs Ukiah @ 4pm, release @ 2:45</p>

Student Services Words of Wellness

A famous saying is "you get more bees with honey than vinegar. What does that mean? It means that when you are nice, pleasant, and sweet, people will treat you better and they will feel safe around you. So, offer people kindness and it will be returned to you.

Today, We Learn

Each year on Yom HaShoah, we pause to remember the six million Jews who were murdered during the Holocaust—a time of unimaginable cruelty and inhumanity. But while Jewish people were the primary target of Adolf Hitler's genocidal campaign, they were not the only ones persecuted.

The Holocaust also claimed the lives of millions of others deemed "undesirable" by the Nazi regime. Among them were:

- Romani people (Gypsies)
- People with disabilities
- Polish and Slavic peoples
- Jehovah's Witnesses
- LGBTQ+ individuals
- Political dissidents, including communists and socialists

These individuals were marginalized, stripped of their rights, and many were sent to concentration camps where they faced forced labor, torture, and execution. Yom HaShoah is not just a day to mourn—it is a day to remember, to educate, and to stand against all forms of hate. When we honor the memories of the victims, we also commit ourselves to building a world where such hatred and cruelty can never rise again.

Let us be the light in the shadow of memory. Let us choose love over fear, and justice over silence.

Campus Reminders

Stay eligible for end-of-the-year festivities by being here, being involved, and keeping behaviors in check. Reach out if you have questions or need support.