

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

THURSDAY, APRIL 24, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
Dillon Jones	Teriyaki Chicken Veggies & Rice Bowls, Fruit & Milk Variety	<p>Senior Decision Day – Wednesday, April 30 at 8:00 AM in the Cafeteria! Seniors, be sure to check in with your 1st period class before heading to the cafeteria.</p> <p>We'll celebrate the Class of 2025 and their plans for next year! Seniors will have the chance to share their post-graduation paths. This is one of our favorite traditions, and we're excited to see what the future holds!</p>

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Juniors – Keep It Up!</p> <p>CAASPP testing continues today. Stay focused, give it your best effort, and don't hesitate to reach out to your 11th grade teachers if you have any questions. You've got this!</p> <p>Cougar Pride & Rotary Top 40 Celebration – Tomorrow! We're excited to honor our Cougar Pride and Rotary Top 40 Students of the Month tomorrow! Congratulations to all our recipients!</p> <p>Looking ahead, our Academic Awards Celebration is coming up on Tuesday, May 27th:</p> <ul style="list-style-type: none"> • During the school day for 9th–11th grade students • In the evening for 12th grade students <p>Save the date—and finish strong!</p> <p>FFA Leadership Meeting All FFA officers and interested members: Join us Today at lunch in Mr. Decker's room for the next leadership meeting.</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 Here! 🗳️ Vote in your grade level Google Classrooms! Ballots close on Friday, April 25, 2025, at 3:10 PM.</p> <p>2028: tqb7sf 2027: tn27n6d 2026: k6td6sw</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 tomorrow Friday, April 25th!</p> <p>Juniors, if you are going to apply to Camp RYLA, please turn in</p>	<p>Friday: Baseball @ Clear Lake @ 4pm, Release @ 2:15</p> <p>JV Softball vs Ukiah @ 4pm, release @ 2:45</p> <p>Athletic Eligibility Will Be Determined Next Monday!</p> <p>Make sure your grades are where they need to be—eligibility checks are coming up!</p>

	your applications to Mrs. Accurso by Monday, April 28th. If you need an application, they are available in Mrs. Accurso's office.	
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Student Services Words of Wellness

What starts as a "joke" or a little teasing can sometimes cross a line. For the person on the receiving end, it can feel like more than just a moment—it can be a wound that lingers long after the laughter fades.

Teasing vs. Bullying

Teasing is often mutual and playful—until it isn't.

Bullying is intentional, repeated, and meant to hurt, exclude, or control someone else.

Whether it's name-calling, spreading rumors, pushing someone around, or excluding them from a group, bullying leaves real emotional scars. Think twice before teasing

Day of Remembrance- Yom HaShoah

There will be a display on the stage during lunch today that contains pictures about the holocaust. If you would like to see it, please come to the stage. The images will be difficult and impactful. The exhibit is open to anyone who would like to understand more about the holocaust. The exhibit is being created by the ULHS leadership class.