

# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

*FRIDAY, APRIL 25, 2025*

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
Maddison Sullivan	Corndogs, Veggies, Fruit & Milk Variety	<b>Senior Decision Day – Wednesday, April 30 at 8:00 AM in the Cafeteria!</b> Seniors, be sure to check in with your 1st period class <b>before</b> heading to the cafeteria. 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!

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p><b>Juniors – Great Job!</b></p> <p>Thank you for taking the CAASPP seriously and giving it your best effort this week! Next week, you'll tackle the <b>math test</b>—keep up the great work and stay focused. You've got this!</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: tjqb7sf 2027: tn27n6d 2026: k6td6sw</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 today Friday, April 25th!</p> <p>Juniors, if you are going to apply to Camp RYLA, please turn in your applications to Mrs. Accurso by Monday, April 28th. If you need an application, they are available in Mrs. Accurso's office.</p>	<p>Today: 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>

*Student Services Words of Wellness*

## 💔 What Is Trauma?

Trauma is your brain's response to something scary, painful, or overwhelming. It can come from bullying, loss, abuse, or even constant stress. You might feel angry, anxious, numb, or shut down—and that's a normal response.

🗣️ You're not broken. You're surviving.

💬 Talk to a counselor, teacher, or a student services team member to get connected to help.

## Campus Reminder

Please thank our wonderful food services staff when you get breakfast and lunch today. They work hard to keep you fed and happy. Bus drivers also deserve your appreciation and respect. Thank them when you get off the bus every day.

## COUGAR PRIDE - ROTARY TOP 40 STUDENTS OF THE MONTH

### 🚩 Cougar Pride & Rotary Top 40 Recognition! 🎉

Cougar Pride recognizes students for positive character growth in our Core Values and improvement in one of the 4 A's: **Academics, Activities, Arts, and Athletics.**

Rotary Top 40, sponsored by Lakeport Rotary, honors students who have demonstrated perseverance, growth, and a commitment to continuous improvement.

If your name is announced—**CONGRATULATIONS!** 🎉 Please head to the cafeteria at **9:00 a.m.** for the celebration hosted by LINK CREW!

### COUGAR PRIDE

9th	10th	11th	12th
Amelia Burnet Landon Brewer Manny Noriega Eric Tinoco	Destiny Caballero Jenniya Wyman Gianna Snipes-Green Maddison Sullivan Sarah Compton Peyton Johnson Ash Portlock	Sofia Figuerora- Lopez Aubreyana Suzor Dianna Penn Aiden Jensen Mikel Compton Yadria Beecher Daniel Rojas	Karly Young James Robbins Jacob Colcleaser Alyson Gomez Ahmana Jones Kyler Brothers

### ROTARY TOP 40

9th	10th	11th	12th
Sofia Calvillo Ryker King	Gabby Indalecio Aaliyah Salama	Leo Jimenez Lopez Lindsey Norris	Ahmana Jones James Robbins