

# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

*THURSDAY, MAY 01, 2025*

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
Kaiden Sneed	Chef's Choice Veggies & Rice Bowls, Fruit & Milk Variety	<b>Congratulations, Seniors!</b>  We loved celebrating your next steps yesterday! We're excited to support you all the way to the finish line — keep pushing forward!

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<b>Teacher Appreciation Week – Next Week!</b>  It's time to celebrate the amazing teachers and staff who show up every day to support you with empathy, encouragement, and sometimes a little tough love — all to help you grow and prepare for the real world. Take a moment next week to show your appreciation and gratitude for everything they do!	<b>Attention Seniors!</b>  Are you ready to pass the magic on? Donate your high school prom dresses to the ULHS Prom Closet and help future students shine!  See Sofia F. for more information.  Get ready — the Senior Trip to Disneyland is happening May 28–29! Make sure you're eligible — the non-privilege list <i>will</i> be in effect.  And don't miss out — Senior Picnic is coming up on Wednesday, June 4! Let's finish strong!  <b>Stay tuned for more information about permission slips, bus loading times, and picnic details!</b>	Friday: Varsity Baseball and Softball @ 4pm @ Kelseyville, release @ 2:15pm JV Softball @ Ukiah @ 4pm, release @ 2pm

## *Student Services Words of Wellness*

As high school students, we trust you to take care of yourself and seek help if you need it. If you are feeling pressured or are stressed, reach out to student services. Sometimes a quick check-in will help. We can get you connected to someone who can help.

## *Campus Reminder*

When you need to leave class for the restroom or for a break, please remember to politely let your teacher know. Time out of class should be no more than about 5 minutes and you need to take the campus pass.