

# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

*FRIDAY, MAY 02, 2025*

## *BIRTHDAYS*

No Birthdays

## *LUNCH*

Chef's Choice,  
Veggies, Fruit &  
Milk Variety

## *SENIOR CORNER*

Attention Seniors! Are you ready to pass the magic on? Donate your high school prom dresses to the ULHS Prom Closet and help future students shine!

Get ready — the Senior Trip to Disneyland is happening May 28–29! Make sure you're eligible — the non-privilege list *will* be in effect.

And don't miss out — Senior Picnic is coming up on Wednesday, June 4! Let's finish strong!

Stay tuned for more information about permission slips, bus loading times, and picnic details!

## *ACADEMICS*

**5 weeks to go!** Lock in and finish strong! It's much easier to pass the first time, and you have amazing teachers ready to support you every step of the way.

Speaking of teachers — next week is **TEACHER APPRECIATION WEEK!**

Get ready to show your gratitude for all they do!

## *ACTIVITIES*

Happy School Lunch Hero Day!

Today we celebrate our egg-straordinary cafeteria team! Thank you, Lis and your souper team, for always serving up kindness with every meal. You better believe we appreciate everything you do to feed our minds and bodies. You're the main course of our school spirit — we're grape-ful for you!

FFA officer applications are available NOW and are due on Tuesday, May 6th.

## *ATHLETICS*

Friday: Varsity Baseball and Softball @ 4pm @ Kelseyville, release @ 2:15 pm JV Softball @ Ukiah @ 4pm, release @ 2pm

## *Student Services Words of Wellness*

At Upper Lake High School, every student deserves to feel safe, valued, and respected. If you see someone being mistreated — whether through bullying, harassment, or exclusion — if you can say something, say something. If you are uncertain, **don't stay silent. Reach out for help and let student services know.**