

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

MONDAY, AUGUST 11, 2025

BIRTHDAYS

No Birthdays

LUNCH

Chef's Choice
Fresh Veggies & Fruit
Milk Variety

SENIOR CORNER

Be on the lookout for important information regarding senior activities--we want and value your feedback!

ACADEMICS

Today marks the first full week of school! Students are expected to show up **ready to learn, ready to work together, and ready to learn together** — **no excuses.**

- **Chromebooks:** All students must bring a fully charged Chromebook to school **every day.**
- **Ninth Graders:** You will receive your Chromebooks today — these will be yours for the next four years.
- **Responsibility:** Students are responsible for lost or damaged devices. Please take care of your Chromebook, following our core values: **Trust, Respect, and Responsibility.**

Ms. Burke will be calling in students who wish to meet with her regarding schedule changes. Please make sure you have filled out the Google Form she sent on the first day of school.

ACTIVITIES

Freshmen:
We will need class officers—stay tuned! If you're interested, watch for information from Ms. Hayenga.

Music in the quad this Friday at lunch.

At Upper Lake High School, our goal is for every student to have what they need to be ready to learn each day.

SmartPASS is the system students will use during class time to get permission to:

- Use the restroom
- Go to the office
- Visit the nurse's office
- Access the Student Services
- Access our Career & College Center

ATHLETICS

Attention Student-Athletes!

We're excited for a great fall sports season! This year we're offering:

- Cheerleading
- Girls Golf
- Cross Country
- JV & Varsity Football
- JV & Varsity Volleyball
- Varsity Girls Soccer
- Varsity Boys Soccer

Reminder: All students must be cleared through **Arbiter** with a current physical on file. If you need assistance, see Dani right away.

Games begin in just a few weeks — we expect all student-athletes to get cleared **ASAP** so you're ready to hit the field, court, or course. If you need help, reach out — **we're here for you!**

Go Mighty Cougars!

ULUSD Anti-Discrimination Statement & Annual Public Notification



Upper Lake Unified School District does not engage in unlawful discrimination. Unlawful discrimination is discrimination on the basis of religion, race, color, ancestry, ethnicity, national origin, nationality, ethnic group identification, age, sex, gender, gender identity, gender expression, sexual orientation, physical or mental disability, pregnancy, childbirth or related medical conditions, marital status, veteran status or any other factor provided for by state and federal laws and regulations.

At Upper Lake High School we are all members of the COUGAR FAMILY!
If you see something, say something!

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TUESDAY, AUGUST 12, 2025

BIRTHDAYS

Cruz Calvillo
Exiel Godinez Olvera
Kylee Jefferies
Sariyah Rasoce

LUNCH

Nacho Supreme
Fresh Veggies & Fruit
Milk Variety & Chips

SENIOR CORNER

It's time to start strong, seniors! Your senior year is filled with excitement, activities, applications, scholarships, dances, games, and memories! It's never too early to check out Senior Corner on our website and see what's in store.

ACADEMICS

Our "Ready to Learn" mission builds Trust to Create a Safe Learning Environment

Phones must be in your Backpack OR the pouch when you enter the room. NO EXCEPTIONS! Ear buds not permitted in class.

Students are expected to bring a charged chromebook to school everyday (just like you bring a charged cell phone). Students are responsible for lost or damaged chromebooks!

ACTIVITIES

If you are interested in being a Freshmen Class Officer, reach out to Ms. Hayenga and submit your application!

Music in the quad this Friday at lunch!

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Friday: Jv & V Volleyball Scrimmage @ Clear Lake

CORE VALUES - READY TO LEARN

We can be trusted to ENTER THE CLASS AND GET READY TO LEARN. When the teacher greets me at the door, I say "hello" back. I place my cell phone in the **phone organizer**, **put away my earbuds**, and gather my **supplies**. After one reminder, I **start my entry activity work**. After one reminder, my actions and words are **focused on the next steps in the class**.

All high school students are expected to abide by our core values of Trust, Respect, and Responsibility. That means we trust you to keep your hands and feet to yourselves. Pushing, shoving, hitting, even in fun is not acceptable at the high school level. Thank you for respecting each other and keeping your hands and feet to yourself.

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WEDNESDAY, AUGUST 13, 2025

BIRTHDAYS

Christopher Beecher
Jacob Hernandez

LUNCH

Chef's Choice
Fresh Veggies & Fruit
Milk Variety & Chips

SENIOR CORNER

Seniors now is the time to finish your pathways in order to wear graduation regalia! Be thoughtful when you design your schedule so that you don't miss out on finishing what you started.

ACADEMICS

Responsibility: Students are responsible for bringing a charged chromebook to school each day. Students are also responsible for lost or damaged devices. Please take care of your Chromebook, following our core values: Trust, Respect, and Responsibility.

Reminder: During Early Release Days students ARE NOT allowed to be on other school campuses!

ACTIVITIES

If you are interested in being a Freshmen Class Officer, reach out to Ms. Hayenga and submit your application! Please submit your applications by Thursday.

Music in the quad this Friday at lunch.

If you are interested in helping out at our brand-new food truck, the Cougar Cafe, please see Ms. Hayenga. We have lots of upcoming events, and we are building our hospitality team!

ATHLETICS

To be eligible to participate in sports, students must maintain at least a 2.0 GPA, have 85% or higher attendance (including period attendance), and demonstrate our core values: Trust, Respect, and Responsibility.

Reminder: All students must be cleared through Arbiter with a current physical on file. If you need assistance, see Dani right away.

Friday: Boys & Girls Soccer Scrimmage @ Clear Lake

Jv & V Volleyball Scrimmage @ Clear Lake

SMARTPASS

At Upper Lake High School, our goal is for every student to have what they need to be ready to learn each day.

SmartPASS is the system students will use during class time to get permission to:

- Use the restroom
- Go to the office
- Visit the nurse's office

- Access the Student Services
- Access our Career & College Center

Showing respect for each other and staff members is a non-negotiable expectation here in Cougar Country. If you believe you are going to do or say something inappropriate, get a smartpass and go to the Student Center to work it out. Let us help you get what you need. The student center is here for you.

ALL Students must stay on campus once they have arrived until their instructional day has ended. Students who leave campus risk being placed on the non-privilege list and ineligibility for extracurricular activities including athletics.

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THURSDAY, AUGUST 14, 2025

BIRTHDAYS

Yadira Beecher
Saphira Hughes

LUNCH

Pesto Chicken Warps
Fresh Veggies & Fruit
Milk Variety & Chips

SENIOR CORNER

We are excited for a great senior year and need your feedback

ACADEMICS

Our mantra — **Work Together, Learn Together, No Excuses** — is all about helping students gain the skills they need to be successful after graduation.

If you're unsure what this looks like in practice, reach out to your teachers. We are committed to explicitly teaching these skills both inside and outside the classroom.

Students at Upper Lake High School are expected to make a habit of bringing a fully charged Chromebook to school every day.

ACTIVITIES

If you are interested in being a Freshmen Class Officer, reach out to Ms. Hayenga and submit your application!

Please turn in your application today!

Music in the quad this Friday at lunch

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TRUST - RESPECT - RESPONSIBILITY

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FRIDAY, AUGUST 15, 2025

BIRTHDAYS

Wyatt Anderson

LUNCH

Chef's Choice
Fresh Veggies & Fruit
Milk Variety & Chips

SENIOR CORNER

We are excited for a great senior year and need your feedback

ACADEMICS

Way to make it a great first week!

Remember — **academics come first.** If you aren't ready to learn, please visit the Student Services office so you can get what you need and return to class prepared.

All students are expected to be in class unless they have permission through the **SmartPASS** system. **Bell-to-bell focus** is a top priority for us at Upper Lake High School.

ACTIVITIES

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ATHLETICS

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