

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

MONDAY, AUGUST 18, 2025

BIRTHDAYS

Abigail Suzor

LUNCH

Chef's Choice
Fresh Veggies & Fruit
Milk Variety

SENIOR CORNER

Our College & Career Center is almost READY! Seniors, we will be reaching out to you first to make sure you have the support you need for college applications and career planning!

ACADEMICS

Reminder: Being *Ready to Learn* means:

- Bring a charged Chromebook to school every day.
- When you enter the classroom, your phone goes in your backpack or the pouch—not in your pocket.

Photo Day TOMORROW in the GYM!! Students will receive their ID cards, which will be used for check-in, and eventually for lunch, bus access, and tracking activities through the ASB 5-Star app.

12th - periods 1 & 2, 11th periods 2 & 3, 10th periods 3 & 4, 9th periods 5 & 6, Staff anytime!

ACTIVITIES

Attention class of 2029! Be on the lookout for your class officer election ballot in your English classes!

If you are interested in being part of the team in our brand new Cougar Cafe (formerly the Snack Shack) we have lots of upcoming events and we need your help this Friday and Saturday! Reach out to Hayenga.

Wear red and white on Fridays and get a treat from the Mighty Cougar!

Siempre Adelante Parent Meeting this Wednesday at 6:00 p.m in Room 8

- *Siempre Adelante* means *Always Forward* and supports both our English Learner program and the Spanish Club.
- If you have questions, please see Ms. Gonzalez-Berez or a Spanish Club member.

Eligibility Reminder: To participate in field trips, activities and attend games, you must have:

- A 2.0 GPA or higher
- 85% or better attendance (including period attendance)
- Good behavior

We will begin using the Non-Privileged List this week. If you are on the list, you will be notified by Ms. Toback.

ATHLETICS

Golf and Cross Country practice starts TODAY at 3:30 pm. Meet in the Fitness Center!

Cheer practice starts TODAY at 5:00 pm. Meet in the Cafeteria!

We host the annual Volleyball Cougar Invitational on Friday (Varsity) and Saturday (JV). Please join us in welcoming the visiting teams to COUGAR COUNTRY!

Remember we pursue VICTORY WITH HONOR and must comply with CIF Sportsmanship Requirements.

Football is away on Friday for their first scrimmage at Kelseyville.

ULHS is a closed campus. Only students done with their instructional day can be off campus. If you are done with your instructional day (some juniors and some seniors) then you may leave campus, but should not return unless you have practice after school. If you do not have early release and you leave campus, you run the risk of being placed on the non-privilege list, receiving structured days, and being benched for the week in sports. If you have questions, see ms. Toback.

GENTLE REMINDER

Students, remember that any time you need to leave class whether it's to visit the Student Center, bathroom, Health Aide's office, or main office you must create a SmartPass before you go. This pass is required for all out-of-class movement during instructional time. Thank you for helping us keep our campus safe and organized.

Door Dash is not allowed at ULHS!

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TUESDAY, AUGUST 19, 2025

BIRTHDAYS

LUNCH

SENIOR CORNER

Chicken Tacos
Fresh Veggies & Fruit
Milk Variety & Chips

Our College & Career Center is almost READY! Seniors, we will be reaching out to you first to make sure you have the support you need for college applications and career planning!

ACADEMICS

ACTIVITIES

ATHLETICS

Reminder: Being *Ready to Learn* means:

- Bring a charged Chromebook to school every day.
- When you enter the classroom, your phone goes in your backpack or the pouch—not in your pocket.

Photo Day TODAY in the GYM!! Students will receive their ID cards, which will be used for check-in, and eventually for lunch, bus access, and tracking activities through the ASB 5-Star app. Please Enter the Gym through the foyer.

12th - periods 1 & 2, 11th periods 2 & 3, 10th periods 3 & 4, 9th periods 5 & 6, Staff anytime!

Siempre Adelante Parent Meeting is TOMORROW at 6:00 p.m in Room 8

- *Siempre Adelante* means *Always Forward* and supports both our English Learner program and the Spanish Club.
- If you have questions, please see Ms. Gonzalez-Berez or a Spanish Club member.

Attention class of 2029! Be on the lookout for your class officer election ballot in your English classes!

If you are interested in being part of the team in our brand new Cougar Cafe (formerly the Snack Shack) we have lots of upcoming events and we need your help this Friday and Saturday! Reach out to Hayenga.

Wear red and white on Fridays and get a treat from the Mighty Cougar

Eligibility Reminder: To participate in field trips, activities and attend games, you must have:

- A 2.0 GPA or higher
- 85% or better attendance (including period attendance)
- Good behavior

We will begin using the Non-Privileged List this week. If you are on the list, you will be notified by Ms. Toback.

Class meetings NEXT Wednesday! Each class will pick their THEME for the week! Report to 3rd period for roll call and your teacher will send you to the correct location!

Volleyball Cougar Invitational

This weekend we host the annual Cougar Invitational!

- Varsity plays on Friday
- JV plays on Saturday

Let's give a warm welcome to all visiting teams in COUGAR COUNTRY! Remember, we always pursue Victory with Honor and follow all CIF Sportsmanship Requirements.

Football
Our football team is away this Friday for their first scrimmage at Kelseyville.

Go Cougars!

CORE VALUES - TRUST, RESPECT, RESPONSIBILITY

Students are responsible for any lost or damaged items on campus, including their assigned Chromebook. If an item is damaged or lost; a bill will be issued to the student. All bills must be cleared before participating in activities such as dances, field trips, and other school events. Take care of your belongings as well as school property and help us keep our school resources in great condition!

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WEDNESDAY, AUGUST 20, 2025

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
Amelia Gibson	Chef's Choice Fresh Veggies & Fruit Milk Variety & Chips	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.

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p>Field Trip Eligibility Reminder: A big part of the comprehensive high school experience is taking field trips that extend learning beyond the classroom. These trips are a privilege, not a right. This applies to all co-curricular programs such as FFA, Robotics, Mock Trial, and more.</p> <p>To be eligible for field trips, students must have:</p> <ul style="list-style-type: none"> • A 2.0 GPA or higher • Good attendance • Good behavior <p>Let's all do our part to stay eligible and take advantage of these great opportunities!</p> <p>Siempre Adelante Parent Meeting is TONIGHT at 6:00 p.m in Room 8</p> <ul style="list-style-type: none"> • <i>Siempre Adelante</i> means <i>Always Forward</i> and supports both our English Learner program and the Spanish Club. • If you have questions, please see Ms. Gonzalez-Berez or a Spanish Club member. 	<p>Attention class of 2029! Be on the lookout for your class officer election ballot in your English classes!</p> <p>If you are interested in being part of the team in our brand new Cougar Cafe (formerly the Snack Shack) we have lots of upcoming events and we need your help this Friday and Saturday! Reach out to Hayenga.</p> <p>Wear red and white on Fridays and get a treat from the Mighty Cougar</p> <p>Siempre Adelante Parent meeting is TONIGHT at 6 pm in ROOM 8! All are welcome!</p> <p>Cougars, get ready to show your spirit at our home games! When there's no theme, wear red and white.</p> <p>Our first theme game is football on Friday, August 29 – All Out Red & White. Soccer's first theme night is September 16 vs. Clear Lake – Noche Latina. Volleyball's first theme night is September 23 vs. Lower Lake – White Lies vs. White Out.</p> <p>Save the dates and bring the Cougar pride!</p>	<p>This weekend we host the Volleyball Cougar Invitational – Varsity plays Friday and JV on Saturday. Let's welcome all visiting teams to Cougar Country and remember: pursue Victory with Honor and follow CIF Sportsmanship rules.</p> <p>Our football team is away this Friday for their first scrimmage at Kelseyville.</p> <p>Go Cougars!</p>

CORE VALUES - TRUST, RESPECT, RESPONSIBILITY

Cougars, remember—showing respect for each other and staff is a non-negotiable expectation. If you feel like you might say or do something inappropriate, get a SmartPass and head to the Student Center. We're here to help you get what you need.

Also, all students must stay on campus once you arrive until the end of your instructional day. Students who leave risk being placed on the non-privilege list and becoming ineligible for extracurricular activities, including athletics.

ULHS is a closed campus. Only students done with their instructional day can be off campus. If you are done with your instructional day (some juniors and some seniors) then you may leave campus, but should not return unless you have practice after school. If you do not have early release and you leave campus, you run the risk of being placed on the non-privilege list, receiving structured day, and being benched for the week in sports. If you have questions, see ms. Toback.

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THURSDAY, AUGUST 21, 2025

BIRTHDAYS

Alear Burke
Rochel Iribe

LUNCH

Turkey Sandwiches
Fresh Veggies & Fruit
Milk Variety & Chips

SENIOR CORNER

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

ACADEMICS

Cougars, Upper Lake High School is using **Skills-Based Grading** to give you clearer feedback on your learning. Instead of just points or percentages, your grades show how well you're mastering key skills and standards. The goal is to help you grow and take ownership of your learning!

Field trips are a privilege and part of the full high school experience. To stay eligible, students must have a 2.0 GPA or higher, good attendance, and good behavior. Let's do our part so everyone can enjoy these opportunities!

ACTIVITIES

Meet the new class of 2029 President, Bella Stillman!
Meet the new class of 2029 Administrative Assistant John Muniz!
Meet your class of 2029 class representatives: Luke Gard, Riyah Rasoce, and Ace McCutcheon!

If you are interested in being part of the team in our brand new Cougar Cafe (formerly the Snack Shack) we have lots of upcoming events and we need your help this Friday and Saturday! Reach out to Hayenga.

Wear red and white on Fridays and get a treat from the Mighty Cougar!

Thank you to those who attended the Siempre Adelante Meeting last night! Our next meeting is September 22!

Cougars, get ready to show your spirit at our home games! When there's no theme, wear red and white.

Our first theme game is football on Friday, August 29 – All Out Red & White.
Soccer's first theme night is September 16 vs. Clear Lake – Noche Latina.
Volleyball's first theme night is September 23 vs. Lower Lake – White Lies vs. White Out.

Our Native American Action Committee meets today!

ATHLETICS

Tomorrow we kick off the **Volleyball Cougar Invitational** – Varsity plays Friday, JV on Saturday. Let's welcome visiting teams to Cougar Country and show **Victory with Honor**.

Also tomorrow, our **football team** is away at Kelseyville for their first scrimmage.

Football team will be released at 2:15 pm and will depart at 2:45 pm.

Go Cougars!

If you are interested in seeing our Bereavement Counselor through Hospice, please see Mrs. Accurso. There is a form your parent needs to sign if you'd like to meet with them in order to talk about your feelings around grief and loss.	
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TRUST - RESPECT - RESPONSIBILITY

All high school students are expected to uphold our core values of Trust, Respect, and Responsibility. That means keeping your hands and feet to yourself at all times. Any physical contact—pushing, shoving, hitting, grabbing, or even “just playing around”—is not acceptable at the high school level. Thank you for showing respect by keeping your hands and feet to yourself and helping us maintain a safe and positive environment for everyone.

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FRIDAY, AUGUST 22, 2025

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
No Birthdays	Chef's Choice Fresh Veggies & Fruit Milk Variety & Chips	We are excited for a great senior year and need your feedback

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p>Cougars, Upper Lake High School uses Skills-Based Grading to give you clearer feedback on your learning. Instead of just points or percentages, your grades show how well you're mastering key skills and standards. The goal is to help you grow and take ownership of your learning!</p> <p>Also, remember that field trips are a privilege and part of the full high school experience. To stay eligible, you must maintain a 2.0 GPA or higher, have good attendance, and demonstrate good behavior. Let's all do our part so everyone can enjoy these opportunities!</p> <p>If you are interested in seeing our Bereavement Counselor through Hospice, please see Mrs. Accurso. There is a form your parent needs to sign if you'd like to meet with them in order to talk about your feelings around grief and loss.</p>	<p>If you are interested in being part of the team in our brand new Cougar Cafe (formerly the Snack Shack) we have lots of upcoming events and we need your help this Friday and Saturday! Reach out to Hayenga.</p> <p>Music and games in the quad at lunch! Look for the Mighty Cougar for a treat if you are wearing Cougar colors!</p> <p>Next Friday is our first home football game! The theme is ALL OUT RED & WHITE—so show your Cougar pride from head to toe! Come out to support our teams as they compete, hear our band ROCK, feel the energy as our cheerleaders bring the spirit, and sit with your friends in the Cougar Den.</p> <p>Let's make it a Friday night to remember—together in Cougar Country! 🐾</p>	<p>We kick off the Volleyball Cougar Invitational – Varsity plays TODAY and JV on Saturday. Let's welcome our visiting teams and show Victory with Honor.</p> <p>Also today, our football team travels to Kelseyville for their first scrimmage of the season.</p> <p>Reminder: Student-athletes are not to leave class earlier than the official release time. Thank you for respecting this expectation.</p> <p>Go Cougars!</p>

SITE COUNCIL MEETING - NEXT TUESDAY 3:30 PM

Our next **Site Council meeting will be Tuesday at 3:30 PM in Room 16**. The Site Council is a team of parents, teachers, students, and administrators who work together to improve our school. The council helps guide decisions on academic programs, school safety, budgets, and overall campus improvement. All are welcome to attend and learn more about the work being done to support our students and school community!

TRUST - RESPECT - RESPONSIBILITY

Showing respect for one another and for staff is a **non-negotiable expectation** here in Cougar Country. If you feel like you might say or do something inappropriate, use a **SmartPass** to go to the **Student Center** and work it out. We're here to support you and help you get what you need.

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