



# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

*TUESDAY, SEPTEMBER 02, 2025*

## BIRTHDAYS

Over the weekend  
Ellie Galvin

## LUNCH

Chicken Tacos  
Fresh Veggies & Fruit  
Milk Variety & Chips

## 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


There are only 14 days until the end of the first grading period. That means showing up every day and staying focused in class is critical to your success.


At ULHS, we learn together, and every day counts. NO EXCUSES!



Remember, this week is a 4-day week, which means we are on a 7-period day schedule every day, and we have **NO EARLY RELEASE** on Wednesday! Plan accordingly!





Back to School Night is coming up! Wednesday, September 10! Stay tuned for more details!

## ACTIVITIES

 Volleyball Tonight!  
Cheer loud in the Cougar Den! Wear red & white → ULHS students get in FREE!  
JV @ 5 | Varsity @ 6

 Cougar Café Needs You!  
Want to join the team? See Camila & Darius TONIGHT to help out!


 Homecoming = Fairytales!  
 Class Comps: Wed 10/1 (Mud Pit Tug-o-War, Gladiator Wipeout, Jousting!) → Parade @ 6 PM

 Cougar Attack Rally: Fri 10/3  
 Football + Coronation: King & Queen crowned at halftime of Varsity game  
 Dance: Sat 10/4, 7–9 PM  
 Let's show that Cougar Pride!

## ATHLETICS

TONIGHT ~ Volleyball HOME JV at 5 Varsity at 6

TODAY ~ Soccer @ Clear Lake  
Girls at 4:30 Boys at 6:15

THURSDAY/FRIDAY/SATURDAY ~  
 Tyler Duncan Memorial Soccer Tournament  
Come support your Mighty Cougars this Thurs–Sat!

Friday ~ Varsity Football @Stuart Hall Student Athlete Release at 1:45 pm

## SMARTPASS

SmartPass is up and running. The Mighty Cougars are doing a great job of using the system! If you need to leave the classroom for any reason, use the SmartPass system. Starting this week, we have NO FLY TIMES. Those times are the first five and last five minutes of every class period. No passes will be issued at those times. Keep up the good work!

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**WEDNESDAY, SEPTEMBER 03, 2025**

BIRTHDAYS	LUNCH	SENIOR CORNER
No birthdays	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.

ACADEMICS	ACTIVITIES	ATHLETICS
<p>There are only 13 days until the end of the first grading period. That means showing up every day, staying focused in class, and bringing a fully charged Chromebook are all critical to your success.</p> <p>At ULHS, we learn together, and every day counts. NO EXCUSES!</p> <p>Back to School Night is coming up on Wednesday, September 10 — stay tuned for more details!</p>	<p><b>Cougar Café Needs You!</b> Want to join the team? See Camila &amp; Darius</p> <p><b>🏈 Tyler Duncan Memorial Soccer Tournament</b> Come support your Mighty Cougars this Thurs–Sat!</p> <p><b>👑 Homecoming = Fairytales!</b></p> <p><b>🎖️ Class Comps:</b> Wed 10/1 (Mud Pit Tug-o-War, Gladiator Wipeout, Jousting!) → Parade @ 6 PM</p> <p><b>🚩 Cougar Attack Rally:</b> Fri 10/3</p> <p><b>🏈 Football + Coronation:</b> King &amp; Queen crowned at halftime of Varsity game</p> <p><b>💃 Dance:</b> Sat 10/4, 7–9 PM</p> <p>🌟 Let's show that Cougar Pride!</p>	<p>THURSDAY/FRIDAY/SATURDAY ~ 🏈 Tyler Duncan Memorial Soccer Tournament Come support your Mighty Cougars this Thurs–Sat!</p> <p>Friday ~ Varsity Football @Stuart Hall Student Athlete Release at 1:45 pm</p>

## SMARTPASS

SmartPass is up and running. The Mighty Cougars are doing a great job of using the system! If you need to leave the classroom for any reason, use the SmartPass system. Starting this week, we have NO FLY TIMES. Those times are the first five and last five minutes of every class period. No passes will be issued at those times. Keep up the good work!

At Upper Lake High School, being *Ready to Learn* means:

- I make eye contact with the teacher and greet them by name as I enter the room.
- I store my cell phone and earbuds in the phone organizer or my backpack for the entire class period and gather my supplies.
- I begin my entry activity work before the teacher reminds me to.
- My actions and words stay focused on the next steps in class.
- When we all follow these routines, we create a positive, focused learning environment where everyone can succeed.

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**THURSDAY, SEPTEMBER 04, 2025**

## BIRTHDAYS

Aileen Estrada

## LUNCH

Turkey Sandwiches  
Fresh Veggies & Fruit  
Milk Variety & Chips

## SENIOR CORNER

**Attention Seniors:** Get ready! Scholarship applications are coming soon. Stay tuned for details and don't miss your chance to apply.

## ACADEMICS

At ULHS, being Ready to Learn means:

- Greet your teacher by name when you enter.
- Put away phones/earbuds and get supplies ready.
- Start your entry activity right away.
- Keep your focus on the next steps in class.

Together, these routines create a positive and focused place to learn.

## ACTIVITIES

### Cougar Café Needs You!

Want to join the team? See Camila & Darius

👑 **Homecoming = Fairytales!**

🏆 **Class Comps:** Wed 10/1 (Mud Pit Tug-o-War, Gladiator Wipeout, Jousting!) → Parade @ 6 PM

🎉 **Cougar Attack Rally:** Fri 10/3

🏈 **Football + Coronation:** King & Queen crowned at halftime of Varsity game

🕺 **Dance:** Sat 10/4, 7-9 PM

🌟 Let's show that Cougar Pride!

## ATHLETICS

THURSDAY/FRIDAY/SATURDAY ~  
⚽ Tyler Duncan Memorial Soccer Tournament

Come support your Mighty Cougars this Thurs-Sat!

Girls play at 3:00 - Student Athlete Release at 2:00

Boys play at 4:30

Friday ~ Varsity Football @Stuart Hall Student Athlete Release at 1:45 pm

## SMARTPASS

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**FRIDAY, SEPTEMBER 05, 2025**

BIRTHDAYS	LUNCH	SENIOR CORNER
Over the Weekend Luniq Gama- Timmons	Chef's Choice Fresh Veggies & Fruit Milk Variety & Chips	Now is the time to start requesting <b>letters of recommendation</b> for college and scholarships. Ask your teachers, counselors, or mentors early—give them plenty of time to write something strong on your behalf!

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Only 10 days remain in the first grading period! Success means showing up every day, staying focused in class, and coming prepared with a fully charged Chromebook.</p> <p>At ULHS, we learn together — and every day counts. No excuses!</p>	<p><b>Cougar Café Needs You!</b> Want to join the team? See Camila &amp; Darius</p> <p>⚽ <b>Tyler Duncan Memorial Soccer Tournament</b> Come support your Mighty Cougars this Thurs–Sat!</p> <p>👑 <b>Homecoming = Fairytale!</b></p> <p>🎪 <b>Class Comps:</b> Wed 10/1 (Mud Pit Tug-o-War, Gladiator Wipeout, Jousting!) → Parade @ 6 PM</p> <p>🚩 <b>Cougar Attack Rally:</b> Fri 10/3</p> <p>🏈 <b>Football + Coronation:</b> King &amp; Queen crowned at halftime of Varsity game</p> <p>💃 <b>Dance:</b> Sat 10/4, 7–9 PM ✨ Let's show Cougar Pride!</p>	<p>TODAY and SATURDAY ~ ⚽ Tyler Duncan Memorial Soccer Tournament Come support your Mighty Cougars this Thurs–Sat!</p> <p>Friday ~ Varsity Football @Stuart Hall Student Athlete Release at 1:45 pm</p>

## ELIGIBILITY

Students who participate in any extracurricular or co-curricular activities must remain eligible. To be eligible you must have a 2.0 or better, have 85% period attendance or better, and be a good citizen with no significant discipline issues. If you exhibit trust, respect, and responsibility, you will put yourself in position for staying eligible. Teams and Clubs have been doing a great job with this. Keep it up, Mighty Cougars!



**Back To School Night is on Wednesday, September 10 · Begins at 5:30 PM**

We are excited to welcome families to our **Back to School Night** on **Wednesday, September 10**, starting at **5:30 PM**. This is a wonderful opportunity for parents and guardians to experience a day in the life of their student. Families will **follow their student's schedule**, moving from class to class, meeting teachers, and learning more about the curriculum, expectations, and classroom routines.

This event helps strengthen the partnership between home and school by giving families a better understanding of what learning looks like at ULHS and how to best support their student's success.

To make the evening even more enjoyable, **dinner will be provided** for all who attend. We hope you'll join us for this important event to connect, learn, and celebrate the start of the school year together. We look forward to seeing you there!