


DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

MONDAY, SEPTEMBER 08, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
No Birthdays	Chef's Choice Fresh Veggies & Fruit Milk Variety & Chips	Mrs. Acurso and College & Career Counselor Cathy Mikola will begin reaching out soon to support your post high school plans. Watch your email and announcements for details.

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Being <i>ready to learn</i> means arriving with your school-issued Chromebook fully charged and in your backpack every day.</p> <ul style="list-style-type: none"> • Charge it overnight so it's at 100% for first period. • Keep your device clean, in its case, you are responsible for lost or damaged tech <p>Thanks for doing your part to stay prepared and engaged in class!</p> <p>The end of the first grading period is Friday, September 19th. Stay focused! These grades effect eligibility for homecoming activities AND athletics!</p> <p>Our Robotics Team launches the year TODAY with a Robotics work day!</p>	 <p>BACK TO SCHOOL NIGHT is WEDNESDAY! 5:30 - 7:03! Dinner will be provided! This is an opportunity for families to learn about our academic expectations!</p> <p>Countdown to Homecoming: Fairytales Seniors - Shrek Juniors - The Three Little Pigs Sophomores - Beauty and the Beast Freshmen - The Little Mermaid</p> <ul style="list-style-type: none"> • Wed 10/1: Class Comps (Mud Pit Tug-o-War, Gladiator Wipeout, Jousting) → Parade @ 6 PM • Fri 10/3: Cougar Attack Rally • Fri Night: Varsity Football + Coronation (King & Queen at halftime) • Sat 10/4: Homecoming Dance 7-9 PM <p>Black Student Union Meeting Wednesday 3rd period in Mr. Bjur's room.</p>	<p>Tuesday: Girls Soccer @ Mendocino 4:30 (Release at 12:45)</p> <p>Jv & V Volleyball @ Fort Bragg 5 & 6 (Release at 1:15)</p> <p>Thursday: Girls Soccer @ Lower Lake 4:30 V (Release at 2:15 pm) Boys Soccer @ Lower Lake 6:15 Jv & V</p> <p>Volleyball @ Clear Lake 5 & 6</p> <p>Friday: Football at Willits (Release at 2:15)</p> <p>REMEMBER: Attitude is everything. No excuses—play as a team. GO COUGARS!</p>

CORE VALUES

Beginning the week of 9/8 to 9/12, ANY ATHLETE, CHEERLEADER, or CLUB MEMBER that has unexcused, cuts, or unverified absences will have after school tutoring to remain eligible for activities, even if their attendance is above 85%. Any athlete, cheerleader, or club member with activities who have MORE THAN 5 Tardies in a week will also have after school tutoring. Students must exhibit our core values of trust, respect, and responsibility which means being and staying class and meeting all behavioral and academic requirements. See Ms. Toback if you have any questions.

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TUESDAY, SEPTEMBER 09, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
	Taco Salad Fresh Veggies & Fruit Milk Variety & Chips	Mrs. Accurso and our College & Career Counselor, Cathay Mikola, will be contacting you soon to help you plan your next steps after graduation. Stay tuned for dates and sign-up info.

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Chromebooks: Arrive ready to learn—bring your school Chromebook, fully charged, in your backpack every day. Charge it overnight. Keep it clean and in its case; you're responsible for lost or damaged tech.</p> <p>Reminder: The end of the 1st grading period is Friday, September 19. Stay focused—these grades affect eligibility for Homecoming activities and athletics.</p>	<p>Mexican Independence Day — Special Celebration Spanish Club is sponsoring a celebration on Tuesday, September 16 in the Quad!</p> <p>Royal Court Reveal 👑 — Wednesday, September 17</p> <ul style="list-style-type: none">Freshman: Prince & PrincessSophomore: Prince & PrincessJunior: Prince & PrincessSenior: Prince & Princess revealed Wednesday; King & Queen crowned at halftime of the Varsity game <p>Black Student Union Meeting Wednesday 3rd period in Mr. Bjur's room.</p>	<p>TODAY: Girls Soccer @ Mendocino 4:30 (Release at 12:45)</p> <p>Jv & V Volleyball @ Fort Bragg 5 & 6 (Release at 1:15)</p> <p>Thursday: Girls Soccer @ Lower Lake 4:30 V (Release at 2:15 pm) Boys Soccer @ Lower Lake 6:15 Jv & V</p> <p>Volleyball @ Clear Lake 5 & 6</p> <p>Friday: Football at Willits (Release at 2:15)</p> <p>Attitude > excuses. Team first, always. GO COUGARS!</p>

Our Core Values

Beginning the week of 9/8 to 9/12, ANY ATHLETE, CHEERLEADER, or CLUB MEMBER that has unexcused, cuts, or unverified absences will have after school tutoring to remain eligible for activities, even if their attendance is above 85%. Any athlete, cheerleader, or club member with activities who have MORE THAN 5 Tardies in a week will also have after school tutoring. Students must exhibit our core values of trust, respect, and responsibility which means being and staying class and meeting all behavioral and academic requirements. See Ms. Toback if you have any questions.

BACK TO SCHOOL NIGHT TOMORROW



Wednesday, September 10, 2025 5:30 - 7:30 PM


- ✓ View student schedule in AERIES
- ✓ Grab and Go Dinner will be served in our cafeteria

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WEDNESDAY, SEPTEMBER 10, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
Joyalee Newingham	Buffalo Chicken Fresh Veggies & Fruit Milk Variety & Chips	 <p>Do you have interest in a future as a Lineman? Justin from Northwest Lineman College will be on campus Thursday at lunch. He will be here to talk to you about the programs at his college and answer any questions you may have.</p>

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Chromebooks: Bring your school Chromebook fully charged every day. Charge overnight. Keep it in its case—you're responsible for lost/damaged tech. NO CELL PHONES IN CLASS. NO EXCEPTIONS.</p> <p>Reminder: The end of the 1st grading period is Friday, September 19. These grades affect eligibility for Homecoming and athletics. Stay focused!</p>	<p>Homecoming Float Prep — Begins Wednesday, September 24 all are welcome as long as you are eligible! Time: 3:30–7:00 PM</p> <p>Class build locations:</p> <ul style="list-style-type: none">• 9th: Cafeteria Stage — <i>Keen</i>• 10th: Woodshop — <i>O'Rourke</i>• 11th: Room 4 — <i>Ambrosi</i>• 12th: Metal Shop — <i>Duncan</i> <p>Bring ideas, follow safety rules and be ready to help.</p> <p>Our New Career and College Center would like to present our "Lunch and Learn" opportunities. On Thursdays during lunch, we will have a different guest speaker in Room #15 to talk about a specific career field or opportunity for after high school. We will promote the guest speaker, the career, and the date in the daily bulletin and on social media in advance. If you would like to attend that week's "Lunch and Learn" presentation, you will have to sign up in advance with Thomas in the Student Center. Spots are limited. We will pick up your lunches early and have them in Room #15 waiting for you! More to come as we schedule our guest speakers!</p>	<p>Thursday: Girls Soccer @ Lower Lake 4:30 V (Release at 2:15 pm) Boys Soccer @ Lower Lake 6:15 Jv & V</p> <p>Volleyball @ Clear Lake 5 & 6</p> <p>Friday: Football at Willits (Release at 2:15)</p> <p>Cougar Pride check: Positive attitude, zero excuses, one team. GO COUGARS!</p>

Beginning the week of 9/8 to 9/12, ANY ATHLETE, CHEERLEADER, or CLUB MEMBER that has unexcused, cuts, or unverified absences will have after school tutoring to remain eligible for activities, even if their attendance is above 85%. Any athlete, cheerleader, or club member with activities who have MORE THAN 5 Tardies in a week will also have after school tutoring. Students must exhibit our core values of trust, respect, and responsibility which means being and staying class and meeting all behavioral and academic requirements. See Ms. Toback if you have any questions.

BACK TO SCHOOL NIGHT TONIGHT! 5:30 - 7:30 PM

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THURSDAY, SEPTEMBER 11, 2025

BIRTHDAYS

Alison Espinoza Orozc
Julie Jones
Annica Warren

LUNCH

Grilled Chicken
Fresh Veggies & Fruit
Milk Variety & Chips

SENIOR CORNER



Today at Lunch, Justin from Northwest Lineman College will have a table where you can talk to him about becoming a Lineman!

Seniors—stay eligible so you can fully participate in your last year at ULHS! Keep grades up, meet attendance expectations, and follow school/athletics codes. Turn work in on time, communicate with teachers, and use tutoring if you need it. Your choices now keep doors open—sports, dances, trips, and graduation privileges. Finish strong!

ACADEMICS

At Upper Lake High School, our mission is to develop critical thinkers, responsible learners, effective communicators, and engaged citizens. To support this, we are focusing on helping students better connect with lessons and with each other.

A cellphone-free classroom environment:

*promotes a healthier and more balanced lifestyle

*encourages students to take breaks without succumbing to the constant pull of screens.

FFA Meeting is next Wednesday at 5:30 in the Cafeteria! Stay tuned for more information!

ACTIVITIES

Mexican Independence Day — Special Quad Celebration 🇲🇽
The Spanish Club is hosting a celebration on Tuesday, September 16 in the Quad!

Homecoming Eligibility Reminder:
To fully participate, you must have a 2.0+ GPA, 85%+ attendance, and no discipline issues. Stay eligible, Cougars!

Our New Career and College Center Presents: Lunch and Learn!

Join us Thursdays at lunch in Room 15 for guest speakers sharing career fields and post-high school opportunities.

- Sign up in advance with Thomas in the Student Center (spots are limited).
- We'll pick up your lunch and have it ready in Room 15!
- Speakers and topics will be promoted in the daily bulletin and on social media.

Stay tuned for upcoming speakers!

Every student must have a smart pass to leave class at anytime. If you have questions, please check with Ms. Toback

ATHLETICS

TODAY: Girls Soccer @ Lower Lake 4:30 V (Release at 2:15 pm)
Boys Soccer @ Lower Lake 6:15 Jv & V

Volleyball @ Clear Lake 5 & 6

Friday: Football at Willits (Release at 2:15)

NO EXCUSES—ONLY TEAMWORK. Attitude over excuses. **GO COUGARS!**

Student Athletes need to be in game day attire each game day.

Starting 9/8: Athletes, cheerleaders, and club members with unexcused absences, cuts, or unverified absences will have after-school tutoring to remain eligible—even if attendance is above 85%. More than 5 tardies in a week also requires tutoring. Students must show trust, respect, and responsibility by being in class and meeting all expectations. Questions? See Ms. Toback.

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FRIDAY, SEPTEMBER 12, 2025

BIRTHDAYS

Over the Weekend
Luniq Gama- Timmons

LUNCH

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

SENIOR CORNER

Seniors: Stay eligible—keep grades up, show up, and follow the code—so you can enjoy every ULHS senior privilege.

ACADEMICS

Monday we welcome **Mr. Wayne Davies** from **Corwin**. Mr. Davies will be visiting classrooms and speaking with both teachers and students as part of his assessment of our academic programs. His focus will be on how clearly we are communicating **learning expectations** and **success criteria** in our classrooms. We are excited to partner with Mr. Davies as we continue to strengthen our vision for **student success** at ULHS. Please join us in giving him a warm welcome!

FFA Meeting is next Wednesday at 6:30 in the Cafeteria! Stay tuned for more information!



ACTIVITIES

Freshmen: lunch meeting today at lunch to plan homecoming dance and floats in room 6

Mexican Independence Day — Special Quad Celebration 🇲🇽

The Spanish Club is hosting a celebration on Tuesday, September 16 in the Quad!

Thursdays at lunch in Room 15, guest speakers will share career and post-high school opportunities. Sign up in advance with Thomas in the Student Center—spots are limited! Lunch will be waiting for you. Watch the bulletin and social media for upcoming speakers.

Homecoming Eligibility Reminder:
To fully participate, you must have a 2.0+ GPA, 85%+ attendance, and no discipline issues. Stay eligible, Cougars!



ATHLETICS

TODAY: Football at Willits (Release at 2:15)

No Excuses — Be a Good Teammate

- Show up on time, prepared, and coachable.
- Respect coaches, officials, opponents, and each other.
- Choose attitude: positive body language, encourage teammates.
- Own it: accept feedback, fix mistakes, no blaming.
- Team first: play your role, communicate, celebrate others' success.
- Represent ULHS with pride—on the field and off.

No excuses. One team. GO COUGARS!

ELIGIBILITY

Beginning the week of 9/8 to 9/12, ANY ATHLETE, CHEERLEADER, or CLUB MEMBER that has unexcused, cuts, or unverified absences will have after school tutoring to remain eligible for activities, even if their attendance is above 85%. Any athlete, cheerleader, or club member with activities who have MORE THAN 5 Tardies in a week will also have after school tutoring. Students must exhibit our core values of trust, respect, and responsibility which means being and staying class and meeting all behavioral and academic requirements. See Ms. Toback if you have any questions.