

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

MONDAY, SEPTEMBER 22, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
Adrian Balderas Jordyn Parker	Chef's Choice Fresh Veggies & Fruit Milk Variety & Chips	Seniors take advantage of the Lunch and Learn sessions! There are great opportunities! This week, Staff Sergeant Brian Blackwell. Sign up in the Student Center.

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Gradebook Closes: Thu, Sept 25, 2025</p> <p>Athletic Eligibility Run: Mon, Sept 29, 2025</p> <p>Cougars: Bring Your Chromebook Charged!</p> <p>Please come to school every day with your Chromebook at 100%. Charge it overnight, pack it in the morning, be ready to learn.</p> <p>We'll be on a special schedule this Wednesday with 12:00 PM dismissal due to elementary school conferences. Please plan accordingly.</p> <p>After school tutoring is available today in Mr. Somb's Classroom from 3:15 to 4:15. This is a no screen time environment. If you need to become eligible, attend Today, Tomorrow, or Thursday. Talk to Ms. Toback if you have any questions.</p>	<p>Lunch & Learn: U.S. Army Thu, Sept 25 • Lunch • Room 15 Speaker: Staff Sergeant Brian E. Blackwell</p> <p>Sign up in advance with Thomas in the Student Center. Deadline: Thu 9/25, 10:00 AM.</p> <p>New GSA (Gender & Sexuality Alliance)! Welcoming space for LGBTQ+ students and allies. First meeting: Thu 9/25, 6th period.</p> <p>Homecoming Float Building — This Week All students welcome! Wed & Thu, 3:30–7:00 PM Locations by class:</p> <ul style="list-style-type: none"> • 9th: Cafeteria • 10th: Woodshop • 11th: Room 4 • 12th: CTE Building <p>Bring your spirit (and closed-toe shoes for shop areas). Supervision provided.</p> <p>Homecoming Permission Slips ARE REQUIRED! Get yours now for activities, parade and the dance!</p>	<p>Eligibility is determined on Monday, September 29.</p> <p>Lot's of HOME GAMES this WEEK!</p> <p>Tuesday: Soccer & Volleyball AT HOME Boys Soccer 4:30 vs. Fort Bragg Girls Soccer 6:15 pm vs. Fort Bragg JV Volleyball 5 vs. Lower Lake Varsity Volleyball 6 vs. Lower Lake</p> <p>Thursday Soccer & Volleyball AT HOME Girls Soccer 4:30 vs. Willits Boys Soccer 6:15 pm vs. Willits JV Volleyball 5 vs. Middletown Varsity Volleyball 6 vs. Middletown</p> <p>Friday Night Lights are HERE! JV Football vs. Clear Lake 5 pm Varsity Football vs. Clear Lake 7:15</p>

SHOW THE COUGAR WAY: RESPECT OUR GUESTS

We're hosting guest speakers and we have guest teachers on campus everyday—let's make them feel welcome. Be on time, attentive, and courteous, Follow directions the first time, Use school-appropriate language and behavior, Phones away unless instructed
Zero tolerance for disrespect. Disruptive or disrespectful behavior will result in sanctions that include non-privilege list for Homecoming. Thanks for representing ULHS with pride!

Upper Lake High School Bell Schedule

SPECIAL BELL SCHEDULE

WEEK OF SEPTEMBER 22 - 26
Due to Elementary Conference Week

Monday September 22	Tuesday September 23	Wednesday September 24	Thursday September 25	Friday September 26
1 8:00-8:55 <i>(55 mins)</i>	1 8:00-8:55 <i>(55 mins)</i>	1 8:00 - 8:30 <i>(30 min)</i>	1 8:00-8:55 <i>(55 mins)</i>	1 8:00-8:55 <i>(55 mins)</i>
2 9:00-9:50 <i>(50 mins)</i>	2 9:00-9:50 <i>(50 mins)</i>	2 8:35-9:00 <i>(25 min)</i>	2 9:00-9:50 <i>(50 mins)</i>	2 9:00-9:50 <i>(50 mins)</i>
Break 9:50-10:00 <i>(10 mins)</i>	Break 9:50-10:00 <i>(10 mins)</i>	3 9:05 - 9:30 <i>(25 min)</i>	Break 9:50-10:00 <i>(10 mins)</i>	Break 9:50-10:00 <i>(10 mins)</i>
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4 11:00-11:50 <i>(50 mins)</i>	4 11:00-11:50 <i>(50 mins)</i>	5 10:20- 10:45 <i>(25 min)</i>	4 11:00-11:50 <i>(50 mins)</i>	4 11:00-11:50 <i>(50 mins)</i>
5 11:55-12:45 <i>(50 mins)</i>	5 11:55-12:45 <i>(50 mins)</i>	6 10:50 - 11:10 <i>(20 min)</i>	5 11:55-12:45 <i>(50 mins)</i>	5 11:55-12:45 <i>(50 mins)</i>
Lunch 12:45-1:15 <i>(30 mins)</i>	Lunch 12:45-1:15 <i>(30 mins)</i>	Lunch 11:10 - 11:40 <i>(30 min)</i>	Lunch 12:45-1:15 <i>(30 mins)</i>	Lunch 12:45-1:15 <i>(30 mins)</i>
6 1:20-2:15 <i>(55 mins)</i>	6 1:20-2:15 <i>(55 mins)</i>	7 11:40-12:00 <i>(20 mins)</i>	6 1:20-2:15 <i>(55 mins)</i>	6 1:20-2:15 <i>(55 mins)</i>
7 2:20-3:10 <i>(50 mins)</i>	7 2:20-3:10 <i>(50 mins)</i>	Minimum Day 12:00-3:20 <i>(Teacher Collaboration)</i>	7 2:20-3:10 <i>(50 mins)</i>	7 2:20-3:10 <i>(50 mins)</i>

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Learning & Connecting: Nothing Can Stop Us!

TUESDAY, SEPTEMBER 23, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
No Birthdays	Taco Salad Fresh Veggies & Fruit Milk Variety & Chips	Seniors take advantage of the Lunch and Learn sessions! There are great opportunities! This week, Staff Sergeant Brian Blackwell. Sign up in the Student Center.

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Gradebook Closes: Thu, Sept 25, 2025</p> <p>Athletic Eligibility Run: Mon, Sept 29, 2025</p> <p>Cougars: Bring Your Chromebook Charged!</p> <p>Please come to school every day with your Chromebook at 100%. Charge it overnight, pack it in the morning, be ready to learn.</p> <p>We'll be on a special schedule tomorrow with 12:00 PM dismissal due to elementary school conferences. Please plan accordingly.</p> <p>After school tutoring is available today in Mr. Holt's Classroom from 3:15 to 4:15. This is a no screen time environment. If you need to become eligible, attend Today, or Thursday,. Talk to Ms. Toback if you have any questions.</p>	<p>Lunch & Learn: U.S. Army Thu, Sept 25 • Lunch • Room 15 Speaker: Staff Sergeant Brian E. Blackwell</p> <p>Sign up in advance with Thomas in the Student Center. Deadline: Thu 9/25, 10:00 AM.</p> <p>New GSA (Gender & Sexuality Alliance)! Welcoming space for LGBTQ+ students and allies. First meeting: Thu 9/25, 6th period.</p> <p>Homecoming Float Building — This Week All students welcome! Wed & Thu, 3:30–7:00 PM</p> <p>Locations by class:</p> <ul style="list-style-type: none">● 9th: Cafeteria● 10th: Woodshop● 11th: Room 4● 12th: CTE Building <p>Bring your spirit (and closed-toe shoes for shop areas). Supervision provided.</p> <p>Homecoming Permission Slips ARE REQUIRED! Get yours now for activities, parade and the dance!</p> <p>The Student Center will be closed during Break and Lunch.</p>	<p>Eligibility is determined on Monday, September 29.</p> <p>Lot's of HOME GAMES this WEEK!</p> <p>TODAY: Soccer & Volleyball AT HOME Boys Soccer 4:30 vs. Fort Bragg Girls Soccer 6:15 pm vs. Fort Bragg JV Volleyball 5 vs. Lower Lake Varsity Volleyball 6 vs. Lower Lake</p> <p>Thursday Soccer & Volleyball AT HOME Girls Soccer 4:30 vs. Willits Boys Soccer 6:15 pm vs. Willits JV Volleyball 5 vs. Middletown Varsity Volleyball 6 vs. Middletown</p> <p>Friday Night Lights are HERE! JV Football vs. Clear Lake 5 pm Varsity Football vs. Clear Lake 7:15</p>

Campus Reminder

Upper Lake High School is a closed campus which means once you get on campus, you stay on campus until your instructional day is over. If you have questions, ask Ms. Toback.

Upper Lake High School Bell Schedule

SPECIAL BELL SCHEDULE

WEEK OF SEPTEMBER 22 - 26
Due to Elementary Conference Week

Monday September 22	Tuesday September 23	Wednesday September 24	Thursday September 25	Friday September 26
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Learning & Connecting: Nothing Can Stop Us!

WEDNESDAY, SEPTEMBER 24, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
Sofia Figueroa	Buffalo Chicken Pasta Salad Fresh Veggies & Fruit Milk Variety & Chips	

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Reminder, we will be on a special schedule TODAY with 12:00 PM dismissal due to elementary school conferences. Please plan accordingly.</p>	<p>Lunch & Learn: U.S. Army Thu, Sept 25 • Lunch • Room 15 Speaker: Staff Sergeant Brian E. Blackwell</p> <p>Sign up in advance with Thomas in the Student Center. Deadline: Thu 9/25, 10:00 AM.</p> <p>We're excited to announce the launch of a brand-new GSA -- Gay/Straight Alliance -- at our school! This club is a welcoming space for queer students and allies to come together, build community, and support one another in a safe, inclusive environment.</p> <p>Our first meeting will be held tomorrow during 6th period. Reach out to either Bias or Ms. Ambrosi for more information.</p> <p>Homecoming Float Building —TODAY 3:30 - 7:00 All students welcome! Wed & Thu, 3:30–7:00 PM Locations by class:</p> <ul style="list-style-type: none">• 9th: Cafeteria• 10th: Woodshop• 11th: Room 4• 12th: CTE Building <p>Bring your spirit (and closed-toe shoes for shop areas). Supervision provided.</p> <p>Homecoming Permission Slips ARE REQUIRED! Get yours now for activities, parade and the dance!</p> <p>The Student Center will be closed during Break and Lunch.</p>	<p>Tomorrow: Soccer & Volleyball AT HOME Girls Soccer 4:30 vs. Willits Boys Soccer 6:15 pm vs. Willits JV Volleyball 5 vs. Middletown Varsity Volleyball 6 vs. Middletown</p> <p>Friday Night Lights are HERE! JV Football vs. Clear Lake 5 pm Varsity Football vs. Clear Lake 7:15</p>

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THURSDAY, SEPTEMBER 25, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
No Birthdays	Grilled Chicken Sandwiches Fresh Veggies & Fruit Milk Variety & Chips	Seniors take advantage of the Lunch and Learn sessions! There are great opportunities! This week, Staff Sergeant Brian Blackwell. Sign up in the Student Center.

ACADEMICS	ACTIVITIES	ATHLETICS
Today is your last opportunity to address eligibility by attending after school tutoring. Tutoring will take place in Ms. Duncan's room today from	<p>This week we have our first guest speaker for our "Lunch and Learn" series. If you would like to learn more about the U.S. Army, please join us at lunch time in Room #15 TODAY for a presentation by Staff Sergeant Brian E. Blackwell. You must sign up in advance to attend. To sign up, see Thomas in the Student Center. Deadline to sign up is today by 10:00am.</p> <p>We're excited to announce the launch of a brand-new GSA -- Gay/Straight Alliance -- at our school! This club is a welcoming space for queer students and allies to come together, build community, and support one another in a safe, inclusive environment.</p> <p>Our first meeting will be held today during 6th period. Reach out to either Bias or Ms. Ambrosi for more information.</p> <p>The Student Center will be closed during Break and Lunch.</p>	<p>Soccer & Volleyball AT HOME Girls Soccer 4:30 vs. Willits Boys Soccer 6:15 pm vs. Willits JV Volleyball 5 vs. Middletown Varsity Volleyball 6 vs. Middletown</p> <p>Friday Night Lights are HERE! JV Football vs. Clear Lake 5 pm Varsity Football vs. Clear Lake 7:15</p>

CORE VALUES

Responsibility is one of our three core values. If you see someone being bullied, it is every student's responsibility as a member of our Cougar Family to reach out and let an adult know as soon as possible..

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Learning & Connecting: Nothing Can Stop Us!

FRIDAY, SEPTEMBER 26, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
No birthdays	Chef's Choice Fresh Veggies & Fruit Milk Variety & Chips	Sonoma State will be on campus next week to talk to Seniors about guaranteed admission if you meet certain requirements!

ACADEMICS	ACTIVITIES	ATHLETICS
You can get help from teachers or make up missing assignments in after school tutoring. Tutoring takes place in Mr. Somb's room on Mondays, Holt's class on Tuesday, and Ms. Duncan's room on Thursday. Tutoring takes place from 3:15 to 4:15. This is a no screen time environment. See Ms. Toback if you have any questions.	The Student Center will be closed during Break and Lunch. One of our core values is trust. When you are out of the classroom, we are trusting you to use the SmartPass, take care of business, and return to your classroom. If you need to go to the office or the student center, make sure to select that option in the SmartPass system.	Friday Night Lights are HERE! JV Football vs. Clear Lake 5 pm Varsity Football vs. Clear Lake 7:15

COUGAR PRIDE - ROTARY TOP 40 STUDENTS OF THE MONTH

 **Cougar Pride & Rotary Top 40 Recognition!**  Cougar Pride recognizes students for positive character growth in our Core Values and improvement in one of the 4 A's: **Academics, Activities, Arts, and Athletics**. Rotary Top 40, sponsored by Lakeport Rotary, honors students who have demonstrated perseverance, growth, and a commitment to continuous improvement. If your name is announced—**CONGRATULATIONS!**  Please head to the cafeteria at **9:00 a.m.** for the celebration hosted by LINK CREW!

COUGAR PRIDE

9th	10th	11th	12th
Chris Beecher Ariana Mendoza Licea Ryan Heaney Jaiden Sparks Tillie Boomer Emily Franco Daniel Reasner	Evan Jackson Luke French Sophia Hamalian Emmanuel Tapia Barriga Jordan Reyes	Manuel Noriega Darius Cramer Alan Alvarado Hunter Hulbert Sarah Compton Jose Lopez Angelina Bendure	Monique Karlsson Becca Stewart Jamarr Jones Logan Ley Jayden Taylor Sofia Figurora Gerber Monzon Lopez

ROTARY TOP 40

August Alize Hallman September Ryan Heaney	August Ryker King September Lexie Aragon	August Peyton Johnson September Manuel Noriega	August Matthew Thomas September Diana Penn
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