

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

MONDAY, SEPTEMBER 29, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
No Birthdays	Chef's Choice Fresh Veggies & Fruit Milk Variety & Chips	A representative from Sonoma State University will be on campus Friday, October 3rd to give two presentations: 3rd Period, 4th Period Both sessions will be held in Room 15 during Ms. Duncan's government classes. Don't miss this chance to learn more about Sonoma State!

ACADEMICS	ACTIVITIES	ATHLETICS
<p>FFA Students will attend the Petaluma Greenhand Conference tomorrow!</p> <p>Visual & Performing Arts Field Trip On Thursday, VAPA students will travel to Sacramento to see <i>& Juliet</i>.</p> <p>To participate in these fun opportunities, permission slips must be turned in. Anyone on the non-privileged list cannot participate.</p> <p>Our Yearbook students will have a work day tomorrow with Brooke from Walsworth.</p> <p>We are beginning a new six-week grading period! Remember—grades matter in everything we do. Success starts with: Good attendance, Staying in class, Showing up ready to learn, Staying focused. Let's make this grading period our best one yet!</p>	<p>Homecoming Week Dress Up Days Monday: Sleeping Beauty - PJ Day Tuesday: Dress as a Prince or Princess Wednesday: Dress as your Fairytale Thursday: Into the Woods Friday: Cougar Attack (wear red/white) TODAY is the LAST DAY to VOTE for King and Queen and class prince and princess! Float Decorating after school 3:30 - 7 p Field Day: Wednesday October 1 Parade: Wednesday at 6 pm! Rally: Friday 6th period Dance Saturday! Permission Slips required!</p> <p>Remember, participating in Activities is a privilege and can be revoked at any time! Students must say in class the entire class period and can only leave class WITH permission from SMART PASS!</p>	<p>Homecoming Week Games: Tuesday: Soccer @ RCP Girls 4:00 Boys 5:15 Girls release at 1:00 Boys release 2:15 Volleyball @ St. Helena Release at 2:15</p> <p>Wednesday: Cross Country @ Lower Lake Release at 1:30</p> <p>Thursday: Soccer @ HOME vs. Middletown Girls 5 Boys 6:45 Volleyball @ HOME vs. Fort Bragg 5/6</p> <p>Friday: Football vs. Fort Bragg 5/7:15</p> <p>Athletes: Check with your coach to make sure you are eligible for play this week!</p>

Kindness, Compassion, and Understanding

Kindness is free—share it often. A smile, a “thank you,” or a helping hand can make someone’s day brighter. Both kids and adults need words and acts of kindness every day.

PARENT & COMMUNITY ENGAGEMENT MEETINGS THIS WEEK!

Site Council: Tuesday at 3:30 pm in Room 15
CTE Advisory Committee Meeting: Tuesday at 6:00 pm in Room 15

HOMECOMING 2025

Upper Lake High School has a proud 109-year tradition of excellence in Academics, Activities, Arts, and Athletics. Our goal is for every student to find a place at ULHS where they belong, grow, and support one another. Homecoming Week is a chance to celebrate our history and role in shaping the future. We'll continue enforcing school rules and working with students and families as needed. Expect fun traditions like dress-up days, rallies, games, parade, football, and the dance! We invite our entire community to join in celebrating ULHS Homecoming 2025.

HOMECOMING WEEK 2025 FAIRYTALES

Monday 9/29	Tuesday 9/30	Wednesday 10/1 MINIMUM DAY	Thursday 10/2	Friday 10/3
PAJAMAS Sleeping Beauty	Dress as your Favorite Prince or Princess	FAIRYTALES	CAMO and Animal Print Into the Woods	COUGAR ATTACK
Spirit Count at Break Lunch Games	Spirit Count at Break Lunch Games	Spirit Count at Break TUG-O-WAR 10:35-11:40 Field Day Competitions 10- 10:30 Lunch in Quad 11:40- 12:10 HOMECOMING PARADE 6:00 PM	Spirit Count at Break Lunch Games 5 PM JV Volleyball 6 PM V Volleyball 4:30 PM Girls' Soccer 6:15 PM Boys' Soccer	Decorate Class Sections Freshmen 8 - 9 Sophomore 9 - 10 Juniors 10 - 11 Seniors 11 - 12:30 RALLY 1:20-2:15
Float Prep 3:30 - 7 PM 9: Cafeteria Stage Keen 10: Woodshop Gonzalez 11: Room 4 Holt 12: Metal shop McLaurin?	Float Building 4:00 - 9 PM 11 & 12 CTE Complex Holt 9 & 10 Bus Barn Keen	Float Building 3:30 - 5:30 PM 11 & 12 CTE Complex Holt 9 & 10 Bus Barn Bjur		FOOTBALL GAME JV 5 PM V 7 PM Halftime: King and Queen Reveal

FLOAT BUILDING

- Monday, September 29, 3:30 - 7 PM
- Tuesday, October 30, 4:00 - 9 PM
- Wednesday, October 2, 3:30 - 5:30

PARADE DETAILS (WEDNESDAY)

- Bus Barn and CTE Complex Opens at 3:30
- Floats line up in the bus loading zone area in the designated order.
- Parade begins at 6

FRIDAY NIGHT DETAILS

- Football Game vs. Fort Bragg JV: 5 PM V: 7:15 PM
- Halftime Presentation: Float Winners, Class Spirit Winner
- Prince and Princess, King and Queen, are revealed, walk with an inspirational teacher

DANCE DETAILS (SATURDAY)

- Privilege list enforced
- Purchase tickets online only
- Permission slips must be turned in
- Dance Hours 7-9 PM ULHS Cafeteria

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TUESDAY, SEPTEMBER 30, 2025

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
Emmett Cramer Wyatt Steele	Chicken Quesadillas Fresh Veggies & Fruit Milk Variety & Chips	A representative from Sonoma State University will be on campus Friday, October 3rd to give two presentations: 3rd Period, 4th Period Both sessions will be held in Room 15 during Ms. Duncan's government classes. Don't miss this chance to learn more about Sonoma State!

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p>FFA students will attend the Petaluma Greenhand Conference today!</p> <p>VAPA Field Trip On Thursday, Visual & Performing Arts students will travel to Sacramento to see & <i>Juliet</i>.</p> <ul style="list-style-type: none">• Permission slips are required• Students on the non-privileged list cannot attend <p>Our Yearbook students will have a work day tomorrow with Brooke from Walsworth.</p> <p>New Six-Week Grading Period We've started a new six-week grading period! Remember, grades matter: Attend regularly Stay in class, Come ready to learn, Stay focused</p>	<p>Homecoming Week Dress Up Days TODAY: Dress as a Prince or Princess Wednesday: Dress as your Fairytale Thursday: Into the Woods Friday: Cougar Attack (wear red/white)</p> <p>Float Decorating after school 3:30 - 7 p Field Day: Wednesday October 1 Parade: Wednesday at 6 pm! Rally: Friday 6th period Dance Saturday! Permission Slips required!</p> <p>Remember, participating in Activities is a privilege and can be revoked at any time! Students must say in class the entire class period and can only leave class WITH permission from SMART PASS!</p>	<p>TODAY: Soccer @ RCP Girls 4:00 Boys 5:15 Girls release at 1:15 Boys release 2:15 Volleyball @ St. Helena Release at 2:15</p> <p>Wednesday: Cross Country @ Lower Lake Release at 1:30</p> <p>Thursday: Soccer @ HOME vs. Middletown Girls 5 Boys 6:45 Volleyball @ HOME vs. Fort Bragg 5/6</p> <p>Friday: Football vs. Fort Bragg 5/7:15</p>

PARENT & COMMUNITY ENGAGEMENT MEETINGS TODAY

Site Council: 3:30 pm in Room 15
CTE Advisory Committee Meeting: 6:00 pm in Room 15

Our Core Values

Our core values are Trust, Respect, and Responsibility. Small actions show big character. Let's build a school community where trust, respect, and responsibility are part of every day. When we demonstrate respect, we listen without interrupting. Use kind words. Take care of school spaces and include others.

HOMECOMING WEEK 2025 FAIRYTALES

Tuesday 9/30	Wednesday 10/1 MINIMUM DAY	Thursday 10/2	Friday 10/3
Dress as your Favorite Prince or Princess	FAIRYTALES	CAMO and Animal Print Into the Woods	COUGAR ATTACK
Spirit Count at Break Lunch Games	Spirit Count at Break TUG-O-WAR 10:35-11:40 Field Day Competitions 10- 10:30 Lunch in Quad 11:40- 12:10 HOMECOMING PARADE 6:00 PM	Spirit Count at Break Lunch Games 5 PM JV Volleyball 6 PM V Volleyball 4:30 PM Girls' Soccer 6:15 PM Boys' Soccer	Decorate Class Sections Freshmen 8 - 9 Sophomore 9 - 10 Juniors 10 - 11 Seniors 11 - 12:30 RALLY 1:20-2:15
Float Building 4:00 - 9 PM 11 & 12 CTE Complex Holt 9 & 10 Bus Barn Keen	Float Building 3:30 - 5:30 PM 11 & 12 CTE Complex Holt 9 & 10 Bus Barn Bjur		FOOTBALL GAME JV 5 PM V 7 PM Halftime: King and Queen Reveal

FLOAT BUILDING

- Tuesday, October 30, 4:00 - 9 PM
- Wednesday, October 2, 3:30 - 5:30

PARADE DETAILS (WEDNESDAY)

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FRIDAY NIGHT DETAILS

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- Dance Hours 7-9 PM ULHS Cafeteria

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WEDNESDAY, OCTOBER 01, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
No Birthdays	Fresh Veggies & Fruit Milk Variety & Chips	<p>Seniors- 4-Year University College Applications are NOW OPEN: 4-Year University Application Days</p> <p>Mark your calendars! Application support will be available in the Career & College Center (Room 15) from 8:00 AM – 12:45 PM on the following dates:</p> <ul style="list-style-type: none">• Friday, October 10• Thursday, October 16• Thursday, November 6• Friday, November 14 <p>Ms. Cathy and Mrs. Accurso will be there to assist you with your 4-year university applications. Attendance will be taken in Rm 15.</p> <p>FAFSA/CADAA Applications are also NOW OPEN! ULHS Financial Aid Night is Scheduled for Wednesday, October 22nd from 6-8 pm in Room #15. Please bring your chromebook, a parent, and a copy of your parents 2024 tax return!</p>

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Look for your progress reports to be mailed out later this week.</p> <p>At Upper Lake High School, we use skills-based grading. Skills-based Grading is about QUALITY, not quantity. You can no longer just do something "more" to get more points. You can improve your grade, however.</p> <p>With Skills-based Grading you improve your grade by learning more/doing better on one of the essential standards in your class.</p>	<p>Spirit Count at Break</p> <p>TUG-O-WAR 10:35-11:40 Field Day Competitions 10- 10:30</p> <p>Lunch in Quad 11:40- 12:10</p> <p>HOMECOMING PARADE 6:00 PM</p>	<p>TODAY: Cross Country @ Lower Lake Release at 1:30</p> <p>Thursday: Soccer @ HOME vs. Middletown Girls 5 Boys 6:45 Volleyball @ HOME vs. Fort Bragg 5/6</p> <p>Friday: Football vs. Fort Bragg 5/7:15</p>

GENTLE REMINDERS

Stay eligible for sports and extra-curricular activities by maintaining a 2.0 GPA, good attendance and good Behavior. Those who struggle with being trustworthy, respectful, and responsible may be added to the non-privilege list and miss out on games, field trips, and other activities.

Kindness, Compassion, and Understanding

Compassion means seeing things from another person's perspective. Before you judge, take a moment to listen and understand.

HOMECOMING WEEK 2025 FAIRYTALES

Wednesday 10/1 MINIMUM DAY	Thursday 10/2	Friday 10/3
FAIRYTALES	CAMO and Animal Print Into the Woods	COUGAR ATTACK
<p>Spirit Count at Break</p> <p>TUG-O-WAR 10:35-11:40 Field Day Competitions 10- 10:30</p> <p>Lunch in Quad 11:40- 12:10</p> <p>HOMECOMING PARADE 6:00 PM</p>	<p>Spirit Count at Break</p> <p>Lunch Games</p> <p>5 PM JV Volleyball 6 PM V Volleyball</p> <p>4:30 PM Girls' Soccer 6:15 PM Boys' Soccer</p>	<p>Decorate Class Sections Freshmen 8 - 9 Sophomore 9 - 10 Juniors 10 - 11 Seniors 11 - 12:30</p> <p>RALLY 1:20-2:15</p>
<p>Float Building 3:30 - 5:30 PM</p> <p>11 & 12 CTE Complex Holt 9 & 10 Bus Barn Bjur</p>		<p>FOOTBALL GAME</p> <p>JV 5 PM V 7 PM</p> <p>Halftime: King and Queen Reveal</p>

FLOAT BUILDING

- Wednesday, October 2, 3:30 - 5:30

PARADE DETAILS (WEDNESDAY)

- Bus Barn and CTE Complex Opens at 3:30
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FRIDAY NIGHT DETAILS

- Football Game vs. Fort Bragg JV: 5 PM V: 7:15 PM
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THURSDAY, OCTOBER 02, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
No Birthdays	Teriyaki Chicken Veggie & Rice Fruit, Egg Roll Milk Variety	<p>Seniors- 4-Year University College Applications are NOW OPEN: 4-Year University Application Days</p> <p>Mark your calendars! Application support will be available in the Career & College Center (Room 15) from 8:00 AM – 12:45 PM on the following dates:</p> <ul style="list-style-type: none">• Friday, October 10• Thursday, October 16• Thursday, November 6• Friday, November 14 <p>Ms. Cathy and Mrs. Accurso will be there to assist you with your 4-year university applications. Attendance will be taken in Rm 15.</p> <p>FAFSA/CADAA Applications are also NOW OPEN! ULHS Financial Aid Night is Scheduled for Wednesday, October 22nd from 6-8 pm in Room #15. Please bring your chromebook, a parent, and a copy of your parents 2024 tax return!</p>

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Let's show up ready to learn every day by focusing on what matters. Cell phones should remain in backpacks, no exceptions.</p> <p>After school tutoring is happening today in Ms. Duncan's room. It runs from 3:15 to 4:15 and you need to be there the entire hour. There is no screen time happening during after school tutoring. If you do not have work to bring to after school tutoring, work can be supplied for you. If you need to come to tutoring to make yourself eligible, please make sure you sign in with Ms. Duncan.</p>	<p>Spirit Count at Break</p> <p>Lunch Games</p> <p><u>DANCE DETAILS (SATURDAY)</u></p> <ul style="list-style-type: none">• Privilege list enforced• Purchase tickets online only• Permission slips must be turned in• Dance Hours 7-9 PM ULHS Cafeteria	<p>TODAY: Soccer @ HOME vs. Middletown Girls 5 Boys 6:45 Volleyball @ HOME vs. Fort Bragg 5/6</p> <p>Friday: Football vs. Fort Bragg 5/7:15</p>

CORE VALUES

It is Thankful Thursday! Who in your life needs to hear that you are thankful for them? Take a moment and make that connection.

Being responsible is one of our core values. Responsibility means Turning in assignments on time and doing your best work. Admitting mistakes and making them right instead of blaming others. Balancing school, activities, and personal time without constant reminders. Showing up prepared with materials, homework, and a positive attitude.

HOMECOMING WEEK 2025 FAIRYTALES

Thursday 10/2	Friday 10/3
CAMO and Animal Print Into the Woods	COUGAR ATTACK
Spirit Count at Break Lunch Games 5 PM JV Volleyball 6 PM V Volleyball 4:30 PM Girls' Soccer 6:15 PM Boys' Soccer	Decorate Class Sections Freshmen 8 - 9 Sophomore 9 - 10 Juniors 10 - 11 Seniors 11 - 12:30 RALLY 1:20-2:15
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FRIDAY, OCTOBER 03, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
<p>Hollace Stencil</p> <p>Over the Weekend</p> <p>Fabian Avalos</p> <p>Lilly Pagan</p> <p>Billy Pimental</p> <p>Kevin Woodford</p>	<p>Crispy Fish Sandwich</p> <p>Fries & Tarter Sauce</p> <p>Fresh Veggies & Fruit,</p> <p>Milk Variety</p>	<p>A representative from Sonoma State University will be on campus TODAY to give two presentations: 3rd Period, 4th Period</p> <p>Both sessions will be held in Room 15 during Ms. Duncan’s government classes. Don’t miss this chance to learn more about Sonoma State!</p> <p>Seniors- 4-Year University College Applications are NOW OPEN: 4-Year University Application Days</p> <p>Mark your calendars! Application support will be available in the Career & College Center (Room 15) from 8:00 AM – 12:45 PM on the following dates:</p> <ul style="list-style-type: none"> • Friday, October 10 • Thursday, October 16 • Thursday, November 6 • Friday, November 14 <p>Ms. Cathy and Mrs. Accurso will be there to assist you with your 4-year university applications. Attendance will be taken in Rm 15.</p> <p>FAFSA/CADAA Applications are also NOW OPEN! ULHS Financial Aid Night is Scheduled for Wednesday, October 22nd from 6-8 pm in Room #15. Please bring your chromebook, a parent, and a copy of your parents 2024 tax return!</p>

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Research shows that the presence of cell phones in the classroom can significantly disrupt focus, reduce academic performance, and lower student engagement. Studies have found that even when phones are not in use, their mere presence can be a distraction. That’s why we show up ready to learn with cell phones in backpacks—ensuring our attention is fully on the task at hand.</p> <p>After school tutoring is happening on Tuesdays and Thursdays every week. It is a great way for you to become eligible if absences have been an issue. No screen time will be allowed during afterschool tutoring. Tutoring starts at 3:15 and goes to 4:15 and you must be there the entire hour. On Tuesdays, after school tutoring will take place in Mr. Holt’s classroom. On Thursdays, tutoring takes place in Ms. Duncan’s classroom.</p>	<p>COUGAR ATTACK – Spirit Day Events</p> <p>Decorate Class Sections</p> <ul style="list-style-type: none"> • Freshmen: 8:00 – 9:00 • Sophomores: 9:00 – 10:00 • Juniors: 10:00 – 11:00 • Seniors: 11:00 – 12:30 <p>Rally 1:20 – 2:15 PM</p> <p>DANCE DETAILS (SATURDAY)</p> <ul style="list-style-type: none"> • Privilege list enforced • Permission slips must be turned in • Dance Hours 7-9 PM ULHS Cafeteria 	<p>Friday: Football vs. Fort Bragg 5/7:15</p>

CORE VALUES

Show **trust** by keeping your word and being honest.

Show **respect** by listening, including others, and using kind words.

Show **responsibility** by being prepared, turning in work on time, and owning your actions.

Together, these three values make our school stronger—practice them every day!

Kindness, Compassion, and Understanding

When conflicts rise, remember: winning an argument isn't as important as keeping a friendship. Choose peace over pride.