

# DAILY BULLETIN

*Cougar Family.  
Cougar Pride.*

*Learning & Connecting: Nothing Can Stop Us!*

*MONDAY, OCTOBER 06, 2025*

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
Mikel Compton Adrian Valencia Tommy Watson	Chef's Choice Fresh Veggies & Fruit Milk Variety & Chips	College Application Day on FRIDAY in the College & Career Center (Room 15)! We recommend that students apply to at least 1 4 year university to keep options open. If you get in but decide to start at a community college that is okay! See you there!

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
After school tutoring is available for all students who need a little help , to clear-up absences, or just need a quiet place to work. After School Tutoring is a screen-free and quiet environment. No phones are allowed. Chromebooks are OK if you use them for classwork. Tomorrow, Mr. Sombs will host tutoring in his classroom and on Thursday, Ms. Duncan will host in her room from 3:15-4:15  Students who are frequently out of class during the day will receive <b>SMART PASS restrictions</b> . Please remember to stay in class and use your passes responsibly.	Wear Red and White on Fridays and get a treat from the Mighty Cougar! Music and games in the quad on Fridays at lunch.  Upcoming: Halloween Grams and Costume Contest  Volleyball senior night is 10/23, and Soccer is 10/28 Come to our events and games, scan the QR codes, and earn spirit points for your class!  BSU Meeting Wednesday 3rd period!	Athletes, check with your coach today to see if you are eligible due to attendance. If you are ineligible, you may be able to clear that up. Speak to Ms. Toback about after school tutoring on Tuesdays and Thursdays from 3:15-4:15.  Tuesday: Volleyball vs. Clear Lake 5 & 6: Cougar Den Dig Pink! Soccer vs. Lower Lake. Boys 4:30 Girls 6:15 pm  Wednesday: Cross Country @ Willits (Student Athlete Release at 1:15)  Thursday: Girls Soccer @ Clear Lake 6 pm Girls Volleyball @ Cloverdale (Student Athlete Release at 2:45) Friday: Football @ Cloverdale (Student Athlete Release at 2:45)

## *Kind Reminders*

ULHS is a closed campus. That means once you arrive on campus, you stay on campus. No student has off-campus lunch privileges or permission to make a double D's or Duncan Donuts run. Please stay on campus until the end of your instructional day.

## *Our Core Values*

Our core values are trust, respect, and responsibility. Being responsible means doing what you say you'll do — finishing your work, showing up on time, and keeping your word. Reliability builds trust.

Bullying is any repeated, intentional behavior that hurts, threatens, or humiliates another person. It can be physical, verbal, social, or online. No one deserves to be bullied, and everyone has the right to feel safe at school. Talk to a trusted adult today if you or a friend is being bullied.

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**TUESDAY, OCTOBER 07, 2025**

<b>BIRTHDAYS</b>	<b>LUNCH</b>	<b>SENIOR CORNER</b>
No Birthdays	Sandwiches Fresh Veggies & Fruit Milk Variety & Chips	<b>College Application Day – Friday!</b> Join us in the <b>College &amp; Career Center (Room 15)</b> this Friday for <b>College Application Day!</b> We encourage all students to apply to at least <b>one 4-year university</b> to keep future options open. Even if you choose to start at a community college, having an acceptance gives you more opportunities down the road.

<b>ACADEMICS</b>	<b>ACTIVITIES</b>	<b>ATHLETICS</b>
<p>After School Tutoring is available today in Mr. Somb's classroom at 3:15. Tutoring is a screen-free and quiet environment. No phones are allowed. Chromebooks are OK if you use them for classwork.. Thursday tutoring is available in Ms. Duncan's room from 3:15-4:15.</p> <p>Students who are frequently out of class during the day will receive <b>SMART PASS restrictions</b>. Please remember to stay in class and use your passes responsibly.</p>	<p>Wear Red and White on Fridays and get a treat from the Mighty Cougar! Music and games in the quad on Fridays at lunch.</p> <p>Upcoming: Halloween Grams and Costume Contest.</p> <p>Volleyball Cougar Den 10/7: Dig Pink!</p> <p>Volleyball senior night is 10/23, and Soccer is 10/28</p> <p>Come to our events and games, scan the QR codes, and earn spirit points for your class!</p> <p>BSU Meeting Wednesday 3rd period!</p> <p>Healthy Living Tobacco Free Club Meeting in Room 6 during lunch. Come learn how to help your friends stop vaping and live healthy lives. Lunch is provided. Bring a friend!</p>	<p>Athletes, check with your coach today to see if you are eligible due to attendance. If you are ineligible, you may be able to clear that up. Speak to Ms. Toback about after school tutoring on Tuesdays and Thursdays from 3:15-4:15.</p> <p>TODAY: Volleyball vs. Clear Lake 5 &amp; 6: Cougar Den Dig Pink!</p> <p>Soccer vs. Lower Lake. Boys 4:30 Girls 6:15 pm</p> <p>Wednesday: Cross Country @ Willits (Student Athlete Release at 1:15)</p> <p>Thursday: Girls Soccer @ Clear Lake 6 pm Girls Volleyball @ Cloverdale (Student Athlete Release at 2:45)</p> <p>Friday: Football @ Cloverdale (Student Athlete Release at 2:45)</p> <p>Girls Basketball Meeting FRIDAY at LUNCH in Mrs. Boomer's room. Lunch will be provided by Terped Out Kitchen!</p>

## *Kind Reminders & Our Core Values*

ULHS is a closed campus. That means once you arrive on campus, you stay on campus. No student has off-campus lunch privileges or permission to make a double D's or Duncan Donuts run. Stay on campus until the end of your instructional day. Our core values are trust, respect, and responsibility. Every action has a result. Responsible students admit mistakes, learn from them, and move forward stronger. Accountability shows maturity.

## *What is Cyberbullying?*

**Cyberbullying** is using technology—like social media, texts, email, or gaming—to harass or harm others. It can happen anytime and spread quickly. If you know someone being cyberbullied, talk to a trusted adult. It's not only mean—it's against the law.

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*WEDNESDAY, OCTOBER 08, 2025*

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
No Birthdays	Hamburgers & Fries Fresh Veggies & Fruit Milk Variety & Chips	College Application Day – This Friday! Stop by the College & Career Center (Room 15) for support with your applications. We encourage every student to apply to at least one 4-year university to keep doors open for the future. Even if you begin at a community college, an acceptance gives you valuable options later on. We look forward to seeing you there!

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
Tomorrow is after-school tutoring from 3:15 to 4:15 in Ms. Duncan's room. Tutoring is a screen-free and quiet environment. No phones are allowed. Chromebooks are OK if you use them for classwork.  Reminder, there is NO SCHOOL on Monday in observance of Indigenous People's Day.	Wear Red and White on Fridays and get a treat from the Mighty Cougar!  Music and games in the quad on Fridays at lunch.  Upcoming: Halloween Grams and Costume Contest.  Volleyball senior night is 10/23, and Soccer is 10/28 Come to our events and games, scan the QR codes, and earn spirit points for your class!  BSU Meeting today 3rd period!	Your last chance to clear absences and become eligible for Friday Football is Tomorrow from 3:15 to 4:15 in Ms. Duncan's classroom. Tutoring is a screen-free and quiet environment. No phones are allowed. Chromebooks are OK if you use them for classwork. TODAY:: Cross Country @ Willits (Student Athlete Release at 1:15) Thursday: Girls Soccer @ Clear Lake 6 pm Girls Volleyball @ Cloverdale (Student Athlete Release at 2:45) Friday: Football @ Cloverdale (Student Athlete Release at 2:45)  JV & Varsity Girls Basketball Meeting FRIDAY at LUNCH in Mrs. Boomer's room. Lunch will be provided by Terped Out Kitchen!

## *GENTLE REMINDERS*

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## *Our Core Values*

Our core values are trust, respect, and responsibility. Responsibility isn't just reacting — it's preparing. Have your materials ready, assignments done, and plans in place. Preparation equals success.

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*THURSDAY, OCTOBER 09, 2025*

## *BIRTHDAYS*

Mason Parker

## *LUNCH*

Baked Chicken  
Fresh Veggies & Fruit  
Milk Variety & Chips

## *SENIOR CORNER*

College Application Day **TOMORROW!**

Visit the **College & Career Center (Room 15)** for help with your applications. Apply to at least one 4-year university to keep future options open—even if you start at a community college.

## *ACADEMICS*

After school tutoring TODAY in Ms. Duncan's classroom from 3:15 to 4:15. This is a NO SCREEN TIME and quiet environment. No cell phones but chromebooks OK if being used for work.

**Chromebooks:** Bring your **fully charged** Chromebook **every day**.

**Lost or Damaged Items:** Bills will be issued for **lost or damaged Chromebooks and athletic uniforms**. Take care of school-issued items!

## *ACTIVITIES*

Wear Red and White on Fridays and get a treat from the Mighty Cougar!

Music and games in the quad on Fridays at lunch.

Upcoming: Halloween Grams and Costume Contest.

Volleyball senior night is 10/23, and Soccer is 10/28  
Come to our events and games, scan the QR codes, and earn spirit points for your class!  
The GSA Gay/Straight Alliance will be meeting today during lunch & 6th period! 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. Reach out to either Bias, Ms. Ambrosi, or Miss Shelby for more information.

## *ATHLETICS*

Need to become eligible based on your attendance? Come to after school tutoring today from 3:15 to 4:15. This is a NO SCREEN TIME and Quiet environment. No cell phones but chromebooks OK if being used for work. You must attend the entire hour to receive credit.

TODAY: Girls Soccer @ Clear Lake 6 pm  
Girls Volleyball @ Cloverdale (Student Athlete Release at 2:45)

Friday: Football @ Cloverdale (Student Athlete Release at 2:45)

JV & Varsity Girls Basketball Meeting FRIDAY at LUNCH in Mrs. Boomer's room. Lunch will be provided by Terped Out Kitchen!

## *CORE VALUES & GENTLE REMINDERS*

Our core values are trust, respect, and responsibility. Whether it's a group project or campus cleanup, being responsible means pulling your weight — even when no one's watching.

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## *NO SCHOOL ON MONDAY, OCTOBER 13*

We will be observing **Indigenous Peoples' Day**, a holiday that honors the history, culture, and contributions of Native Americans. Enjoy your day off, and we'll see you back at school on Tuesday!

# DAILY BULLETIN

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*FRIDAY, OCTOBER 10, 2025*

## *BIRTHDAYS*

Riley Jones

## *LUNCH*

Indian Tacos  
Fresh Veggies & Fruit  
Milk Variety & Chips

## *SENIOR CORNER*

Attention Seniors: TODAY is College Application Day! Come to the College & Career Center, Room 15, for help with your applications. Remember—apply to at least one 4-year university to keep your options open!

## *ACADEMICS*

Here in Cougar Country, we are **READY TO LEARN!**

We greet our teacher at the door  
Our cell phones and ear buds are put in our backpack  
We gather our supplies  
We begin our entry work



We **LEVEL UP** in everything we do!

## *ACTIVITIES*

Wear Red and White on Fridays and get a treat from the Mighty Cougar!

Music and games in the quad on Fridays at lunch.

Upcoming: Halloween Grams and Costume Contest.

Come to our events and games, scan the QR codes, and earn spirit points for your class!

## *ATHLETICS*

TODAY: Football @ Cloverdale (Student Athlete Release at 2:45)

Volleyball senior night is 10/23  
Soccer senior night is 10/28  
Football senior night is 11/7

JV & Varsity Girls Basketball Meeting has been moved to TUESDAY at lunch in Mrs. Boomer's room. Lunch will be provided by Terped Out Kitchen!

## *CORE VALUES*

Our core values are trust, respect, and responsibility. Responsible choices today shape your future. Choose respect, honesty, and effort — that's how leaders are made.

## *GENTLE REMINDERS*

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## *NO SCHOOL ON MONDAY, OCTOBER 13*

Indigenous Peoples' Day is celebrated on the second Monday of October to honor the rich cultures, histories, and contributions of Native American peoples. A great way to commemorate the day is by learning more about Indigenous traditions, history, and the impact Native American communities continue to have today, and by sharing that knowledge with others. See you on Tuesday, October 14.