



DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

MONDAY, OCTOBER 13, 2025

NO SCHOOL


DAILY BULLETIN

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Learning & Connecting: Nothing Can Stop Us!

TUESDAY, OCTOBER 14, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
Over the weekend Alan Alvarado Luke Gard	Sandwiches Fresh Veggies & Fruit Milk Variety & Chips	Senior Portrait/ Picture retakes October 29th Senior College Application Day is Thursday in our College & Career Center Seniors save the date - Wednesday, October 22 FAFSA Night 6 pm - 8 pm in the College & Career Center!

ACADEMICS	ACTIVITIES	ATHLETICS
 <p>Ready to Learn Building <u>Trust</u> to Create a Safe Learning Environment Our school-wide focus on our READY TO LEARN INITIATIVE supports a strong learning culture. We expect students to enter the classroom READY TO LEARN which means the cell phone is in the BACKPACK NOT POCKET.</p> <p>After school tutoring from 3:15 to 4:15 TODAY in Mr. Sombs room.</p>	<p>Reminder - 4 day week = 7 period day all week and NO EARLY RELEASE WEDNESDAY!</p> <p>FFA meeting tomorrow at 6:30 pm in the cafeteria!</p> <p>Future Business Leaders of America head to the Leadership Development Institute this Friday and Saturday! GO FBLA!</p>	<p>TODAY: Volleyball @ Home vs. Kelseyville 5 and 6 pm Girls Soccer @ Home vs. Kelseyville Boys at 4:30 pm Girls at 6:15 pm</p> <p>Girls Basketball team meeting TODAY at lunch in Mrs. Boomer's class. Lunch provided.</p> <p>THURSDAY: Volleyball @ Lower Lake 5 and 6 pm Soccer @ Fort Bragg Girls at 5 pm (Release at 1:30 pm) Boys at 6:45 pm</p> <p>FRIDAY: Jv and Varsity Football vs. Lower Lake 5:00 pm and 7:15 pm AT HOME If you are playing a WINTER SPORT - Practice Begins on Monday, November 3 You must be registered in Arbiter. Need support - see Dani Paige in the front office.</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. Please stay on campus until the end of your instructional day.

WORK PERMIT

A work permit is a legal document required by the state of California that allows a person under 18 years of age to hold a job. You may get a work permit from our The Student Services Center. Work permits must be renewed each school year.

There are four steps in obtaining a work permit:

1. Obtain a job
2. Obtain a work permit application at ULHS
3. Bring a signed work permit application to ULHS, and work permit will be issued
4. Maintain positive attendance and grades

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WEDNESDAY, OCTOBER 15, 2025

7 PERIOD DAY - NO EARLY RELEASE WEDNESDAY

BIRTHDAYS	LUNCH	SENIOR CORNER
No Birthdays	Cheeseburgers Mac salad Fresh Veggies & Fruit Milk- Variety	Senior Portrait & Picture Retakes – Tuesday, October 29 Make sure to look your best for your final yearbook photo! Senior College Application Day – This Thursday. Join us in the College & Career Center for hands-on support completing your college applications. FAFSA Night – Wednesday, October 22 • 6:00–8:00 PM Seniors and families, get expert help filling out your FAFSA in the College & Career Center.

ACADEMICS	ACTIVITIES	ATHLETICS
<p>At Upper Lake High School, our Ready to Learn Initiative supports a strong and respectful learning culture for everyone. We expect all students to enter the classroom ready to learn—focused, prepared, and free from distractions.</p> <p>That means cell phones should be placed in backpacks, not in pockets, so everyone can stay engaged and make the most of every learning opportunity.</p> <p>After school tutoring on Tuesdays and Thursdays from 3:15 to 4:15. Tomorrow, join Ms. Duncan in rm 14.</p>	<p>COLLEGE & CAREER</p> <p>Upper Lake High School College and Career Oct 20 - 24</p> <p>Career & College Week Dress Up Days!</p> <p>Monday: "My future is Bright" WEAR NEON! Tuesday: "Dress for Success" Dress like a professionals Wednesday: "Career Ready" Dress in your dream career Thursday: "College Ready" Wear College Gear Friday: "Like a Boss" Dress like your favorite staff member</p> <p>THE BIG EVENT: Thursday, October 23rd, we will be hosting a CAREER AND COLLEGE FAIR. This will take place periods 1-5.</p>	<p>Today, there will be a wrestling meeting during lunch in the gym.</p> <p>TOMORROW:: Volleyball @ Lower Lake 5 and 6 pm Soccer @ Fort Bragg Girls at 5 pm (Release at 1:30 pm) Boys at 6:45 pm</p> <p>FRIDAY: Jv and Varsity Football vs. Lower Lake 5:00 pm and 7:15 pm AT HOME</p> <p>If you are playing a WINTER SPORT - Practice Begins on Monday, November 3 You must be registered in Arbiter. Need support - see Dani Paige in the front office.</p>

FFA MEETING TONIGHT! 6:30 PM

Our core values are Trust, Respect, and Responsibility. **Respect** means treating others the way you want to be treated — with kindness, honesty, and fairness. You don't have to agree with everyone, but you should still listen and show courtesy.

Career and College Week

Monday
Oct. 20

My Future is Bright
(Dress in Neon Colors)



Tuesday
Oct. 21

Dress for Success
(Dress in Professional/Interview Clothes)



Wednesday
Oct. 22

Career Ready
(Dress in the Wardrobe of Your Dream Career)



Thursday
Oct. 23

College Ready
(Wear Your College Gear: Hats, Shirts, Hoodies, Socks, Etc.)



Friday
Oct. 24

Like a Boss
Dress Up as Your Favorite Staff Member



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THURSDAY, OCTOBER 16, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
No Birthdays	Curry Chicken, Rice & Nanna Bread Fresh Veggies & Fruit, Milk-Variety	Senior Portrait & Picture Retakes – Tuesday, October 29 Make sure to look your best for your final yearbook photo! Senior College Application Day – TODAY!. Join us in the College & Career Center (Room 15) for hands-on support completing your college applications. Ms. Cathy and Mrs. Accurso are available from 8:00-12:45 FAFSA Night – Wednesday, October 22 • 6:00–8:00 PM Seniors and families, get expert help filling out your FAFSA in the College & Career Center.

ACADEMICS	ACTIVITIES	ATHLETICS
<p>At the beginning of each unit, each teacher will give you a list of the most important things you will need to learn. (Essential Standards) During each unit, you'll keep track of how well you are learning each standard, and you'll get specific help and feedback to get better and better along the way. (Progress Chart)</p> <p>Your class grade will be based on how well you learn each standard. (Score)</p> <p>After school tutoring in Ms. Duncan's room today from 3:15 to 4:15. You need to be there the entire hour. Tutoring is a screen free, quiet environment.</p>	<p>COLLEGE & CAREER Upper Lake High School College and Career Next Week! Monday: "My future is Bright" WEAR NEON! Tuesday: "Dress for Success" Dress like a professional Wednesday: "Career Ready" Dress in your dream career Thursday: "College Ready" Wear College Gear Friday: "Like a Boss" Dress like your favorite staff member</p> <p>THE BIG EVENT: Thursday, October 23rd, we will be hosting a CAREER AND COLLEGE FAIR. This will take place periods 1-5.</p> <p>A work permit is a legal document required by the State of California that allows anyone under 18 to work. You can get your work permit from the Student Services Center. Remember — work permits must be renewed every school year.</p> <p>Get a job. Pick up a Work Permit Application from the ULHS Student Services Center. Return the completed and signed application to ULHS — your official work permit will then be issued. Keep your grades and attendance strong to remain eligible for employment</p> <p>The Lake County Health And Expo Fair is happening this Saturday. If you'd like to volunteer at the event, please check out the following web address and sign up! https://www.signupgenius.com/go/4090945AFA928A0FF2-58356816-volunteer#/</p>	<p>TODAY: Volleyball @ Lower Lake 5 and 6 pm Soccer @ Fort Bragg Girls at 5 pm (Release at 1:30 pm) Boys at 6:45 pm</p> <p>TOMORROW:: Football vs. Lower Lake 7 pm at 7:15 AT HOME</p> <p>If you are playing a WINTER SPORT - Practice Begins on Monday, November 3 You must be registered in Arbiter. Need support - see Dani Paige in the front office.</p>

CORE VALUES & GENTLE REMINDERS

Our core values are Trust, Respect, and Responsibility. Show respect by Saying "please," "thank you," and "excuse me.", listening while others speak, taking care of school property and treating teachers, classmates, and staff politely — even when you're upset.

Career and College Week

Monday
Oct. 20

My Future is Bright
(Dress in Neon Colors)



Tuesday
Oct. 21

Dress for Success
(Dress in Professional/Interview Clothes)



Wednesday
Oct. 22

Career Ready
(Dress in the Wardrobe of Your Dream Career)



Thursday
Oct. 23

College Ready
(Wear Your College Gear: Hats, Shirts, Hoodies, Socks, Etc.)



Friday
Oct. 24

Like a Boss
Dress Up as Your Favorite Staff Member



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FRIDAY, OCTOBER 17, 2025

BIRTHDAYS

Over the weekend
Travis Brown
Ethan Malicay

LUNCH

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

SENIOR CORNER

Seniors! Have you turned in your permission slips for the College and Transfer Fair that will be taking place Friday, October 24 at the Lake County Campus of Woodland College? If not, please return them tomorrow! Seniors! See Mrs. Accurso if you have any questions. The bus will leave at 8:15!

ACADEMICS

At the beginning of each unit, each teacher will give you a list of the most important things you will need to learn. **(Essential Standards)** During each unit, you'll keep track of how well you are learning each standard, and you'll get specific help and feedback to get better and better along the way. **(Progress Chart)** Your class grade will be based on how well you learn each standard. **(Score)**

There is a 9th grade Field Trip on Wednesday to the Pumpin Patch! Students who meet the eligibility requirements, grades, attendance, and behavior will receive a permission slip!

ACTIVITIES

COLLEGE & CAREER

Upper Lake High School College and Career Next Week!

Dress Up Days Everyday of the Week and Class Counts at Lunch.

Winning Class for participation will win donuts!

Monday: "My future is Bright" WEAR NEON!

Tuesday: "Dress for Success" Dress like a professionals

Wednesday: "Career Ready" Dress in your dream career

Thursday: "College Ready" Wear College Gear

Friday: "Like a Boss" Dress like your favorite staff member

THE BIG EVENT:

Thursday, October 23rd, we will be hosting a CAREER AND COLLEGE FAIR. This will take place periods 1-5.

The Lake County Health And Expo Fair is happening this Saturday. If you'd like to volunteer at the event, please check out the following web address and sign up!

<https://www.signupgenius.com/go/4090945AFA928A0FF2-58356816-volunteer#/>

ATHLETICS

TONIGHT! Jv and Varsity Football vs. Lower Lake 5:00 pm and 7:15 pm AT HOME

PINK OUT! Let's show our support!

If you are playing a WINTER SPORT - Practice Begins on Monday, November 3 You must be registered in Arbiter. Need support - see Dani Paige in the front office.

CORE VALUES

Our core values are Trust, Respect, and Responsibility. Respect means **valuing differences** — race, gender, background, beliefs. Everyone deserves dignity and a safe place to learn and grow.

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