

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

MONDAY, OCTOBER 20, 2025

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>COLLEGE & CAREER WEEK</i>
<p>Over the Weekend Travis Malicay</p>	<p>Chef's Choice Fresh Veggies & Fruit Milk Variety & Chips</p>	<p>Career and College Week with fun daily dress-up themes: Monday – My Future is Bright: Wear neon colors to show off your bright future! Tuesday – Dress for Success: Dress in professional or interview attire. Wednesday – Career Ready: Dress in the wardrobe of your dream career! Thursday – College Ready: Show your college spirit by wearing college gear — hats, shirts, hoodies, socks, etc. Friday – Like a Boss: Dress up as your favorite staff member! FAFSA NIGHT is on WEDNESDAY at 6:00 pm in the College & Career Center</p>

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p>As we celebrate College and Career Week, remember this: the skills you build now—focus, perseverance, and time management—are the same ones that will help you succeed in both college and your future career. Every challenge is a chance to grow stronger. Let's stay focused and keep moving toward our goals!</p> <p>Tuesday- After School Tutoring in Mr. Holt's classroom from 3:15 to 4:15</p> <p>Coffee with the Principal Wednesday at 7 am in the Staff Lounge!</p> <p>Future Business Leaders of America student and parent meeting this Wednesday at 5:30 pm</p>	<p>🎃 Spooky Season is Here! 🍷</p> <p>📧 Boo Grams on sale now! Small \$3 • Regular \$5 • Large \$7</p> <p>👻 Day of the Dead: More info coming soon!</p> <p>🎃 Halloween (Oct 31): Wear your costume and trick or treat with the Cougar! ⚠️ No masks or look-alike weapons. Costume Contest: Send in your best costume photo—most likes wins a prize! Check in with 5-Star to earn spooky points for your class!</p> <p>Freshmen who are eligible will be given a permission slip to attend the Link Crew trip to the pumpkin patch on Wednesday!</p>	<p>Tues 10/21 ⚽ Boys @ Willits 4:30 (Release 2:15) ⚽ Girls @ Willits 6:15</p> <p>Thurs 10/23 ⚽ Boys vs Layton 4:15 ⚽ Girls vs Roseland 6:00 🏀 VB (JV/V) vs St. Helena 5 & 6 SENIOR NIGHT!!</p> <p>Fri 10/24 🏈 Football (JV/V) @ Kelseyville 5 & 7</p> <p>Winter sports season is almost here! The first day of practice is November 10th, so make sure you are registered in Arbiter and cleared to participate before then. If you are currently in a fall sport, remember—you cannot begin your winter sport until your fall season is officially over. This includes any athlete who has quit a fall sport; you must wait until the fall season ends before starting a winter one.</p>

CAREER & COLLEGE FAIR THURSDAY!

1st period- 8th graders , 2nd period- 12th graders and Clover Valley seniors, 3rd period: 11th graders, 4th period- 10th graders, 5th period- 9th graders

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.







DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

TUESDAY, OCTOBER 21, 2025

BIRTHDAYS	LUNCH	COLLEGE & CAREER WEEK
No Birthdays	Sandwiches Fresh Veggies & Fruit Milk Variety & Chips	Career and College Week with fun daily dress-up themes: <ul style="list-style-type: none"> • Today – Dress for Success: Dress in professional or interview attire. • Tomorrow – Career Ready: Dress in the wardrobe of your dream career! • Thursday – College Ready: Show your college spirit by wearing college gear — hats, shirts, hoodies, socks, etc. • Friday – Like a Boss: Dress up as your favorite staff member! FAWSA NIGHT is TOMORROW at 6:00 pm in the College & Career Center

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Being college and career ready means more than knowing what you want to do—it means being responsible for your own growth. Show up, give your best, and take ownership of your learning. Those habits will take you far, wherever life leads after graduation.</p> <p>Today- After School Tutoring in Room 16</p> <p>Coffee with the Principal Wednesday at 7 am in the Staff Lounge!</p> <p>Future Business Leaders of America student and parent meeting tomorrow at 5:30 pm</p> <p>FFA will attend the Pumpkin Patch on Monday after school - you must be eligible and turn in your permission slip to Mr. Decker!</p>	<p> Spooky Season is Here! 🎃</p> <p> Boo Grams on sale now! Small \$3 • Regular \$5 • Large \$7</p> <p> Day of the Dead: More info coming soon!</p> <p> Halloween (Oct 31): Wear your costume and trick or treat with the Cougar!  No masks or look-alike weapons.</p> <p> Costume Contest: Send in your best costume photo—most likes wins a prize! ★ Check in with 5-Star to earn spooky points for your class!</p> <p>Freshmen who are eligible will be given a permission slip to attend the Link Crew trip to the pumpkin patch on Wednesday</p>	<p>Today</p> <ul style="list-style-type: none"> 🏀 Boys @ Willits 4:30 (Release 2:15) 🏀 Girls @ Willits 6:15 <p>Thurs 10/23</p> <ul style="list-style-type: none"> 🏀 Boys vs Layton 4:15 🏀 Girls vs Roseland 6:00 🏐 VB (JV/V) vs St. Helena 5 & 6 SENIOR NIGHT! <p>Fri 10/24</p> <ul style="list-style-type: none"> 🏈 Football (JV/V) @ Kelseyville 5 & 7 <p>Boys Basketball Meeting TODAY at lunch in the GYM!</p> <p>Winter sports begin November 10th! Make sure you're registered in Arbiter and cleared to participate.</p> <p>If you're in a fall sport—even if you've quit—you must wait until the fall season officially ends before starting winter practices.</p>

CAREER & COLLEGE FAIR THURSDAY!

1st period- 8th graders , 2nd period- 12th graders and Clover Valley seniors, 3rd period: 11th graders, 4th period- 10th graders, 5th period- 9th graders

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

WEDNESDAY, OCTOBER 22, 2025

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>COLLEGE & CAREER WEEK</i>
Zoey Helton-Wing	Hamburgers & Fries Fresh Veggies & Fruit Milk Variety & Chips	Career and College Week with fun daily dress-up themes: <ul style="list-style-type: none">• TODAY – Career Ready: Dress in the wardrobe of your dream career!• Thursday – College Ready: Show your college spirit by wearing college gear — hats, shirts, hoodies, socks, etc.• Friday – Like a Boss: Dress up as your favorite staff member! FAFSA NIGHT is TONIGHT at 6:00 pm in the College & Career Center

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p>Teamwork matters! Whether you're in a college study group or part of a professional team, collaboration and communication are key skills for success. Practice listening, sharing ideas, and supporting one another. We're all growing together on this journey toward college and career readiness.</p> <p>Thursday- After School Tutoring in Ms. Duncan's room from 3:15 to 4:15. Tutoring is a screen free environment.</p> <p>Eligibility for all extracurricular activities is determined by your grades from the last grading period, weekly period attendance, and behavior. Keep yourself eligible for activities by leveling up in academics, being in class every period every day, and upholding our core values of Trust, Respect, and Responsibility.</p> <p>Future Business Leaders of America student and parent meeting TODAY at 5:30 pm</p> <p>FFA will attend the Pumpkin Patch on Monday after school - you must be eligible and turn in your permission slip to Mr. Decker!</p>	<p>🎃 Spooky Season is Here! 🍷</p> <p>📄 Boo Grams on sale now! Small \$3 • Regular \$5 • Large \$7</p> <p>💀 Day of the Dead: More info coming soon!</p> <p>👻 Halloween (Oct 31): Wear your costume and trick or treat with the Cougar! 🚫 No masks or look-alike weapons.</p> <p>📸 Costume Contest: Send in your best costume photo—most likes wins a prize! ★ Check in with 5-Star to earn spooky points for your class!</p> <p>Link Crew Trip TODAY!</p>	<p>Thurs</p> <p>⚽ Boys vs Layton 4:15 ⚽ Girls vs Roseland 6:00 🏐 VB (JV/V) vs St. Helena 5 & 6 SENIOR NIGHT</p> <p>Fri 10/24</p> <p>🏈 Football (JV/V) @ Kelseyville 5 & 7</p> <p>Winter sports begin November 10th! Make sure you're registered in Arbitrator and cleared to participate.</p> <p>If you're in a fall sport—even if you've quit—you must wait until the fall season officially ends before starting winter practices.</p>

GENTLE REMINDERS

The weather is getting colder and some students might not have warm clothing. If this is you, come see Mrs. Accurso or Thomas in the Student Center, or speak to any of the instructional aides on campus. We can hook you up with what you need. No need to shiver or suffer. Reach out for help, or tell a friend and have them connect with a campus adult today.

🏠 **BIG COLLEGE & CAREER FAIR TOMORROW!** 🏠 Our College & Career Fair is happening **tomorrow in the gym!** We'll have many visitors on campus, so **parking will be limited**—please plan accordingly. Let's show our **COUGAR PRIDE** by welcoming our guests with **respect, positivity, and professionalism!**

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

THURSDAY, OCTOBER 23, 2025

BIRTHDAYS	LUNCH	COLLEGE & CAREER WEEK
No birthdays	Chicken Wings, Fries Fresh Veggies & Fruit Milk Variety & Chips	Career and College Week with fun daily dress-up themes: <ul style="list-style-type: none">• TODAY – College Ready: Show your college spirit by wearing college gear — hats, shirts, hoodies, socks, etc.• Friday – Like a Boss: Dress up as your favorite staff member!

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Success doesn't come from talent alone—it comes from grit. The ability to stick with something, even when it's hard, is what separates dreamers from doers. Keep showing up, keep trying, and remember: every small effort prepares you for the big opportunities ahead.</p> <p>After School Tutoring today in room 14</p> <p>FFA will attend the Pumpkin Patch on Monday after school - you must be eligible and turn in your permission slip to Mr. Decker!</p>	<p>🎃 Spooky Season is Here! 🧛</p> <p>📧 Boo Grams on sale now! Small \$3 • Regular \$5 • Large \$7</p> <p>💀 Day of the Dead: More info coming soon!</p> <p>🎃 Halloween (Oct 31): Wear your costume and trick or treat with the Cougar! 🚫 No masks or look-alike weapons.</p> <p>📷 Costume Contest: Send in your best costume photo—most likes wins a prize! ★ Check in with 5-Star to earn spooky points for your class!</p>	<p>Today</p> <p>⚽ Boys vs Layton 4:15 ⚽ Girls vs Roseland 6:00 🏐 VB (JV/V) vs St. Helena 5 & 6 SENIOR NIGHT</p> <p>Fri 10/24</p> <p>🏈 Football (JV/V) @ Kelseyville 5 & 7</p> <p>Winter sports kick off November 10th! Get registered in Arbiter and cleared now.</p> <p>Fall athletes—even those who've quit—must wait until the fall season ends to start winter practices.</p>

CAREER & COLLEGE DAY TODAY!

1st period- 8th graders , 2nd period- 12th graders and Clover Valley seniors, 3rd period: 11th graders, 4th period- 10th graders, 5th period- 9th graders

CORE VALUES & GENTLE REMINDERS

Student safety is always our #1 priority. It goes without saying but nevertheless a good reminder for all students: Alcohol, Tobacco, Marijuana, or Illegal Drugs are **absolutely prohibited**. Students may not be in possession of paraphernalia associated with drugs. Examples of such paraphernalia include rolling papers, pipes, vape pens, hypodermic needles, etc. Students will be searched upon entry and if you see something, say something.

THANK YOU FOR STAYING SAFE!

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

FRIDAY, OCTOBER 24, 2025

BIRTHDAYS

Over the weekend
Marley Fernandez
Luke French
Gabriel Rodriguez

LUNCH

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

COLLEGE & CAREER WEEK

Career and College Week with fun daily dress-up themes:

- Friday – Like a Boss: Dress up as your favorite staff member!

ACADEMICS

As College and Career Week wraps up, think about your **purpose**—what drives you to succeed. Whether your path leads to college, a career, or both, having the right **mindset** makes all the difference. Believe in your ability to grow, learn, and achieve. You're building the foundation for your future, one day at a time.

FFA will attend the Pumpkin Patch on Monday - you must be eligible and turn in your permission slip to Mr. Decker!

ACTIVITIES

🎃 **Spooky Season is Here!** 🍷

📧 **Boo Grams** on sale now!
Small \$3 • Regular \$5 • Large \$7

💀 **Day of the Dead:** More info coming soon!

🎃 **Halloween (Oct 31):** Wear your costume and **trick or treat with the Cougar!**

🚫 No masks or look-alike weapons.

📷 **Costume Contest:** Send in your best costume photo—**most likes wins a prize!**

★ **Check in with 5-Star** to earn spooky points for your class!

ATHLETICS

Today

🏈 Football (JV/V) @ Kelseyville 5 & 7

Winter sports season is almost here! The **first day of practice is November 10th**, so make sure you are **registered in Arbiter** and cleared to participate before then. If you are currently in a **fall sport**, remember—you cannot begin your winter sport until your fall season is officially over. This includes any athlete who has **quit a fall sport**; you must wait until the fall season ends before starting a winter one.

STUDENT CENTER IS CLOSED TODAY!!!

The **Student Center is CLOSED today** due to a **college field trip** hosted by Mrs. Accurso and Thomas Santana. **Student Ambassadors** and any students assigned to the Student Center should **report to the main office, sign in for attendance, and remain in the designated area** there. 🚫 **No SmartPasses** should be made to the Student Center today. Thank you for your support and flexibility!

GENTLE REMINDERS

The weather is getting colder and some students might not have warm clothing. If this is you, come see Mrs. Accurso or Thomas in the Student Center, or speak to any of the instructional aides on campus. We can hook you up with what you need. No need to shiver or suffer. Reach out for help, or tell a friend and have them connect with a campus adult today.