

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

MONDAY, OCTOBER 27, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
Isais Narvaes	Chef's Choice Fresh Veggies & Fruit Milk Variety & Chips	The next College Application Day is Thursday, November 6 in our College and Career Center!

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Finish Strong, Cougars! The end of the grading period is Friday, October 31st. Stay focused, finish assignments, and finish strong!</p> <p>After school tutoring is available tomorrow in Mr. Holt's room from 3:15 to 4:15.</p> <p>Upper Lake High School is a closed campus. That means that no student is allowed to be off campus or go down town at any time. It also means that Door Dash and other delivery services are not allowed.</p>	<p>Upcoming Events! ⚽ Boys Soccer Senior Night – 10/27 ⚽ Girls Soccer Senior Night – 10/30 ⚽ Football, Cheer, & Performance Band Senior Night – 11/7 Show your Cougar Pride and wear red and white!</p> <p>👻 Boo Grams are on sale from the Sophomore Class at break and lunch in the quad! Small \$3 • Regular \$5 • Large \$7</p> <p>🎃 Halloween Fun –, 10/31! Wear your school-appropriate costume (no masks or lookalike weapons) and trick-or-treat in the quad! Check in with 5 Star to earn spooky spirit points. Submit your best costume photo using the form link to enter our online costume contest!</p> <p>👻 Join us for our Day of the Dead Celebration on the quad!</p>	<p>Monday: V Boys Soccer vs. Roseland Collegiate Prep @ ULHS, 5:00–6:30 PM 🏃🔥 SENIOR NIGHT</p> <p>Tuesday: V Boys Soccer @ Middletown, 4:30–6:00 PM ⚡ V Girls Soccer @ Middletown, 6:15–7:45 PM 🏃👊</p> <p>Thursday: V Boys Soccer @ Laytonville, 4:30–5:30 PM 🏠 V Girls Soccer vs. Mendocino @ ULHS, 4:30–6:00 PM 🎯⚽ SENIOR NIGHT!</p>

Smart Pass Reminders

Teachers and students, A smart pass is required for any student leaving the classroom at any time for any purpose. Students, If you fill out a SmartPass and it says you are in line, it means that you need to wait. If you are out without a pass you will be asked to go back and get one.

PARENT ENGAGEMENT MEETINGS TUESDAY! SITE COUNCIL & CTE ADVISORY COMMITTEE MEETINGS

Join us in **Room 15** for two important meetings: **Site Council: 3:30–4:30 p.m.** **CTE Advisory Committee: 6:00 p.m.** Come share your ideas and stay involved in shaping programs at Upper Lake High School. **Snacks provided!**

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TUESDAY, OCTOBER 28, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
No Birthdays	Sandwiches Fresh Veggies & Fruit Milk Variety & Chips	The next College Application Day is Thursday, November 6 in our College and Career Center! SENIOR PORTRAIT DAY IS WEDNESDAY in the CAFETERIA! Seniors need to be ready to go at 8:00 am. Lifetouch will provide the drape and tux.

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Level Up! Grades close this Friday, October 31st—time to level up and show what you’ve learned this quarter!</p> <p>This Friday during 2nd period, we’ll celebrate our Cougar Pride and Rotary Top 40 honorees! These students were nominated by staff for showing excellence and growth in academics, activities, arts, athletics, and living our core values.</p> <p>After school tutoring is available today in Mr. Holt’s room from 3:15 to 4:15. Reminder; This is a screen-free environment.</p>	<p>Upcoming Events! ⚽ Girls Soccer Senior Night – 10/30 🍌 Football, Cheer, & Performance Band Senior Night – 11/7 Show your Cougar Pride and wear red and white!</p> <p>🍷 Boo Grams are on sale from the Sophomore Class at break and lunch in the quad! Small \$3 • Regular \$5 • Large \$7</p> <p>🎃 Halloween Fun –, 10/31! Wear your school-appropriate costume (no masks or lookalike weapons) and trick-or-treat in the quad!</p> <p>Check in with 5 Star to earn spooky spirit points. Submit your best costume photo using the form link to enter our online costume contest!</p> <p>👻 Join us for our Day of the Dead Celebration on the quad!</p>	<p>Tuesday: V Boys Soccer @ Middletown, 4:30–6:00 PM ⚡ V Girls Soccer @ Middletown, 6:15–7:45 PM 🏀🏈</p> <p>Varsity Girls Volleyball @ Redwood Christian for round 1 of playoffs. Student Athlete departure at 1:15</p> <p>Thursday: V Boys Soccer @ Laytonville, 4:30–5:30 PM 📺 V Girls Soccer vs. Mendocino @ ULHS, 4:30–6:00 PM 🎯⚽ SENIOR NIGHT</p>

Student Services Reminders

Bullying and Harassment are not allowed at any time on any Upper Lake Unified School District Campus. If you are experiencing bullying or harassment or you are seeing it happen, please reach out to any adult on campus immediately.

PARENT ENGAGEMENT MEETINGS TUESDAY! SITE COUNCIL & CTE ADVISORY COMMITTEE MEETINGS

Join us in **Room 15** for two important meetings: **Site Council:** 3:30–4:30 p.m. **CTE Advisory Committee:** 6:00 p.m. Come share your ideas and stay involved in shaping programs at Upper Lake High School. **Snacks provided!**

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WEDNESDAY, OCTOBER 29, 2025

BIRTHDAYS

Brody Blancas
Daniela Jimenez

LUNCH

Hamburgers & Fries
Fresh Veggies & Fruit
Milk Variety & Chips

SENIOR CORNER

SENIOR PORTRAIT DAY IS TODAY in the CAFETERIA! Seniors need to be ready to go at 8:00 am. Lifetouch will provide the drape and tux.

ACADEMICS

Eligibility Reminder The grading period ends **Friday, October 31st**. Grades determine **athletic eligibility** and participation in **field trips and activities**—make every point count!

Academic help is available on Tuesdays and Thursdays after school. On Tuesdays, go to Mr. Holt's classroom at 3:15 for support, and on Thursday visit Ms. Duncan's classroom for assistance. Be an active partner in your own learning.

Join us **Friday during 2nd period** for our **Cougar Pride and Rotary Top 40 Celebration!** We're recognizing students who go above and beyond—demonstrating achievement, improvement, and Cougar values across all areas. Way to shine!

Worried about your attendance? Attend after school tutoring on Tuesdays and Thursdays to receive attendance credit.

ACTIVITIES

Upcoming Events! ⚽ Girls Soccer Senior Night – 10/30 ⚽ Football, Cheer, & Performance Band Senior Night – 11/7 Show your Cougar Pride and wear red and white!

🍷 Boo Grams are on sale from the Sophomore Class at break and lunch in the quad! Small \$3 • Regular \$5 • Large \$7

🎃 Halloween Fun –, 10/31! Wear your school-appropriate costume (no masks or lookalike weapons) and trick-or-treat in the quad!

Check in with 5 Star to earn spooky spirit points. Submit your best costume photo using the form link to enter our online costume contest!

💀 Join us for our Day of the Dead Celebration on the quad!

ATHLETICS

Thursday:
V Boys Soccer @ Laytonville, 4:30–5:30 PM 📺
V Girls Soccer vs. Mendocino @ ULHS, 4:30–6:00 PM 🎯 ⚽

Winter sports practice begins on November 3rd. Remember, you cannot start winter sports until fall sports are completed.

GENTLE REMINDERS

A kind word turns away anger. Be kind and patient with other people. You don't know what they are dealing with and kindness goes a long way.

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THURSDAY, OCTOBER 30, 2025

BIRTHDAYS

No birthdays

LUNCH

Chicken Wings, Fries
Fresh Veggies & Fruit
Milk Variety & Chips

SENIOR CORNER

The next College Application Day is Thursday, November 6 in our College and Career Center!

ACADEMICS

Stay on Track Students—wrap up missing work and give your best effort! The grading period ends **Friday, October 31st**, and eligibility for sports and events depends on it.

Tomorrow, **2nd period**, we'll honor our **Rotary Top 40 and Cougar Pride award recipients!** These students embody excellence, growth, and Cougar pride in everything they do—academics, arts, athletics, and character. Let's celebrate their success!

After school tutoring is available today in Ms. Duncan's room from 3:15 to 4:15. Reminder; This is a screen-free environment. You will receive attendance credit for attending.

ACTIVITIES

Upcoming Events! ⚽ Girls Soccer Senior Night – 10/30 ⚽ Football, Cheer, & Performance Band Senior Night – 11/7
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Attendance and Classroom Expectations

Our Core Values are Trust, Respect, and Responsibility. To be responsible means you are where you are supposed to be, participating and investing in your own learning. The expectation for every ULHS student is that you report to class on time and stay in class, unless you have completed a Smartpass in order to use the restroom or access other services like the office or student center.

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FRIDAY, OCTOBER 31, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
Destiny Jarvis	Chef's Choice Fresh Veggies & Fruit Milk Variety & Chips	The next College Application Day is Thursday, November 6 in our College and Career Center!

ACADEMICS	ACTIVITIES	ATHLETICS
<p>You've Got This! Let's finish the quarter strong, Cougars! All grades close Friday, October 31st—your hard work now keeps you eligible and moving forward!</p>	<p>Show your Cougar Pride and wear red and white! Halloween Fun , 10/31! Wear your school-appropriate costume (no masks or lookalike weapons) and trick-or-treat in the quad! Check in with 5 Star to earn spooky spirit points. Submit your best costume photo using the form link to enter our online costume contest! Join us for our Day of the Dead Celebration on the quad!</p>	<p>Upcoming Events! Football, Cheer, & Performance Band Senior Night – 11/7 Join us for our final home football game next Friday, November 7th! We'll be celebrating our amazing senior cheerleaders, band members, and football players. Come out, show your Cougar pride, and help us honor our seniors under the lights!</p>

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
Aleana Solorio Michael Marcks Bristol Stiritz Billy Pimental Heyley Gonzalez Eleina Morales Tanner Grant Ryan Heaney Farrah Campbell Alison Epinoza	Cassidy Grant Alexis Robbins Samuel Waters Lilly Boke Yaretzy Delgado Beecher Kaylin Smith Gabriella Colcleaser Shaun Way Haleigh Burris Paige Martini Evan Jackson	Tre'Vion Bridges Giana Snipes- Green Michael Seigler Kayla Edwards Dailey Ladd Peyton Johnson Kendra Dalton Sarah Compton Maddie Meade Regan Pittman	Camila Martin Anthony Simondi Gerber Monzon Lopez Jacob McKelvey Leland Dittmore Annie Snow Logan Ley

ROTARY TOP 40

Jaiden Sparks	Lilly Boke	Maddi Sullivan	Anthony Simondi
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