

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

MONDAY, NOVEMBER 03, 2025

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER/STUDENT SERVICES</i>
Over the Weekend Kaylin Smith	Carnitas Tacos Rice & Bean Fresh Veggies & Fruit Milk Variety & Chips	Seniors: Our next 4-Year University College Application day is this Thursday, November 6th. Mrs. Accurso and Ms. Cathy will be available from 8:00am-12:45pm in Room #15. We have a UC Davis representative coming to our campus tomorrow, November 4th starting at 10am in Room #15. If you are a senior, and would like to attend, please sign up with Ms. Duncan. Join us Thursday, November 6th, in Room 15 during lunch to learn about the Administration of Justice program at Sacramento City College. Sign up with Thomas in the Student Center by Wednesday — lunch provided!

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
After School Tutoring Tuesday in Holt After-school tutoring on Thursday in Duncans Teachers, please remember that the gradebook closes on Thursday, November 6! We are now entering our final grading period with our final summative assessments in December! Do you have Edgenuity classes? How is it going? Please see Mrs. Burke if you have any questions or concerns. The end of the semester is 6 weeks away and you will receive grades for your Edgenuity work which could impact eligibility for winter activities and sports.	Día de los Muertos Ofrenda Today, the Upper Lake High School Spanish Club will present a Día de los Muertos ofrenda (altar) . This tradition honors and celebrates loved ones who have passed through art, music, and remembrance. Tomorrow, Healthy Living Tobacco Free club meets in room 15 at lunch. Bring a friend	Winter Sports Practice begins TODAY! All athletes must register in Arbiter Sports. JV/Varsity Girls Basketball: 3:30 - 5:00 JV Boys Basketball: 5:00 - 7:00 Varsity Boys Basketball: 6:30 - 8:30 Girls and Boys Wrestling: 4:30 - 6:30 Cross Country League Championship at Spring Lake in Santa Rosa on Thursday. (Student Athlete Release at 10:00 am) Friday Night Lights vs. St. Helena 5/7:15 pm! Senior Night! Attention student-athletes: Athletic eligibility will be determined on Monday. Athletes as Leaders and Learners meets this Wednesday at 1:30 pm in Room 16.

Our Core Values

Our core values are Trust, Respect, and Responsibility. If we each operate at school with these values in mind, conflicts are minimized, people are valued, and we all succeed. Value your values. Stay awesome, mighty cougars. The best way to encourage others to clean up is to **start with yourself**. Make sure you're setting the standard before asking others to do the same. When people see you taking care of your space, they're more likely to follow your lead!

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TUESDAY, NOVEMBER 04, 2025

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
No Birthdays	Soup & Dinner Rolls Fresh Veggies & Fruit Milk Variety & Chips	Seniors: Our next 4-Year University College Application day is this Thursday, November 6th. Mrs. Accurso and Ms. Cathy will be available from 8:00am-12:45pm in Room #15. We have a UC Davis representative coming to our campus TODAY,, November 4th starting at 10am in Room #15. If you are a senior, and would like to attend, please sign up with Ms. Duncan. Join us Thursday, November 6th, in Room 15 during lunch to learn about the Administration of Justice program at Sacramento City College. Sign up with Thomas in the Student Center by Wednesday — lunch provided!

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
After-school tutoring today in Holt After School Tutoring on Thursday in Duncans Teachers, please remember that the gradebook closes this Thursday, November 6. We're now entering the final grading period, with summative assessments scheduled for December — let's finish strong! Have Edgenuity classes? The semester ends in 6 weeks! Check in with Mrs. Burke if you have questions — your Edgenuity grades affect eligibility for winter sports and activities.	Healthy Living Tobacco Free Club-Room 15. Bring a friend. Join us Thursday, Nov. 6, in Room 15 during lunch to learn about the Administration of Justice program at Sacramento City College. Sign up with Thomas in the Student Center by Wednesday — lunch provided! Thank you SPANISH CLUB, Mrs. Gonzalez Perez and Thomas or a wonderful Dia De Los Muertos Celebration Yesterday!	All athletes must register in Arbiter Sports. JV/Varsity Girls Basketball: 3:30 - 5:00 JV Boys Basketball: 5:00 - 7:00 Varsity Boys Basketball: 6:30 - 8:30 Girls and Boys Wrestling: 4:30 - 6:30 Cross Country League Championship in Santa Rosa on Thursday. (Student Athlete Release at 10:00 am) Friday Night Lights vs. St. Helena 5/7:15 pm! Senior Night! Attention student-athletes: Athletic eligibility is determined on Monday. Athletes as Leaders and Learners meets this Wednesday at 1:30 pm in Room 16.

Hit The Pause Button

If you feel like you are getting angry, hit the pause button. Quietly walk away and take a moment before you take actions that could have a negative consequence for you and others.

COUGARS DO YOUR BEST

In Cougar Country, we strive to do our best. Your best may look different from day to day, that's okay! What matters most is showing up, trying hard, and giving your best effort in every moment. Together, as a Cougar Family, we lift each other up and keep pushing forward!

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WEDNESDAY, NOVEMBER 05, 2025

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
No birthdays	Chef's Choice Fresh Veggies & Fruit Milk Variety & Chips	Seniors: Our next 4-Year University College Application day is tomorrow, November 6th. Mrs. Accurso and Ms. Cathy will be available from 8:00am-12:45pm in Room #15. Join us Thursday, November 6th, in Room 15 during lunch to learn about the Administration of Justice program at Sacramento City College. Sign up with Thomas in the Student Center by Wednesday — lunch provided!

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
After-school tutoring on Thursday in Duncans Teachers, please remember that the gradebook closes tomorrow! All students enrolled in Physical Education or Weight Training must dress out in school PE clothes and wear athletic shoes each day. Be prepared, stay active, and show your Cougar Pride! - NO EXCUSES! Have Edgenuity classes? The semester ends in 6 weeks! See Mrs. Burke with any questions — your grades may affect winter sports and activity eligibility .	Tomorrow during lunch in Room 15, learn about the Administration of Justice program at Sacramento City College! Sign up with Thomas in the Student Center today — lunch provided! This week, our students are representing Upper Lake High School at two exciting events: 🎓 American Indian College Motivation Day at Cal Poly Humboldt on Thursday. 🍌 Black Student Union Leadership Conference in San Jose on Thursday, Friday and Saturday.	All athletes must register in Arbiter Sports. Cross Country League Championship at Spring Lake in Santa Rosa on Thursday. (Student Athlete Release at 10:00 am) Friday Night Lights vs. St. Helena 5/7:15 pm! Senior Night for Football, Cheerleading and Band! Attention student-athletes: Athletic eligibility is determined on Monday. Fall Sports Athletes can turn in uniforms to Ms. Jessica in the gym! All uniforms must be turned in before winter uniforms are distributed! Athletes as Leaders and Learners meets TODAY at 1:30 pm in Room 16.

Grow Grit and Grow your Future

Grit means staying strong when things get tough. Success comes from showing up, trying again, and learning from mistakes. When you hit a wall—don't quit. Climb over it!

NO SCHOOL NEXT TUESDAY IN HONOR OF VETERANS DAY

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THURSDAY, NOVEMBER 06, 2025

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
No birthdays	Loaded Bake Potatoes with Garlic Bread Fresh Veggies & Fruit Milk Variety & Chips	Seniors: Our next 4-Year University College Application day is today, November 6th. Mrs. Accurso and Ms. Cathy will be available from 8:00am-12:45pm in Room #15.

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p>After-school tutoring today in Duncans</p> <p>Teachers, please remember that the gradebook closes TODAY!</p> <p>All students enrolled in Physical Education or Weight Training must dress out in school PE clothes and wear athletic shoes every day. Be prepared, stay active, and show your Cougar Pride — NO EXCUSES!</p> <p>Do you have Edgenuity classes? How is it going? Please see Mrs. Burke if you have any questions or concerns. The end of the semester is 6 weeks away and you will receive grades for your Edgenuity work which could impact eligibility for winter activities and sports.</p>	<p>This week, our students are representing Upper Lake High School at two exciting events:</p> <ul style="list-style-type: none">🎓 American Indian College Motivation Day at Cal Poly Humboldt today!👊 Black Student Union Leadership Conference in San Jose on Today, Friday and Saturday. <p>Cougars, remember — learning happens bell to bell! Be in class on time, stay engaged, and remain until the bell rings. Every minute counts toward your success. Let's show Cougar pride by being present, focused, and learning from start to finish!</p>	<p>Cross Country League Championship at Spring Lake in Santa Rosa TODAY (Student Athlete Release at 10:00 am)</p> <p>Friday Night Lights vs. St. Helena 5/7:15 pm! Senior Night for Football, Cheerleading and Band!</p> <p>Attention student-athletes: Athletic eligibility is determined on Monday.</p> <p>Fall Sports Athletes can turn in uniforms to Ms. Jessica in the gym! All uniforms must be turned in before winter uniforms are distributed!</p>

Stick with it

No one is looking for perfection, but they are looking to see if you will stick with it and try again and again, until you experience success. Nothing takes the place of persistence and practice. Stick with it and power through. Finish the semester strong and in control of your future.

NO SCHOOL NEXT TUESDAY IN HONOR OF VETERANS DAY

Next Tuesday, November 11th is VETERAN'S DAY which means there is NO SCHOOL!

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FRIDAY, NOVEMBER 07, 2025

BIRTHDAYS

Amelia Burnet
Emily Dalton

LUNCH

Pizza
Fresh Veggies & Fruit
Milk Variety & Chips

SENIOR CORNER

The next 4 year university application day is next Friday, November 14th!

ACADEMICS

After School Tutoring Tuesday in Holt
After School Tutoring on Thursday in Duncans
All students enrolled in **Physical Education or Weight Training** must **dress out in school PE clothes** and wear **athletic shoes** every day. Be prepared, stay active, and show your **Cougar Pride — NO EXCUSES!**
Next Wednesday, November 12 is NOT an early release day! Please plan accordingly!

ACTIVITIES

Do you have Edgenuity classes? The semester ends in just **6 weeks!** See **Mrs. Burke** if you have any questions or need support. Remember — your Edgenuity grades can affect **eligibility for winter sports and activities.**

ATHLETICS

Attention student-athletes: **Athletic eligibility will be determined on Monday.**
Friday Night Lights TONIGHT 5/7:15 pm! Senior Night for Football, Cheerleading and Band!

Attendance and Classroom Expectations

Cougars, remember — **every minute in class matters!** Be on time, stay engaged, and remain in class until the bell rings. Show your Cougar Pride by being **present, focused, and committed to learning from start to finish!**

SMARTPASS REMINDER

Students, get a smartpass everytime you leave the classroom, even if you are just going to another classroom. Thank you.

NO SCHOOL NEXT TUESDAY IN HONOR OF VETERANS DAY

Next Tuesday, November 11th is VETERAN'S DAY which means there is NO SCHOOL!