

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

MONDAY, NOVEMBER 10, 2025

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER/STUDENT SERVICES</i>
Emily Franco Danile Rojas Tomorrow Auriabella Ayala Sovaan Gama	Mini Tacos Fresh Veggies & Fruit Milk Variety & Chips	Seniors! Need help applying for college? Stop by Room 15, our College & Career Center, this Friday for hands-on support with your college applications.

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p>Only 21 school days left until final exams! Finish strong, Mighty Cougars — you've got this!</p> <p>Mighty Cougars — be responsible! Bring your charged Chromebook to school every day. Students who still have a checked-out Chromebook must return it to the Student Center to avoid being billed.</p>	<p>Congratulations to our Black Student Union students for attending the Leadership Conference this weekend! Our Theatre students also represented ULHS at an exciting Short Film Festival. Cougars continue to level up in every arena!</p> <p>Don't miss out! Buy your yearbook now on our school website under the <i>Yearbook</i> tab. Order today to avoid higher prices later!</p>	<p>Mandatory Team & Parent Meeting TONIGHT 5:45 pm - 6:15 pm in the Cafeteria. Dinner will be provided! GO COUGARS</p> <p>All student athletes must turn in their winter uniforms within the next four days to avoid being charged a replacement fee. If you still have your fall uniform, it must be turned in before you can receive your winter uniform. Please turn in all uniforms to Ms. Jessica in the gym.</p>

NO SCHOOL TOMORROW IN HONOR OF VETERANS DAY

Cougars, this week we take time to honor **Veterans Day**—a day dedicated to the brave men and women who have served in the United States Armed Forces. Veterans remind us of the importance of **service, courage, and sacrifice**. Whether it's a family member, friend, or community member, take a moment to **thank a veteran** and show your appreciation for their dedication to our country. Let's continue to show respect and gratitude—not just today, but every day—through our actions, our words, and the way we support one another here at school. Thank you, Cougars, for helping us honor those who serve.

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

TUESDAY, NOVEMBER 11, 2025

*HAPPY VETERANS DAY
NO SCHOOL!!!!*

Cougar Pride and Respect

Mighty Cougars, today we honor our veterans.

Veterans Day is a time to remember those who have served our country with loyalty, courage, and selflessness. They've faced great challenges and shown what it truly means to be determined and dedicated.

We are thankful for the freedom and opportunities we enjoy because of their sacrifices. Let's use this day to show respect and gratitude — and to reflect on how we can each serve others in our own way.

To all veterans, especially those connected to our Cougar family, **thank you for your service, your sacrifice, and your strength.**



DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

WEDNESDAY, NOVEMBER 12, 2025

BIRTHDAYS

Kyra Santos

LUNCH

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

SENIOR CORNER

College Application Help!

Come to **Room 15 this Friday** in the College & Career Center to get assistance with your applications. Don't wait—deadlines are coming fast!

ACADEMICS

19 days until finals! Stay focused and finish strong, Mighty Cougars!

Cougars, show responsibility!
Keep your Chromebook charged and ready for class each day. If you've checked one out and haven't returned it, please bring it to the Student Center — unreturned Chromebooks will be billed.

10th Graders — Get Ready to Think! Next Thursday,, your teachers will introduce an Empiricism Activity — a hands-on way to discover how we learn through observation, evidence, and experience. More info coming from Ms. O'Rourke, Mr. Bjur, and Mr. Sombs!

ACTIVITIES

Yearbooks are on sale!
Visit our school website
→ Yearbook to purchase yours. Buy now before the price goes up!

SmartPass Reminder!
Cougars, don't forget — you must use SmartPass when leaving class. It helps keep our school safe, organized, and distraction-free.

ATHLETICS

Student athletes — turn in your fall uniforms to avoid a fee! Fall uniforms must be returned before receiving your winter one. Drop off uniforms with Ms. Jessica in the gym.

Winter Sports Kickoff! Winter sports season begins Monday, November 17th ~ Varsity Girls Basketball scrimmage vs. Roseland Collegiate Prep at 6:00 p.m. Varsity Boys Basketball follows at 7:30 p.m. .

Tuesday, November 18th: JV Girls & Boys Basketball travel to Point Arena

BULLY PREVENTION REMINDER

At Upper Lake High School, it's **everyone's responsibility** to create a climate where **bullying is not tolerated**. Preventing and responding to bullying starts with each of us. To keep our school safe, remember: **If you see something, say something.**

What you can do:

Don't ignore it — harassment rarely goes away on its own.

If you can, tell the person to **stop**.

Seek help from a trusted adult.

Keep notes of what happens.

Remember: it's **not your fault**, and **help is available**.

Cougars, let's LEAD by example: Be **strong, not rude**. Be **kind, not weak**. Be **bold, not a bully**. Be **humble, not timid**. Be **proud, not arrogant**. If you need support, please reach out to one of the many adults here to help.



DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

THURSDAY, NOVEMBER 13, 2025

BIRTHDAYS

Quintin Celestin
Leland Dittmore
Samuel Waters

LUNCH

Loaded Bake Potatoes with
Garlic Bread
Fresh Veggies & Fruit
Milk Variety & Chips

SENIOR CORNER

College Apps Due Soon!
Get help this **Friday in Room 15** — the **College & Career Center**.
Finish strong, Mighty Cougars!

ACADEMICS

Countdown to finals: 18 days! You can do it, Mighty Cougars — finish strong!

Responsible Cougars = Ready Cougars!
Come prepared with a charged Chromebook daily. Remember — any checked-out Chromebooks not returned to the Student Center will result in a fee.

10th Graders — Get ready to think! Next Thursday, your teachers will launch an Empiricism Activity exploring how we learn through observation and evidence. Details coming from Ms. O'Rourke, Mr. Bjur, and Mr. Sombs!

ACTIVITIES

Get your yearbook today! Go to our website → Yearbook to order. Prices increase soon — don't wait!

SmartPass = Smart Moves!
At ULHS, we use **SmartPass** to help manage hallway traffic, track time out of class, and support student safety. It's quick, easy, and keeps everyone accountable. **Use SmartPass every time you leave class!**

Site Council next Tuesday at 3:30 pm in Room 16!

ATHLETICS

Reminder: Fall uniforms due! Return to Ms. Jessica in the gym to avoid a replacement fee. Fall uniforms must be turned in first.

Winter Sports Kickoff! Season begins Mon, Nov. 17 – Varsity Girls Basketball vs. Roseland Collegiate Prep at 6:00 p.m. Varsity Boys follow at 7:30 p.m.
Tues, Nov. 18: JV Girls & Boys at Point Arena.

Fall sports teams will be holding individual team celebrations. Please check with your coach for specific dates and times.

During your team celebration, athletes will receive certificates, as well as a **Block UL** for first-time varsity letter earners and a **sport patch**.

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.

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

FRIDAY, NOVEMBER 14, 2025

BIRTHDAYS

No Birthdays

LUNCH

Pizza
Fresh Veggies & Fruit
Milk Variety & Chips

SENIOR CORNER

Applying for college? Join us **TODAY** in **Room 15** to get support completing your applications. The **College & Career Center** team is ready to help you succeed!

ACADEMICS

Countdown to finals: 17 days!
You can do it, Mighty Cougars — finish strong!

Bring it. Charge it. Return it.
Cougars, keep your Chromebook charged every day!
If you borrowed one, return it to the Student Center or you'll be billed.

10th Graders — Big thinking ahead!
Next Thursday's Empiricism Activity will show how we learn by observing and experiencing. Watch for updates from Ms. O'Rourke, Mr. Bjur, and Mr. Sombs!

ACTIVITIES

Get your yearbook today! Go to our website → Yearbook to order.
Prices increase soon — don't wait!

Cougars, remember to use SmartPass anytime you leave class. SmartPass helps us keep campus safe, reduce interruptions, and make sure everyone is accounted for.
Be responsible — always create a SmartPass before leaving class!

ATHLETICS

Attention athletes! Fall uniforms due soon. Return to Ms. Jessica in the gym (no fall uniform = no winter uniform).

Winter Sports Start Monday!
Varsity Girls vs. Roseland Collegiate Prep – 6:00 p.m.
Varsity Boys – 7:30 p.m.
Tuesday: JV Girls & Boys at Point Arena.

ULHS Supervised Weight Training Sessions

When: Mondays, Tuesdays, and Thursdays — 3:40 to 5:10 p.m.

Where: ULHS Weight Room

Join our **structured weightlifting sessions** to build strength and improve athletic performance. Any athletes **not currently in a sport** are encouraged to participate and learn proper form and technique.

Please wear **appropriate workout attire and athletic shoes**.

Train smart. Train strong. Go ULHS!

PARENT ENGAGEMENT - SITE COUNCIL

Join us for our School Site Council meeting next Tuesday at 3:30 pm in Room 16. We'll review current programs, discuss progress toward school goals, and take public input. All staff, families, students, and community members are welcome.