

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

MONDAY, NOVEMBER 17, 2025

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER/STUDENT SERVICES</i>
Over the Weekend Joel Lopez Anthony Simondi Rylee Zimmerschied	Mini Tacos Fresh Veggies & Fruit Milk Variety & Chips	This is the last week to get help with your 4-year college applications before the submission date! Get your apps in this week so you don't have to stress over the break. Need assistance? Ms Cathy and Mrs. Accurso are available to meet with you. Reach out by email or stop by the student center and let Thomas know you need help.

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p>We value honesty in learning and expect all students to achieve with integrity. Academic integrity means being honest, fair, and responsible—presenting your own work and giving credit when using others' ideas. Failing to do so, such as not citing sources or copying someone else's work, is plagiarism.</p> <p>FFA Meeting on Wednesday at 6:30 pm!</p> <p>Need help? A quiet place to work? After school tutoring is available on Tuesdays and Thursdays. This is a screen-free environment. Come and get some help, get caught up, and finish strong Mighty Cougars.</p>	<p>Lunch and Learn this Thursday 11/20 in Room #15. We have a guest speaker from CalPoly Humboldt University coming to our school. If you would like to attend this presentation at lunch, please let Thomas know by Thursday morning at break.</p>	<p>Monday: Girls and Boys Varsity Basketball Scrimmage against RCP. Girls 6:00 Boys 7:30</p> <p>Tuesday: JV Girls and Boys basketball @ Point Arena. Student Athlete Release at 2:15 pm</p> <p>Weight training sessions are happening Monday, Tuesday, and Thursday from 3:40–5:10 p.m. for all student-athletes who want to keep improving. These are focused workouts—come dressed and ready to train!</p> <p>y Attendance eligibility is calculated each week based on the previous week's period attendance. If you are not attending classes, you may not be eligible to play. Check in with Ms. Toback if you have questions about your eligibility.</p>

READY TO PLAY

Interscholastic athletics should reflect the highest standards of ethics, sportsmanship, and character. We believe that true success in sports comes when athletes are **ready to play** with integrity—pursuing *Victory with Honor* through the six core principles of character: **trustworthiness, respect, responsibility, fairness, caring, and good citizenship**. This code applies to all student-athletes and their families, and we are proud to uphold these values both on and off the field.

SITE COUNCIL

Our monthly School Site Council meeting takes place Tuesday from 3:30 - 4:30 pm. The School Site Council is an organization made up of the principal, teachers, parents, students, and other school staff. School Site Council meetings are generally held the last Tuesday of every month at 3:30 pm Room 16 or via Zoom. Agendas are posted on our website under "Families" and "Site Council."

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TUESDAY, NOVEMBER 18, 2025

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
Magdely Garcia Hunter Marshall	Soup & Dinner Rolls Fresh Veggies & Fruit Milk Variety & Chips	This is the last week to get help with your 4-year college applications before the submission date! Get your apps in this week so you don't have to stress over the break. Need assistance? Ms Cathy and Mrs. Accurso are available to meet with you. Reach out by email or stop by the student center and let Thomas know you need help.

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p>Final Exams take place on Wednesday, December 17th and Thursday, December 18th. The last day of the semester, Friday, December 19th.</p> <p>Students Who Achieve with Integrity</p> <p>Use information responsibly and ethically Cite sources properly Submit their own work without unauthorized help Don't share work or tests with others Respect others' creative work and copyright laws</p> <p>Need help? A quiet place to work? After school tutoring is available today in Mr. Holt's room. This is a screen-free environment. Come and get some help, get caught up, and finish strong Mighty Cougars.</p>	<p>Lunch & Learn – This Thursday, November 20 Join us in Room 15 for a special Lunch and Learn with a guest speaker from Cal Poly Humboldt University! If you'd like to attend, please let Thomas know by Thursday morning at break. Don't miss this great opportunity to learn more about college life and opportunities at Cal Poly Humboldt!</p> <p>FFA Meeting on Wednesday at 6:30 pm!</p> <p>Your attendance at school affects EVERYTHING! Your grades, your eligibility, your time with friends, and your relationships with classmates and teachers. If you want to do better at school, attend class and apply yourself and you will begin to see some success. Attendance matters.</p>	<p>Today:: JV Girls and Boys basketball @ Point Arena. Student Athlete Release at 2:15 pm</p> <p>Athletics should reflect the highest standards of ethics, sportsmanship, and character. True success comes when athletes play with integrity—pursuing <i>Victory with Honor</i> through trustworthiness, respect, responsibility, fairness, caring, and good citizenship. We are proud to uphold these values on and off the field.</p> <p>Student-athletes: Stay game-ready! Join us for structured weight training on Monday, Tuesday, and Thursday, 3:40–5:10 p.m. Sessions are designed to help you build strength and improve performance. Don't forget—come dressed to move!</p> <p>Stay eligible for sports and other activities by attending class, keeping your grades up, and being a good citizens. Are you eligible? Check with Ms. Toback and find out!</p>

SITE COUNCIL MEETING TODAY AT 3:30 PM

BULLY PREVENTION REMINDER

At ULHS, **kindness and respect come first**. Everyone has the right to feel safe and supported at school. If you see bullying—whether in person or online—**speak up, stand up, and report it** to a teacher, counselor, or administrator. Let's work together to make our campus a place where everyone belongs. **Be kind. Be brave. Be a difference-maker.**

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WEDNESDAY, NOVEMBER 19, 2025

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER</i>
	Chef's Choice Fresh Veggies & Fruit Milk Variety & Chips	This is your last week to get help with your 4-year college applications before the submission deadline! Turn them in now so you can relax over the break. Need assistance? Ms. Cathy and Mrs. Accurso are available—email them or stop by the Student Center and let Thomas know you'd like support.

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
<p>COLLEGE ENTRANCE REQUIREMENTS: Graduation requirements differ from college entrance requirements. Graduation requirements might include courses colleges don't care about, like PE or Health. One of the biggest things to remember is that while many high schools consider a D to be a passing grade for graduation, <i>UC's and CSU's do not. A class must be passed with a C- or better for a UC or CSU to count it.</i></p> <p>FFA Meeting TONIGHT at 6:30 pm!</p> <p>There are less than 5 weeks left in the semester and semester grades determine eligibility and earn you credits towards graduation. Talk to your teachers to see how you can finish strong.</p>	<p>Lunch and Learn this Thursday 11/20 in Room #15. We have a guest speaker from CalPoly Humboldt University coming to our school. If you would like to attend this presentation at lunch, please let Thomas know by Thursday morning at break.</p> <p>Your attendance at school affects EVERYTHING! Your grades, your eligibility, your time with friends, and your relationships with classmates and teachers. If you want to do better at school, attend class and apply yourself and you will begin to see some success. Attendance matters. GSA Meeting in room 4 changed to lunch and 7th.</p>	<p>There are no games next week during Thanksgiving break, but practices will still be held.</p> <p>Student-athletes are expected to attend and communicate directly with their coach if they have a conflict.</p> <p>Student-athletes looking to stay in shape—this is for you! Weight training is offered Monday, Tuesday, and Thursday, 3:40–5:10 p.m. These focused sessions will help you stay strong and game-ready. Dress for training and show up ready to go!</p>

COUGAR KINDNESS

Kindness is a chain reaction—one small act can create a wave of positive change. When we choose to be kind, we help build a community where everyone feels valued.

Today's challenge: Let someone go ahead of you in the lunch line. Small gestures can make a big difference!

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THURSDAY, NOVEMBER 20, 2025

BIRTHDAYS

Kendra Dalton

LUNCH

Thanksgiving Dinner
Fresh Veggies & Fruit
Milk Variety & Chips

SENIOR CORNER

This is the last week to get help with your 4-year college applications before the submission date! Get your apps in this week so you don't have to stress over the break. Need assistance? Ms Cathy and Mrs. Accurso are available to meet with you. Reach out by email or stop by the student center and let Thomas know you need help.

ACADEMICS

A–G Requirements Matter Colleges want to see that you've taken courses that prepare you for success. Since each college may count classes differently, the best way to stay eligible everywhere is to meet the **UC and CSU A–G requirements**. Completing them ensures you're ready for admission to almost any university.

The end of the semester is near. Come to after school tutoring in Ms. Duncan's room today at 3:15 for help and a quiet place to work.

ACTIVITIES

Lunch and Learn today in Room #15. We have a guest speaker from CalPoly Humboldt University coming to our school. If you would like to attend this presentation at lunch, please let Thomas know today by the morning break.

ATHLETICS

No games next week due to Thanksgiving break.

Practices will continue as scheduled—student-athletes must check in and communicate with their coach.

PURSUING VICTORY WITH HONOR



Our school endorses the principles of Pursuing Victory with Honor. All involved should display proper sportsmanship and play by the game's rules because it's the right thing to do! We expect students to support our team by being positive representatives of your family and your school. Admission to this event is a privilege and not a license to display insensitive or offensive behavior. Thank you for supporting our student-athletes and our school!

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FRIDAY, NOVEMBER 21, 2025

BIRTHDAYS

Shaun Way

LUNCH

Pizza
Fresh Veggies & Fruit
Milk Variety & Chips

SENIOR CORNER

This is the last day to get help with your 4-year college applications before the submission date! Get your apps in this week so you don't have to stress over the break. Need assistance? Ms Cathy and Mrs. Accurso are available to meet with you. Reach out by email or stop by the student center and let Thomas know you need help.

ACADEMICS

To qualify for UC or CSU admission, students must complete **15 UC-approved A–G courses** with at least a **C–** in each. UC applicants also need a **3.0 GPA or higher** in these classes. Remember—a **D grade** does **not** meet A–G requirements.

ACTIVITIES

Stay Eligible, Stay Involved!

Want to keep participating in sports, clubs, and school activities? Stay eligible by **keeping your grades up, attending class every day, and showing respect** to staff and classmates.

Success in the classroom = success on the field, stage, and beyond!

ATHLETICS

There will be **no games over Thanksgiving break, but practice is still on!**

All student-athletes are expected to attend and talk with their coach about any schedule conflicts.

THANKSGIVING MESSAGE FROM DR. PETRIE

As we enter this season of gratitude, I want to take a moment to thank our students, families, and staff for making Upper Lake High School such a special place. Each of you contributes to the strength and spirit of our community, and I am truly grateful for your dedication, resilience, and care for one another.

Thanksgiving reminds us to pause, reflect, and appreciate the people and moments that matter most. I hope you take time to relax, recharge, and enjoy the company of loved ones.

From our school family to yours—wishing you a joyful, safe, and restful Thanksgiving!

With gratitude,
Dr. Petrie