


DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

MONDAY, DECEMBER 01, 2025

<i>BIRTHDAYS</i>	<i>LUNCH</i>	<i>SENIOR CORNER/STUDENT SERVICES</i>
Kayley Haro	Chef's Choice Fresh Veggies & Fruit Milk Variety & Chips	Seniors, you're just three weeks away from wrapping up your first semester of high school — stay focused, finish strong, and be proud of how far you've come. Keep pushing forward; every effort you make now sets the stage for your success ahead! Seniors, please email your baby photos to Yearbook Editor-in-Chief Marcela Torres. The deadline to submit photos is March 9th.

<i>ACADEMICS</i>	<i>ACTIVITIES</i>	<i>ATHLETICS</i>
 <p>Strength is found in connection. When we support, uplift, and value one another, we all thrive. Let's finish with purpose and pride.</p> <p>Stay focused, stay positive. We are better together. We are Upper Lake.</p> <p>It's not too late! Get caught up and get help! After school tutoring in Mr. Holt's classroom from 3:15 to 4:15 tomorrow! This is a screen free environment.</p>	<p> Cougar Wishes: Got a wish? Scan the QR codes around campus — your Cougar Wish might just come true!</p> <p> Holiday Grams: Juniors are launching Holiday Grams soon! Prices & details coming.</p> <p> Piñata Day – 12/19: Feliz Navidad Piñata Day at lunch — candy, music, and holiday fun!</p> <p> Cozy Holiday Week – 12/15–12/19: Dress-up days, games, crafts & treats all week long</p> <p>Remember, stay eligible by attending all your classes, being a good citizen, and maintaining your grades. If you have questions about your eligibility, reach out to Ms. Toback</p>	<p><u>Tuesday:</u> Girls Basketball HOME vs. Williams 5:00/6:30 Boys Basketball @ Willits 5:00/6:30</p> <p><u>Friday:</u> JV Boys Basketball @ Lower Lake Tournament JV Girls Basketball @ Kelseyville Tournament Varsity Boys Basketball @ St. Helena Tournament (Student Athlete Release at 1:15) Varsity Girls Basketball @ RCP 6:00 pm</p> <p><u>Saturday:</u> Girls Wrestling Lady Royal Tournament @ Overfelt High School Boys Wrestling Jim Lantern Tournament @ Vintage High School JV Boys Basketball @ Lower Lake Tournament JV Girls Basketball @ Kelseyville Tournament Varsity Boys Basketball @ St. Helena Tournament</p> <p>Remember, at ULHS we keep it CLASSY and ALL ABOUT ULHS! We Purse Victory with Honor!</p>

COUGARS KEEP COUGAR COUNTRY CLEAN

This week, we're focusing on supporting each other by cleaning up after ourselves. Lead by example: take care of your own space first. It's easy to overlook the mess we leave behind, but it's hard to ask others to do what we're not doing ourselves. When people see you cleaning up, they're far more likely to follow your lead.



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TUESDAY, DECEMBER 02, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
No Birthday	Enchilada Casserole & Mex Rice Fresh Veggies & Fruit Milk Variety	<p>Do you have Edgenuity classes to complete by the end of the semester? If you are having trouble logging in or have questions, please connect with Mrs. Burke.</p> <p>ULHS Senior Families – Yearbook Info</p> <ul style="list-style-type: none"> Yearbooks: \$65 through Jan. 30 (price increases to \$70 afterward). Senior Recognition Ads: Purchase by March to guarantee space. <ul style="list-style-type: none"> Full Page: \$125 Half Page: \$75 Quarter Page: \$40 Eighth Page: \$25 Business Ads are also welcome at the same prices. <p>Order yearbooks and ads: https://yearbookforever.com/ (search "Upper Lake High School"). You may receive reminder emails from Walsworth; they will stop once you purchase or you may unsubscribe. Seniors, please email your baby photos to Yearbook Editor-in-Chief Marcela Torres. Deadline to submit photos is March 9th.</p>

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Finals are Wednesday, December 17 and Thursday, December 18. Your teacher will let you know how to prepare and what day your final exam will be on. There will be no parties on Thursday or Friday so support all classes to FINISH STRONG! Friday, December 19th is a Minimum Day.</p> <p>It's not too late! Get caught up and get help! After school tutoring in Mr. Holt's classroom TODAY from 3:15 to 4:15. This is a screen free environment.</p> <p>Athletes, if you are ineligible due to attendance, talk to your coach and see Ms. Toback. Plan to attend after school tutoring to become eligible if attendance has become an issue.</p>	<p> Cougar Wishes: Got a wish? Scan the QR codes around campus — your Cougar Wish might just come true!</p> <p> Holiday Grams: Juniors are launching Holiday Grams soon! Prices & details coming.</p> <p> Piñata Day – 12/19: Feliz Navidad Piñata Day at lunch — candy, music, and holiday fun!</p> <p> Cozy Holiday Week – 12/15–12/19: Dress-up days, games, crafts & treats all week long</p>	<p><u>Today:</u> Girls Basketball HOME vs. Williams 5:00/6:30 Boys Basketball @ Willits 5:00/6:30</p> <p><u>Friday:</u> JV Boys Basketball @ Lower Lake Tournament JV Girls Basketball @ Kelseyville Tournament Varsity Boys Basketball @ St. Helena Tournament (Student Athlete Release at 1:15) Varsity Girls Basketball @ RCP 6:00 pm</p> <p><u>Saturday:</u> Girls Wrestling Lady Royal Tournament @ Overfelt High School Boys Wrestling Jim Lantern Tournament @ Vintage High School JV Boys Basketball @ Lower Lake Tournament JV Girls Basketball @ Kelseyville Tournament Varsity Boys Basketball @ St. Helena Tournament</p> <p>Remember, at ULHS we keep it CLASSY and ALL ABOUT ULHS! We Pursue Victory with Honor!</p>

Please remember that students are not allowed to visit the parking lot during class, break, or lunch. If you need to get something out of your car, please check in with Morgan in the front office. No sitting in cars or hanging in the parking lot during school hours. If you have any questions, please speak with Ms. Toback.

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WEDNESDAY, DECEMBER 03, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
Ace McCutcheon Matthew Sparks	Chef's Choice Fresh Veggies & Fruit Milk Variety	Do you have Edgenuity classes to complete by the end of the semester? If you are having trouble logging in or have questions, please connect with Mrs. Burke. Seniors, please email your baby photos to Yearbook Editor-in-Chief Marcela Torres. The deadline to submit photos is March 9th.

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NON-PRIVILEGE LIST

Loss of Privileges/Non-Privilege list – If someone abuses a previously earned privilege, that privilege can be revoked. The student can earn it back by successfully engaging in the expected behavior under supervision, or by meeting prearranged criteria for reinstatement of the privilege. Loss of certain campus privileges (dances, sports, extra-curricular events, etc) might be applied in response to any behavioral incident for a predetermined length of time. The Non-Privilege list will be enforced this week during all extra-curricular activities.





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THURSDAY, DECEMBER 04, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
No Birthdays	Pasta With Garlic Bread Fresh Veggies, Fruit Milk Variety	Do you have Edgenuity classes to complete by the end of the semester? If you have questions, please connect with Mrs. Burke. Seniors, please email your baby photos to Yearbook Editor-in-Chief Marcela Torres. Deadline to submit photos is March 9th.

ACADEMICS	ACTIVITIES	ATHLETICS
<p>Ready to Learn: Being ready to learn means placing your cell phone in your backpack when you enter the classroom. No exceptions to this important life skill!</p> <p>It's not too late! Get caught up and get help! After school tutoring in Ms. Duncan's room TODAY from 3:15 to 4:15. This is a screen free environment.</p> <p>Our Simpere Adelante meeting is next MONDAY at 6:00 p min Room 8!</p>	<p> Cougar Wishes: Got a wish? Scan the QR codes around campus — your Cougar Wish might just come true!</p> <p> Holiday Grams: Juniors are launching Holiday Grams soon! Prices & details coming.</p> <p> Piñata Day – 12/19: Feliz Navidad Piñata Day at lunch — candy, music, and holiday fun!</p> <p> Cozy Holiday Week – 12/15–12/19: Dress-up days, games, crafts & treats all week long</p>	<p><u>Friday:</u> JV Boys Basketball @ Lower Lake Tournament JV Girls Basketball @ Kelseyville Tournament Varsity Boys Basketball @ St. Helena Tournament (Student Athlete Release at 1:15) Varsity Girls Basketball @ RCP 6:00 pm</p> <p><u>Saturday:</u> Girls Wrestling Lady Royal Tournament @ Overfelt High School Boys Wrestling Jim Lantern Tournament @ Vintage High School JV Boys Basketball @ Lower Lake Tournament JV Girls Basketball @ Kelseyville Tournament Varsity Boys Basketball @ St. Helena Tournament</p> <p>Remember, at ULHS we keep it CLASSY and ALL ABOUT ULHS! We Purse Victory with Honor!</p> <p>Athletes, if you are ineligible due to attendance, talk to your coach and see Ms. Toback. Plan to attend after school tutoring to become eligible if attendance has become an issue.</p>

WHAT IS RESTORATIVE PRACTICES?

Restorative practices is a fancy term that is used to describe a conversation between students or between students and staff, seeking to understand the other person's perspective when something has gone wrong. It's about finding common ground and providing a space where everyone can be heard, feel safe, and find solutions. Reach out to Thomas, Lori, Mrs. Accurso, Miles, Ms. Toback or Dr. Petrie if you need to have a restorative conversation with someone to resolve an issue.

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JANUARY 30TH**

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Upper Lake High School

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FRIDAY, DECEMBER 05, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
	Soup & Rolls Fresh Veggies & Fruit Milk Variety & Chips	Seniors, please email your baby photos to Yearbook Editor-in-Chief Marcela Torres. Deadline to submit photos is March 9th.

ACADEMICS	ACTIVITIES	ATHLETICS
<p>ULHS Senior Families – Yearbook Info</p> <ul style="list-style-type: none"> Yearbooks: \$65 through Jan. 30 (price increases to \$70 afterward). Senior Recognition Ads: Purchase by March to guarantee space. <ul style="list-style-type: none"> Full Page: \$125 Half Page: \$75 Quarter Page: \$40 Eighth Page: \$25 Business Ads are welcome <p>Order yearbooks and ads: https://yearbookforever.com/ (search "Upper Lake High School").</p>	<p> Cougar Wishes: Got a wish? Scan the QR codes around campus — your Cougar Wish might just come true!</p> <p> Holiday Grams: Juniors are launching Holiday Grams soon! Prices & details coming.</p> <p> Piñata Day – 12/19: Feliz Navidad Piñata Day at lunch — candy, music, and holiday fun! Our Simpere Adelante meeting is on MONDAY at 6:00 pm in Room 8!</p>	<p>Winter Cheer is here! Bring your gear to the cafeteria!</p> <p><u>Today:</u> JV Boys Basketball @ Lower Lake Tournament JV Girls Basketball @ Kelseyville Tournament (Release @ 2:15) Varsity Boys Basketball @ St. Helena Tournament (Student Athlete Release at 1:15) Varsity Girls Basketball @ RCP 6:00 pm</p> <p><u>Saturday:</u> Girls Wrestling Lady Royal Tournament @ Overfelt High Boys Wrestling Jim Lantern Tournament @ Vintage High JV Boys Basketball @ Lower Lake Tournament JV Girls Basketball @ Kelseyville Tournament Varsity Boys Basketball @ St. Helena Tournament</p>

COUGAR PRIDE - ROTARY TOP 40 STUDENTS OF THE MONTH

Cougar Pride honors students showing growth in our Core Values and the 4 A's. Rotary Top 40, sponsored by Lakeport Rotary, recognizes students for perseverance and 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	
Devin Burnet	Carter Perry	Alyna Solorio	Riley Jones	Brody Blancas		Mia Dellamonica	
Billy Pimentel	Hollace Stencil	Riley Jones	Adam Isaacson	Abigail Suzor		Kiri McCutcheon	
Aileen Estrada	Annica Warren	Adam Isaacson	Ryker King	Paige Kent		Omar Alvarez	
Ryan Heaney	Brionna Stokes	Ryker King	Molly Rahmer	Jose Lopez		Jaden Nunez	
Starla Vasquez	Ashtin Davis	Molly Rahmer	TJ Malicay	Kelis Anderson		Nathan Boomer	
Isobel Rueda	Ethan Gross	TJ Malicay	Presley Bussard	Gianna Snipes Green			
Alison Espinoza- Orozco	Isabella O'Sullivan	Presley Bussard	Julie Jones	Corbyn Woolley			
		Julie Jones	Shaun Way	Jenniya Wyman			

ROTARY TOP 40

November Michael Marcks	December Bella Stillman	November Alyna Solorio	December Samuel Waters	November Paige Kent	December Darius Cramer	November Omar Alvarez	December Logen Ley
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