

DAILY BULLETIN

*Cougar Family.
Cougar Pride.*

Learning & Connecting: Nothing Can Stop Us!

MONDAY, DECEMBER 08, 2025

BIRTHDAYS

Zoey Lindstrom

LUNCH

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

SENIOR CORNER/STUDENT SERVICES

Seniors, please email your baby photos to Yearbook Editor-in-Chief Marcela Torres. The deadline to submit photos is March 9th.

ULHS Senior Families – Yearbook Info

- Yearbooks: \$65 through Jan. 30 (price increases to \$70 afterward).
- Senior Recognition Ads: Purchase by March to guarantee space.

Full Page: \$125, Half Page: \$75, Quarter Page: \$40, Eighth Page: \$25, Business Ads are welcome Order yearbooks and ads: <https://yearbookforever.com/>

ACADEMICS

Final exams are next **Wednesday and Thursday**—let's finish the semester with pride!

Be sure to bring your **fully charged Chromebook**, keep your **cell phone put away**, and stay focused so you can show what you've learned.

Remember: **Friday, December 19th is a minimum day.**

Our Robotics Team is heading to San Jose this weekend for their first qualifier!

Let's wish them the best of luck—go get it, Robotics!

ACTIVITIES

Holiday Grams: Juniors are launching Holiday Grams this week!

Piñata Day – 12/19: Spanish Club is hosting the annual Piñata Day at lunch next Friday!

Stay tuned for Holiday Dress Up Days from Leadership!

FFA members: Your Chapter Meeting is **Wednesday at lunch in the gym**. Grab your lunch and head straight there! The meeting will run through lunch **into 7th period**. Remember, **all FFA students must attend**. Need support? Talk to a chapter leader or **Mr. Decker**.

ATHLETICS

Tuesday:

Boys Basketball @ Fort Bragg (Student Athlete release at 2:15)

Girls Basketball vs. Fort Bragg at HOME Mrs. Verstoppen is running the gate Mr. Holt is running the cafe

Thursday:

Varsity Boys Basketball @ Cloverdale McMillan Tournament (Student Athlete Release TBA)

Friday:

Varsity Boys Basketball @ Cloverdale McMillan Tournament (Student Athlete Release TBA)

Girls Basketball @ Anderson Valley Tournament (Student Athlete Release TBA)

Wrestling Novice Tournament @ St. Helena (Student Athlete Release TBA)

Did you know that this Tuesday is our **ONLY** home game this month until January 9th??? Let's come out and sit in the DEN and Cheer on the Lady Cougars!

Saturday:

Varsity Boys Basketball @ Cloverdale McMillan Tournament Girls Basketball @ Anderson Valley Tournament

Varsity Boy Wrestling James Ridell Tournament @ Oakdale JV Boys Wrestling 2 Gree and Gold @ San Marin Girls Wrestling Roger Briones @ San Leandro

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TUESDAY, DECEMBER 09, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
Sofia Calvillo	Enchilada Casserole & Mex Rice Fresh Veggies & Fruit Milk Variety	ULHS Senior Families – Yearbook Info <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.• Full Page: \$125, Half Page: \$75, Quarter Page: \$40, Eighth Page: \$25, Business Ads are also welcome at the same prices. 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.

ACADEMICS	ACTIVITIES
<p>Finals are coming up next Wednesday and Thursday. Make a plan now so you're ready! Charge your Chromebook the night before, arrive on time, and place your cell phone in your backpack during testing. We believe in you—finish strong! Reminder: Friday, December 19th is a minimum day. Big shoutout to our Robotics Team competing in San Jose this weekend! Good luck at your first qualifier!</p>	<p>Holiday Grams: Juniors are launching Holiday Grams this week! Piñata Day – 12/19: Spanish Club is hosting the annual Piñata Day at lunch next Friday! Attention FFA! Our next meeting is Wednesday at lunch in the gym. Please pick up your lunch and go directly to the gym—this meeting continues through 7th period. Attendance is required for all FFA members. If you have questions or need support, connect with a leader or Mr. Decker.</p>

ATHLETICS

<p><u>TODAY:</u> Boys Basketball @ Fort Bragg (Student Athlete release at 2:15) Girls Basketball vs. Fort Bragg at HOME Mrs. Verstoppen is running the gate Mr. Holt is running the cafe</p> <p><u>Thursday:</u> Varsity Boys Basketball @ Cloverdale McMillan Tournament (Student Athlete Release TBA)</p> <p><u>Friday</u> Varsity Boys Basketball @ Cloverdale McMillan Tournament (Student Athlete Release TBA) Girls Basketball @ Anderson Valley Tournament (Student Athlete Release TBA) Wrestling Novice Tournament @ St. Helena (Student Athlete Release TBA)</p> <p>Did you know that this Tuesday is our ONLY home game this month until January 9th??? Let's come out and sit in the DEN and Cheer on the Lady Cougars!</p> <p><u>Saturday</u> Varsity Boys Basketball @ Cloverdale McMillan Tournament Girls Basketball @ Anderson Valley Tournament Varsity Boy Wrestling James Ridell Tournament @ Oakdale JV Boys Wrestling 2 Gree and Gold @ San Marin Girls Wrestling Roger Briones @ San Leandro</p>

YEARBOOKS ON SALE NOW!

Buy your yearbook now for just \$65!

Prices stay low through January 30, 2026—don't miss the early-bird deal.

To buy your yearbook, go to the Cougar store and click on the yearbook link.

It will take you to the Walsworth site where you will buy your yearbook.



Winter Wonderland



Merry Monday

(Wear Red and Green)

Crafts: Ornament Decorating

Game: Marshmallow Cup picking up

MON

15

Santa's Workshop

(Dress as an elf, santa or reindeer)

Crafts: Gingerbread decorating

Game: Guess the order

TUES

16

Winter Wonderland

(White Out)

Crafts: Bracelet making

Game: Cup stack

WED

17

Grinch vs Santa

(Dress as Santa or the Grinch)

Crafts: Popsicle Stick crafts

Game: Axe throwing

THUR

18

Night Before Christmas

(Dress in Pj's)

Crafts: Stocking Decoration

FRI

19

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WEDNESDAY, DECEMBER 10, 2025

BIRTHDAYS	LUNCH	SENIOR CORNER
Kayden Coltharpe Isabelle McCarty	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.

ACADEMICS	ACTIVITIES	ATHLETICS
Final exams begin next Wednesday. Success starts with preparation: Bring a charged Chromebook Put your cell phone away Stay focused from start to finish Let's end the semester on a high note! Minimum day: Friday, December 19th. Good luck to our Robotics Team as they travel to San Jose for their first qualifier! We're proud of you—bring home great results and enjoy the experience!	FFA students: Don't forget! Chapter Meeting is this TODAY during lunch in the gym. Grab your lunch and report straight to the gym. The meeting will last into 7th period. All FFA members must attend. Need help? Reach out to your FFA leaders or Mr. Decker.	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. <u>Thursday:</u> Varsity Boys Basketball @ Cloverdale McMillan Tournament (Student Athlete Release TBA) <u>Friday</u> Varsity Boys Basketball @ Cloverdale McMillan Tournament (Student Athlete Release TBA) Girls Basketball @ Anderson Valley Tournament (Student Athlete Release TBA) Wrestling Novice Tournament @ St. Helena (Student Athlete Release TBA) <u>Saturday</u> Varsity Boys Basketball @ Cloverdale McMillan Tournament Girls Basketball @ Anderson Valley Tournament Varsity Boy Wrestling James Ridell Tournament @ Oakdale JV Boys Wrestling 2 Green and Gold @ San Marin Girls Wrestling Roger Briones @ San Leandro Remember, at ULHS we keep it CLASSY and ALL ABOUT ULHS! We Pursue Victory with Honor!

GRATITUDE DURING THE HOLIDAYS

As we head into the holidays, take a moment to show gratitude—thank a friend, a teacher, a teammate, or anyone who's made your year better. A little appreciation goes a long way.

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Winter Wonderland



Merry Monday

(Wear Red and Green)

Crafts: Ornament Decorating

Game: Marshmallow Cup picking up

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Santa's Workshop

(Dress as an elf, santa or reindeer)

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(White Out)

Crafts: Bracelet making

Game: Cup stack

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17

Grinch vs Santa

(Dress as Santa or the Grinch)

Crafts: Popsicle Stick crafts

Game: Axe throwing

THUR

18

Night Before Christmas

(Dress in Pj's)

Crafts: Stocking Decoration

FRI

19

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THURSDAY, DECEMBER 11, 2025

BIRTHDAYS

No Birthdays

LUNCH

Pasta
With Garlic Bread
Fresh Veggies, Fruit
Milk Variety

SENIOR CORNER

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

Final exams are next **Wednesday and Thursday**.

Show up ready to do your best:

- ✓ Charge your **Chromebook**
- ✓ Keep your **cell phone out of sight**
- ✓ Stay focused—every minute matters

We're almost there!

Friday, December 19th is a minimum day.

ACTIVITIES

We're in the final stretch of the semester—let's keep the momentum going! This week is a perfect opportunity to stay focused, lift each other up, and enjoy the sense of community that makes our school special. Don't miss out on the holiday activities hosted by ASB and the Spanish Club. Come be part of the fun as we end the semester together!

ATHLETICS

Today:

Varsity Boys Basketball @ Cloverdale McMillan Tournament (Student Athlete Release TBA)

Friday

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GRATITUDE DURING THE HOLIDAYS

Holiday season reminder: Show gratitude. Say thank you. Lift someone up. Kindness costs nothing and means everything.

YEARBOOKS ON SALE NOW!

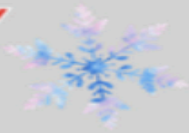
Capture your memories while the price is still \$65.

Lock it in before January 30, 2026, and celebrate your school year in style!

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Crafts: Popsicle Stick crafts

Game: Axe throwing

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Night Before Christmas

(Dress in Pj's)

Crafts: Stocking Decoration

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19

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FRIDAY, DECEMBER 12, 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

With finals next **Wednesday and Thursday**, now is the time to prepare! Bring your **charged Chromebook**, store your **cell phone**, and give your full attention during the test.

Your hard work all semester has led to this moment—finish strong!

Reminder: Minimum day on Friday, December 19th.

Sending all our support to Team Robotics as they compete in their **first qualifier in San Jose** this weekend!

Do your best, stay focused, and represent Upper Lake with pride!

As we head into the last week of the semester, let's finish strong *and* stay connected as a school community. This is a great time to complete your goals, support one another, and celebrate all we've accomplished together.

Join in on the holiday fun sponsored by ASB and the Spanish Club! Let's wrap up the semester with hard work, joy, and community spirit.

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