



UPPER LAKE HIGH SCHOOL DAILY BULLETIN

December 1, 2017

Birthdays:

Lunch: Homemade Pizza
Salad Bar
Watermelon Slices

Quote

"Kindness extended, received, or observed beneficially impacts the physical health and feelings of everyone involved." *Wayne Dyer*

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Sports:

All Winter Athletes that have not submitted their online Registration at ULathletics.org need to do so. If they do not before the first away game, they may not be allowed to travel with the team. Required information is a parent email account, medical insurance info and emergency contact info. Takes about 5-10 to complete. This is only required once per school year.

All Spring Athletes are encouraged to register online now at ULathletics.org , so that eligibility will not be delayed. Proof of medical insurance and a doctors physical (within the last year) is required.

Community Service Hours

Offered this Saturday starting from 8:00am to approx. 4:00pm at the ULMS Gym to assist with the High School Wrestling Tournament. Duties may include: Score keeping, timer, other duties. Please Call Jeff Clevenger [707-272-7006](tel:707-272-7006) if you are interested. About 10 students are needed throughout the day.

Sophomores: Remember that your HOBY applications are due to Ms. Carter by this Friday, December 1st.

There will be a rally today, after 5th period, Friday Dec. 1 to introduce winter sports. A pie throwing contest will take place to raise funds for our local fire victims.

Sign up to donate \$3 to throw a pie toward your favorite teacher. See Mrs. Mathews to donate a throw.

Bell schedule will be a Wednesday schedule, Rally after 5th period. Lunch after Rally.

First period teachers and students next week we will be celebrating the holiday season by decorating your outside class door. This is a class competition. Judging will take place on Friday, the 8th, 3rd period. My best elf win.

