



IMPORTANT DATES

SEPTEMBER:

9/1: Labor Day Holiday
9/4: Booster Club Mtg.
@ 6 pm in Staff Rm.
9/8: Mendo College Trip
9/10: Board Mtg. @ 6:30
in Student Ctr.
9/11: Parent Advisory
Mtg. @ 6 pm in Staff Rm.
9/16-9/18: Grade-Level
Mtg. @ 6 pm in
Cafeteria
9/17: FFA Greenhand
Conference
9/29-10/3: Homecoming
Week

OCTOBER:

9/29-10/3: Homecoming
Week
10/2: Booster Club Mtg.
@ 6 pm in Staff Rm.
10/4: Homecoming
Game
10/8: Board Mtg. @ 6:30
pm in Library
10/9: Parent Advisory @
6 pm in Staff Rm.
10/15: PSAT Testing on
campus
10/16: Senior Portrait
Day & Make-up pictures
10/22: CELDT Testing
10/23: CSU Application
Day
10/25: ACT Testing
10/31: Halloween

UPPER LAKE UNION HIGH SCHOOL DISTRICT

From the Desk of Pat Iaccino:

Welcome back Cougars! Another year is underway. I look forward to serving you and your students. It is hard to believe that this is the start of my 9th year at Upper Lake High School District. During this time, we have seen many changes. By the time you receive this Newsletter, we will have completed almost two weeks of school.

Our Newsletter will be provided on a quarterly basis, and it will be delivered via e-mail as an .pdf attachment through Intouch K-12, our new information delivery system. It will also be posted on our website at www.ulhs.net. If you do not have access to the internet or do not have an e-mail address, hard copies of the Newsletter will be available in the school office.

Please refer to the **Important Dates** section and mark your calendar. September 16-18 we will be holding grade-level parent/guardian meetings. They will be from 6-7:30 pm in the School Cafeteria. These are mandatory meetings and replace back-to-school night.

Lifetouch was here August 21 for picture day

and will be returning for make-up pictures on October 16. This is also the date for senior portraits and will be the only date when a school organized photographer will be on campus to take a portrait of your senior.

Please note that students will hand carry home all report cards and progress reports. Only semester grades will be mailed. It is critical to stay in contact with your student's teacher regarding class progress.

Make sure the school has your most up-to-date information for our new communication system.

In closing, please feel free to contact us regarding any concerns. We are here to help.

Have a wonderful year and **GO MIGHTY COUGARS!**

ATTENDANCE COUNTS!

ULHS ATTENDANCE POLICY REMINDERS:

If a student is late to class and does not have a valid excuse, the student is considered tardy. Tardies of 30 minutes or more constitute an unexcused absence. Tardy is defined as not being through the classroom door prior to the second bell. Information will be pulled from the school data management system every Friday afternoon for the prior week. For students with 3-4 tardies, they will receive one lunchtime detention the following week, those students with 5-6 will receive two detentions, 7-8 will receive three detentions and those with more than eight may receive three lunchtime detentions and after school detention(s). Once a student has received 10 detentions, they have reached the maximum allowed. At that point, they may receive three detentions for every tardy.

****IMPORTANT NOTICE** Mandatory Parent Meetings**

Parent Meetings will be held September 16 through September 18. The schedule is as follows:

GRADE 9: Tuesday, September 16
GRADE 10/11: Wednesday, September 17
GRADE 12: Thursday, September 18

TIME: 6-7:30 PM
PLACE: CAFETERIA

Information specific to the grade level your child is enrolled in will be provided at this meeting, as well as important school-wide information.

If you have a question or would like further information, please contact Pat Iaccino at (707) 275-2655.

AFTER SCHOOL PROGRAM

Beginning **Monday, August 25**, the after-school intervention program will begin again on campus offering ULHS students help in math and English.

When: Mon., Tues., Thu.

Where: Student Center

Time: 3:15 - 4:00

Monday & Tuesday will concentrate on math and Thursday will be English intervention. Transportation is available to Upper Lake, Nice and Lucerne. Contact Ms. Carter for more information.

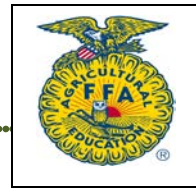


Rotary Top 40 Students

The following students have been recognized as our Rotary Students for the Month of April & May of 2014. Students are nominated by school staff.

Congratulations to the following students:

- Grade 9 – Anthony Serrano & Amber Robertson
- Grade 10 – Caleb Henry & Mercedes DeLosSantos
- Grade 11 – Ryan Carr & Abel Serrano, Jr.
- Grade 12 – Morgan Lucas & Ian SeEVERS



“Don’t Blend In - STAND OUT!”

“Don’t Blend in - STAND OUT” is the Upper Lake FFA Chapter theme that we chose at our Officer Retreat this summer. We hope that our Chapter members will step out of their comfort zones and get involved in something positive this year. We went on a three day retreat to the KOA camp in Willits to advance our leadership skills, build teamwork and interpersonal skills, and to discuss the activities for the 2014-1015 school year. We look forward to a great year with many fun activities planned. We have planned our monthly Chapter meetings to occur on the 3rd Monday of each month at 6:30 pm in the multipurpose room. Our first meeting and “Welcome Back” BBQ will be held on Sept. 15th at 6:30 pm and is free for all who attend!

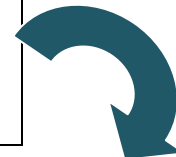
Freshmen will be able to attend the annual “Greenhand” leadership conference in Colusa on Sept. 17th, and our Officer Team will attend the Chapter Officer Leadership Conference on Sept. 19-20th in Sebastopol. We will be participating in the “Wreaths Across America” event again this year and plan on starting in October. We will also be “Trick-or-Treating” for canned food items on Halloween to support our annual Food Drive which begins after Thanksgiving Break.

Mrs. Boomer hopes to communicate via email as much as possible to share news with parents and students. Email her at eboomer@ulhs.k12.ca.us to get added to her contacts! We hope to have a fun year with everyone and encourage people not to blend in, but to stand out! We hope to see a lot more participation this year from both students and parents alike!

Thank you!
Sierra Fugate, UL FFA Reporter

FFA Officer Team pictured below:

- Jr. Advisor: Janeé Swaney
- President: Zachary Sneathen
- Vice President: Kaysea Murphey
- Secretary: Megan Franco
- Treasurer: Matt Willard
- Reporter: Sierra Fugate
- Sentinel: Abel “Jr.” Serrano
- Historians: Macy Harnden & Amber Robertson



Booster Club Update

The ULHS Booster welcomes all students and their families to the 2014-2015 school year. Membership is \$15 per member per year. Being a Booster helps fund clubs and activities throughout the year. It also gives discounts at the Cougar Maul and the gate for ULHS sporting events.

Membership applications are available at the Cougar Maul open every Wednesday during the lunch hour.

Booster Club meets the first Thursday of the month at 6:00 pm in the Staff Room at ULHS. Catch a meeting!



ULHS HAS A FACEBOOK PAGE!

IF YOU HAVN'T DISCOVERED IT YET, CHECK OUT THE ULHS FACEBOOK PAGE FOR UP-TO-DATE INFORMATION ON THE LATEST AND GREATEST AT UPPER LAKE HIGH SCHOOL.

From the Counseling Department

Rebecca Carter, School Counselor / Tami Stogner, Registrar

- ✓ No schedule changes will take place after Friday, August 22, 2014.
- ✓ Students, especially **SENIORS**, if you have failed a course in the past, please see Ms. Carter to get started with an OdysseyWare account for credit retrieval purposes. Please sign up in Tami's office to be called in.
- ✓ CELDT testing will take place in October for a few select English Language Learner students. A letter will be sent home in September if your student needs to take this exam.
- ✓ **Seniors** will have the opportunity to attend University Day at Mendocino College in Ukiah. This is a college and career fair. If you are a senior and want to attend this event, please have your permission slips turned into Ms. Carter no later than Friday, September 5.
- ✓ **Juniors** will take the PSAT at school on October 15. This is a practice test for the SAT.
- ✓ **Seniors**, if you are planning to apply to a four-year college this year, please let Ms. Carter know as soon as possible. Applications will need to be submitted during the months of October and November depending on what four-year college you are applying to.
- ✓ **Juniors and seniors**, the first California High School Exit Exam (CAHSEE) will take place in early November on the 4th and 5th. If you have not passed one or both sections of the exam yet, you will be notified in September by a note home in the mail. You must pass both sections to earn a high school diploma. If you would like a practice exam, please see Ms. Carter.
- ✓ **Seniors**, for those of you who will be applying to any California State University four-year college and need help with the application, Ms. Carter will be available all day in the Student Center on Thursday, October 23 for CSU Application Day. For those who are applying to a University of California four-year college, we will have a UC Application Day in the Student Center on November 18.
- ✓ **Juniors and Seniors**, if you are interested in taking the ACT (a college entrance exam for any four-year university), it will be given on campus on October 25. Registration is online. Fee waivers are available. Please see Ms. Carter for help.

Program Improvement

This section of the Newsletter is meant to keep you up-to-date regarding Program Improvement (PI). So, what are the changes in PI for the 2014-2015 school year?

On March 7, 2014, the U.S. Department of Education approved California's testing waiver for certain statutory and regulatory requirements of Title I, Part A of the ESEA of 1965, as amended. Specifically, a one-year waiver was granted that allows flexibility in making AYP determinations for schools and LEA participating in the Smarter Balanced assessment field test.

The CDE will not produce a 2014 AYP report for elementary and middle schools and elementary and unified school districts. Therefore, the PI status for these schools and districts will not change nor will schools enter or exit PI. The CDE, however, will continue to make AYP determination for any high schools serving only grades 9 through 12 and high school districts. The AYP will be used to identify PI status for these high schools and high school districts. At this time, ULHS is still identified as a PI year two school. If we advance to PI year 3, we will continue to work with the CDE and Lake County Office of Education to increase our student achievement.

Supplemental Educational Services or SES

What is SES and how does a parent obtain a provider for their child?

Students from low-income families at continuing PI schools, whose parents did not select a public school choice option, are eligible for Supplemental Education Services (SES). These services are classes or tutoring which occur outside the regular school day (after school) with educational providers approved by the State Board of Education. If the number of eligible students who apply for the SES program exceeds the financial resources available, the lowest achieving students from low-income families will receive SES first.

If you are interested in SES, please contact the District Office at 275-2655 by September 12, 2014. Information about program improvement and a list of State-approved vendors are also available on our website at www.ulhs.net.

We will also discuss SES at our upcoming parent meetings September 16-18.

Intouch K-12 Information Notification System

ULHS has implemented a new information notification system. Families can now receive up-to-date information and news of important school and district events and dates through this new system.

Our commitment is to keep families connected to our school to support our students.

ULHS Board of Trustees

The ULHS School Board meets the second Wednesday of the month in the Student Center at 6:30. Come to a meeting and meet our School Board. The next three meetings are as follows:

9-10-14 @ 6:30 pm

10-8-14 @ 6:30 pm

11-12-14 @ 6:30 pm



ACADEMICS
CLUBS
ACTIVITIES
SPORTS

So Many
Ways to be
Involved!



NOTE FROM THE ATHLETIC DIRECTOR

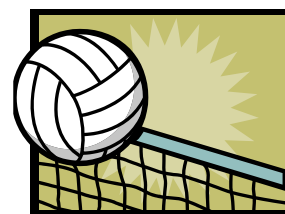
Hello everyone and welcome to the 2014-2015 sports year. This fall we have football, cheerleading, cross country, boys and girls soccer and volleyball. I've seen some great kids out there, and the coaches are hopeful for good things this season. I am looking forward to watching a lot of games, and I hope to see all of you out there as well (in red and white, of course).

A few notes about athletics....First and foremost, in order to play, or even practice, students must have a physical AND proof of insurance. We don't need the card, but we do need the insurance carrier AND insurance number. Just one or the other is not enough.

While playing and practicing, let's do all we can to keep students healthy and hydrated. Water is the best, not Gatorade, PowerAde, or any other 'ade.' Those have lots of sugar, which can add extra calories...and don't really help keep hydrated. Don't like the taste? Add two or three ounces of 'ade' to a liter of water. Good food is also important – try to stay away from fast food (during sports? I know it is hard) and keep plenty of fruit, vegetables, and whole grains in stock. Lastly, sleep....students need sleep, preferably eight hours or more a night. I know we can't get all of these, all the time, but having goals may help increase the amount of water, good food, and sleep to healthier levels.

Now to other big news in athletics and extracurricular activities. This year we continue to have a blanket policy for eligibility. Students must maintain a 2.0 GPA, be on track to graduate, have 90% attendance, and be on time to class. Most schools have a similar policy; we've actually had one (check out the Cougar folder) in the past. Please take the time to read it and feel free to send me any questions or comments at scoatney@ulhs.k12.ca.us.

Sandy Coatney
ULHS Athletic Director



School Intervention Officer

In partnership with the Lake County Probation Department, Upper Lake High will soon be hiring a School Intervention Officer (SIO). The ULHS Governing Board recently approved the Memorandum of Understanding with LC Probation to proceed with this position. The next step is approval by the County Board of Supervisors.

The presence of a SIO on campus will benefit both entities by enhancing campus control and student protection and will facilitate the development of action plans to reach at-risk youth. The SIO will serve as a liaison, networking with law enforcement, families, the Hub and the Northlake community. Further, the SIO will offer assistance by attending School Attendance Review Board (SARB) meetings and helping to provide the school and district with educational presentations relating to topics including bullying, drug and alcohol prevention, truancy and suicide prevention.

ULHS looks forward to this presence on campus for the safety and support of our students.

ASB News

Maryann Mathews

Lions, tigers, elephants....and Cougars? "A Day at the Circus" will be the homecoming theme this year, under the Big Top. Spirit week will begin September 29 and run through October 4. The Main Street parade and football game will begin Saturday morning, October 4. For those who are new to our homecoming Cougar Pride Week, daily activities with theme dress days will be occurring throughout the week, followed by afternoon float and poster preparations on campus.

Support our students by attending soccer, football, volleyball and cross country.

Please view our website for daily activities and ways to get involved, either with homecoming preparations or as a fan at our games. Like us on Facebook for up-to-date happenings.

Student body stickers are available daily in the Student Center for purchase. The cost is \$15 and allows students free attendance at home games and dances (with the exception of Winter Formal and Prom).

Remember, every Friday is spirit day. Wear our colors, Red & White!!

GO COUGARS!!

Upper Lake High School Mission Statement

ULHS

UPPER LAKE HIGH
SCHOOL DISTRICT

675 Clover Valley Rd.
Upper Lake, CA 95485
www.ulhs.net

Phone: (707) 275-2655
FAX: (707) 275-9720

piaccino@ulhs.k12.ca.us

The Mission of Upper Lake High School is to help students acquire the knowledge, positive attitudes, and skills necessary to become healthy, active, productive and compassionate citizens; and to help students become lifelong learners who responsibly manage change and thereby have a positive impact on their communities, their country, and their world

Upper Lake High School Expected Student Learning Outcomes (ESLO's)

Alumni News

**Check out the Alumni
Section on the ULHS
Facebook page.**

Students will be literate in math and English and will:

- Pass the California High School Exit Exam (CAHSEE)
- Complete and pass an Algebra I or higher level math course

Students will show technological literacy by:

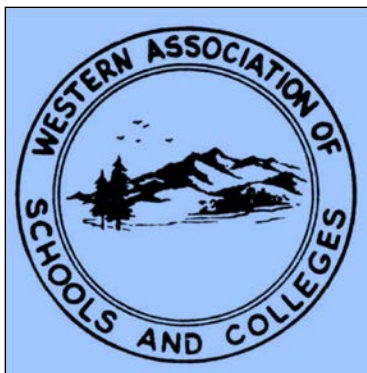
- Passing the Introduction to Computers portion of the 9th grade orientation course OR demonstrating computer proficiency
- Take and pass one approved online course

Students will show responsibility by:

- Completing all graduation requirements
- Making adequate progress on district administered standardized tests
- Completing required hours of school and/or community service

Students will add breadth to their education by:

- Participating in a variety of enrichment and elective courses offered by the Foreign Language, Art, Music, Agriculture, and Technology Departments



September



Upper Lake Breakfast Menu



2014

Sun

Tue

Wed

Thu

Sat

Free Breakfast!!!! Start your child's day out by having breakfast at school with their friends. 1% White. Milk & 100% Juice & fresh fruit served daily.

Nutrition Tip of the Month: When Possible, look for whole grain cereals & breads with at least 4 grams of fiber.

	1 No School Labor Day	2 Whole Grain Bagel Fresh Fruit Milk	3 Yogurt Parfait w/fresh Fruit & Granola Graham Crackers Milk	4 Asst Scones Fresh Fruit Milk	5 Whole Grain Breakfast Sausage Pizza Fruit Juice Milk	Menu Is Subject To Change without Notice
	8 Pancakes on a stick Fresh Fruit Milk	9 Asst. Yogurt Granola Graham Cracker Fruit Juice Milk	10 Asst. Breakfast Break Fresh Fruit Milk	11 Breakfast Egg Bake Fresh Salsa Fresh Fruit Milk	12 Sweet Potato Cinnamon Roll Fruit Juice Milk	
	15 Asst Yogurt Granola Graham Cracker Fruit Juice Milk	16 French Toast w/Syrup Sausage Links Fresh Fruit Milk	17 Biscuit & Gravy Fresh Fruit Milk	18 Asst. Bagels w/cream cheese Fresh Fruit Milk	19 Sausage & Cheese On Whole Wheat English Muffin Fruit Juice Milk	
	22 Sweet Potato Cinnamon Roll Fruit Juice Milk	23 Asst. Scones Fresh Fruit Milk	24 Yogurt Parfait w/Fresh Fruit Granola Milk	25 Breakfast Egg Bake Fresh Salsa Fresh Fruit 6" Tortilla Milk	26 Pancake on a stick Fresh Fruit Milk	
	29 Asst. Bagels w/cream cheese Fruit Juice Milk	30 French Toast w/Syrup Sausage Links Fresh Fruit Milk		Breakfast and Lunch are now FREE ! (Provision 2)		

In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age, or handicap. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington D. C., 20250

September



Upper Lake Lunch Menu



2014

Sun

Tue

Wed

Thu

Sat

Free Breakfast!!!! Start your child's day out by having breakfast at school with their friends. 1% White. Milk & 100% Juice & fresh fruit served daily.

Nutrition Tip of the Month: Did you know? Fruits are low in calories and fat and are a source of simple sugars, fiber, and vitamins which are essential for good health.

	1 No School Labor Day	2 Chicken Fajita Refried Beans Mexican Rice Fresh Salsa Fruit & Milk	3 Grilled Cheese Tomato Soup Cucumber Salad Oyster Crackers Fruit & Milk	4 Spaghetti Green Beans French Bread Fresh Fruit Milk	5 Ham Sandwich Celery Sticks Pretzels Fresh Fruit Milk	Menu Is Subject To Change without Notice
	8 Turkey Tacos Shredded Lettuce & Cheese Salsa, Rice Fresh Fruit Milk	9 Chicken Penne Pasta Green Beans Wheat Roll Fruit Milk	10 Pulled Pork Sub Coleslaw Tortilla Chips Fresh Fruit Milk	11 PB&J Sandwich Carrots w/Ranch Snack Mix Fresh Fruit & Milk	12 Sloppy Joes on a bun Potato Wedges Beans Fruit & Milk	
	15 Ham Sandwich Carrot Sticks Pretzels Fresh Fruit Milk	16 Beef Enchilada Casserole Green Beans Garden Salad Fresh Fruit Milk	17 Chicken & Cheese Burrito Corn & Rice Fresh Salsa Milk	18 Grilled Cheese Tomato Soup Cucumber Salad Oyster Crackers Fruit & Milk	19 Homemade Pizza Salad w/Spinach, Kale And Carrots Fruit Milk	
	22 Chicken Fajitas Refried Beans Rice and Fresh Salsa Milk	23 Chicken Penne Pasta Green Beans Wheat Roll Fruit Milk	24 Pork Posole Tortilla Chips Sour Cream Jicama Fruit & Milk	25 Sloppy Joes on a bun Potato Wedges Beans Fruit & Milk	26 Ham Sandwich Carrot Sticks Pretzels Fresh Fruit Milk	
	29 Bean & Cheese Burrito Brown Rice, Corn Fresh Salsa Milk	30 Spaghetti Green Beans French Bread Fresh Fruit Milk				

**Breakfast and Lunch are now
FREE !
(Provision 2)**

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 Labor Day	1 Volleyball @ . Lower Lake	2 boys soccer @Tomaes @ 2:15pm - All Staff Mtg.	3 6pm - Booster Club Mtg. @	4 Boys soccer v. St. Football @ Kelseyville @ Girls Soccer v. Tomaes	5 9am - Cougar Classic	6
7 Mendo College Fair @ 8am - Leadership 9am - hearing/vision 4pm - AESA Advisory	8 Volleyball @ Kelseyville	9 Boys Soccer v. Potter Cross Country League Girls Soccer @ Calistoga 2:15pm - Department Mtg. 6:30pm - Board Mtg. @	10 Girls' Soccer v. Anderson Volleyball @ Middletown 3:15pm - Curriculum/Instru 6pm - Parent Advisory @	11 Boys Soccer @ Calistoga Football @ Clear Lake @	12 Cross Country Meet @	13
14 Auditors - Conference Rm	15 Grade Level Mtgs. Volleyball @ Fort Bragg	16 Cross Country - County FFA Greenhand Conf. @ Girls Soccer v. Rincon Point Arena @ Point	17 Volleyball @ Clearlake @	18 Cross Country - Frogtown Race @Angel's Camp @ Angels FFA Chapter Off. Ldshp Conf. @ Sebastopol, CA, USA Boys Soccer v. Roseland Football @ Lower Lake @	19	20 Bob Hemken (Daughter's
21 Girls Soccer v. Tech High	22 Athletic Director Volleyball @ Rincon	23 Cross Country - League Girls Soccer @ St. 2:15pm - BP Mtg.	24 Volleyball @ Calistoga @	25 Cross Country - Pacific Tiger Invite @ Elkhorn Golf Club, Boys Soccer v. Girls Soccer v. Roseland	26	27
28 Homecoming Week Boys Soccer v. Tech High	29 Volleyball v. Tech (JV)	30	1	2	3	4

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
Homecoming Week						
			<ul style="list-style-type: none"> Boys Soccer @ Sonoma Girls Soccer v. Sonoma 11 am - Shot Clinic @ 	<ul style="list-style-type: none"> Volleyball @ Sonoma 6 pm - Booster Club Mtg. @ 	<ul style="list-style-type: none"> Cross Country - Clam Beach @ Clam Beach County Park, 	<ul style="list-style-type: none"> Homecoming 10 am - Football v.
5	6	7	8	9	10	11
<ul style="list-style-type: none"> 8 am - Leadership 4 pm - CMC Meeting @ 	<ul style="list-style-type: none"> Volleyball v. Roseland 	<ul style="list-style-type: none"> Boys Soccer v. Tomales Cross Country League Girls Soccer @ Tomales Mendo College Ag Day @ 2:15 pm - All Staff Mtg. 6:30 pm - Board Mtg. @ 	<ul style="list-style-type: none"> Girls Soccer v. Calistoga Volleyball v. Calistoga @ 3:15 pm - Curriculum/Instru 6 pm - Parent Advisory @ 		<ul style="list-style-type: none"> FFA Parli Pro Workshop Football @ St. Vincent @ 	
12	13	14	15	16	17	18
Columbus Day	<ul style="list-style-type: none"> Volleyball v. Rincon 	<ul style="list-style-type: none"> Boys Soccer @ Potter Girls Soccer v. Anderson 8 am - PSAT Testing (Jrs) @ 2:15 pm - Department Mtg. 	<ul style="list-style-type: none"> Senior Portrait Day / Make- Volleyball v. St. Vincent 	<ul style="list-style-type: none"> Boys Soccer v. Point Girls Soccer @ Rincon 	<ul style="list-style-type: none"> Football v. Calistoga @ 	
19	20	21	22	23	24	25
	<ul style="list-style-type: none"> Volleyball v. Tomale @ 8 am - CELDT Testing @ Rm 	<ul style="list-style-type: none"> Boys Soccer v. Point Cross Country League Girls Soccer @ Tech High 2:15 pm - BP Mtg. 	<ul style="list-style-type: none"> Cross Country - Mount SAC Invitational @ Walnut, CA, United States CSU Application Day (Srs) Volleyball v. Tech HS 	<ul style="list-style-type: none"> Boys Soccer Football @ Tomales @ Girls Soccer v. St. 	<ul style="list-style-type: none"> ACT Testing @ Student Ctr. 	
26	27	28	29	30	31	1
	<ul style="list-style-type: none"> Volleyball v. Sonoma 	<ul style="list-style-type: none"> Boys Soccer v. Cross Country League Girls Soccer @ Roseland 	<ul style="list-style-type: none"> Girls Soccer @ Sonoma Volleyball @ Roseland @ 	<ul style="list-style-type: none"> Halloween 		