



## **IMPORTANT DATES**

### **SEPTEMBER:**

**9/7:** Labor Day Holiday

**9/8:** Mendo College Trip

**9/9:** Board Mtg. @ 6:30  
in Student Ctr.

**9/15-9/16:** Grade-Level  
Mtgs. @ 6 pm in  
Cafeteria

**9/17:** FFA Greenhand  
Conference

**9/17:** Booster Club Mtg.  
@ 6 pm in Staff Rm.

**9/26:** CPR training @ UL  
Firehouse

### **OCTOBER:**

**10/1:** Booster Club Mtg.  
@ 6 pm in Staff Rm.

**10/8:** Parent Advisory  
Mtg. @ 6 pm in Staff Rm.

**10/9:** End Quarter 1  
**10/9:** School Holiday

**10/13:** CSU Application  
Day

**10/14:** Board Mtg. @  
6:30 pm in Student Ctr.

**10/14:** PSAT Testing

**10/20:** CELDT Testing

**10/22:** Senior Portrait  
Day & Make-up pictures

**10/24:** ACT Testing

**10/26-10/30:**

Homecoming Week

**10/31:** Homecoming

Game vs. Laytonville

**10/31:** Homecoming  
Parade / Halloween

## **AFTER SCHOOL PROGRAM**

Beginning **Monday, September 28** the after-school intervention program will begin again on campus offering ULHS students help in math and English.

**When:** Mon., Tues., Thu. & Fri.

**Where:** Student Center / TBD  
(Mon/Thu)

**Time:** 3:15 – 4:00

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

## ***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 10<sup>th</sup> year at Upper Lake High School District. During this time, we have seen many changes.

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 information delivery system. It will also be posted on our website at [www.ulhs.net](http://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 15-16 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 20 for picture day and will be returning for make-up pictures on October 22. 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!**

### **\*\*IMPORTANT NOTICE\*\***

#### **Mandatory Parent Meetings & SES (Supplemental Education Services) Fair**

Parent Meetings will be held  
September 15 & 16. The schedule is as  
follows:

**GRADE 9/10: Tuesday, September 15**  
**GRADE 11/12: Wednesday, September 16**

**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.

*Bake sale goods will be available for sale to  
benefit the Cougar football team.*  
**GO COUGARS!**

### **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.



## **From the Counseling Department**

*Rebecca Carter, School Counselor / Tami Stogner, Registrar*

### **Rotary Top 40 Students**

The following students have been recognized as our Rotary Students for the August of 2015. Students are nominated by school staff.

Congratulations to the following students:

Grade 9 – Christopher Fecht  
Grade 10 – Jacob Kalawaia  
Grade 11 – Haley Sheets  
Grade 12 – Jacob Pasquini

- ✓ 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.
- ✓ **Juniors** will take the PSAT at school on October 14. This is a practice test for the SAT.
- ✓ **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 13 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 10.
- ✓ **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 24. Registration is online. Fee waivers are available. Please see Ms. Carter for help.

## **NOTE FROM THE ATHLETIC DIRECTOR**

Hello everyone and welcome to the 2015-2016 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](mailto:scoatney@ulhs.k12.ca.us).

Sandy Coatney  
ULHS Athletic Director



### **Booster Club Update**

The ULHS Booster welcomes all students and their families to the 2015-2016 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 Mall and the gate for ULHS sporting events.

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

**Note: The September Booster Club meeting will be held on the 17<sup>th</sup> due to a conflict with the LC Fair on the 3<sup>rd</sup>.**

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



## Program Improvement

This section of the Newsletter is meant to keep you up-to-date regarding Program Improvement (PI). Upper Lake Union High School continues to be identified as Program Improvement (PI), and is frozen at Program Improvement, Year 2 under the Federal Elementary Education Act (ESEA).

As a Year 2 PI school, we will continue to ensure that students have access to quality educational programs. We continually review student programs and use strategies designed to improve the curriculum and student performance. We will once again have available to our student's after-school intervention programs that incorporate research-based strategies to strengthen core academic areas (English/reading and Math) to ensure that all groups of students meet the achievement standards. Our District is working closely with the Lake County Office of Education and the California Department of Education. They are providing resources, support, and training opportunities in the areas of high quality professional development.

We continue to analyze various data reports that are strengthening our core academic instruction that will lead to removing our school from PI status

### 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 attend our SES Fair on September 15 or 16 or you may contact the District Office at 275-2655 by September 23, 2015. Information about program improvement and a list of State-approved vendors are also available on our website at [www.ulhs.net](http://www.ulhs.net).



### Senior Portrait Day & Make-Up Picture Day

Thursday, October 22 Lifetouch will be here to take senior portraits and also make-up pictures. This is the last and only day that a school-organized photographer will be on campus to take a portrait of your senior. More information will be provided.

### ASB News

*Maryann Mathews*

It's a scary world out there, but thankfully we have our Super Heroes to keep our campus safe. Homecoming theme this year is Hero Week. Expect visits from Superman, Batman, and other super heroes throughout this spirited week.

Spirit week will begin October 26 and run through October 31. The Main Street parade and football game will begin Saturday morning, October 31. For those who are new to our Homecoming events, Cougar Pride Week consists of daily activities and theme dress days 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 for purchase daily at lunch in the Cougar Mall. The cost is \$15 and allows students free admission to 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

### Intouch K-12 Information Notification System

ULHS will continue to use the Intouch K-12 student notification system to communicate with parents/guardians regarding important school news..

This information will come via e-mail, text and telephone messages.

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:

**10-14-15 @ 6:30 pm**

**11-18-15 @ 6:30 pm**

**12-9-15 @ 6:30 pm**



**ACADEMICS  
CLUBS  
ACTIVITIES  
SPORTS**

**So Many  
Ways to be  
Involved!**

# Upper Lake High School Mission Statement

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## ULHS

UPPER LAKE HIGH  
SCHOOL DISTRICT

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Upper Lake, CA 95485  
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piaccino@ulhs.k12.ca.us

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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)

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### 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 9<sup>th</sup> 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

