

# Upper Lake High School

November 2016 Newsletter

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**Cougar athletics:** Congratulations to the Lady Cougars Volleyball team - made the playoffs with a HOME GAME. Great job soccer, football and cross country as well.

Winter Sports - Basketball and Wrestling - start practice next week, November 7. Students who participate in athletics are required to have a physical, proof of insurance concussion form and 2.0 GPA from the previous grading period. For more information please contact our Athletic Director, Mr. Smith at 275-0223 ex. 2023

## Principal's News

November already? It seems like we just started. We had a great October - Homecoming, Earthquake drill, college application days, and several trips through AESA and Upward Bound. This month we have Veteran's Day, a volleyball fundraiser (18 and up tournament), a Civil Rights Review, Cash for College night (FAFSA), Thanksgiving Break and the Inaugural Cougar Crab Feed, and more AESA and Upward Bound trips.

## Important Dates-

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November 1, 7:00pm - Volleyball playoffs, ULHS v. Berean Christian at the ULHS Gym

November 6 - Fall Back. Daylight savings time ends, set your clocks back an hour

November 8 - Election Day and the School Board Meeting (5pm)

November 11 - Veteran's Day (Holiday)

November 21-25 Thanksgiving Break (Thanksgiving Day November 24)

November 26 (Saturday) Inaugural "Cougar Crab Feed" 5-8pm at the High School

Some pictures from the past month - Backboards painted by the high school art class for the elementary school, volleyball team, the school farm and the tug -o-war during homecoming!

