



Panther Pride

Shelle Peterson
Superintendent/Principal

2200 Eureka Way, Redding, CA 96001
(530) 245-2790

NOVEMBER & DECEMBER IMPORTANT DATES

NOVEMBER

- 11/2 Athletic Boosters Meeting - Room 299 6:30 pm (p.20)
- 11/3 - 20 Canned Food Drive (p.18)
- 11/6 Football vs. East Nicolaus
- 11/7 Senior Class Fundraiser @ Logan's Roadhouse
- 11/9 Early Release Day 12:30 & 1:10 pm (pg 23)
- 11/11 Veteran's Day – No School (p.23)
- 11/13 Fall Musical – Cinderella – Opening Night 7:00 pm (p.7)
- 11/14 Fall Musical – Cinderella 2:00 & 7:00 pm (p.7)
- 11/16 Sober Grad Fundraiser @ The Habit Burger
- 11/20 Fall Musical – Cinderella 7:00 pm (p.7)
- 11/21 Fall Musical – Cinderella 2:00 & 7:00pm (p.7)
- 11/23 – 27 Thanksgiving Break (p.23)

DECEMBER

- 12/1 2016-2017 Applications Available (p.9)
- 12/7 Early Release Day 12:30 & 1:10 pm (p.23)
- 12/8 Band & Choir Concert 7:00 pm (p.8)
- 12/9 Strings Concert 7:00 pm (p.8)
- 12/15 – 17 Final Exams (p.22)
- 12/18 – 1/4 Winter Break (p.23)

Dear Panther Families,

This newsletter serves as one source of home-school communication for the month of November and December. It is a pleasure to highlight the many wonderful things that are happening with and for our U-Prep students!

Special Highlights

Topics in the November/December newsletter include U-Prep engagement in local and global travel ventures (serving local, thinking global), character and achievement awards, academic achievement data, visual and performing arts upcoming performances and news, peer tutoring and conflict management programs offered through the Counseling Center, Scholarship Information night for parents of juniors and seniors, SAT and ACT test prep information, athletic season wrap up celebrations and forthcoming winter schedules, exciting Homecoming highlights and upcoming ASB events, and Booster and Sober Grad news.

Superintendent/Principal's message continued on page 2.

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Who We Are - Our Vision

University Preparatory School is a small, grades 6-12, college preparatory school committed to university level preparation in fine arts, literature, languages, history, mathematics, science, and philosophy. Working together University Preparatory School staff, parents and community will offer students learning experiences needed to achieve their leadership and academic potential, to become creative thinkers, compassionate human beings, and ethical participants in a multi-cultural, democratic society. Students will be immersed in rigorous academics and meaningful extra-curricular activities and supported by a close-knit community of teacher/advisors, which will enable them to choose any course of post-secondary education.

Principal's Corner continued...

"A Night with Naviance" - Career and College Readiness Family Connection Tool

Need a one-stop-shop college and career readiness tool that you can use with your student at home?

We are excited about sharing **THE BEST** resource for you and your family: **Naviance**. To demonstrate the power of this program, we are rolling out our first Parent University education class of the year.

On behalf of the U-Prep staff, Happy Holidays!

Shelle Peterson

Superintendent/Principal

UNIVERSITY PREPARATORY SCHOOL presents PARENT UNIVERSITY



"A NIGHT WITH NAVIANCE"

Naviance is a comprehensive college and career readiness solution

December 14th, 2015

6:00 – 8:00 pm

David Marr Auditorium

Please join us for our first hands-on and interactive Naviance session! Learn how to access and use this online tool for parents and students .

Please visit www.naviance.com for a comprehensive overview.

U-PREP TRAVELS

To be a global citizen...

U-Prep Students Culture Trips in China - by Dr. Biao Cheng, Mandarin Teacher

One of U-Prep's Student Learning Outcomes (SLO), which articulate the values of the school community, stipulates that a U-Prep student will be: **A Positive Member of a Diverse Society -- Able to demonstrate compassion and empathy throughout the community, both locally and globally.** To prepare our students to become future global citizens who serve local but think global, the Chinese language program (known as Confucius Classroom at U-Prep since 2013) has made consistent efforts over the past 10 years in promoting a culture of understanding and appreciation through cultural trips to China.

To date, we have organized five trips to China in the summers of 2007, 2008, 2011, 2014 and 2015, respectively. Through federal grants, international exchange programs and sponsorships from Confucius Institute, we've helped over 80 students receive sufficient funds to go to China. On these trips, we visited more than 20 cities in over half of China's 32 provinces. While enjoying the beautiful scenery of China, our students conducted meaningful exchange activities with their Chinese counterparts; by shadowing Chinese students at school and staying in student's families, U-Prep students have experienced the school and family life of Chinese students firsthand.

During the summer of 2015, twelve high school students visited China for 4 weeks. With the co-sponsorships from our Confucius Classroom at U-Prep and Confucius Institute at San Francisco State University, the total cost per student was reduced to about \$1,400 for the entire 4 weeks including the international airfare. A salient feature that distinguishes this year's trip is that in the first 2 weeks, we provided volunteer service by organizing 2 English summer camps for local students in 2 cities -- Zhengzhou, Henan and Dingxi, Gansu. Dingxi is one of the 50 counties designated by the central government of China as the most poverty-stricken areas of the country. In the camps, our students hosted sessions like "How to say it in American English", "Learn English words in a real situation", and "American Culture Q & A". More than 200 students from Zhengzhou No. 9 High School and Dingxi No. 1 High School attended the camps. For many students of Dingxi, it is the first time they have spoken to a native speaker of English. Our students were warmly received by the Chinese schools and the feedback from students about the camps were overwhelmingly favorable.

In the second 2 weeks, our students attended a Chinese culture summer camp organized by Hanban, the Confucius Institute Headquarters in Beijing. Our students visited Beijing, Zhengzhou, Luoyang, Kaifeng and Dengfeng. They learned Chinese Martial Arts, traditional painting and calligraphy. While abroad, students stayed with the host families and enjoyed the face-to-face in-depth interactions with Chinese families. The warm hospitality from the Chinese students and families deeply touched the heart of our students. The combination of volunteer service and cultural experience not only benefited students' personal growth, but would also prove instrumental to their future college applications.

Sociolinguists all agree that language is a carrier of shared meanings (culture). The ultimate goal of learning a language is to be able to appreciate the culture the language carries. The process of acquiring a language, therefore, should also be simultaneously a process of absorbing varied aspects of the target culture. While it is difficult to understand the subtle nuances and deep meanings of another culture without knowing its language well, it is impossible to learn any language without the knowledge of the culture. The culture trips to China in the past 10 years have witnessed an enhanced cultural sensitivity and understanding of U-Prep students, as well as their deeper appreciation for their parents after seeing with their own eyes the hard living conditions of students in some parts of China.

Confucius Classroom at U-Prep will continue to make efforts to help prepare U-Prep students to become a positive member of a diverse society and a qualified global citizen with broad international perspectives. Culture trips to China have proven to be an effective way to help our students reach that goal.

U-PREP TRAVELS



WORLD LANGUAGES CLUB

June 2014 saw nine seniors and juniors travel to Epernay, France. You may not have heard of the town, but you know its most famous export – champagne. It's a town steeped in history; the rolling hills surrounding it are now covered in vineyards, but were once the scene of important World War battles.



Each of our U-Prep students stayed for five days with a French teenager and their family, joining in with everyday life—and on the fifth day, accompanying them to school. They gained insights into French life and culture and took advantage of the opportunity to speak French in real-life situations.



After a short train ride back to Paris, our students began an action-packed three day exploration of the city—made more adventurous by the fact that a transportation strike had begun just that day; we had to find our way to scheduled tours of the Louvre, Eiffel Tower and other sites using a third of the usually time-tabled buses and metro trains. Traveling complications aside, students loved the tours, yet also really appreciated the opportunity to explore various sections of the city on foot, in groups. They walked a lot, ate a lot of French specialties, and spoke a lot of French.



Many of the friendships made during those few days persisted through the following year; students kept in touch with their host families, gaining communication practice via Facebook. Because of positive experiences like these, it is recommended that all students expand their horizons and travel to Europe.



CULTURAL CONNECTIONS CLUB

The U-Prep Cultural Connections club has had the amazing opportunity to travel abroad in order to experience different cultures, interact with history in a more vivid way, and to participate in community service projects. In 2013, students traveled to Thailand on a spectacular adventure; they fished in the ocean, planted mangrove forests devastated by the tsunami of 2006 and worked in an orphanage for two days teaching children English. They hiked in the jungle, rafted down the river on bamboo rafts and experienced the night market at Chang Mi. Most returned to America with a completely new perspective and said this experience was life changing. Last year, we traveled to Peru. Not only did the students experience some of South America's most interesting historical cities like Lima and Cuzco, but hiked the terraces of Machu Picchu while learning about the impressive civilizations in that area. Students enjoyed firsthand demonstrations of weaving, fed llamas at a preserve, and visited an ancient salt mine. The highlight of this trip was working with the children in one of the village schools, teaching them English and learning about their culture; U-Prep students will cherish these memories for a lifetime! This year, **Cultural Connections Club** and **World Languages Club** are combining efforts for this year's venture to France and Spain. The trip starts in Paris, then moves to the French countryside before making its way to Barcelona. Shared camaraderie and bonding are the cornerstones of the experience. This is an amazing opportunity for U-Prep students to interact with two different European cultures, practice the languages, and to deepen their understanding of spectacular amounts of world history. Students will be participating in a community service project in the countryside of France that will allow them to have a broader understanding of this culture and to serve in a meaningful way.

For more information please contact Amanda Elliott or Corinne Bourne.

A SHAKESPEAREAN OPPORTUNITY

On October 20th, ninety students, four parents, four teachers, and our Superintendent/Principal took a trip up to Ashland to see *Much Ado About Nothing*. The relaxed morning schedule allowed the University Prep group, with students ranging from 7th to 12th grade, to explore the town of Ashland. While some enjoyed a bit of shopping, a majority of the students were drawn to the expansive Lithia Park. With manicured lawns, a duck pond, a rock-strewn stream, beautiful bridges and a playground, the park was a delightful attraction for the students. After a morning of exploration, the group attended an illuminating Prologue which introduced the main plots and subtle themes of the afternoon's performance. With such a great day behind them, many students wondered if the play, *Much Ado About Nothing*, would be able to maintain their interest.

What our group experienced was a performance that was inspired, costumes that were fabulous, a set that was remarkable, and a work of art that was breathtaking.

HONDURAS EXPEDITION THROUGH THE EYES OF A STUDENT

~ By AP Environmental Science student, Karly C.

On June 15, 2015, I embarked on an expedition to Honduras that opened my eyes to the real-life, interactive side of science. In the classroom, it could be hard to fully realize the significance of what we were learning when we were reading it out of a textbook. Out in the jungle, science came alive. I was able to immerse myself completely and see the importance of my work first-hand by scrambling on vertical slopes measuring trees to calculate carbon content, and wading through the river at night catching frogs to swab for the deadly amphibian-killing fungus, Chytrid. Everything we did was centered around helping global conservation research, and ultimately, the planet. To be able to contribute to that as a mere high school student was an inspiring experience. Stewardship opportunity aside, we also just had an incredibly fun time. We caught birds, set rodent traps, trekked through miles of dense jungle, ascended the canopy, explored coral paradises, and met knowledgeable and enthusiastic scientists from around the world. I was truly lucky to have experienced a trip such as Honduras.

PATRICK'S POINT 2015

Each year, the freshman class travels to Patrick's Point for an adventure in team building, beachcombing, and wildlife explorations. Woven into the itinerary is an initial visit to Humboldt State University, where a tour is conducted sharing the various programs offered. For many of the students, this was the first time visiting a university campus or getting a glimpse into college life. Following the HSU visit, students arrived at Patrick's Point ready to set up camp and get settled in for the evening. Raccoons and banana slugs roused some of the students to attention and humor, which only added to the memories of this year's trip. The following day, with a good night's rest behind them, the students made an early morning hiking trek around the park. Science skills were employed by classifying tide pool organisms; the main attraction was a 4-foot long octopus. The exploration of Agate Beach was another highlight and left an indelible impression regarding the windy, cold northern California coastline. Following the long hike to and from the Agate beach area, students were ready for food and rest. The next day, tents were put away and belongings packed. The trip home included much chatter about the great memories and experiences made by the wonderful Class of 2019. Thank you to the U-Prep staff (Mr. Nichols, Mrs. Kramer, Mrs. Gina Johnson, Mrs. Ampf, Mr. Baker, Mr. Lefler) and the parents who supported our students throughout the trip!

Serving Local, Thinking Global

On Saturday, October 3rd, a number of University Preparatory School students and staff took part in the City of Redding's annual Community Creek Clean-Up. Below is an excerpt written by community member Randall Smith regarding the day's events:

To write that this year's 10th Annual CCCU event was a huge success would be a serious understatement. Hundreds of volunteers including City Park staff, using everything from their hands to seven giant chipping machines, restored a riparian savanna along the Sacramento River which had been missing since the building of Shasta Dam. Many community groups and individuals numbering over five hundred reclaimed in four hours what decades of non-native plant intrusion had encumbered along the North Sacramento River Trail from Carter Creek to Harlan Drive.

At least three generations of workers, many wearing shirts of their respective community origins, converged on the project area and never issued a word of complaint or disharmony. These volunteers gave a lasting gift to users of this popular trail and the City. Besides access to the River, fire danger reduction, and restoration of a healthy natural ecology, trail users can now visit a long river margin of native azalea formerly lost in the tangle of unwanted vegetation.

Thank you to everyone who came and gave their time and effort. This was the best so far and showed Redding's sincere devotion to its open spaces.

Simpson University Visits U-Prep

On Monday, October 5th, Professor Dan Pinkston and three of his Simpson University music department students (Abigail, Ashlynn, and Hannah) gave a brief presentation and performance on Colonial Era music. Mr. Pinkston began the presentation speaking of the reasons why music was in such shambles in the colonies. He also explained the importance of William Billings and other traveling singing teachers in improving American music. The students then performed one of Billings' most famous colonial song's, "When Jesus Wept". The presentation began with a solo by one of the students and continued on to a canon (a round) including all three singers. The entire 8th grade was captivated by the singers and presentation. The event concluded with a question and answer session. We can proudly boast that our students had thoughtful and articulate questions for Dr. Pinkston.

FRESHMEN ATTEND IGNITE OPPORTUNITY ~ STEM CAREER DAY

For the second consecutive school year, U-Prep sent a contingent of its freshmen to Shasta County's *Ignite Opportunity* day, emphasizing career and educational opportunities through STEM (Science, Technology, Engineering, Math). The event was so well received and so well attended by local and regional employers, non-profits, government agencies, and schools, that the event was opened up to *all* Shasta County freshmen this year. U-Prep seized this opportunity, and brought the entire freshman class to a day of interactive displays, engaging workshops, and eye-opening opportunities at the Shasta District Fairgrounds in Anderson.

During the day U-Prep's freshmen – **the largest contingent of students of any of the 26 schools present** – were able to peruse the booths of companies such as CH2M Hill, Sierra Pacific, and Water Works Engineers, Shasta Regional and Mercy Medical Centers, government agencies ranging from public health, CalTrans, Conservation Corps, Fish and Wildlife, and more; as well as a dozen colleges and universities highlighting educational connections for their newfound aspirations.

The day also included a "STEM engineering challenge," wherein students used a sheet of paper, paper clips, and painter's tape to design an object that would soar as far as possible when dropped from a height of 20 inches.

Lunchtime on the green outside the exhibitor booths included a fly-in by a CHP helicopter. Booths were very interactive and hands-on, giving the 9th graders a glimpse into some local possibilities, but also giving them the opportunity to plan the rest of high school to help steer them in a direction they would like to go. While everyone learned so much at the event, many were given new insight into careers and opportunities that they didn't previously know existed.

LEADERSHIP GLOBETROTTERS

In June of 2015 students, faculty and chaperones traveled to **Costa Rica** where they had an opportunity to connect with a new culture through service and experience. The students were able to help with the replanting of a rain forest, volunteer in a local school, and shared in local traditions. Students crushed sugar cane, and were taught to make Costa Rican food. They hiked through the rain forest and visited Paos Volcano and Arenal National Park, where they admired the geological wonders—not to mention the wonderful treat of watching a sloth navigate his travels. This trip will continue to impact the way these students see their world in a way that no classroom could accomplish. **Thank you to Mrs. Isheim, who supported our students on this venture.**

VAPA NEWS



BRAD FOWERS ~ DEPT CHAIR/BAND & CHOIR

ROMNEY CLEMENTS ~ FALL MUSICAL DIRECTOR

ELIZABETH JOHNSON ~ STRINGS & PERCUSSION, SPRING PLAY

MARISSA KINNEAVY ~ DANCE

LURA WILHELM ~ VISUAL ART

CINDERELLA!

Rodgers and Hammerstein's "Cinderella" is the Tony Award-winning Broadway musical from the creators of "Oklahoma" and "The Sound of Music" with a witty contemporary take on the classic tale. This beautiful production features magical transformations and all the moments you love—the pumpkin, the glass slipper, the masked ball and more! Be transported back to your childhood as you rediscover some of Rodgers and Hammerstein's most beloved songs, including "In My Own Little Corner," "Impossible/It's Possible," and "Ten Minutes Ago" in this hilarious and romantic musical experience for anyone who has ever had a dream.

Show dates are:

Friday, Nov 13th @ 7:00, Saturday,

Nov 14th @ 2:00 & 7:00;

Friday, Nov 20th @ 7:00

Saturday, Nov 21st @ 2:00 & 7:00.

Don't miss the talented students from University Preparatory School.

Ticket prices are \$7.00 students and \$10.00 general and will be available at the University Preparatory School ASB office or 30 minutes before show time at the door.

For further information please contact the University Preparatory School at 245-2790.

Cinderella Cast of Characters

Cinderella	Rebecca G.
Fairy Godmother	Skyler L.
Step-Mother	Julie R.
Grace (awkward step-sister)	Sierra K.
Joy (sullen step-sister)	Veronica P.
Christopher (prince)	Tyler C.
Lionel	Jonathan G.
Queen	Claire R.
King	James C.
Coachman	Jacob K.
Footmen	William E.
	Justis K.



Chorus

Abigail M.	Maddi M.	Kaleb O.
Alex W.	Xanna O.	Katie M.
Arjun K.	Mikaela R.	Kinzie K.
Ayla C.	Nyla S.	Kutter W.
Charlotte L.	Olivia C.	Kylee B.
Colson L.	Regan G.	Lola S.
Cosette B.	Sami I.	Joy S.
Jacqueline R.	Sarah R.	Zach J.
Jaime M.	Savannah L.	Jasmine L.
Thomas G.	Stage Manager - Cody Phipps	

On behalf of U-Prep Administration, Staff and Students,
we wish the entire cast and crew the best of luck!



VAPA NEWS

VISUAL & PERFORMING ARTS



BRAD FOWERS ~ DEPT CHAIR/BAND & CHOIR

ROMNEY CLEMENTS ~ FALL MUSICAL DIRECTOR

ELIZABETH JOHNSON ~ STRINGS & PERCUSSION, SPRING PLAY

MARISSA KINNEAVY ~ DANCE

LURA WILHELM ~ VISUAL ART

OUT & ABOUT WITH MS. WILHELM

VISUAL ARTS TEACHER

Each year hundreds of art educators from the state of California come together to collaborate on contemporary art education at the **California Arts Education Association's (CAEA)** annual conference. This year is a special year commemorating **CAEA's** 50th year of existence and will be hosted in Sacramento, and **U-Prep's** art teacher, **Ms. Wilhelm**, has been selected to present a workshop demonstrating an art project exhibiting creativity and self-expression called the Expressive Hand Sculpture. There she will be presenting how to use plaster gauze to cast a sculpture of a hand and turn it into a self-portrait using imagery representing self. The self-portrait using the Expressive Hand Sculpture has been a thriving project through her years of teaching art at **U-Prep** and she looks forward to sharing her successful art project to her colleagues at the conference. Her Art 1 class is currently creating their self-portrait, Expressive Hand Sculptures and each unique sculpture will be on display in the hallway's of **U-Prep** at the end of October.



Winter Concerts

The Music Department has several exciting things coming up in the next couple of months for your enjoyment. In mid-November starting on the 13th and running through the 21st, U-Prep will be presenting its 12th annual musical production "Cinderella". It goes without saying that Cinderella is a magical story with some magical performances by our students and we hope to see you come out and come often. Tickets are available in the ASB office and at the door. The music department also is excited to offer its Winter Concert series on the 8th and 9th of December. The Band and Choir combined concert (with special guest performance by the Symphonic Orchestra) will be on Tuesday, December 8th at 7pm in the Marr Auditorium. The following day, Wednesday the 9th, the String ensembles (with a special performance by the Drum Corps) will celebrate the season also in the Marr Auditorium at 7pm. You won't miss this special opportunity!

DANCE DEPARTMENT NEWS

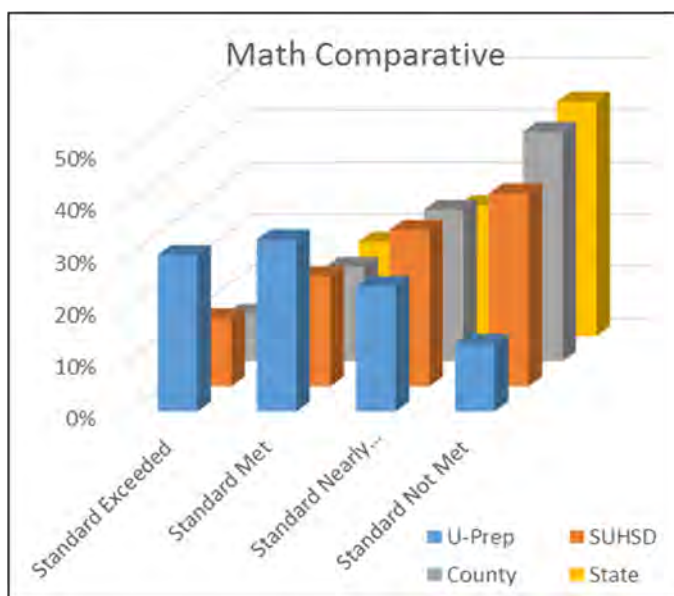
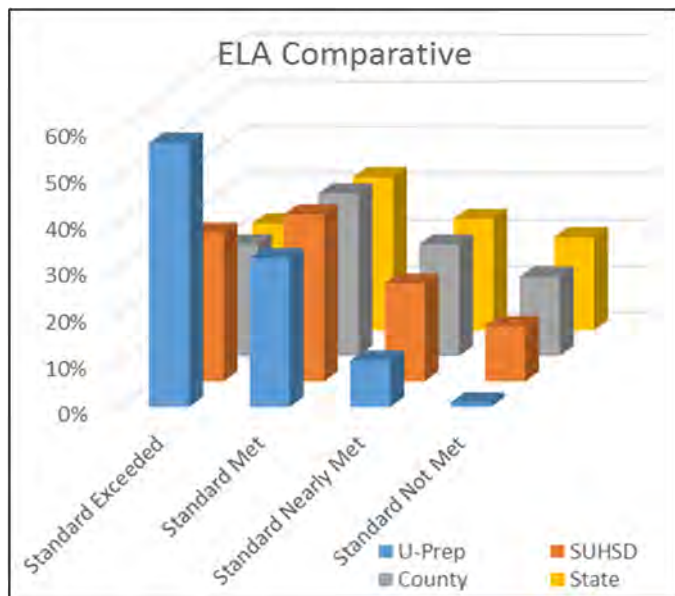
The months of November and December are shaping up to be quite busy for the dance department! A dance ensemble will be part of the fall musical, **Cinderella**. On October 23rd the dance team debuted their most recent performance at the **Homecoming Rally**, and they are preparing to perform at **basketball halftimes**. In December, we are expecting a guest choreographer from Sacramento to teach the dance team a new set piece. This is an exciting opportunity for our team. All students in the dance department are already engaged in practicing for their annual March performance. They are actively putting together fabulous pieces, and amazing costumes are underway. Our dancers are working hard to make this the best "**Just Dance**" yet!



Assistant Principal Corner

By Mrs. O'Leary, Mr. Carlson & Mrs. Cabral

The first quarter is now behind us, and the school year is off to a fabulous start. Congratulations to all of our students for their hard work on last year's Smarter Balanced Assessments! Families should have received students' individual scores in the mail. The school-wide scores were released earlier this fall. U-Prep was well prepared for the new testing format, and our scores reflect the hard work put in by our students and teachers. Below are a couple of graphs showing how our High School Juniors compared to the Shasta Union High School District, Shasta County and the State. Keep up the good work U-Prep!



2016-2017 School Year Applications

Enrollment Applications for 2016-17 will be available for pick-up in the U-Prep Office or available to download and complete from the U-Prep Website starting **December 1, 2015**.

Lottery Application Deadlines:

- First Lottery Applicants (Enrollment Applications received December 1, 2015 through January 31, 2016).
- Second Lottery Applicants (Enrollment Applications received February 1, 2016 through February 29, 2016).
- Waiting List (Applications received starting March 1, 2016 are automatically added to bottom of waiting lists).

Lottery Draw will be held in March (Date to be determined by the School Board, and Website updated at a later date).

THANKSGIVING & WINTER BREAKS

The last school day before Thanksgiving will be Friday, November 20th.

Classes resume on Monday, November 30th.

Winter Break begins on Friday, December 18th, with classes resuming on Tuesday, January 5th.

Final Exams will be taking place December 15th, 16th & 17th.

Please see uprep.net or page 22 of the newsletter for the full final exam bell schedule.

Happy Holidays!

In the Spotlight

ACADEMICALLY TALENTED YOUNG PEOPLE

Superintendent/Principal Shelle Peterson was pleased to notify the following seniors that they were each named as a Commended Student in the 2016 National Merit Scholarship Program (NMSP):

Beau F., Erick B., Karlyn C., and Melia M.

Each of these students was recognized for exceptional academic promise demonstrated by their outstanding performance on the qualifying test used for NMSP program entry. It was a pleasure to present each of these outstanding students with a Letter of Commendation. Congratulations to Beau, Erick, Karly, and Melia!



Congratulations to Lydia G.
Winner of the CASA Superhero
Poster Contest



STUDENT OF THE QUARTER AWARDS OCTOBER 15TH, 2015

On October 15th, the Student of the Quarter award recipients and their families joined us in the board room to celebrate their accomplishments. Superintendent /Principal Shelle Peterson recognized each student and presented them with an honorary certificate, a special t-shirt and a U-Prep lanyard. Refreshments were served afterwards. Congratulations to all of our 1st Quarter Student of the Quarter Award recipients and their families!

HIGH SCHOOL AWARD RECIPIENTS



Front Row, left to right: Grace V. (12), Karly C. (9), Elena L. (11), Sierra B. (9), Claire R. (11), Alexandra O. (10), Hartley M. (10).

Middle Row, left to right: Alec B. (10), Jason B. (10), Adam B. (11), Parker H. (11), Cameron D. (9), Kobe C. (9), Addison M. (12).

Back Row, left to right: William W. (12), Helene D. (12), Kevin L. (10), Beau F. (12).

In the Spotlight

STUDENT OF THE QUARTER AWARDS

OCTOBER 15TH, 2015



MIDDLE SCHOOL RECIPIENTS CONTINUED

Front Row, left to right: Thomas N. (7), Noah W. (8), William T. (7), Nyla S. (6), Dylan C. (6), Emily B. (7), Kenta S. (8).

Back Row, left to right: Adam B. (7), Jason K. (8), Winn A. (8), Heide C. (8), Marissa H. (8), Kennedy K. (8), Madison R. (7).

Not Pictured: Allison T. (8), Kai Seth (6), Anna L. (6), Amber A. (7), Kole S. (6), Savannah L. (8), Ryan S. (6).



Front Row, left to right: Kenta S. (8), Nyla S. (6), Dylan C. (6), Amber A. (7), Emily B. (7), Kole S. (6)

Middle Row, left to right: Savannah L. (8), Noah W. (8), Adam B. (7), William T. (7), Ryan S. (6), Maddie R. (7)

Back Row, left to right: Winn A. (8), Kennedy K. (8), Allison T. (8), Kai Seth (6)

Not Pictured: Anna L. (6), Tommy N. (7), Heidi C. (8), Jason Khatkar (8), Marissa Havens (8)

College & Career Corner + Counseling News

By Miss Haworth, Mr. Williams, & Mr. Maikranz

CONFLICT MANAGEMENT

All of the students in the U-Prep peer mentoring class were recently trained in conflict management and are available to provide support to their classmates. We all know that conflict is a natural part of life, but sometimes it takes a little extra effort to learn how to manage social challenges. Students who participate in conflict management practice work on problem solving skills, which leads to stronger relationships with their peers. If you think that your student could benefit from conflict management with one of his or her classmates, please feel free to contact Mr. Williams in the counseling center—or simply complete an online referral on our website at www.uprep.net (under the current students tab).

Juniors will be participating in “Junior Counseling” this winter during their social science class. We will review progress toward meeting the A-G requirements and graduation, explore college enrollment requirements, and answer any questions regarding the college application process.

We are excited to announce that our **NEW Panther Peer Tutoring** program is in full swing. We have made a few adjustments so please take a look at the schedule below.

- **6th grade Tue-Thurs.** during lunch in Room 136 (tutoring provided by junior high peer mentors)
- **7th & 8th grade Tue-Thurs.** during lunch in Room 299 (tutoring provided by high school peer mentors)
- **High School Tutoring Mon-Thurs.** 3:30-5:00 in Room 299 (tutoring provided by high school juniors and seniors)

We are also accepting applications from students interested in becoming a Peer Tutor. There are several benefits of becoming a Peer Tutor. It provides experience that may help with employment, develops confidence and ability, builds self-esteem, and creates a sense of pride in helping others. Contact the Counseling Center if you have any questions regarding our Peer Tutoring program.



REMINDER

Senior/Junior Parents: We will host a **Scholarship Information Session** for senior Parents on October 28th from 6:00-7:00 PM in the Marr Auditorium. U-Prep's Financial Aid Night is November 18th from 6-8 PM in the Marr Auditorium. Buffy Tanner, from College OPTIONS, will be our guest presenter. Mrs. Tanner is an expert in the field of financial aid and college planning.

ATTENTION GRADUATES

National Recognition Products (NRP) will be in the lobby taking orders at U-Prep the evening of Scholarship Night and Financial Aid Night starting at 5:00 PM. Please plan ahead and order your graduation announcements, cap, gown, tassel and more with NRP!

College & Career Corner + Counseling News, continued...

PSAT Participation

We had over 300 9th, 10th and 11th grade students take the PSAT on Wednesday, October 14th. The College Board will email an access code to view online score reports in December. We will also give a paper score report to each student. One sheet from a sample score report is on the following page for your review.

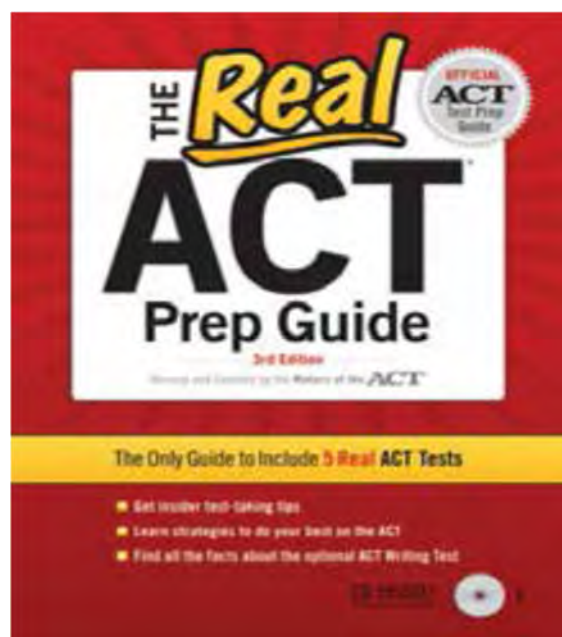
ATTENTION JUNIOR STUDENTS

Junior students who are planning to attend a four year university/college are required to take the SAT or ACT as part of the application enrollment process. Students are encouraged to take the SAT or ACT or both during the spring of their junior year. For additional online information about these tests, registration test sites, and test dates, please go to:

<http://www.actstudent.org/>

<http://www.collegeboard.org/>

SAT & ACT Test Prep



The Real ACT Prep Guide

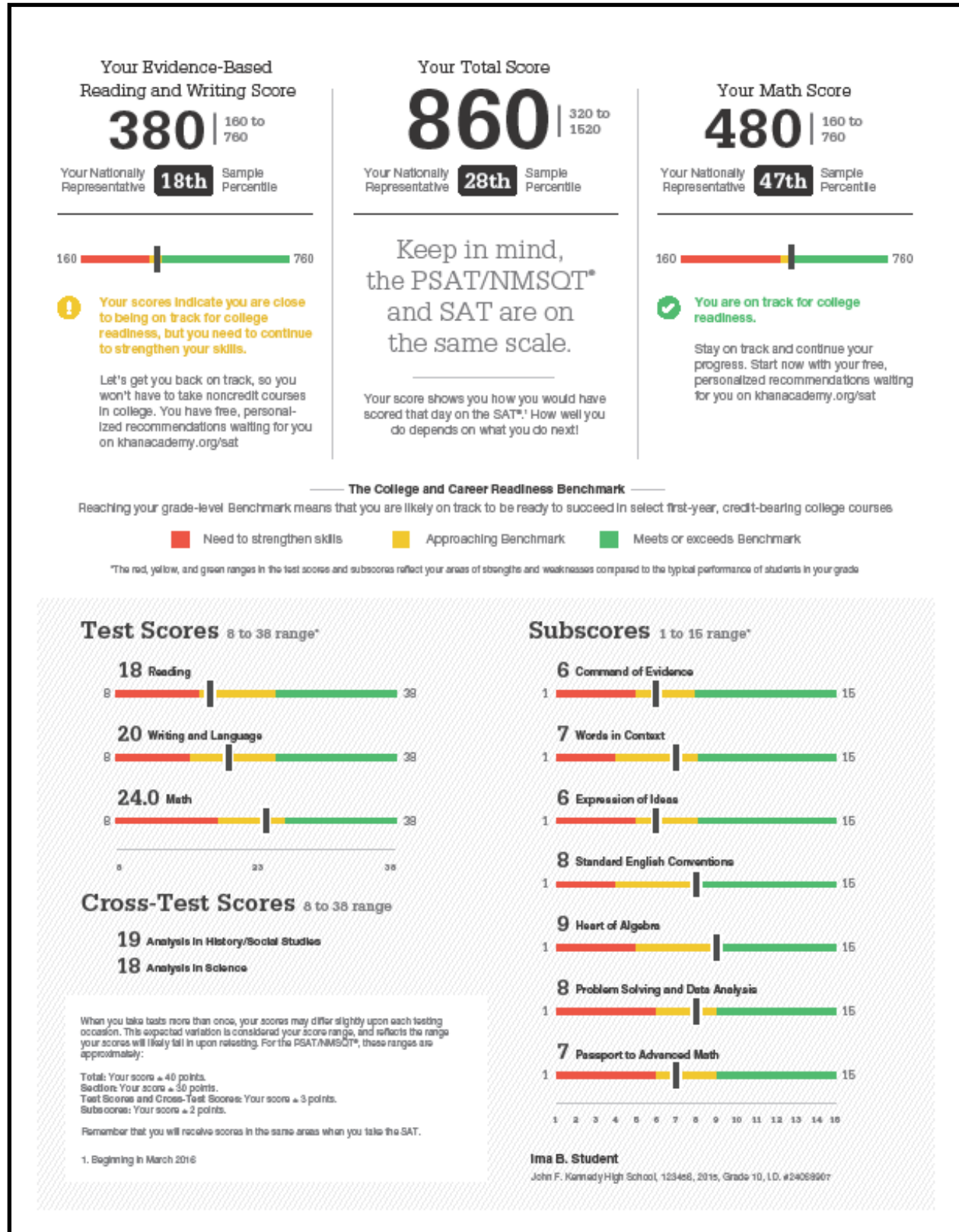
This is the only official ACT test preparation guide provided by ACT. It includes five practice tests with an optional Writing Test, explanations for all right and wrong answer choices, an in-depth look at the optional Writing Test and how it is scored, and valuable test-taking strategies.

Visit the below website for additional ACT test prep resources.

www.actstudent.org/testprep

More SAT/ACT test prep information will be in the January newsletter!

More College & Career News...



JUNIOR HIGH SPORTS

www.uprepathletics.net

A MESSAGE FROM MRS. CABRAL

With the fall sports coming to a close and the winter season rapidly approaching, our U-Prep junior high athletes are gearing up for another successful run at a League title! Girl's basketball is first out of the blocks with boy's to follow in December. Immediately after Winter Break, we will begin our girl's soccer season. Tune in to the U-Prep bulletin for more details about tryouts. As the weather turns colder please join us in the gym and on the field to cheer on our athletes to another successful season.

CROSS COUNTRY COACH GADDY

U-Prep for the first time in school history swept the finals! 41 runners this season in grades 6-8 made U-Prep Cross Country a force to reckon with! Every middle school in the county as well as Berrendos, Weaverville, and Fall River were trying to out distance our runners. Both 6-8 grade boys and girls were League champions and received team banners. These banners will be proudly displayed in the gym.

Congratulations, U-Prep Cross Country!



JUNIOR HIGH GIRLS BASKETBALL

COACHES :

6th-Joe Fernandez, 7th-Brian Nichols, 8th-Joe Maikranz

10/26	Grant @ Grant	4:00, 5:00 , 6:00
10/28	Sequoia Green @ U-Prep	4:00, 5:00, 6:00
10/29	Vista @ Vista (7th/8th only)	4:00, 5:00
11/2	Parsons @ U-Prep	4:00, 5:00, 6:00
11/4	Grant @ U-Prep	4:00, 5:00, 6:00
11/9	Sequoia Green @ Sequoia	4:00, 5:00, 6:00
11/16	Parsons @ Parsons	4:00, 5:00, 6:00
11/17	Sequoia Gold @ U-Prep	4:00, 5:00, 6:00
11/20-21	Parsons Tourney (6th)	TBA
11/20-21	Anderson Tourney (7th/8th)	TBA
12/3-5	U-Prep Tourney (6th/7th/8th)	TBA

Please see the Booster's Page for information on how to support our student athletes!

MONICA CABRAL - ATHLETIC ADMINISTRATOR

CORY REAGAN - ATHLETIC DIRECTOR

SARAH KENDALL - ATHLETIC SECRETARY

"A" and "B" Coed Soccer

Coaches: Nichols and Smith

Jr. High Soccer this year was a new experience for all. This year, we opened up the fall soccer season to both girls and boys with over 50 kids for tryouts! With both teams entering into new leagues and adding the girls to the teams, the season took on a very new look. In spite of the adjustments, U-Prep showed its dominance in soccer.

The "A" team finished 2nd in the Sac. River League and took a 2nd place finish in the U-Prep Kickoff Tourney with tough competition from Anderson and Grant.

The "B" team, made up of primarily 6th and 7th graders, also had a tremendous season. They took 1st place in Division III at the U-Prep Tourney and was undefeated in their league to secure a league championship, a great feat being in this league for the first time.

It will be exciting to see these players grow and continue the wonderful soccer tradition at U-Prep.

GIRLS VOLLEYBALL

COACH PRICE ~ A TEAM

COACH DEAN ~ B TEAM

COACH KENDALL ~ 6TH GRADE

A huge congratulations to our Junior High Volleyball teams this year! Both the "A" and "B" teams pulled off a major feat this year going undefeated the entire season. A first place finish with a perfect 6-0 league record with two first place finishes in the Sequoia and Happy Valley tournaments ensures that the future is bright for U-Prep Volleyball!

Our 6th grade squad ended their winning season with a record of 9 wins and 3 losses. Each one of the girl's natural athleticism and love of the game truly shined on the court. They battled some teams who had older more experienced girls, yet they always held their own! Each of the 14 girls on the 6th grade team improved drastically over the course of the season. Great job, Lady Panthers! We are so very proud of each of you!

Important Dates-

-6th, 7th, 8th Boy's Basketball Tryouts Dec. 7-11, 2015.

-Girl's Soccer Tryouts will start in early January

High School Athletics



www.uprepathletics.net

Boys Basketball - Varsity Coach Mark Stephens

JV Coach - Paul Kaukonen, Frosh Coach - Kevin Reilly

Dec. 1	Yreka @ UPrep	4:00/5:30/7:00
Dec. 3-5	Harlan Carter (JV/Var)	TBA
Dec. 3-5	Corning Tourney (Frosh)	TBA
Dec. 8	Quincy @ UPrep	5:30/7:00
Dec. 10-12	Etna Tourney (Frosh)	TBA
Dec. 10-12	LeHigh Classic (JV/Var)	TBA
Dec. 15	Gridley @ U-Prep	4:00/5:30/7:00
Dec. 17-19	Anderson Tourney (Var)	TBA
Dec. 18-19	Mercy Tourney (Frosh)	TBA
Dec. 28-29	Foothill Tourney (Frosh/JV)	TBA

MONICA CABRAL ATHLETIC ADMINISTRATOR

CORY REAGAN ATHLETIC DIRECTOR

SARAH KENDALL ATHLETIC SECRETARY

Girls Soccer - Head Coach Rich Bourne

Dec. 1	Anderson @ U-Prep	3:15
Dec. 4-5	Feather River Tour.	TBA
Dec. 8	West Valley @ U-Prep	4:00
Dec. 11-12	Foothill Tourney	TBA
Dec. 15	Yreka @ Yreka	3:15



Boys Soccer - Coach Brian Nichols

Asst. Coach - Jeff Shupe

Dec. 1	Anderson @ U-Prep	5:15
Dec. 4-5	Foothill Tour.	TBA
Dec. 8	West Valley @ U-Prep	6:00
Dec. 15	Yreka @ Yreka	5:15
Dec. 17	Enterprise @ Enterprise	5:30

Girls Basketball - Varsity Coach Steven Schuster

JV Coach Tiffany Aaserude

Dec. 1	Yreka @ Yreka	4:00/5:30/7:00
Dec. 3-5	Anderson Tour. (JV/Var)	TBA
Dec. 8	Corning @ Corning	4:30/6:00/7:30
Dec. 10-12	Etna Tour. (Frosh)	TBA
Dec. 10-12	Harlan Carter (JV/Var)	TBA
Dec. 18-19	Mercy Tour. Frosh)	TBA
Dec. 16-22	Hawaii (Varsity)	TBA



Wrestling - Head Coach Tommy Cervania

Asst. Coach Shane Gilbert, Asst. Coach Michael Schoonover

Wrestling has started! If you are interested, please contact Athletic Director, Cory Reagan. All High School Athletes are welcome to join. Check Paw Prints for more on the schedule!

Please see the Booster's Page for information on how to support our student athletes!

It's the little details that are vital. Little things make big things happen.
~ John Wooden

High School Athletics

FALL WRAP UP

www.uprepathletics.net



VOLLEYBALL

Coaches: Kramer, Rickey & Haworth

Thurs. 11/5 ~ JV/Varsity @ East Nicolaus @ 5:30/6:30

Volleyball Highlights from the Players

~Angelique P.- " We have shown a huge improvement this season; in the beginning we struggled and would get down on ourselves, but now we work as a team and are all smiles and intensity on the court.."

~Cameron H.- "As we went into our league games, we had a 3-game winning streak, which boosted our spirit and intensity."

~Madison T.- "When went to Lassen, we played all five games and we fought until the very end. During the last game we were down by five points and Lassen needed just one point to win the match. Our commitment and dedication was %110 allowing us to come back and win! I was truly grateful to be a part of this team. They made me so proud!

Upcoming:. Coaches are planning to have four levels of AAU teams this winter/spring -we will keep you posted regarding practices times and dates.



Cross Country - Coach Reagan

11/4 MVL Finals (WVHS)

11/12 Northern Section Finals (WVHS)

11/28 California State Finals (Woodward Park, Fresno)

Both Varsity Boys and Varsity Girls are currently undefeated in League and are ranked #1 in Division V. Both teams are ranked 4th overall in the Northern Section.

Swimming - Coach Johnson

Swim season has exceeded expectations with many athletes setting personal records. U-Prep swimmers competed in late October at the NAL Championships, Division II Championships, with the boys winning the title and the girls coming in a close second. Congratulations Panthers!

MONICA CABRAL ATHLETIC ADMINISTRATOR

CORY REAGAN ATHLETIC DIRECTOR

SARAH KENDALL ATHLETIC SECRETARY

FOOTBALL

COACHES: BAKER, WILLIAMS, ANDERSON, TRACY & DEAN

Varsity Football entered into League play with a 5-1 record. Their only defeat came at the hands of an overtime loss to Biggs. With a core group of seniors, the Panther football team is hoping to play late into the November Playoffs. A strong League play effort will ensure a home playoff game, the first since 2008! JV enters league play looking to maintain its undefeated record.

Girls Tennis - Coach Pire

Overall, the tennis team had a great year with some young and talented players, the team finished 3rd overall in the Sac Valley League. Ellis W. is currently 14 and 0 on the season, she played in the semifinals of the SVL Finals on October 17th.

Girls Golf - Coach Lowden

U-Prep Girls golf is winding down its season. The girls are in second place in the NAL as we head into the League finals next Monday at Lake Shastina. Maddie S. is currently the top individual golfer in the League, Marin M. is fifth and Abbey C. is also in the top ten. Maddie and Marin have qualified and will be representing U-Prep at the Section Finals on November 2nd in Oroville. The team consists of eleven girls with ten of them having participated in a match at this point in the season. The girls have shown much improvement and are looking forward to a good showing in the League finals next week.

Never mistake activity for achievement.

~ John Wooden



Homecoming Court Winners:

Freshman:

Prince: Christian L.

Princess: Alyssa D.

Sophomore:

Prince: Eddie K.

Princess: Holly N.

Junior:

Prince: Heath V.

Princess: Christina B.

Senior:

Queen: Mary C.

King: Chris H.



There's No Place Like Homecoming Week...

Homecoming Wrap Up

This year's homecoming was a great success! Buff Puff went to the juniors, while the seniors took Powder Puff. The rally was full of excitement, great performances and a gym full of Panther Pride.

Students of all grade levels showed their spirit throughout the week by following each day's theme. The spirit contest winners were sixth grade for junior high and seniors for high school. Kudos to those grades for having the highest percentage of students dressed up during of spirit week!

The high school dance Saturday night was one the largest we have ever had. A total of 262 students attended. It was a great culmination to the end of spirit week. The high school students dressed to impress and danced the night away.



CANNED FOOD DRIVE 2015

U-Prep's annual canned food drive will take place from November 3-20th. Boxed and canned goods are greatly appreciated. Students and families can donate to designated boxes in student ASAP classes or in the front office. All goods will be donated to the Good News Rescue Mission.

November



Nov. 3rd– Nov. 20th

U-Prep Canned Food Drive

Nov. 26th

High School Student Government along with Interact Club will be serving food at the local rescue mission to homeless and less fortunate families.



Dec. 10th

Student of the Quarter Awards

Junior High– 7:30 to 8:15

High School– 2:15 to 3:00



Dec. 11th

Winter Dance



6th Grade: 5:30 to 7:00

7th/8th Grade: 7:00 to 8:30

High School: 9:00 to 11:00



U-Prep Clubs

GET INVOLVED!

Fellowship of Christian Athletes

Club Interact

Pre-Med Club

Club NO MORE

Math and Science Club

Drums Corp

MathCounts Club

Improv/Acting Club

Creative Writing Club

Latin Club

Art Club

LGBT CLUB

Photography Club

Mock Trial

Cultural Connections

World Languages

Coding and Programming Club

Major League Gaming

Link Crew

Big Brother Big Sister

BOOSTER NEWS



ATHLETIC BOOSTERS

Thank you to all of the parents who have joined the **Athletic Booster Club** this year! With the assistance of your membership fees, the Athletic Booster Club has been able to purchase golf caddies for the **Girls Golf** team, assisted with the purchase of shooting shirts for the **Boys Basketball** teams, paid for miscellaneous tournament fees for several teams; and purchased pink jerseys for the **Volleyball** teams in honor of Think Pink month.

We are very proud of the **Volleyball** team's desire to support our community and to be so passionate about this cause. Volleyball team member, Sydney J. shared, "It is a very significant subject in our community, and all of us feel that it could be hugely impactful if they made a statement and stood up as an entire team to support those that have suffered, who are still suffering, or who have been associated with those whom it has touched." The pink jerseys will be worn during the month of October and will bring awareness to so many! Great idea girls!

Athletic Boosters is also sponsoring a **Tamale fundraiser**. Each athletic program can earn money by pre-selling tamales. Sales began October 12th and will end **November 4th**. Please feel free to contact any student athlete or coach to order tamales to be delivered on November 12th.

Next Athletic Boosters Meeting
November 2nd, 6:30 PM Room 299



MUSIC BOOSTERS

U-Prep Music Boosters provides volunteer and other support services to all of the U-Prep music programs: Beginning Strings, Choraliers, Concert Band, Concert Choir, Drum Corp, Jazz Band, Jr. High Orchestra, Mixed Choir, Prep Band, and Symphonic Orchestra. Support may include set-up and clean up for music concerts, the "Celebration of the Arts" held every February, and fund raising activities.

Music Boosters works to raise money to enhance all music programs and the music experience for all U-Prep students. This includes assisting in the purchasing of performance uniforms, musical instruments and other items that cannot be purchased with school funds. Funds raised by Music Boosters also contribute to trips taken by the various music groups.

Membership in Music Boosters is automatically extended to all parents and legal guardians of students participating in the Music Department at U-Prep. We meet on the first Tuesday of each month during the academic school year! Please come to the winter concerts on December 8th & 9th. See page 17 for more information

Please contact the main office for more information.



The Theater Arts Musical Boosters are busy at work behind the scenes preparing for U-Prep's Fall Musical, Cinderella. We have been fundraising, gathering props, coordinating show volunteers and providing snacks for Saturday rehearsals. In addition, many of our parent volunteers can be found working on the weekends hammering, sawing, drilling and painting the amazing sets which will transport the cast and audience into a fairytale land, once upon a time. We invite you to join us on the weekends of November 13th & 14th and the 20th & 21st to see the hard work of our talented students and parent volunteers. It will truly be a magical experience you won't want to miss!

SUPPORT SOBER GRAD...

And eat like a king!

The Sober Graduation Committee is excited to promote our first ever Tamale Fundraiser!

Esperanza's Homemade Fresh Tamales are locally made and Gluten Free. The Tamales come in a variety of fillings.

Pick up an order form from the main office or from any senior student. Order forms can also be downloaded from the U-Prep website. Please place orders with your payment in the Sober Graduation drawer inside the main office. Orders will be accepted Monday, November 2nd through Monday, November 30th.

PLEASE READ ORDER FORM FOR ADDITIONAL INFORMATION.

The Sober Graduation Committee will also be having a fundraiser Monday, November 16th at Habit Burger between the hours of 4pm and 9pm.

Flyers must be presented in order to receive percent of proceeds from sales.

THANK YOU FOR YOUR SUPPORT



U-Prep wishes to sincerely thank all of our parent & family volunteers. We appreciate your time and your donations. We are grateful to have you as part of the **U-Prep** family. Together we can make a difference!

U-Prep Scrip Program

Scrip is gift cards and certificates for your favorite places to shop. They look and spend just like you bought them in the store. By purchasing scrip from U-Prep, you are helping the school earn needed funds for our school and you are reaching your donation goal for the year. The great thing about scrip is you never buy anything you don't need and you never pay more than face value of the gift card or certificate.

You can also place your order online at www.shopwithscrip.com or email your order to up-repscrip@suhsd.net or call/text Sylvia Hill at 356-3944. Checks are payable to U Prep Scrip.

For complete information go to uprep.net



FINAL EXAM SCHEDULE: December 2015

Monday, December 14th will be the last day of a regular class schedule for the first semester of the 2015–2016 school year. ***On Tuesday, 12/15, through Thursday 12/17, high school students will take final exams.***

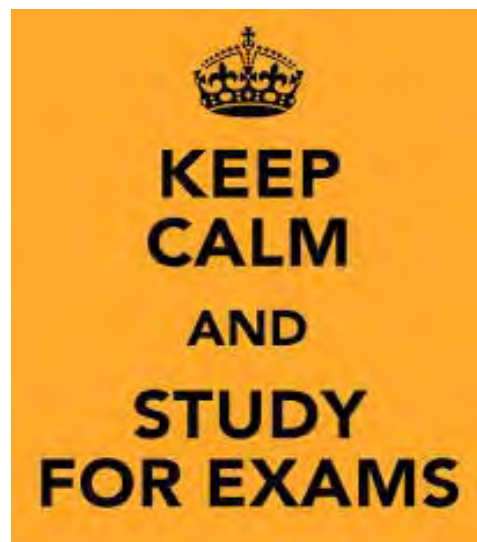
Junior High students will follow the same schedule ***but will not be taking comprehensive final exams unless they are in high school classes***; the increased class time will be used for culminating activities.

On Tuesday, December 15th, sixth graders who do not have a 7th period may be picked up at 11:35 or remain on campus through lunch and be dismissed at 12:15.

Parents may pick up students at 11:35 on Wednesday and Thursday or students may remain until 12:05 for lunch. Students will have a 10 minute Nutrition Break each Day.

The After School Program will meet from 12:10 – 5:30; students are to eat lunch in the cafeteria or quad before going to the program at 12:10.

Tuesday, Dec. 15, 2015	
7:00 – 7:45	Period 0 (35 min)
7:50 – 9:35	Period 1 (105 min)
9:35 – 9:45	Nutrition (10 min)
9:50 – 11:35	Period 3 (105 min)
11:35 – 12:15	Lunch (40 min)
12:20 – 2:05	Period 7 (105 min)
11:35 release for 6 th Grade 2:05 Release for Grades 7–12	
Wednesday, Dec. 16, 2015	
7:50 – 9:35	Period 2 (105 min)
9:35 – 9:45	Nutrition (10 min)
9:50 – 11:35	Period 5 (105 min)
11:35 – 12:05	Lunch (30 min)*
11:35 Release	
Thursday, Dec. 17, 2015	
7:50 – 9:35	Period 4 (105 min)
9:35 – 9:45	Nutrition (10 min)
9:50 – 11:35	Period 6 (105 min)
11:35 – 12:05	Lunch (30 min)*
11:35 Release	



University Preparatory School

2015-2016 School Calendar

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

1st Quarter Ends: October 9 (39)
 1st Semester Ends: December 17 (43)
 3rd Quarter Ends: March 11 (46)
 2nd Semester Ends: May 26 (47)

Shaded = Student Attendance Days (175)

Su	M	Tu	W	Th	F	Sa
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Su	M	Tu	W	Th	F	Sa
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13	14	15	16	17	18	19
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27	28	29	30			

Su	M	Tu	W	Th	F	Sa
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11	12	13	14	15	16	17
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25	26	27	28	29	30	31

Su	M	Tu	W	Th	F	Sa
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31						

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Su	M	Tu	W	Th	F	Sa
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

PLEASE NOTE:
 Revised Open House date
 is March 23rd, 2016

Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Early Release Days
Academic Conference
Final Exams
Back-To-School Night
Open House
Graduation

HOLIDAYS/RECESSES

Labor Day Sep 7
 Veteran's Day Holiday Nov 11
(by law must be Nov 11 if a weekday)
 Thanksgiving Break Nov 23-27
 Winter Break Dec 18-Jan 4
 Martin Luther King Day Jan 18
 Lincoln Day observed Feb 8
 Washington Day observed Feb 15
 Spring Break Mar 25-Apr 4
 Memorial Day May 30

Easter - March 27

CERTIFICATED DATES

School Starts: August 17
 School Ends: May 26; **Graduations May 27**
 School Work Days ○ Aug 14
 May 27
 Jun 1
 Staff Development Days △ Aug 13
 Jan 4
 April 4
 Snow Day Makeup: Apr 4
(If snow day makeup is used, then April 4th Staff Development day will be moved to May 31st.)