



PURSUING EXCELLENCE TOGETHER

DATES TO REMEMBER

Dec. 8	6th Grade to Nutcracker Ballet
Dec. 8	Winter Dance
Dec. 8-9	Mock Trial to Stockton
Dec. 12	Winter Strings Concert
Dec. 13	Winter Band & Choir Concert
Dec. 18-20	Final Exams/Special Schedule
Dec. 20	First Semester Ends
Dec. 21-Jan. 8	Winter Break
Dec. 27-31	Girls Basketball to Alaska
Jan. 9	School Resumes

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PANTHER PRIDE

Dear Panther Families,

Rotary Club of Redding Honor to Youth Award Recipient

On November 16, Derek Y. was recognized as U-Prep's selection for the Rotary Club of Redding Honor to Youth award. Derek was selected for this award for distinct reasons. He is a leader as represented in his tireless efforts to promote our school's core values through student activities and events; his role as the ASB President was earned, and continues to make it a priority to build upon the positive influence of the program. Derek competes as a Cross Country and Track scholar-athlete, and has served as Team Captain for both sports. His academic choices reflect his dedication to learning and his innate curiosity. He has taken the highest level courses offered in Latin, math, science, English, and history. To his credit, he earned Gold Medal status on the National Latin Exam, twice. Further, he is ranked #1 in his class with a 4.58 weighted GPA. As impressive as all of these accomplishments sound, the standout reason he was selected for this award is because of his love challenge and hard work, and his ability to embrace setback as fundamental to the pursuit of excellence. Congratulations, Derek! Teachers of the Year

Congratulations to Paul Kaukonen (High School Teacher) and Lonett Sowles (Junior High Teacher) for being honored as U-**Prep's Teachers of the Year!** Both of these wonderful faculty members meet their students where they are at and work to build upon their strengths and assets. Their capacity to develop positive working relationships is at the heart of their success. They continually strive to develop their subject matter knowledge and craft, believing that learning is a process of constant reflection and improvement. Their dedication to students, their colleagues, and U-**Prep's** mission seems endless as further recognized by their teacher leadership and commitment to students outside of the school. Mr. Kaukonen and Mrs. Sowles serve as our nominees for the California League of Schools Region 2 High School and Junior High School Teacher of the Year awards. Best wishes for a joyful holiday season!

Shelle Peterson

Superintendent/Principal

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.

Michael J. Stuart Gymnasium

Dedication Ceremony

December 12, 2017

Halftime During Boys Varsity Basketball Game

U-Prep vs. Las Plumas 7:00pm

Please join us in recognizing Michael J. Stuart for his significant contributions to the Shasta Union High School District and University Preparatory School



University Preparatory School Board Member, 2013 - Present Shasta Union High School District Superintendent, 1998 – 2008 Enterprise High School Principal, 1992 – 1998 Shasta High School Assistant Principal, 1989 – 1991 Teacher and Coach – 15 Years





2nd QUARTER AWARDS

On December 5th, 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 recipient by sharing their unique attributes. Students received an honorary certificate, and a special t-shirt. Refreshments were enjoyed after the ceremony.

Congratulations to all of our Second Quarter Student of the Quarter Award recipients and their families!

HIGH SCHOOL STUDENTS OF THE QUARTER



Front Row, left to right: Elisha K., Allison G., Erin H., Riley F., Nelly M., Connor D., Adam V. Back Row, left to right: Julia H., Emily K., Britain S., Miles M., Kobe C., Alan D., Cameron D., Sheetal B., Nicole W., Addy H., Coby S.

JUNIOR HIGH STUDENTS OF THE QUARTER



Front Row, left to right: Miranda H., Emmalyn W., Ella B., Jaelyn O., Rylin B., Haya S., Lillian D., Lucia R. Back Row, left to right: Lily F., Kylie W., Lorien A., Michael H., Alex L., Mehar S., Ian H., Will C., Jack P., Elijah R., Emerson L., James J. NOT PICTURED: Star T.

College & Career Corner + Counseling News

Ms. Haworth, Mr. Williams, & Mr. Maikranz

PSAT NEWS

PSAT scores will be available to students online around December 11th. After Christmas break students will receive a paper copy of their scores! Please see the following pages for a score report example.

PSAT/NMSQT- Helpful link to "understand your scores"

https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10/scores/understandingscores

PEER CONFLICT MANAGEMENT

If your student is having an issue with a friend or peer, U-Prep offers trained peer conflict managers on campus who are available every day of the week. It is normal from time to time to get back on the right track with a peer and participating in a conflict management session is a great way to facilitate that process. If you are interested in the program, please contact middle school counselor, Mr. Williams at <u>mwilliams@suhsd.net</u> for more information.

SENIOR PARENTS

Monday, December 11th from 7:15–8:00am will be the final opportunity to meet with Jim Graul, representative from Ultimate Graduation Company in the main lobby. Please plan ahead and order your graduation announcements, cap, gown, tassel and more.

U-PREP STUDENTS LOOK TO THE FUTURE

During the month of November freshman, sophomore and junior classes participated in a college lesson plan presentation. Many topics were covered including post high school planning, college searches, application processes, Naviance, SAT/ACT registration and financial aid resources!

FAFSA ASSISTANCE

Attention Senior students & parents: Assistance is available if you need help with submitting your 2018/19 FAFSA by March 2nd (Cal Grant Deadline). There are multiple opportunities to attend a Shasta College FAFSA Workshop.

<u>Where:</u>

Shasta College, Main Campus

<u>When:</u>

February 21st 2018 (6:00pm-8:00pm) Building 2200, Room 2209

February 22nd 2018 (3:00pm-5:00pm) Building 200 (Library), Room 243

February 23rd 2018 (10:00am-12:00pm) Building 2200, Room 2217

RSVP not required

Students and parents should apply for their FSA ID (if they do not already have one) 3–4 days prior to the workshop.

Hi, Ima B. Student

School Name: John F. Kennedy High School, School Code: 123456 2016, Grade: 11th Grade Student ID: 24068907 Optional Code: 00 Access Code: A02670146P College Board ID: 12345678



Preliminary SAT/National Merit Scholarship Qualifying Test

Your Score Report

Get your full report online studentscores.collegeboard.org

Access Code A02670146P





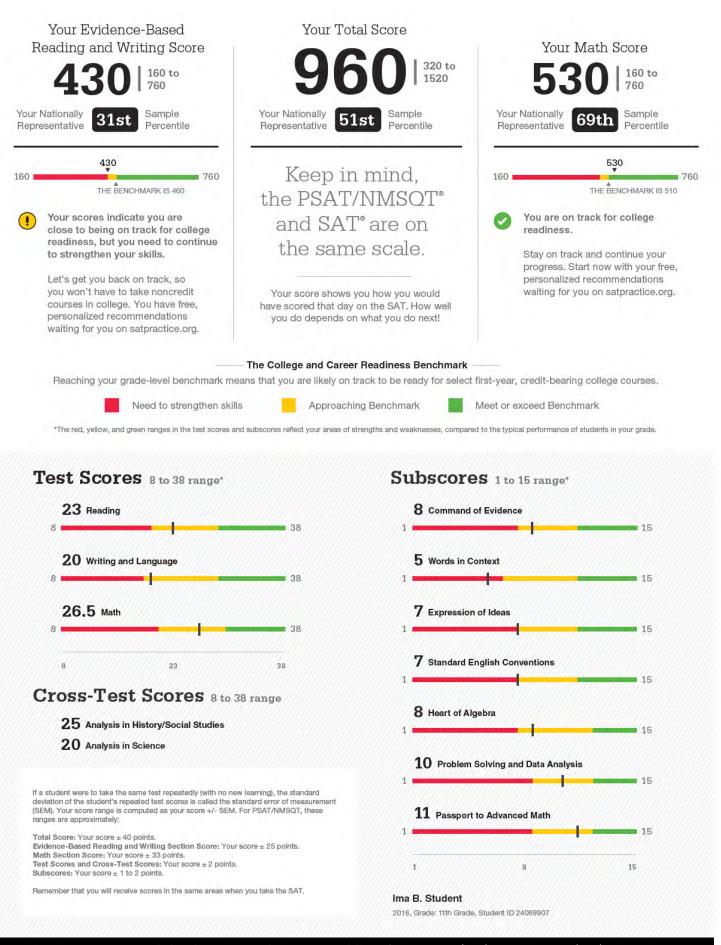
AP[®] and Course Work

See which AP courses may be good matches for you.



Register for the SAT

Select an SAT test date, and register for it now.



T National Merit Scholarship Corporation

National Merit Scholarship Corporation (NMSC) conducts the National Merit[®] Scholarship Program, an academic competition for recognition and college scholarships. To designate students who qualify for recognition in its 2018 competition, NMSC will consider the 2016 PSAT/NMSQT® Selection Index scores of some 1.6 million test-takers (usually high school juniors) who meet program entry requirements. For more information, please visit: www.nationalmerit.org.

If any of your responses to NMSC's "Entry Requirements" questions (see right-hand column) are inaccurate or there has been a change in plans that may affect program entry, write immediately to:

National Merit Scholarship Corporation Attn: Scholarship Administration 1560 Sherman Avenue, Suite 200 Evanston, IL 60201-4897

Include your name and home address along with your high school name, address, and six-digit code number.

Your NMSC Selection Index

139

NMSC uses a Selection Index based on PSAT/NMSQT scores as an initial screen of students who enter its scholarship programs. To calculate your Selection Index, double the sum of your Reading, Writing and Language, and Math Test scores.

Eligibility Information

If your Selection Index places you among the 50,000 high scorers who qualify for National Merit Scholarship Program recognition, you will be notified next September.

Entry Requirements

(Information you provided on your answer sheet)

High school student:

YES

Year to complete high school and enroll full-time in college: 2018

Years to be spent in grades 9-12:

4

U.S. Citizenship: YES

Your Scores: Next Steps

Additional skills and improvement suggestions can be found in your online score report. -

	Your score indicates that you are already likely able to:	Reading Test	Improve your skills by focusing on the following suggestions:
1	Revise text as needed to improve the exactness or content appropriateness of word choices within somewhat challenging texts	0	Retain or add information or ideas to a piece of text to support claims or points in challenging text
Ì	Retain or add information or ideas to a piece of a text to support claims or points in somewhat challenging text	23 8 to 38	Use a variety of sentence structures to accomplish a rhetorical purpose such as persuading an audience
I	Revise somewhat challenging text to ensure that information is presented in the most logical order	9	Revise text as needed to improve the exactness or content appropriateness of word choices within challenging texts

Writing and Language Test

20

8 to 38

Draw reasonable conclusions from somewhat challenging texts

Describe the overall structure of a somewhat challenging text

situation (when a linear model is appropriate)

a context and requires multiple steps

other representational methods

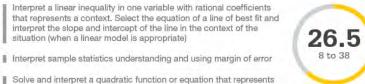
Identify claims and counterclaims explicitly stated in a somewhat challenging passage

Draw reasonable inferences and logical conclusions from challeng-

Analyze information presented quantitatively in such forms as graphs, tables, and charts and relate that information to information presented in somewhat challenging text

tone in a challenging passage

Math Test



Determine how a graph may be affected by a change to its equation

Determine the value of a constant or coefficient for an equation with no solution or infinitely many solutions

Using a specified model, make a prediction and compare the predicted values with the actual values in the data set

Within a context, compare the center of two separate data sets with different spreads

Determine whether two events are independent given their probabilities

Get more next steps online

studentscores.collegeboard.org



SAT Practice Connect to Khan Academy for FREE, world-class SAT practice on satpractice.org.

Calculate and interpret frequency distributions using tables and



AP® and Course Work See which AP courses may be good matches for you.



Register for the SAT Select an SAT test date and register for it now.

Ima B. Student 2016 Grade: 11th Grade

ing texts

Determine how the selection of specific words shapes meaning and

Your Question-Level Feedback

Reading

Writing and Language

Math Test-Calculator

Question #	Correct	A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A < A <	Difficulty	Subscore	Cross-Test Score
1	Α	~			
2	В	Α		COE	
3	В	~			
4	В	Α		WIC	
5	С	~			
6	D	~			
7	В	~		COE	
8	Α	~		WIC	
9	D	~		WIC	
10	Α	~			HSS
11	D	С		WIC	HSS
12	D	В		WIC	HSS
13	D	Α		COE	HSS
14	Α	С			HSS
15	С	В		COE	HSS
16	в	С			HSS
17	D	С			HSS
18	В	D			HSS
19	Α	~			SCI
20	С	~			SCI
21	В	D		COE	SCI
22	D	~			SCI
23	В	D			SCI
24	D	~		WIC	SCI
25	С	~		WIC	SCI
26	В	Α			SCI
27	В	С			SCI
28	Α	С		COE	SCI
29	D	Α		WIC	HSS
30	В	Α			HSS
31	D	~		COE	HSS
32	Α	~			HSS
33	С	~		COE	HSS
34	Α	В		WIC	HSS
35	Α	В			HSS
36	С	ø			HSS
37	В	С			HSS
38	С	D			HSS
39	С	~			SCI
40	С	~			SCI
41	В	~			SCI
42	В	~		COE	SCI
43	Α	В			SCI
44	Α	~		WIC	SCI
45	Α	С			SCI
46	D	Α		COE	SCI
47	С	В			SCI

Question #	Correct	Your Answer	Difficulty	Subscore	Cross-Test Score
1	D	С		SEC	
2	в	~		EOI	HSS
3	С	D		SEC	
4	С	Α		SEC	
5	В	D		SEC	
6	В	D		COE, EOI	HSS
7	Α	D		WIC, EOI	HSS
8	В	С		EOI	HSS
9	Α	В		WIC, EOI	HSS
10	D	~		SEC	
11	D	~		COE, EOI	HSS
12	в	~		SEC	
13	С	~		SEC	
14	С	В		SEC	
15	D	~		WIC, EOI	SCI
16	в	Α		SEC	
17	в	D		SEC	
18	Α	~		EOI	SCI
19	В	~		EOI	SCI
20	С	D		COE, EOI	SCI
21	Α	~		COE, EOI	SCI
22	Α	В		WIC, EOI	SCI
23	С	В		WIC, EOI	
24	D	С		SEC	
25	С	D		SEC	
26	Α	~		COE, EOI	
27	Α	D		EOI	
28	в	~		COE, EOI	
29	D	Α		WIC, EOI	
30	С	В		SEC	
31	D	~		EOI	
32	В	~		SEC	
33	D	~		SEC	
34	D	В		EOI	
35	D	~		SEC	
36	В	Α		EOI	
37	С	D		COE, EOI	
38	Α	~		SEC	
39	С	~		SEC	ļ
40	D	Α		WIC, EOI	L
41	D	В		SEC	
42	Α	Ø		SEC	
43	С	В		COE, EOI	
44	В	С		WIC, EOI	

Access Code A02670146P

See the questions, and the answer explanations, online studentscores.collegeboard.org

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Ima B. Student 2016, Grade: 11th Grade

Questio	Correct	Your Ar	Difficult	Subsco	Cross-1 Score
1	В	~		PSD	HSS
2	Α	~		HOA	
3	В	~		PSD	SCI
4	D	~		HOA	
5	В	С		PSD	
6	Α	~		PSD	
7	В	~		PSD	
8	С	В		PSD	
9	Α	~		PAM	
10	D	С		HOA	
11	D	~		PSD	HSS
12	Α	~		PSD	
13	В	~		PSD	
14	С	~		PSD	SCI

on # nswer ty

Subscore	Cross-Test Score	Question #	Correct	Your Answer	Difficulty	Subscore	Cross-Test Score
PSD	HSS	15	С	Α			
HOA		16	В	~		PSD	HSS
PSD	SCI	17	D	~		PSD	
HOA		18	В	Α		PSD	HSS
PSD		19	С	Α		HOA	
PSD		20	В	~		PAM	
PSD		21	В	С		HOA	
PSD		22	D	С		PAM	
PAM		23	D	В		HOA	SCI
HOA		24	С	Ø		PAM	SCI
PSD	HSS	25	В	Α		PSD	SCI
PSD		26	D	~		PAM	
PSD		27	D	Α		HOA	
PSD	SCI						

Ner

Question #	Oomect	Your Answer	Difficulty	Subscore	Cross-Test Score
28	65	60		HOA	
29	0, 12	2		PAM	
30	1368	ø		PSD	HSS
31	85	75		PSD	HSS

Math Test-No Calculator

Question #	Correct	Your Answer	Difficulty	Subscore	Cross-Test Score	Question #	Correct	Your Answer	Difficulty	Subscore	Cross-Test Score
1	D	~		PAM		8	В	С		HOA	
2	Α	~		PAM	SCI	9	С	~		HOA	
3	В	~		PAM		10	D	~		HOA	HSS
4	С	В		PAM		11	Α	С			
5	С	~		HOA		12	С	~		PAM	
6	В	~		HOA	SCI	13	В	Α		PAM	
7	Α	~		HOA							
Question #	Correct							Your Answer	Difficulty	Subscore	Cross-Test Score
14	2							0		HOA	
15	90							80		HOA	
16	1							2		PAM	
17	0							~		PAM	

Key

Correct

Omitted

Unscorable

~

ø

U

Easy

Hard

Medium

Subscore

COE Command of Evidence

- WIC Words in Context
- EOI Expression of Ideas
- SEC Standard English Conventions
- HOA Heart of Algebra
- PSD Problem Solving and Data Analysis
- PAM Passport to Advanced Math

Cross-Test Score

- HSS Analysis in History/Social Studies
- SCI Analysis in Science

00249-081 160330944



Romney Clements-Fall Musical

Marissa Kinneavy-Dance

Lura Wilhelm-Visual Arts

Advanced Art Students Teach Art in Our Community:

On January 13th we will have 7 art lessons created by our very own U-Prep artists and taught to patrons of Turtle Bay. Ms. Wilhelm will be sending out an email with the flyer as we get closer to the date. Here is a preview for this event:

<u>Time</u>	<u>Ages</u>	<u>Artist</u>	<u>Medium</u>	<u>Subject</u>	<u>Objective</u>
10:30- 11:05	8 - Up	Claire	Sharpie and Tempera Cakes	Cats	Make a cat with shapes and washes.
11:15- 11:55	8 - Up	Jaden	Sharpie and Tempera Cakes	Dragon	Produce a dragon with line, texture and expressive color.
12:00- 12:40	8 - Up	Talem	Sharpie and Tempera Cakes	Portrait	Create a proportional human portrait using analogous colors.
12:45- 1:25	8 - Up	Ashton	Sharpie and Tempera Cakes	Giraffe	Construct a giraffe using arbitrary and complementary colors.
1:30- 1:25	4 - 8	Becca	Liquid Tempera	Warm and Cool Hearts	Create a heart that represents you using different tinting techniques.
2:15- 2:55	4 - 8	Hannah	Chalk Stencils	Non Objective Abstract	Overlap shapes using color and value.
3:00- 3:40	4 - UP	Olivia/Lili	Mixed Media	Masks	Build a mixed media mask that demonstrates a person unique theme.

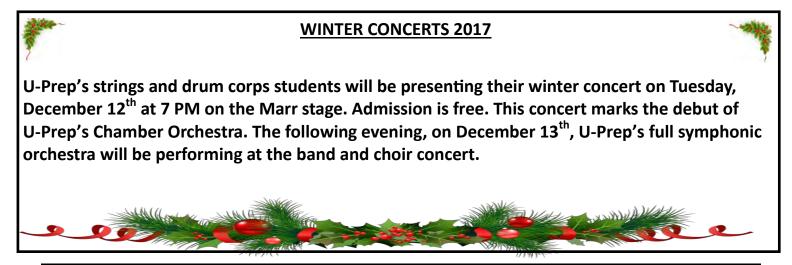




Dorothy has found her way back to Kansas! The Wizard of Oz was a great success, and proved to be a glorious piece of theatre for all who attended. The singing, acting, dancing, costuming and sets were awe inspiring. The Wizard of Oz definitely continued the tradition of high caliber musicals at U-Prep. I could not be more proud of the production staff and the students. Many tireless hours were given to pull off this very technical musical. The parents and members of the cast worked diligently, and now are enjoying a well-deserved break. Many thanks to the many audience members who attended and supported our talented students. ~Director Romney Clements



- * The U-Prep Dance Department is working hard on choreography for their upcoming Just Dance! Performance on March 2nd and 3rd. Many styles of dance will be showcased by over 120 of our U-Prep students. Don't forget to mark your calendars!
- * The U-Prep Dance Team is looking forward to performing at our varsity basketball halftimes. In addition, they will once again be performing at a NBA Kings Game Halftime Show the first weekend of January.



VISUAL & PERFORMING ARTS

Elizabeth Johnson–Strings & Percussion Romney Clements-Fall Musical

Marissa Kinneavy-Dance Lura Wilhelm-Visual Arts

On November 8th the Shasta County Office of Education (SCOE) hosted the 2nd Annual Arts Alive Art Show. Eight Shasta County teachers displayed their art work alongside hundreds of student works. U-Prep's own Ms. Wilhelm and her students had a wonderful time displaying their work and chatting with the public. Music was played by strings instructor Elizabeth Johnson and many of her strings students. If you are a lover of art, music and food, look forward to attending Arts Alive next year, same time same place.



U-Prep High School Art Club Field Trip

On December 2nd, the High School Art Club and art students went to San Francisco to experience the De Young Museum in Golden Gate Park. Ms. Wilhelm, 20 students and 6 chaperones spent the day viewing and interacting with art.





<u>SPRING PLAY</u>

The month of March in 2018 will see the return of U-Prep's spring play, "Pygmalion." Set in Merry Olde England, it tells the story of Professor Henry Higgins taking on a dare to transform Eliza Doolittle, flower girl, into a woman of high society.

Auditions are set for December 11-12 at 3:30pm in the band room

Appearing on the Marr stage, show dates in March are to be announced.



ASSOCIATED STUDENT BODY

JASPAL GADDY: JUNIOR HIGH ASB ADVISOR KENT SMITH: HIGH SCHOOL ASB ADVISOR



On Friday, November 17, the high school student government class celebrated a Thanksgiving potluck together. It was a special time of bonding around good food, as well as taking the time for each member to share one thing he or she is thankful for.

a a a a 5 6 6 6 6 6 -----WINTER DANCE—UGLY SWEATER THEME

The next Junior high dance is Friday, December 8 in the Hoosier Gym. Get your favorite Ugly Sweater and join us to kick off the holiday season. There will be a DJ, free photo booth, a snack bar and fun! 6th grade is 5:30-7pm and 7/8th grades are 7-8:30pm. The cost is \$3 with ASB and \$5 without. JUNIOR HIGH STUDENT GOVERNMENT

PREP

CANNED FOOD DRIVE

Thank you to all of our families and students that contributed to our annual food drive. We had over 1500 food items donated to the mission for families in need during the holiday season. Your support is invaluable and greatly appreciated!



U-Prep Junior High Athletics

www.uprepathletics.net





ROCHELLE ANGLEY JH ATHLETIC ADMINISTRATOR CORY REAGAN JH ATHLETIC DIRECTOR SARAH KENDALL ATHLETIC SECRETARY

JH GIRLS BASKETBALL



6th: Matt Williams: 7th: Brian Nichols: 8th: Esther Wofford

Dec. 11 Vs. Mtn. View @ Home Dec. 13 Vs. Parsons @ Home

6th/7th/8th

4/5/6pm 4/5/6pm



6th/7th/8th

7th and 8th Grade Girls Basketball

The 8th Grade Girls team, coached by Esther Wolford, started the basketball season off, taking first place in both the Parsons and the Anderson Basketball Tournaments. The team is undefeated so far in the season. The 7th Grade Girls team, with Brian Nichols coaching, took first place in the Parsons Tournament and have had a great season so far as well.





Panther Pride

December 2017

U-PREP HIGH SCHOOL ATHLETICS

VARSITY BOYS SOCCER Coach: Brian Nichols Dec. 14 Vs. Enterprise @ Enterprise Dec. 21 Vs. Orland @ Home 5:15

	VARSITY GIRLS SOCCER	
	Coach: Rich Bourne	
Dec. 8&9	Foothill Tourney @ Foothill	TBA
Dec. 14	Vs. Enterprise @ Enterprise	4:00
Dec. 15	Vs. Foothill @ Foothill	4:00
Dec. 21	Vs. Orland @ Home	3:15

HIGH SCHOOL BOYS BASKETBALL

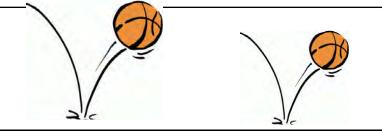
V: Mark Stephens; JV: James Williams; Frosh Coach: Open

Dec.7-9	Lehigh Classic @ CV	TBA	JV/V
Dec. 12	Vs. Las Plumas @ Home	4:00/5:30/7:00	F/JV/V
Dec. 21	Vs. Corning @ TBA	4:30/6:00/7:30	F/JV/V
Dec.14-16	WV Tourney @ WV	TBA	Frosh Only
Dec.28-30	Foothill Tourney @ Foothill	TBA	F/JV
Dec.28-30	Enterprise Tourney @ Ent.	TBA	V Only

HIGH SCHOOL GIRLS BASKETBALL

Var: Steven Schuster; JV: Joe Fernandez; Frosh: Bradd Miller

Dec. 8/9	UPrep Tourney	TBA	JV Only
Dec. 7-9	Corning Tourney	TBA	V Only
Dec.14-16	Central Valley Tourney	TBA	JV/V
Dec.21/22	UPrep Tourney	TBA	Frosh Only
Dec.28-30	Ketchikan, AL Tourney	TBA	V Only



MONICA CABRAL - HIGH SCHOOL ATHLETIC ADMINISTRATOR STEVEN SCHUSTER - HIGH SCHOOL ATHLETIC DIRECTOR SARAH KENDALL - ATHLETIC SECRETARY





GIRLS VARSITY SOCCER WIN OROVILLE TOURNEY







U-Prep's Junior High Cheer team has been practicing all fall to prepare for their upcoming cheer season. They kick off cheering for our 7th and 8th grade boys basketball teams upon our return in January. The junior high cheerleaders will also compete at West Cottonwood's annual Cheer Competition on January 13th. Wish them luck!





PENGUINS & PAJAMAS!



U-Prep MASC (Math and Science Club) members had the opportunity to experience a night at the museum! Students explored the exhibits after-hours and discovered the deepest depths of the oceans, traveled to the tops of rainforests, blasted off into outer space during their own private planetarium show, and then settled in for story time after snacking on milk and cookies.

ALL LEAGUE AWARDS

VARSITY VOLLEYBALL,

All League: Savannah C.

All League: Kennedy K.

Honorable Mention: Gigi E.

Lauren A. was invited to play in the North's All Star Game

Coach Tawni Kramer is nominated as Coach of the Year for the North Team

> CONGRATULATIONS LADY PANTHERS!

Latin Club travels to Ludi Novembres

Latin teachers Dr. Groves and Mr. Dean traveled with 22 students to Ludi Novembres at St. Francis High School in Sacramento on November 11th for a day of games, academic competitions, lectures, and fun. 18 schools and over 400 students competed in the event. Joseph J. (Grammar), Thomas N. (Vocabulary) and Sophie M. (Reading Comprehension) all earned third place awards.



Sophomore Class Trip! March 14-16, 2018



2 nights, 2 Oregon Shakespeare Festival plays, a tour of Southern Oregon University and more!

Cost per person (student and chaperone) is \$275, due in the ASB office by December 15.

Permission slips will go home after Thanksgiving break.

Please direct questions to Mrs. Deter at rdeter@suhsd.net

For updates, text @928k97 to 81010, or go to remind.com/join/928k97







SUPPORT U-PREP

End of the Yellow Brick Road

U-PREP MUSICAL FOUNDATION

With the help of the Wizard and Glinda the Good Witch, the Scarecrow got his brain; the Tinman, his heart; the Lion, his courage; and Dorothy returned home to Kansas after a great run of *The Wizard of Oz* this November at U-Prep. The U-Prep Musical Foundation wishes to thank all those who came to see the show and who supported us with their generous donations, theater and **program ads, sponsorships, and the purchase of yellow bricks for our "yellow brick road"** fundraiser. We also want to thank all the parents, grandparents, and family members who gave countless hours to bring Kansas and the Land of OZ to life. It would not have been the success it was without you.

Please continue to look for updates from the Musical Foundation for exciting events happening in the year to come as we are already planning for next year's show. You won't want to miss it!









SENIOR GRAD ADS

Senior Grad ads are available for purchase beginning on Monday, December 4th! This is a wonderful opportunity to honor your upcoming graduate. Purchas your senior ad on Jostens.com. Instructions, prices and additional information is available at the yearbook website:

http://pantherayearbook.weebly.com/



ANDOR RETURNS J VOLLEYBALL 10N1

Volleyball1on1 2 Day Volleyball Clinic Registration Form

What: Volleyball1onl 2 Day Clinic Time: 8 am - 5 pm Saturday and Sunday 8 am - 5 pm. (Setter Training Starts at 7:30 am) Where: Uprep High School

When: 2 Days - January 20 - 21, 2018 Cost: \$75.00 for 1 day or \$150.00 for 2 days.

Camp Includes: Volleyball10n1 6-month online subscription (valued @149.00), Volleyball10n1 Instructors coaching fees. Camp Option: Volleyball1on1 Ball (valued @ \$34.95) - Cost \$5. Please Include: Yes No_____

Player Name: ______ 1 or 2 Day: _____ Grade: _____ Payment Amount: ______ Parent /Guardian Name: _____ Parent Phone #:

*Player Email: *Parent Email

*Make sure emails are legible, this is how we give you access to the website.

PAYMENT DEADLINE: PLEASE RETURN FORM WITH CHECK PAYMENT TO UPREP VOLLEYBALL BY January 9th (preferably earlier so that we can reserve Andor's time) (SPACE IS LIMITED - THIS WILL SELL OUT !!!)

ABOUT VOLLEYBALL10N1:

Andor Gyulai is the founder of Volleyball1on1 (www.volleyball1on1.com) headquartered in Los Angeles, California. Volleyball1on1 is the first (since 2009) and number one instructional volleyball coaching web site in the world featuring over 2500 videos from the absolute best coaches and players in the sport of volleyball sharing insider instructional techniques, drills, practice plans and more 1 on 1 for you!



Volleyball1on1 Modern Coaching System: The teaching methods Volleyball1on1 Instructors uses during a Volleyball10n1 clinics represent over 25 years of coaching experience along with scientific study of modern volleyball coaching techniques. One of these techniques, introduced by legendary player and coach, Karch Kiraly is called "Reading the Game" which offers players cutting edge methods to achieve their fullest playing potential in a much shorter time period than traditional systems. The Volleyball1n1 Modern Coaching system is based on studied scientific principles from human kinetics, organizational behavior, statistics, and psychology. With Andor's Volleyball1on1 clinics you will learn great techniques, have a lot of fun, and be well prepared for your high school / club tryouts to have the best season to come!

Clinic Schedule and What Attendees Will Learn:

Day 1 (Saturday) Skill Development Clinic: Serving, Passing and Spiking. Attendees will learn how to develop an effective SERVE including technique for a jump float serve, the most effective serve in women's volleyball. Players will also learn correct passing technique including how to "Slow The Ball Down," and spiking technique for their ARMSWING and APROACH. Andor (Owner) is the most popular volleyball instructor in the world on volleyball spiking technique. Visit the link to see why: http://www.volleyball1on1.com/2-million-and-counting-my-most-popular-volleyball-spiking-videos-on-youtube/

Day 2 (Sunday) Skill Development Clinic: Setting, Blocking and Defense. Attendees will learn proven technique on how to Set, Block and play Defense using Modern Coaching Systems of "Reading the Game" and "Slowing the Ball Down." This includes advanced techniques for dealing with "Pressure," "How to get in the Zone" and more.

Andor will share techniques used by the best players in the world to help you rapidly improve your volleyball skills.

CAMP CO-ORDINATOR CONTACT: Tawni Kramer tkramer@suhsd.net

Volleyball1on1.com 13428 Maxella Drive, #302 Marina Del Rey, CA 90292



Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents by Christine Carter

What do we wish most for our children? Next to being healthy, we want them to be happy, of course! Fortunately, a wide array of scientific studies show that happiness is a learned behavior, a muscle we can help our children build and maintain.

Drawing on what psychology, sociology, and neuroscience have proven about confidence, gratefulness, and optimism, and using her own chaotic and often hilarious real-world adventures as a mom to demonstrate do's and don'ts in action, Christine Carter, Ph.D, executive director of UC Berkeley's Greater Good Science Center, boils the process down to 10 simple happinessinducing steps.

With great wit, wisdom, and compassion, Carter covers the day-to-day pressure points of parenting—how best to discipline, get kids to school and activities on time, and get dinner on the table—as well as the more elusive issues of helping children build healthy friendships and develop emotional intelligence. In these 10 key steps, she helps you interact confidently and consistently with your kids to foster the skills, habits, and mindsets that will set the stage for positive emotions now and into their adolescence and beyond. Inside you will discover

- the best way avoid raising a brat—changing bad habits into good ones
- tips on how to change your kids' attitude into gratitude
- the trap of trying to be perfect—and how to stay clear of its pitfalls
- the right way to praise kids—and why too much of the wrong kind can be just as bad as not enough
- the spirit of kindness—how to raise kind, compassionate, and loving children

 strategies for inspiring kids to do boring (but necessary) tasks—and become more selfmotivated in the process

Complete with a series of "try this" tips, secrets, and strategies, **Raising Happiness** is a one-ofa-kind resource that will help you instill joy in your kids—and, in the process, become more joyful yourself.

Continued on following page...

*** 2nd review of Raising Happiness

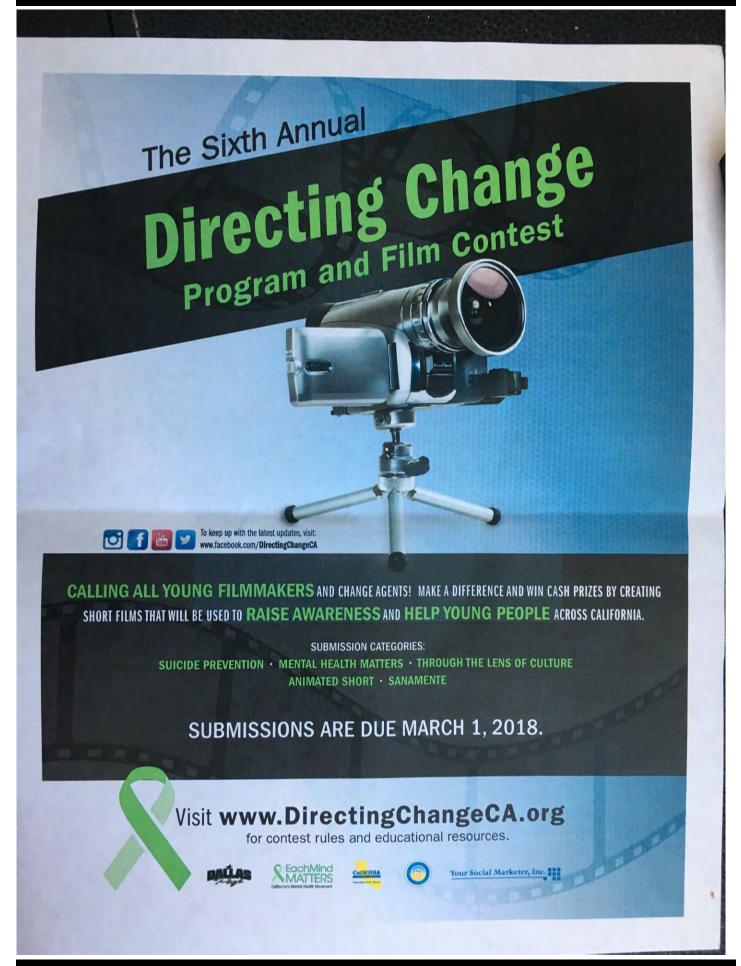
We all want the best for our kids. We want our children to be successful, get good grades and have impeccable manners. On top of these goals we also want our children to have a happy life. How is this all possible? Dr. Christine Carter gives step-by-step advice on emotion-coaching your child. She does this in her book Raising Happiness. She focuses on these 10 items:

- * Put on your own oxygen mask first
- * Build a village
- * Expect effort, not perfection
- * Chose gratitude, forgiveness, and optimism
- * Raise their emotional intelligence
- * Form happiness habits
- * Teach self-discipline
- * Enjoy the present moment
- * Rig their environment for happiness
- * Eat dinner together

All of this can be practiced during a 9-minute meal! The chapter that gave me that "aha moment" was Chapter 10: Eat Dinner Together. Dr. Carter expresses that the benefits of family mealtime are remarkable. Having dinner as a family is the most important piece of science-based advice that she gives in her book. Studies show that kids who eat dinner with their families on a regular basis are more emotionally stable and less likely to abuse drugs and alcohol. They get better grades and they also have fewer depressive symptoms. Family dinner trumps reading to your kids in preparing them for school!

Why is family dinnertime so important? Well for starters many social skills are learned at the dinner table. Research shows a strong connection between language development and dinnertime, and language is THE most important aspect of social intelligence that we have.





SUPPORT U-PREP

PREPSOBER GRAD

<u>SUPERSTARS</u>

AJ S. (1) Claire H. (1) Dawson W.(1) Kristine C. (1) Michael B.(1) Andrew L. (1) Natalie J.(1) Allison G. $(1\frac{1}{2})$ Bridget G.(1½) Julie R. (2) Taylor W.(2) Ashton A. (2) Shannon C.(2) Cody J. (2) Taylor S. (2) Donnie M. (3)



BURRITO BANDITO WINNERS

Shannon C. Donnie M.

JAMBA JUICE WINNERS Ashton A. Taylor W.

COMMUNITY SUPPORTERS OF 2018

Jeff Avery ~ State Farm Insurance SJ Denham Chrysler Jeep Fiat Gentle Touch Dentistry Gard Heating & Air Legal Shield Independent Associate Redding Subaru Charles Cooley DDS Frontier Girls LLC Merrill Lynch Gregory Dean Taylor DDS

INDIVIDUAL SUPPORTERS OF 2018

Michael & Jennie Sierra Mike & Melody Smith Charles & Colette Crannell Larry & Judy Crewell Stacey & Sam Jimenez Samuel & Tamara Adcock Jerry & Evelyn Sarria Christopher & Daniele Crannell Shannon & Sabrina McGrane Barbara Weber



SoberGrad is requesting donations of 100+ pairs of brand new boxer shorts (not boxer briefs) for Boxer Bingo. A donation box will be in the main office beginning Monday,12/11/17. Please consider picking up a couple pair or a package while you're out shopping. We need all sizes, and anyone can donate. Thank you!

Text 530-215-6919 with any questions.

Follow us!

Facebook: UPrep Sober Grad Instagram: uprepsobergrad

Remind: Text @uprepsg18 to 81010

2

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December 2017

University Preparatory School 2017-2018 School Calendar

1st Quarter Ends:	October 13	(42)
1st Semester Ends	December 20	(42)
3rd Quarter Ends:	March 23	(51)
2nd Semster Ends:	May 31	(40)

Shaded = Student Attendance Days (175)

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Final Exams Minimum Day Academic Conferences

HOLIDAYS/RECESSES

Labor Day	Sep 4
Veteran's Day Holiday	Nov 10
(by law must be Nov 11 if a weekday)	
Thanksgiving Break	Nov 20-24
Winter Break	Dec 21-Jan 8
Martin Luther King Day	Jan 15
Lincoln Day observed	Feb 12
Washington Day observed	Feb 19
Spring Break	Mar 30-Apr 10
Memorial Day	May 28
Easter - April 1	

School Starts: August 16 School Ends: May 31 Graduation: June 1 Staff Work Days Aug 15 April 10 June1 Staff Development Days Aug 14 Jan 8

Snow Day Makeup: April 10 (If snow day makeup is used, then April 10 work day will be moved to June 4)

April 9