



**UNIVERSITY
PREPARATORY SCHOOL**

PURSuing EXCELLENCE
TOGETHER

PANTHER PRIDE

Superintendent/Principal's Message

Honoring Student Achievement

Congratulations to all of our students who earned an Academic Achievement Award for 1st Semester! An amazing 86% of junior high students and 73% of our high school students earned a 3.0 Grade Point Average or above. U-Prep students work hard, persevere, and strive for excellence. It is a pleasure honoring their stellar effort at the 1st Semester Academic Awards ceremony.

High school students will be recognized on Monday, January 22 at 6:00PM in the Marr Auditorium. Junior High students will be recognized on Thursday, January 25 at 6:00PM in the Marr Auditorium.

The following awards are given to junior high school students:

Superintendent/Principal Honor Roll, 4.0

Royal Honor Roll, 3.50-3.99

Silver Honor Roll, 3.0-3.49

The following awards are given to High School students:

Cum Laude, 3.00-3.49

Magna Cum Laude, 3.50-3.99

Summa Cum Laude, 4.0

Academic grades are one of the more important factors in college admissions decisions. Other factors include the strength of a student's academic program, and SAT or ACT test scores. U-Prep students work hard and have a lot of fun enjoying the U-Prep experience. Watch The Promise of U-Prep video on our website to hear student perspectives!

Best Regards,

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.

DATES TO REMEMBER

Jan. 13	U-Prep/Turtle Bay Art Event
Jan. 14-15	Mock Trial to Santa Clara
Jan. 15	Martin Luther King, Jr. Day/No School
Jan. 20	Dance Team Competition-Anderson High School
Jan. 20	Mathcounts Competition @ U-Prep
Jan. 20-21	Volleyball Camp
Jan. 22-26	Kindness Week
Jan. 22	Early Release Day/1:10pm
Jan. 22	High School Academic Awards 6-8pm
Jan. 24-25	RSA on Campus
Jan. 25	Junior High Academic Awards 6-8pm
Jan. 29-Feb. 2	Winter Spirit Week
Feb. 2	All-School Rally
Feb. 2	Junior High Semi Formal Dance
Feb. 3	High School Semi Formal Dance
Feb. 3	Dance Team Competition-Fair Oaks



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ASSISTANT PRINCIPAL CORNER

Rochelle Angley, Monica Cabral, Michele O'Leary

Happy New Year Panther Families! We can hardly believe we are beginning the second half of the school year. As we look ahead, our calendars are filled with competitive basketball and soccer games, hard-fought wrestling duals, and of course our fun & exciting school activities. Be sure not to miss Information Night, and our academic award celebrations coming soon! We are looking forward to seeing you soon.

With Semi-Formal dances just around the corner, here are a few friendly reminders...



Junior High Semi-Formal Dance - February 2nd
High School Semi-Formal Dance - February 3rd



LADIES:

- Skirts and Blouses are acceptable – no denim skirts, shorts, jeans or t-shirts allowed.
 - Spaghetti straps and halter dresses are acceptable – no strapless dresses.
 - Dresses should be an appropriate length – beyond fingertips/mid thigh.
- Heels that are not rubber on the bottom or are too small in circumference will not be allowed in the gym.

GENTLEMEN:

- Collared shirts are required – no t-shirts.
 - Jackets and ties are optional
- Dress slacks or Docker-type slacks – no jeans or shorts.

Thank you in advance for referring to the above reminders when planning your student's semi-formal dance attire.

2nd QUARTER PERFECT ATTENDANCE AWARDS

U-Prep had 121 eligible students that qualified for Perfect Attendance for the 2nd quarter. The names of all eligible students were divided by grade and entered into a drawing for the 2nd Quarter Perfect Attendance prizes. For each grade level, one boy and one girl with perfect attendance were chosen at random for a prize. The following are the grade level winners:

6th Grade: Lilianna G. and Damon P.

7th grade: Karlie R. and William H.

8th grade: Joci B. and John V.

9th grade: Xanthea R. and Caden A.

10th grade: Yvonne L. and Cole S.

11th grade: Ashley H. and Jeb B.

12th grade: Heidi H. and Adam N.



NEWS FROM THE U



OPERATION WALLACEA

U-PREP STUDENTS & STAFF MAKING A DIFFERENCE!

Congratulations to Science Teacher Gina Johnson, and students Kelly L., Olivia M., Eric A. and Max H. for volunteering to contribute to conservation research through Operation Wallacea! U-Prep alumni Kyle Cox, Evan Armstrong and Elizabeth Ziola were also involved. The Opwall organization relies on teams of student volunteers to participate in expeditions that involve authentic scientific research. The following link contains a short video that highlights the work conducted in Fiji, the impact it is having on the people and communities of Fiji and our global environment. You will see familiar faces in the video, so don't miss it!

<https://www.youtube.com/watch?v=gNlL9O48NY&feature=youtu.be>

WINTER PLAY

MRS. SOWLES' JUNIOR HIGH DRAMA CLASS

Christmas cheer graced the stage of 210 this month as the JH Drama class presented several Christmas themed vignettes from the one act play entitled "Stocking Stuffers." The cast of twenty-three creative and energetic 7th graders portrayed characters such as Santa, Donner, Blitzen, Ezekiel the Pilgrim, Hagatha the Witch, and even grandma's old friend Eggnog! The light hearted comedy was well-received, and the actors delighted in the opportunity to perform for fellow classmates and family!



2017 SPELLING BEE

The 2017 U-Prep Spelling Bee was all the "buzz" this month as four finalists competed for the honor of representing U-Prep at the County Spelling Bee. Alyssa G., Joshua H., Erika M., and Ian S. duelled it out through several rounds! Erika M. prevailed as this year's U-Prep champion with the winning word "translucent." Congratulations to Erika, she will continue on to represent U-Prep at the county spelling bee!

MATHCOUNTS!



Attention Junior High Mathematicians! Join the MATHCOUNTS Club as we prepare for the Annual U-Prep MATHCOUNTS School Competition which will be held Saturday, January 20, 2018. This activity is open to all U-Prep junior high students; the top 10 students will progress to the MATHCOUNTS regional competition against other local and northern California schools in February. The club will continue to meet on Wednesday mornings from 7:15 to 7:45 am in room 286 with Ms. Oberlander, until the school competition. If you would like more information about the club or the competition, please email moberlander@suhsd.net.

College & Career Corner + Counseling News

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



College OPTIONS Scholarships

Modoc, Shasta, Siskiyou, Tehama and Trinity County 9th to 11th graders have the opportunity to attend an academic enrichment program offered on a college or university campus during the summer.

- Deadline: Monday, March 26, 2018, 5:00 PM

Application:

The College OPTIONS Summer Program Scholarship 2018 uses an online scholarship application.

To view guidelines, list of sample programs and the application visit:

<https://www.collegeoptions.org/college-options-scholarships>



The U-Prep Counseling Center is excited to introduce Naviance, a web-based service that provides students and families with a variety of features, one being Family Connection.

Family Connection allows your student to:

- ✦ **Get involved in the planning and advising process** – Build a resume, complete online surveys, and manage timelines and deadlines for making decisions about colleges and careers
- ✦ **Research colleges** – Compare GPA, standardized test scores, and other statistics to actual historical data from our school for students who have applied and been admitted in the past
- ✦ **Research careers** – Research hundreds of careers and career clusters, and take career assessments

Create plans for the future – Create goals and to-dos, and complete tasks assigned by the school to better prepare your student for future college and career goals.

Family Connection also lets us share information with you and your student about upcoming meetings and events, local scholarship opportunities, and other resources for college and career information.

Parents can register by visiting <http://connection.naviance.com/univprep>. You will need to click on "I need to register". Your registration code is your students ID number with a p10 added for mom and a p11 for dad. For example: 123456p10. You will then be prompted to set up your username and password.



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.

Where:

Shasta College, Main Campus

When:

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.

VISUAL & PERFORMING ARTS

Brad Fowers-Department Chair

Elizabeth Johnson-Strings & Percussion

Romney Clements-Fall Musical

Marissa Kinneavy-Dance

Lura Wilhelm-Visual Arts

Family 2nd Saturday: You're the Artist

- Saturday, January 13, 2018
- 10:30 AM 4:00 PM
- Turtle Bay Exploration Park



Family 2nd Saturday is a monthly program that enhances the visitor's park experience by offering additional interactive opportunities. This month, join us in Zubie's Classroom for a guided creative session led by local high school art students from **U-Prep**. Now you are the artist - learn how to construct a giraffe, create a portrait, draw a cat, and more! Workshops are on a first come, first serve basis and each is different from the last. Children must be accompanied by an adult to participate in the workshops. Materials will be provided. Free for members, included in Park admission, only at Turtle Bay

heART SHOW:

University Preparatory School
Instructor Lura Wilhelm

Carter House Gallery Located: 48 Quartz Hill Rd, Redding, CA 96003

Opening: February 10th from 5pm to 7pm

Over 200 student works will be on display for the annual heART SHOW. Students at University Preparatory School grades 6th -12th, levels ranging in beginning art up to Advance Placement will be displaying their work at the Carter House Gallery hosted by the North Valley Art League for the month of February. For this show, the expectation was for each heart to be different and display some kind of meaning. The show will display individual interpretations of the heart that illustrates a theme in a creative, unique and diverse manner. The opening is February 10th from 5pm-7pm. The show will be up until Friday March 2nd.



VISUAL & PERFORMING ARTS

Brad Fowers-Department Chair ♦ Elizabeth Johnson-Strings & Percussion ♦ Romney Clements-Fall Musical

Marissa Kinneavy-Dance ♦ Lura Wilhelm-Visual Arts

DANCE NEWS!

On January 6th, our dance team had the amazing experience of once again performing at the NBA Kings Halftime. Our girls joined many other dance, drill, and cheer teams from across California to participate in this event. It is so incredible to perform in front of such a large audience at a huge venue. We had an absolute blast!

The team is now looking ahead to kick off their competitive season on Saturday, Jan 20th at Anderson High School. This will be the first of 6 competitions they will be attending. The girls will also be showing their school spirit and performing at every home varsity boy basketball game.

The Dance Department is in full preparation mode for their upcoming Just Dance! performance on March 2nd and 3rd. Look for more details in next month's newsletter. ~Mrs. Kinneavy



MUSIC DEPT. NEWS

The Music Department closed out the year 2017 in festive fashion with a series of **Winter Concerts** this last December. Hundreds of our percussion, string, band, and choir students combined to perform a wide range of winter classics that we hope our audience enjoyed. Some of the feedback received indicated that our guests could hardly believe it was a free event. Hopefully more of our school community will take advantage of this in the future, so feel free to spread the word.

As for upcoming events, the Visual Art and Music Departments are again joining forces to present our school's annual **Celebration of the Arts**. This "celebration" is an impressive mix of student artwork on display with our musicians providing live entertainment throughout the evening. The cost is only \$5 per guest and includes a complimentary glass of sparkling cider and chocolate truffle with opportunities to purchase more. As this is also a fundraising event that supports student scholarships, we will have other items for sale, including several raffle "baskets" for our guests to covet. Please join us for an evening of entertainment on February 15th in the Stuart Gymnasium from 5:30-9:00pm. Tickets will be sold in advance by participating students and also at the front door. Hope to see you all there!



VISUAL & PERFORMING ARTS

Brad Fowers-Department Chair

Elizabeth Johnson-Strings & Percussion

Romney Clements-Fall Musical

Marissa Kinneavy-Dance

Lura Wilhelm-Visual Arts



STRINGS WINTER CONCERT RECAP

December 14th saw the return of the strings and drum corps for their 2017 Winter concert. It was also the debut of the strings programs' newest ensemble group, Chamber Orchestra. With the addition of this group, UPrep now has four different ensembles that serve the growth of string students from sixth grade through their senior year. Beyond playing challenging repertoire, Chamber group also prepares students for the AP Music test.

SPRING PLAY



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.

Appearing on the Marr stage, show dates will be March 9-11.



ASSOCIATED STUDENT BODY



High School Student Government finished up 2017 with a Winter Wonderland Dance on December 8th, secret-Santa gift exchange, and a gingerbread house building contest during finals week. To get into the holiday spirit, we also spent the first day of break, December 21st, taking turns serving the Redding community by bell-ringing for the Salvation Army outside of Hobby Lobby. It was cold, but warmly rewarding to give time to serve the city on behalf of U-Prep.

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



High School Semi Formal Dance ~ February 3rd

WHAT'S COMING UP?



JUNIOR HIGH
STUDENT GOVERNMENT

Kindness Week will be 1/22-1/26 with various activities reflecting how we as a student body can share and spread kindness; activities will take place in the quad at lunch and during advisory.

High School Musical Winter Spirit Week!



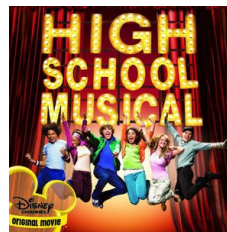
Monday, 1/29 is 'All for One' = Onesies Day

Tuesday, 1/30 is 'Humahumanukanukaapuaa' = Hawaiian Day

Wednesday, 1/31 is 'Stick to the Status Quo' = Nerds v Jocks

Thursday, 2/1 is 'Gotta Go My Own Way' = Mismatched Day

Friday, 2/2 is 'Get 'cha Head in the Game' = UPrep Spirit



Pennies for Patients will take place school-wide February 5-16th. Students can donate to their history classes to help fight blood cancers such as Leukemia and Lymphoma; all donations go directly to young people in the north state battling these cancers.



U-Prep Junior High Athletics



www.uprepathletics.net

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

JH BOYS BASKETBALL

Coaches:

6th: Joe Maikranz ; 7th: Dwayne Lindsey; 8th: Anthony Williams

Jan. 11	Vs. Bidwell @ Home	7th/8th	5/6pm
Jan. 17	Vs. Shasta Lake @ Home	6th/7th/8th	4/5/6pm
Jan. 19-20	Brett Mercer Tourney @ Parsons	7th/8th	TBA
Jan. 22	Vs. Boulder Crk. @ Boulder Crk.	6th/7th/8th	4/5/6pm
Jan. 24	Vs. Sequoia Gold @ Sequoia	6th/7th/8th	4/5/6pm
Jan. 29	Vs. Mtn. View @ Home	6th/7th/8th	4/5/6pm
Jan. 31	Vs. Parsons @ Home	6th/7th/8th	4/5/6pm
Feb. 5	Vs. Grant @ Grant	6th/7th/8th	4/5/6pm
Feb. 7	Vs. RC @ RC	6th/7th/8th	4/5/6pm
Feb. 14	Vs. Sequoia Gold @ Home	6th/7th/8th	4/5/6pm
Feb. 21	Vs. Mtn. View @ Mtn. View	6th/7th/8th	4/5/6pm
Feb. 26	Vs. Parsons @ Parsons	6th/7th/8th	4/5/6pm

JH GIRLS SOCCER-WHITE TEAM

Coach: Brian Salado

Jan. 24	Vs. Boulder Creek @ RSP	4:00
Jan. 31	Vs. Mistletoe @ RSP	4:00
Feb. 2	Vs. Redding Christian @ RSP	4:00
Feb. 7	Vs. Sequoia @ RSP	4:00



JH GIRLS SOCCER-BLUE TEAM

Coach: Brian Jacobsen

Jan. 26	Vs. Redding Christian @ RSP	4:00
Jan. 31	Vs. Parsons @ RSP	4:00
Feb. 2	Vs. Mistletoe @ RSP	4:00
Feb. 7	Vs. Boulder Creek @ RSP	4:00



U-PREP HIGH SCHOOL ATHLETICS

VARSITY BOYS SOCCER

Coach: Brian Nichols

Jan. 16	Vs. Anderson @ Anderson	3:15
Jan. 18	Vs. West Valley @ Home	3:15
Jan. 23	Vs. Yreka @ Yreka	3:15
Jan. 25	Vs. Lassen @ UPrep	5:15
Jan. 30	Vs. Central Valley @ Home	5:15
Feb. 1	Vs. Anderson @ Home	5:15
Feb. 6	Vs. West Valley @ West Valley	6:00
Feb. 8	Vs. Yreka @ Home	5:15

VARSITY GIRLS SOCCER

Coach: Rich Bourne

1/16	Vs. Anderson @ Anderson	4:00
1/18	Vs. West Valley @ Home	5:15
1/23	Vs. Yreka @ Yreka	5:15
1/25	Vs. Lassen @ Home	3:15
1/30	Vs. Central Valley @ Home	3:15
2/1	Vs. Anderson @ Home	3:15
2/6	Vs. West Valley @ West Valley	6:00
2/8	Vs. Yreka @ Home	3:15

HIGH SCHOOL BOYS BASKETBALL

V: Mark Stephens; JV: James Williams; Frosh Coach: Bradd Miller

Jan. 16	Vs. West Valley @ Home	4:30/6:00/7:30	F/JV/V
Jan. 19	Vs. Yreka @ Yreka	4:30/6:00/7:30	F/JV/V
Jan. 23	Vs. Lassen @ Home	4:30/6:00/7:30	F/JV/V
Jan. 25	Vs. CV @ CV	6:00	Frosh Only
Jan. 26	Vs. CV @ CV	4:30/7:30	JV/V
Feb. 1	Vs. Anderson @ Anderson	6:00	Frosh Only
Feb. 2	Vs. Anderson @ Home	4:30/7:30	JV/V
Feb. 6	Vs. WV @ WV	4:30/6:00/7:30	F/JV/V
Feb. 9	Vs. Yreka @ Home	4:30/6:00/7:30	F/JV/V
Feb. 13	Vs. Lassen @ Lassen	4:30/6:00/7:30	F/JV/V
Feb. 16	Vs. CV @ Home	4:30/6:00/7:30	F/JV/V

HIGH SCHOOL GIRLS BASKETBALL

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

Jan.16	Vs. WV @ WV	4:30/6:00/7:30	F/JV/V
Jan.19	Vs. Yreka @ Home	4:30/6:00/7:30	F/JV/V
Jan.23	Vs. Lassen @ Lassen	4:30/6:00/7:30	F/JV/V
Jan.25	Vs. CV @ CV	4:30	Frosh Only
Jan.26	Vs. CV @ CV	3:00/6:00	JV/V
Feb. 1	Vs. Anderson @ Anderson	4:30	Frosh Only
Feb. 2	Vs. Anderson @ Home	3:00/6:00	JV/V
Feb. 6	Vs. West Valley @ Home	4:30/6:00/7:30	F/JV/V
Feb. 9	Vs. Yreka @ Yreka	4:30/6:00/7:30	F/JV/V
Feb. 13	Vs. Lassen @ Home	4:30/6:00/7:30	F/JV/V
Feb. 15	Vs. Central Valley @ Home	4:30/6:00/7:30	F/JV/V

MONICA CABRAL - HIGH SCHOOL ATHLETIC ADMINISTRATOR

STEVEN SCHUSTER - HIGH SCHOOL ATHLETIC DIRECTOR

SARAH KENDALL - ATHLETIC SECRETARY



GIRLS BASKETBALL TRAVELS TO ALASKA

The Varsity Girls basketball team traveled to Ketchikan, Alaska to participate in the Clarke Cochrane Christmas Classic. After losing their first game, the girls went on to capture the Consolation bracket. We played two teams from Alaska and one from New Mexico. Highlights of the trip were hiking around an ice-covered Carlanna Lake, having a crab-leg team dinner, and exploring the totem poles that make Ketchikan famous. On our trip home, we built in a 22 hour layover so that we could explore Seattle. We took "the Link" into downtown and walked around Pike Market, the "Gum Wall", the Space Needle and then down to the water to ride a Ferris wheel that had great views of the bay and downtown. ~Coach Steven Schuster



ANDOR RETURNS!

VOLLEYBALL 1ON1

Volleyball1on1 2 Day Volleyball Clinic Registration Form

What: Volleyball1on1 2 Day Clinic

When: 2 Days – January 20 - 21, 2018

Time: 8 am – 5 pm Saturday and Sunday 8 am – 5 pm.

(Setter Training Starts at 7:30 am)

Where: Uprep High School

Cost: \$75.00 for 1 day or \$150.00 for 2 days.

Camp Includes: Volleyball1on1 6-month online subscription (valued @149.00), Volleyball1on1 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 #:** _____

***Parent Email** _____ ***Player 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 VOLLEYBALL1ON1:

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 Volleyball1on1 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 Volleyball1on1 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

SEPA's Italy & Greece Trip!

SEPA Club is back and better than ever! After an awesome summer trip to France and Italy, we are excited to be visiting Greece and returning to Italy in the summer of 2018.

We hope you will join us in discovering long lasting friendships of the students in our community and immersing ourselves in the beautiful cultures of Italy and Greece. In thirteen days we will visit Rome, Vatican City, Capri, the Sorrento Region, and end up in Pompeii. From there we will take a ferry over to Patras, Delphi, and eventually Athens. After touring around Athens, we will take a Greek Island cruise and stay at the islands of Mykonos, Samos, Patmos, Crete, and Santorini before departing home. There will be a parent meeting on Friday, February 9th at 5:30 in room 135. The full itinerary is provided in the link below, along with all of the information needed to sign up. We hope to see you there!

<https://www.eftours.com/enroll>

Tour Number: 1888754DF



U-PREP VOLUNTEER POLICY

For clarification purposes, school districts, schools, including charters, are not allowed to require "volunteer hours" or payment of a fee in lieu of performing volunteer hours as a condition of admission, enrollment, continued enrollment, sibling preference, attendance, participation in educational activities or receipt of credit or privileges related to educational activities (EC Section 49011c). However, U-Prep still requests – not requires – that parents perform 10 hours per school year as a means to strengthen school-community relations and assist in the development of school programs and services. Thank you for your continued support!

ATHLETIC BOOSTERS

2017-2018 MEETING SCHEDULE

February 5, 2018

March 5, 2018

April 2, 2017

April 10, 2017

May 7, 2017

All meetings are at 6:00PM and take place in the Resource Center.

Stay Healthy During Flu Season

Dear SUHSD Students, Families, & Staff,

The Shasta County Public Health Department is reporting that California is experiencing high flu activity including 27 confirmed flu deaths. One of those deaths occurred in Shasta County. Local emergency departments are also reporting an increase in patients with flu-like symptoms.

With Flu activity increasing, we all need to take precautions to avoid catching/spreading the virus. The following information is provided by the Shasta County Public Health Department & CDC.

Is it the Flu?

Influenza (flu) symptoms include sudden high fever, headache, dry cough, chills and/or severe body aches and fatigue. Colds typically do not have fever, headache or severe body aches. Colds typically do have runny nose, sneezing, and a wet/productive cough, which are uncommon with the flu. In many cases, flu symptoms start suddenly within a few hours. There are also a number of other respiratory viruses circulating in Shasta County now that are not the flu. **In order to keep the flu or other cold viruses from spreading, please keep your ill students home.**

Those who show flu symptoms (see below) should contact their physician immediately to get testing and effective treatment promptly, if needed, which may include anti-influenza medications like Tamiflu (best within 2 days of symptom onset). Tamiflu can also be used as a preventive measure for people at high risk of flu complications.

For more information please visit the Shasta County Health and Human Services website or www.cdc.gov/flu

Colette A. Cooper, RN & Heidi Rich, RN



What are everyday preventive actions?

- Try to avoid close contact with sick people.
- **If you or your child gets sick with flu-like illness, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone. The fever should be gone without the use of a fever-reducing medicine.**
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the used tissue in the trash.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs.

Get Your Flu Shot

It is still a good time to get the flu shot. Flu vaccination is recommended for everyone six months of age or older. Even if flu vaccine effectiveness is limited this year, immunization can reduce illness severity and hospitalization.

Shasta County Schools and The Shasta County District Attorney's office would like to invite YOU to a very important parent's night out.



The Dangers of Cyber Bullying- Online applications and Sexting

When: January 25, 2018 at 6pm

Where: Sequoia Middle School

McLaughlin Auditorium

1805 Sequoia Street, Redding CA

- Find out what applications your children are using and what you need to know about them.
- A discussion about what Cyber Bullying is and how you can be more aware of the consequences.
- What the consequences of Sexting can actually be and how they can affect your children.

We hope to see you there at this informational meeting. For any additional questions you can reach out to the DA's office at 530-245-6322 or your local school.



The Sixth Annual

Directing Change

Program and Film Contest



To keep up with the latest updates, visit:
www.facebook.com/DirectingChangeCA

CALLING ALL YOUNG FILMMAKERS AND CHANGE AGENTS! MAKE A DIFFERENCE AND WIN CASH PRIZES BY CREATING SHORT FILMS THAT WILL BE USED TO **RAISE AWARENESS** AND **HELP YOUNG PEOPLE** ACROSS CALIFORNIA.

SUBMISSION CATEGORIES:

SUICIDE PREVENTION • MENTAL HEALTH MATTERS • THROUGH THE LENS OF CULTURE
ANIMATED SHORT • SANAMENTE

SUBMISSIONS ARE DUE MARCH 1, 2018.



Visit **www.DirectingChangeCA.org**

for contest rules and educational resources.



Your Social Marketer, Inc.

SUPPORT U-PREP



PREP SOBER GRAD

SOBER GRAD CERTIFICATES SUPERSTARS

AJ S. (1)
 Claire H. (1)
 Dawson W.(1)
 Kristine C. (1)
 Michael B.(1)
 Andrew L. (1)
 Natalie J.(1)
 Allison G.(1½)
 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

DINE & DONATE!

SUPPORT SOBER GRAD!

January 16, 2018: Chipotle ♦ 4-8pm

February 23, 2018: SF Deli ♦ 5-7pm

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: uprepsobegrad

Remind: Text @uprepsg18 to 81010

University Preparatory School

2017-2018 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					

20

Su	M	Tu	W	Th	F	Sa
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24	25	26	27	28	29	30

16

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28	29	30	31			

22

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29	30	31				

18

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18	19	20	21	22	23	24
25	26	27	28			

22

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

22

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

16

Su	M	Tu	W	Th	F	Sa
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25	26	27	28	29	30	31

21

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

0

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27	28	29	30	31		

12

14

Su	M	Tu	W	Th	F	Sa
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31						

14

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

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

CERTIFICATED DATES

School Starts: August 16
School Ends: May 31 **Graduation:** June 1

Staff Work Days ○ Aug 15
 April 10
 June 1

Staff Development Days △ Aug 14
 Jan 8
 April 9

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

University Preparatory School 2018-2019 School Calendar

July 2018						
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 12 (43)
 1st Semester Ends: December 19 (42)
 3rd Quarter Ends: March 22 (48)
 2nd Semester Ends: May 30 42

Shaded = Student Attendance Days (175)

August 2018						
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
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September 2018						
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						

October 2018						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30	31			

November 2018						
Su	M	Tu	W	Th	F	Sa
				1	2	3
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11	12	13	14	15	16	17
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December 2018						
Su	M	Tu	W	Th	F	Sa
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30	31					

January 2019						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
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February 2019						
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24	25	26	27	28		

March 2019						
Su	M	Tu	W	Th	F	Sa
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24	25	26	27	28	29	30
31						

April 2019						
Su	M	Tu	W	Th	F	Sa
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2019						
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	

June 2019						
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						

Final Exams
Minimum Day
Academic Conferences

HOLIDAYS/RECESSES

Labor Day Sep 3
 Veteran's Day Holiday Nov 12
 (by law must be Nov 11 if a weekday)
 Thanksgiving Break Nov 19-23
 Winter Break Dec 20 - Jan 7
 Martin Luther King Day Jan 21
 Washington Day observed Feb 18
 Lincoln Day observed Feb 19
 Spring Break Apr 15-Apr 22
 Memorial Day May 27

Easter - April 21

CERTIFICATED DATES

School Starts: August 14
 School Ends: May 30 Graduation: May 31
 Staff Work Days Aug 13
 May 31
 June 3
 Staff Development Days Aug 13
 Jan 7
 April 22

Snow Day Makeup: April 22

(If snow day makeup is used, then April 22
 work day will be moved to June 4)

Board Adopted 11-2-16