



UNIVERSITY  
PREPARATORY SCHOOL

PURSuing EXCELLENCE  
TOGETHER

# PANTHER PRIDE

## A SUCCESSFUL SEASON!



The U-Prep girls varsity soccer team earned their titles and enjoyed a season for the history books! While the team competes in the Northern Section Division 2 playoffs, they prepared themselves for a deep playoff run by competing against many of the best Division 1 teams in our area throughout their pre-season schedule. The Lady Panthers earned upper-division victories over Pleasant Valley, Chico, Foothill, and Enterprise this season, to name a few. The end of this season proved to be a celebration of titles, including Northern Athletic League Champions (10-0), Northern Section DII Champions (27-0) and Northern Regional CIF DV finalist, ending with a 29-1 record. The Regional Final saw the girls put up a great fight against Lowell HS in San Francisco, a school of over 2,600 students and the defending CIF DIV champion. The 2018-2019 team will say farewell to five seniors who have won three league titles and four section championships; Ella C., Ashton N., Kendall N., Alexis H. and Theresa J. The future continues to look bright knowing that there are four juniors, four sophomores and seven freshmen this season who have contributed to the success of this team and are excited to carry on the standard of excellence that is U-Prep Soccer. The team was recognized with four individual awards of All-League players and the MVP. Junior, Savannah L. earned Northern Athletic League MVP recognition and is among the leaders in the Northern Section in goals, points and assists. Senior Kendall N., Junior Emma N., and Sophomore Haley B. earned All-League recognition while Freshman Becca G. earned Honorable Mention. The U-Prep community is quite proud of the coaches, players and parents that made this season such a success. Go Panthers!





# PANTHER ATHLETICS

The varsity boys basketball team made school history in 2019 by capturing their first ever Northern Section title, as well as winning their first ever state playoff game. Coach Mark Stephens led the team to an impressive overall record of 26-7, while also capturing a share of the Northern Athletic League title, with a record of 9-1. Non-league highlights included wins over multiple upper-division teams, including a season-opening win over Enterprise. The boys were also extremely impressive in a one-point loss to Pleasant Valley. The Vikings captured the Northern Section Division 3 title, and have long been the class of our section. The section title game saw the Panthers dominate the West Valley Eagles en route to the school's **first boys basketball championship**. Days after capturing the section title, U-Prep earned a first-round state playoff victory versus Ripon High before coming up short against Will C. Wood High School in the 2<sup>nd</sup> round. While all-section awards have yet to be announced, the Panthers had a handful of players earn All-League. Seniors Mark S. and Kaden J., as well as Junior Logan H. and Sophomore Tanner S. earned all-league, while Junior Trevor J. was named Honorable Mention. Congratulations to the varsity team and coaches on an incredible season!







# PANTHER ATHLETICS

It was a season of pride for U-Prep's boys varsity soccer team. They earned a place at the state playoff game but were defeated 4-2 in a tale of two halves. The boys dominated the first half, but fell a bit short in the second half. The Panthers represented themselves as well as the school very well. This is the highest scoring boys team U-Prep has ever had! They are also the first boys soccer team to win a NAL league title and allow the least amount of goals in a season (less than one goal allowed in each game for the season). Congratulations to the team and their coaches!



## BOYS VARSITY SOCCER SENIOR PLAYERS



*Courtesy of dougs action photo*



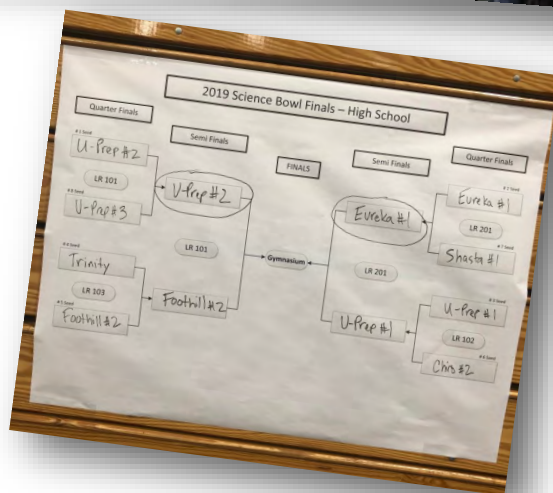
**MORE SCENES  
FROM U-PREP  
GIRLS SOCCER  
2018-2019  
SEASON**





U-Prep had another great year at the Far Nor Cal Regional Science Bowl. All five U-Prep teams made it through the round robin portion of the competition with a high number of wins and made it into the elimination portion of the tournament. In middle school, we had a strong showing with losses only in the semifinals by our middle school B team and finals by our middle school A team. In high school, all three teams did well, taking up three of the eight slots in a competition with 20 high schools. Our high school C team lost to our high school B team in the quarter finals and our high school B team lost in a close match in the semi-finals. Our high school A team made to the finals and it was tied at the end of the first half, but in the 2nd half our team pulled ahead for a decisive victory and now will be heading to the National Science Bowl in Washington DC. This will be the sixth time in seven years U-Prep is going to Nationals.

Congratulations to Alex W., Claire R., Gus B., Nate C., Tommy N. and coaches Brian Murphy and Cory Poole!



Congratulations to Nikolai O. ! Nikolai won the Lions Club's Zone Level Student Speaker Contest! The topic of this year's contest was "Freedom of Speech; What Does it Mean?" Nikolai moves forward to compete at the regional contest on March 30th. Nikki Manning, the Lions Club's Lassen Zone Level Chairperson, commented, "I was extremely impressed with his speech. Speeches must be between 5 and 10 minutes. Contestants are allowed one 3x5 index card of notes. Nikolai did not have any notes!" Way to go, Nikolai!



We're excited to share that CyberMath Academy now offers a summer camp at Stanford University.

Students can choose to attend camps this summer at either Harvard University (July 6-17) or Stanford University (July 15-27).

Students will be able to choose from a variety of options which include College Prep (SAT and College Counseling and Application Planning), Math, Coding, Robotics, Game Design and Physics. Registration is open at <https://cybermath.org>

CyberMath Academy's advanced and challenging courses from outstanding teachers pave the way for students to top colleges. Many top colleges such as MIT and Caltech specifically ask for their scores and give priority to the students who succeed in the competitions that we prepare for. Please see our informational pages on how [math](#) and [coding](#) competitions help secure a bright college education and an outstanding career.

Administrators and teachers of CyberMath Academy have had many of their students continue their higher education at top U.S. colleges and would like our students to join them too.



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### DATES TO REMEMBER

|          |                                       |
|----------|---------------------------------------|
| Mar. 18  | Early Release Day/1:10 PM             |
| Mar. 19  | Science Bowl City Council Recognition |
| Mar. 21  | YEP Field Trip - Cascade Theatre      |
| Mar. 22  | Orchestra Students to Shasta College  |
| Mar. 28  | Student of the Quarter Celebration    |
| Mar. 29  | JH Spring Dance                       |
| Mar. 29  | HS Sadies Dance                       |
| Mar. 29  | CAJCL Convention - Orinda CA          |
| Mar. 29  | Dance Team Competition - Sac.         |
| Apr. 1   | Early Release/1:10 PM                 |
| Apr. 1   | Senior Exits                          |
| Apr. 2-8 | Stu. Gov. Applications Avail.         |
| Apr. 5-7 | Music Dept. to Santa Clara            |
| Apr. 6   | Sober Grad/Senior Class Rummage Sale  |
| Apr. 6-8 | CASL Conference                       |
| Apr. 8   | 6th Grade Science Fair-SCOE PDC       |



### 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 extracurricular activities and supported by a close-knit community of teacher/advisors, which will enable them to choose any course of post-secondary education.



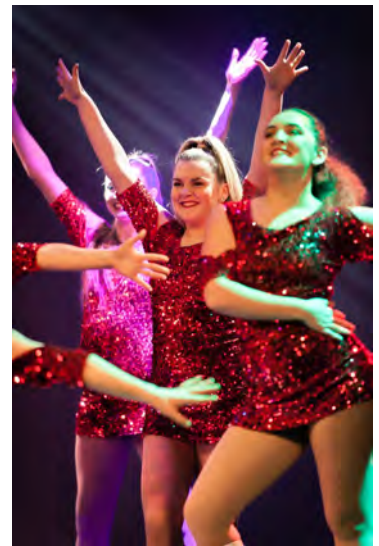
# VISUAL & PERFORMING ARTS

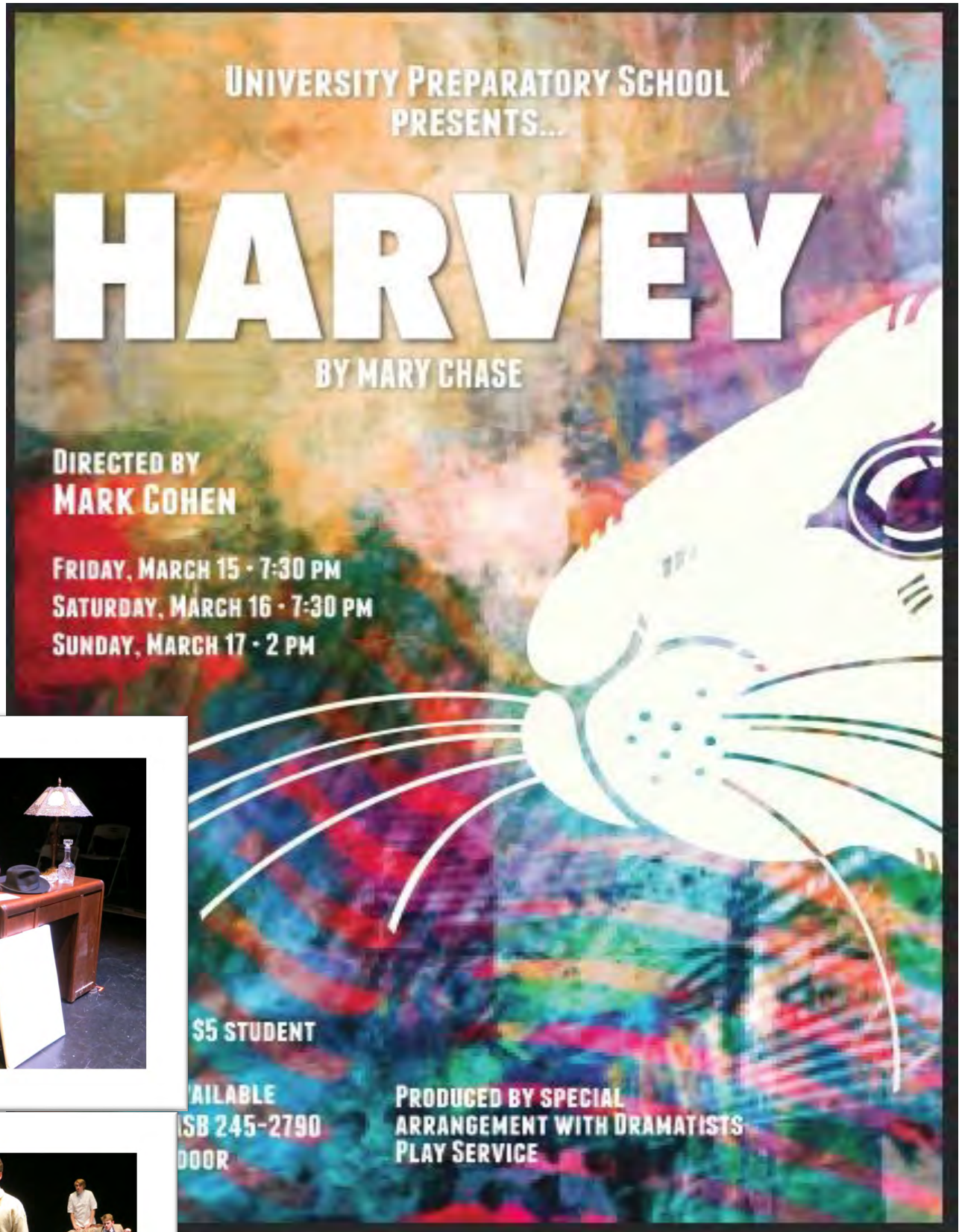
Brad Fowers-Department Chair ♦ Elizabeth Johnson-Strings & Percussion ♦ Romney Clements-Fall Musical  
Marissa Kinneavy-Dance ♦ Lura Wilhelm-Visual Arts



The U-Prep Dance Department 10<sup>th</sup> Annual *Just Dance!* was a success. Over 120 students showcased their dancing skills on stage in front of large, adoring crowds. From musical theatre to contemporary, many styles of dance were showcased. Each class had multiple numbers, and the Competitive Dance Team performed all of their numbers, giving the audience over 30 dances to enjoy. A special tribute was paid to Mrs. Kinneavy in the form of a slide show, recognizing her for 10 years of time, effort and love for the program and dancers.

The Competitive Dance Team attended Radix Dance Convention/Competition in Santa Clara on March 15-17. The dance team had five numbers to compete in on Friday. Out of the 5 on Friday night, 4 received High Golds and one received gold. Alyssa B. and Audrie R.'s duo received 2<sup>nd</sup> overall out of all senior duo/trios! Saturday was a 16 hour day, with classes starting at 7:45 AM, and competition not ending until midnight. Our 10 dances that evening received all Golds, as the judging was much harder on the second night. We were back at classes by 10 AM Sunday morning, and our Fosse number was invited to perform in the closing show at 4 PM. One of the highlights for the dancers was learning a combo from the Nikki Minaj tour from the actual choreographer. All of the teachers are working in the industry, they are very current and very famous. Mrs. Kinneavy and her dancers returned home exhausted, but ready to take on the next competition at the end of the month.





The month of March saw the reappearance of U-Prep's spring play, "Harvey". This year was unique in that it featured our first ever student-director, Mark Cohen! Congratulations to the cast and crew on an outstanding production!



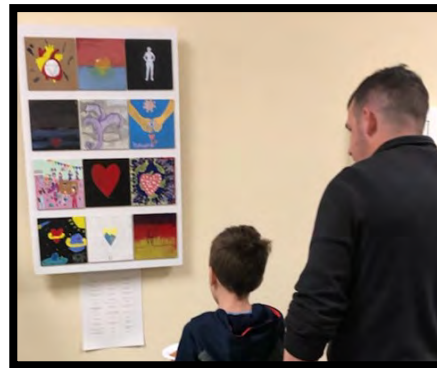
# VISUAL & PERFORMING ARTS

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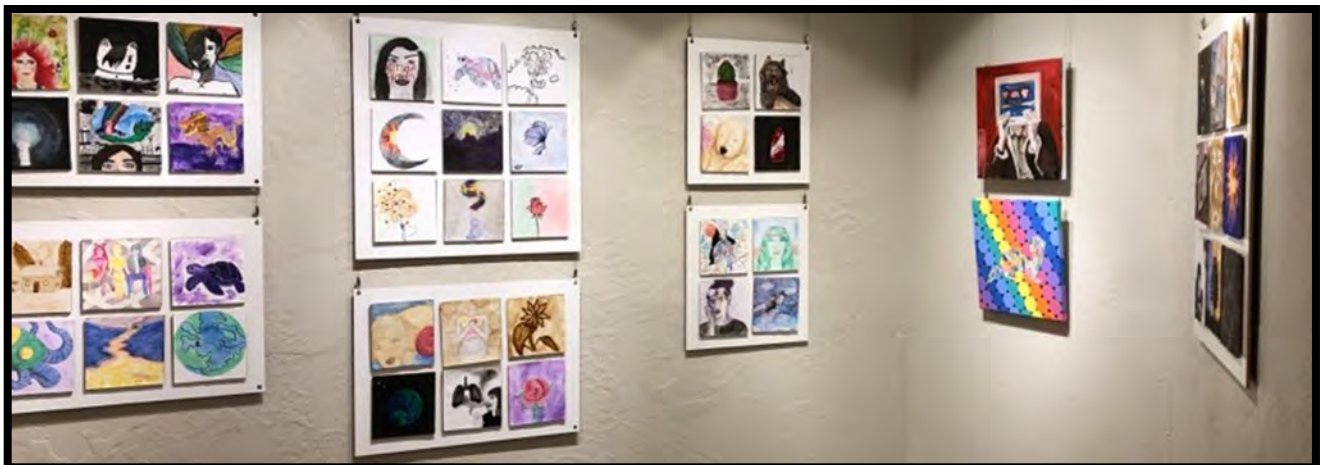
## ART SHOW

HEART SHOW: The 3<sup>rd</sup> Annual heART SHOW was hosted by Shasta County Office of Education this year. The show is currently up through the middle of March. Photos are from the reception which occurred on Friday Feb 8<sup>th</sup> from 3pm-4pm. SCOE is open 4pm M-Th and is located at 1644 Magnolia Ave.



## YAM (Youth Art Month)

Saturday, February 9, introduced the first 'Youth Art Month' Art Show in Shasta County. The display was available for viewing until March 2. Special thanks to North Valley Art League which hosted this event and Enterprise High School who collaborated with U-Prep High School artists.





# VISUAL & PERFORMING ARTS

Brad Fowers-Department Chair ♦ Elizabeth Johnson-Strings & Percussion ♦ Romney Clements-Fall Musical  
Marissa Kinneavy-Dance ♦ Lura Wilhelm-Visual Arts

## THE CELEBRATION OF THE ARTS

The Celebration of the Arts occurred February 4<sup>th</sup> in the Hoosier Gym. Over 300 pieces of art work were on display by the U-Prep's Visual Art Department with beautiful music provided by U-Prep's music department. All proceeds for this event goes to scholarships for music and visual art students.



## TEACHING ART AT TURTLE BAY EXPLORATION PARK

On February 9<sup>th</sup> from 11am-4pm, U-Prep AP art students taught art lessons to those attending the 2<sup>nd</sup> Annual U-Prep Art Lessons Event. Various drawing, painting and sculpting lessons were taught to students of all ages.



## SCAC ART COMPETITION

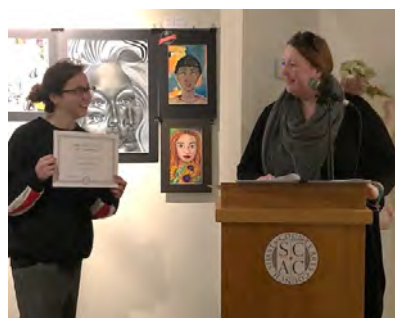
The 20<sup>th</sup> Annual High School Juried Art Show hosted by Shasta County Art Council is currently on display. With 200 works on display, 41 created by U-Prep artists. The awards and reception occurred Friday, March 8<sup>th</sup> from 5-7pm. Two U-Prep artists were selected as Merit Award Winners: Gustav B. for his sculpture "Earth a Drift" and Jemima G. for her painting "In Sight".

Photos are from the reception with several students posing with their art work.

The show is on display until April 5<sup>th</sup>:

Location: 1313 Market Street. Redding Ca, 96001

Gallery Hours: Tues. - Thurs. Noon-5pm Fri: Noon-6pm.





# NEWS!

## ALUMNI PRIDE!

U-Prep alum, Beau Forest (2015) continues to pursue a path of success while attending University of the Pacific. U-Prep coach and alumni parent Bob Lowden was fortunate to watch Beau compete for UOP at the Sacramento State Invitational and was pleased to send along a link to the tournament! We are so proud of Beau!

<https://www.pacifictigers.com/sports/m-golf/2018-19/releases/20190304xzh5nu>



Mrs. Oberlander pictured with Sartaj G., Kenny L., Sean K., Sehr G., Stephanie L., Isaiah C., AJ K., Chan L.  
Not pictured: Abigail R.

On Wednesday, February 27, 2019, eight students and Ms. Oberlander attended the Mathcounts Regional Competition. The students participated in competition math problems. After the competition, they enjoyed lunch and participating in hands on math activities and presentations by community members who use math in their careers. They had an amazing day, and the school team took home 3<sup>rd</sup> Place Team! Way to go Panthers!







## Poetry Out Loud

Emily M. is the Poetry Out Loud County Champion for the 3rd year in a row! Poetry Out Loud is a National Recitation Contest, created by the National Endowment for the Arts and Poetry Foundation. Emily competed against fellow U-Prep students and then moved on to compete against other students in Shasta Union High School District. Through Poetry Out Loud, Emily has strengthened her love for poetry and performance. This year, she will compete at the State Level with hopes of moving on to Nationals.



## Odyssey of the Mind

U-Prep had a successful and fun day at the Regional Odyssey of the Mind tournament. Students have been working hard for months solving their specific problem, writing and memorizing their own script, making costumes, and building sets. They do this strictly with all of their own ideas using no outside or adult help. It was really wonderful to see what they came up with and to see the culmination of all their hard work. As a result of their efforts, two of three U-Prep teams are advancing to the State competition on March 30 in Santa Rosa!



**U-Prep Team Bamericorn:** Mattea L., Melody E., Isaiah O., Noah G., and Levi D. This team earned **FIRST** place in their problem category titled "Hide in Plain Sight"



**U-Prep Team Problem Solving Peagusi:** Nathan H., Noah R., Noah H., Riley L., Amelia R., and Hailey W. This team earned **SECOND** place in their problems category titled "Opposites Distract"



**U-Prep Team Cupcake Enthusiasts:** Hazel P., Arianna T., Aiden M., Alex F., and Riley M. Their category was titled "Classics...Leonardo's Workshop"





**Our Spring Dance is Themed: 'Get Your Glow On' and will be Glow in the Dark** themed. 6<sup>th</sup> grade is 5-6:30pm and 7<sup>th</sup>/8<sup>th</sup> grades are 6:30-8pm in the Hoosier. The cost is \$3 with ASB and \$5 without. Students will get their first three snack bar items for free! In addition, there will be basket giveaways; students will receive 5 tickets with admission and can purchase additional tickets 5/\$1. Baskets include sports, chocolate, summer and spa themed.



We hope to see you there for our last Junior High dance of the year!!!



### HIGH SCHOOL STUDENT GOVERNMENT

Due to snow, February was an unusual month for Student Government. Student activities were carried on despite the three snow days, a scheduled one-week mid-winter break, and three of our sports teams competing in playoffs all the way to the state level! We started the month with a fabulous semi-formal dance on February 2<sup>nd</sup>. Pennies for Patients was also promoted, a program where students donated cash and coins all month to help children suffering with Leukemia and other blood diseases; finally, we sold valentines, but were unable to deliver them until February 18<sup>th</sup>, AFTER the snow melted! We are excited to move into March, with more sunny skies (hopefully).

Coming up in March, we look forward to our Spring blood drive on March 15<sup>th</sup>, followed by the Student of the Quarter awards ceremony, commencing March 28<sup>th</sup>. Our month will end with the Sadies Dance on March 29<sup>th</sup>, themed "Glow in the Dark". We are excited to welcome NetSound as our DJ, replete with dramatic lighting to emphasize the theme.







Coming Soon! Seniors have many activities to look forward to as their high school days at U-Prep come to an end. Senior Exit Presentations will be held on April 1<sup>st</sup> from 2:00-4:00 PM. The senior breakfast and awards ceremony will be on Monday, May 20<sup>th</sup> at 8:00 AM. Thank you juniors for helping make this breakfast a success every year! Seniors be on the lookout for the spring letter that will be sent out in April. Graduation is right around the corner so stay informed with upcoming deadlines and events!

Registration for 2019-20 school year! Course registration forms have been handed out to all students. Counselors will meet with all future 7th –12th grade students individually to review course requests. This is a great way for us as counselors to connect with students, check on graduation requirements, and register students early!

SAT- The College Board website is where students register for the SAT. The SAT essay section is optional now. It's strongly recommended that students register for the SAT with Essay. This website also provides comprehensive information and a helpful action plan for students and parents. Students applying for admission at a four year university/college must take the SAT or ACT.

SAT Subject Tests- These are tests in specific subject areas taken separately from the SAT to help determine college acceptance (please check the admissions website). Starting fall 2012, the UC System no longer requires two SAT Subject Tests as part of the admissions requirement; however, for competitive campuses and majors, it's recommended students take at least two SAT Subject Tests in related subject areas. Most private colleges require at least two SAT Subject Tests.

ACT- The ACT website is where students register for the ACT. This website also provides helpful college exploration information. Important note: The ACT writing section is optional. It's strongly recommended that students take the optional writing section. If you choose to take the writing component, you must select the optional writing test when you register.




**CAL POLY**

 Student Affairs  
 New Student & Transition Programs

### Dear University Preparatory High School,

As a current student of Cal Poly and a graduate of University Preparatory High School, I would like to extend an invitation to all students, faculty, and staff to our 26th Annual Open House. Additionally, as a member of Cal Poly Orientation, I highly recommend that all prospective students take advantage of this opportunity to experience Cal Poly's renowned "Learn by Doing" motto.

Cal Poly's 26th Open House takes place Thursday, April 11 through Saturday, April 13, 2019. There will be numerous opportunities to learn about programs, resources, and clubs at Cal Poly. In addition, there will be many chances to interact with current students, as well as meet other prospective students. The Weekend's events are as follows:

#### Thursday, April 11: Campus Preview Night

- » Farmers' Market

#### Friday, April 12: Admitted Students Discovery Day

- » Resource Fair
- » University Welcomes
- » Friday Nite Invite

#### Saturday, April 13: Poly Royal Celebration

- » Poly Royal Parade
- » Opening Ceremonies
- » Dexter Stage
- » Campus Showcase

On behalf of the Open House Committee, I ask that you visit the link below (or scan the QR code), print out our official Cal Poly Open House flyers and hang them around your campus! We have done this so that all the information regarding Open House is easily accessible for you and so all students can know about The Weekend. Please also encourage your students to view our social media:



@cporientation



[tinyurl.com/y6wrnbuw](https://tinyurl.com/y6wrnbuw)



Cal Poly Orientation

I am incredibly excited for the students to experience what an exciting future Cal Poly holds! Thank you for your help, and I look forward to seeing my Alma Mater at our 26th Annual Open House!

***Parker Swanson***

Class of 2017







## Exam Prep Like No Other!

Exam Prep like no other! We will hold the Annual AP Retreat at Lassen Pines in Viola, CA—just north of Shingletown. The AP Retreat is an intense 2 1/2 days of content-specific AP Exam prep combined with study time, group session studying and team-building activities. The foundation of the retreat is a series of AP Exam review sessions led by U-Prep's AP instructors with a focus on one-on-one AP studying and preparation in small groups. Students will choose from a menu of AP review session options. Exam Review sessions will be individualized by course and may include development of course-specific study plans and unit-by-unit content review, practice exams, concept and vocabulary studying and review. One on one study time with each AP teacher in a smaller group setting will be provided. This opportunity is an excellent extension of the Advanced Placement courses we provide students.

The AP Retreat will be held from Wednesday May 1st through Friday May 3rd, except for freshmen who may attend May 1st—May 2nd, with a 4:00pm pick up time on May 2nd. All students will have bus transportation to the retreat at 9:00am May 1st, departing from U-Prep. This is an excellent opportunity for the AP students to have focused, academic study time for the AP test(s) which begin the following two weeks. Meals will be provided. The cost for the AP Retreat weekend is only \$130 for grade 10-12 students and \$95 for freshmen and includes: housing, transportation to the retreat, meals & snacks, Retreat t-shirt, AP Prep material and activities. If you have further questions, please contact Cathy Armstrong at [carmstrong@suhsd.net](mailto:carmstrong@suhsd.net).

## Challenge Yourself!

At the AP Retreat, you will have the opportunity to have a small group setting with your AP teacher and focus on your needs. Teachers will be available for one-on-one questions during the weekend as well.

Come prepared to "unplug" from your phone and to focus on preparing for the next two weeks of AP testing. Take the stress out of cramming for the tests by joining us for the weekend for study groups, test-taking tips, AP course review and team building activities!



AP Retreat Group Photo

We are  
what we repeatedly do.  
Excellence then,  
is not an act,  
but a habit.

-Aristotle



# Dear AP Parents & Students

We hope you are excited about the upcoming AP Retreat! We will begin accepting permission slips on a first-come, first-serve basis on Monday, February 25th to students taking two or more AP exams. For students taking only one AP exam, including freshmen, permission slips may be turned in beginning on March 6th.

Field trip permission slips, retreat course signups and payment (made payable to U-Prep) are due by the end of the school day April 3rd and should be turned into the ASB Office. Sessions for each AP exam will include more than one study session on multiple days to allow students a variety of subjects and to keep the prep classes small in size. There is a chance that study sessions will overlap, depending on the number of sessions a student signs up for, but AP teachers will work diligently to try and minimize conflicts.

We do welcome the freshmen students hoping to take a preparation session for the AP Human Geography test and we will provide these as an overnight and 1 1/2 day sessions to allow the freshmen to be with us to take part in study sessions and enjoy some time and food with the rest of the AP Retreat students.

Keep in mind that sign-ups are first come, first serve, as there is limited space at the site. Field trip permission slips are available from AP teachers and in the Counseling Office.

We look forward to a successful and fun-filled time studying with your student and preparing all of the students for a successful Advanced Placement season!



## Important Dates

Permission Slips DUE April 3rd

AP Retreat: May 1-3

AP Testing: May 6-17

### AP EXAM SCHEDULE

May 6: U.S. Government & Environmental Science

May 7: Spanish, Art History & Physics 1

May 8: English Literature & French

May 9: Spanish & Psychology

May 10: U.S. History, Computer Principles & Physics 2

May 13: Biology & Physics C

May 14: Calculus AB & BC, Human Geography & Art History

May 15: English Language & Macroeconomics

May 16: World History & Statistics

May 17: Microeconomics & Latin

### SAMPLE ITINERARY

Breakfast 7-7:45 am

Session #1 8:30-10 am

Session #2 10:30-Noon

Lunch & Team Games 12-1:30 pm

Session #3 1:30-3:30 pm

Session #4 4:-6:00 pm

Dinner at Lodge 6:00-7:00 pm

Session #5 7:30-9:00pm

Bonfire & Skits/Games 9-10:30 pm

Lights Out 11:00 pm



**PUSH YOURSELF  
BECAUSE, NO ONE  
ELSE IS GOING  
TO DO IT FOR YOU.**

## AP CENTRAL & COLLEGE BOARD

**If you haven't already created a College Board account, consider doing it now! The website for AP Central, via the College Board is: <https://apstudent.collegeboard.org/home>. This is a fantastic resource for students and parents, with AP Exam information. Create your account today to stay up-to-date on Advanced Placement and College Board announcements and information!**





When: Monday, April 8

Time: 2:30-4:00 Set up  
4:00-5:00 Judging  
5:00-6:30 Open viewing  
6:30-7:00 clean-up

Location: Shasta County Office of Education PDC,  
2985 Innsbruck Drive, Redding CA

See your Science Teacher for more information

*Special thanks to U-Prep teachers, Mrs. Bird and Mr. Peck, for organizing this event!*

# Cheerleading Tryouts



**OPEN TO ANY STUDENT  
ENTERING 6<sup>th</sup> TO 12<sup>th</sup> GRADE**  
(No prior experience necessary)



**Mon, Wed, & Thurs**  
**March 25th, 27th & 28th**  
**5:30pm to 7:00pm**  
**Friday, March 29th**  
**3:00pm to 4:30pm**  
**in the Stuart Gym**

*\* In order to participate, **CURRENT** UPrep students must have a tryout pass and **NEW** students must have a physical. Get your tryout pass in the Student Services Center.*



**MANDATORY**  
informational  
parent meeting  
Wednesday, March 20<sup>th</sup>  
@ 6:00pm  
in room 123

**FINAL TRYOUT**  
**Saturday,**  
**March 30th @ 9am**

*Applications are available in the office,  
from Mrs. Adams in room 123, or email [jadams1@suhsd.net](mailto:jadams1@suhsd.net)*





UPrep would like to start a  
**marching bagpipe band**

**all grades welcome  
no musical experience required**

Looking for...

**Bagpipes AND drummers**

**Contact Mrs. Music Johnson** for more information

**[ejohnson@suhsd.net](mailto:ejohnson@suhsd.net)**



# ATTENTION: 2019/20 Juniors and Seniors

Be a part of local government in action!

The Shasta County Board of Education  
is accepting applications for the position of  
Student Board Member  
for the 2019/20 school year.



## Apply Now!

Applications and more information are available in the Principal's  
and/or Counselor's office at your high school, and  
on the Shasta County Board of Education website at this [link](https://www.shastacoe.org/office-of-education/board-of-education) or  
<https://www.shastacoe.org/office-of-education/board-of-education>  
under the "Student Board Members" tab or  
call the Shasta County Office of Education at 225-0227.

Applications must be delivered or postmarked by Monday, March 25, 2019!



**FINANCIAL AID**  
*Awareness Day!*  
**One-Stop Student Services!**

**APRIL 3<sup>RD</sup>**

**Financial Aid Paperless Submission**  
>> You have questions, we'll get you answers,  
Fun Gifts...Games...Refreshments!

**FAFSA Made Easy!**  
>> Download the MyStudentAid app on your  
smartphone or tablet (FREE download from your app store).

**CA & Shasta Promise Grant?**  
>> Find out if and how you qualify.

**Veterans Services**  
>> Are you a veteran? Find out what the Veterans Support  
& Success Center offers in free services!

**10<sup>AM</sup>-12<sup>PM</sup> at the Student Center Stage**  
EOPS, TRIO, PACE, SCI\*FI, Transfer Center, Admissions and  
Records will be available for questions.

 **Shasta College**  
[www.shastacollege.edu](http://www.shastacollege.edu)  
Shasta College is an equal opportunity educator and employer.

**Financial Aid  
& Veteran Services**  
(530) 242-7700



VISIT [actions](#) FOR MORE INFORMATION AND OFFICIAL RULES

If you are an eligible entrant,\* register for the April, June, or July ACT test dates and opt-in to participate in the scholarship giveaway when prompted during registration (successful registration and payment is required for an entry). It's just that easy! You may also enter the giveaway by mail without registering for the test or making a purchase; see Official Rules for details for the alternate method of entry.

[illegible]





# Pre-AP<sup>®</sup> Partner

## **University Preparatory School Among the first to join the new College Board Pre-AP Program**

New Pre-AP program offers instructional resources and classroom-based assessments to improve college readiness for all students

University Preparatory School was selected from over 1,000 schools worldwide that will participate in the new Pre-AP Program next school year. Pre-AP is designed to give all students the opportunity to learn the foundational knowledge and skills they need to be successful in Advanced Placement and other college-level coursework. The College Board selected University Preparatory School as a partner who is committed to college readiness for all students.

Participation in challenging coursework helps prepare students for success in high school and beyond. However, less than 50% of U.S. high school students are ready for college. And more than 300,000 high school students aren't taking AP courses and exams that they've demonstrated the potential to succeed on, based on their scores on an SAT Suite assessment. With this data in mind – along with feedback from teachers who've said they'd like to help shape a curriculum that prepares students before they enter an AP class – the College Board has developed the Pre-AP Program.

Pre-AP courses are open to all students. The Pre-AP Program objectives are to:

- Significantly increase the number of students who are able to access and complete college-level work—like AP—before leaving high school.

Improve the college readiness of all students.

University Preparatory School will receive an official Pre-AP designation for each course and the chance to bring engaging coursework to all their students. This designation signals consistent, high standards in focused courses that help build, strengthen, and reinforce student's content knowledge and skills. The designated 9<sup>th</sup> grade courses (Pre-AP Biology, Pre-AP English, Pre-AP Visual Art) provide teachers and students with instructional resources, classroom-based assessments, high-quality professional learning, and focused practice.

"We applaud the educators and administrators at University Preparatory School who have worked to clear a path for all of their students," said Auditi Chakravarty, Vice President of SpringBoard and Pre-AP Programs. "They are fostering a culture in their schools and classrooms that allows *all* students to learn the foundational knowledge and skills they need to be successful."

Each Pre-AP course has been developed by committees of expert educators, including middle school, high school, and college faculty. These development committees work with the College Board to design effective instructional resources that emphasize and prioritize the content and skills that matter most for later high school coursework and college and career readiness. Pre-AP will continue to evolve through educator involvement, and University Preparatory School will be a critical partner. Throughout the initial cohort experience, Pre-AP course teachers will be encouraged to share feedback that will help shape the program in years to come.

More information on the College Board Pre-AP Program can be found at [pre-ap.collegeboard.org/](http://pre-ap.collegeboard.org/)

# COUNSELOR'S CORNER

Kristen Haworth, Matt Williams, Joe Maikranz

## College Entrance Exams 2018-19



### ACT 2018-2019 Test Dates (to register, go to [www.actstudent.org](http://www.actstudent.org))

| Test Date         | Registration Deadline | Late Registration<br>(Late Fee Required) | Test Centers<br>(test center codes below)                     |
|-------------------|-----------------------|--|---|
| September 8, 2018 | August 10, 2018       | August 11-26, 2018                       | CVHS, YHS, PVHS   |
| October 27, 2018  | September 28, 2018    | Sept. 29- Oct. 14, 2018                  | CVHS, FRHS, HCHS, MSHS,<br>PVHS, RBHS, TLHS, OIT,<br>YHS, THS |
| December 8, 2018  | November 2, 2018      | November 3-19, 2018                      | CVHS, PVHS, YHS   |
| February 9, 2019  | January 11, 2019      | January 12-18, 2019                      | CVHS, PVHS, YHS   |
| April 13, 2019    | March 8, 2019         | March 9-25, 2019                         | CVHS, FRHS, HCHS, PVHS, TLHS,<br>YHS, OIT, MHS, THS           |
| June 8, 2019      | May 3, 2019           | May 4-20, 2019                           | CVHS, MSHS, PVHS  |

**(Test Centers may change or be added—check website and register early!)**

#### ACT Test Center Locations and Code

CVHS: Central Valley High School (Shasta Lake City),  
code is **209440** or **209441** (Sunday ONLY)  
FRHS: Fall River High School (McArthur), code is **188070**  
HCHS: Happy Camp High School, code is **203920**  
MSHS: Mt. Shasta High School, code is **218570**  
PVHS: Pleasant Valley High School, code is **164590**

RBHS: Red Bluff High School, code is **185150**  
TLHS: Tulelake High School, code is **164260**  
YHS: Yreka High School, code is **223710**  
OIT: Oregon Institute of Technology, code is **034840**  
MHS: Modoc High School, code is **171380**  
THS: Trinity High School, code is **199940**

\*Note: Sunday test dates for the ACT are available if you cannot test on Saturday for religious reasons. Go to the website for details.

### SAT 2018-19 Test Dates (to register, go to [www.collegeboard.org](http://www.collegeboard.org))

| Test Dates       | Test                | U.S. Registration Deadlines |                            | Test Centers<br>(Test center codes below)                                |
|------------------|---------------------|-----------------------------|----------------------------|--|
|                  |                     | Regular                     | Late<br>(late fee applies) |  |
| August 25, 2018  | SAT & Subject Tests | July 27, 2018               | August 7, 2018             | AHS, CVHS, PVHS, YHS   |
| October 6, 2018  | SAT & Subject Tests | Sept. 7, 2018               | Sept. 18, 2018             | AHS, CUHS, CVHS, ETHS,<br>MSHS, MHS, MZHS, PVHS,<br>RBHS, THS, YHS       |
| November 3, 2018 | SAT & Subject Tests | Oct. 5, 2018                | Oct. 16, 2018              | CVHS, EHS, FRHS, MSHS,<br>MZHS, PVHS, YHS                                |
| December 1, 2018 | SAT & Subject Tests | Nov. 2, 2018                | Nov. 13, 2018              | CVHS, ETHS, MHS, MZHS,<br>PVHS, YHS                                      |
| March 9, 2019    | SAT & Subject Tests | Feb. 8, 2019                | Fe. 19, 2019               | CVHS, ETHS, MZHS, PVHS,<br>YHS   |
| May 4, 2019      | SAT & Subject Tests | April 5, 2019               | April 16, 2019             | CUHS, CVHS, ETHS, EHS,<br>FRHS, HFHS, MSHS, MHS,<br>PVHS, RBHS, THS, YHS |
| June 1, 2019     | SAT & Subject Tests | May 3, 2019                 | May 14, 2019               | AHS, CVHS, EHS,<br>MSHS, MZHS, PVHS, YHS                                 |

**(Test Centers may change or be added—check the website and register early!)**

#### SAT Test Center Locations and Codes:

AHS: Anderson High School, code is **05-111**  
CSHS: Chico Sr. High School, code is **05-191**  
CUHS: Corning Union High School, code is **05-218**  
CVHS: Central Valley High School, code is **05-728**  
ETHS: Enterprise High School, code is **05-743**  
EHS: Etna High School, code is **05-240**  
FRHS: Fall River High School, code is **05-466**  
HFHS: Hayfork High School, code is **05-3**  
MSHS: Mt. Shasta High School, code is **05-490**

MZHS: Mazama High School (OR), code is **38-235**  
MHS: Modoc High School, code is **05-103**  
PVHS: Pleasant Valley High School, code is **05-192**  
RBHS: Red Bluff High School, code is **05-592**  
THS: Trinity High School, code is **05-874**  
YHS: Yreka High School, code is **05-889**

Updated: June 2018



# COUNSELOR'S CORNER

Kristen Haworth, Matt Williams, Joe Maikranz

|   | <b>ACT</b>   | <b>SAT</b>   |
|---|--|--|
| <b>Purpose</b>                          | Assessment Test: measures what you know (like a cumulative final)  | Evidence-Based Test: measures your ability based on the latest research on the skills colleges value most.   |
| <b>Content</b>                          | <p><b>English:</b> grammar, punctuation, sentence structure, style</p> <p><b>Math:</b> algebra; coordinate and plane geometry; trigonometry (only 4 out of 60 questions)</p> <p><b>Reading Comprehension:</b> arts, literature, social studies</p> <p><b>Science:</b> reasoning questions based on reading passages</p> <p><b>Writing (optional):</b> 30 minute student-written essay (required for UCs and some private colleges)</p> | <p><b>Evidence-Based Reading:</b> measures skill in reading and comprehending texts across a wide range of genres, purposes, subjects and complexities (multiple choice)</p> <p><b>Math:</b> measures algebra, problem solving and data analysis and advanced math (calculator portion and no-calculator portion. Multiple choice and student produced responses)</p> <p><b>Evidence-Based Writing:</b> measures knowledge and skills in revising and editing tests widely varied in purpose, subject, and complexity (multiple choice and passages)</p> |
| <b>Length of exam</b>                   | 3 hours + 40-minute essay (optional)   | 3 hours + 50-minute essay (optional)   |
| <b>How questions appear</b>             | No order of difficulty   | In order of difficulty   |
| <b>Scoring method</b>                   | Scores based on number of right answers only.<br><i>No penalty for wrong answers</i>   | Scores based on number of right answers only.<br><i>No penalty for wrong answers</i>   |
| <b>Scoring</b>                          | 1 – 36 for each subject, averaged together for a composite score   | 400-1600 each for Critical Reading, Math and Writing (Essay is reported in 3 dimensions, each 2-8)   |
| <b>Practice Test</b>                    | <b>PLAN:</b> taken typically in fall of sophomore year   | <b>PSAT:</b> taken typically in fall of junior year  |
| <b>Best time to take the real test</b>  | BEST: Spring of Junior year<br>2 <sup>nd</sup> Best: Early fall of Senior year   | BEST: Spring of Junior year<br>2 <sup>nd</sup> Best: Early fall of Senior year   |
| <b>When you should register</b>         | At least 4 weeks before the test date  | At least 6 weeks before the test date  |
| <b>Should you prepare for the test?</b> | ABSOLUTELY   | ABSOLUTELY   |
| <b>How to prepare</b>                   | Free sample test from high school Counseling Center; on-line help from website below; test prep books for purchase   | Free sample test from high school Counseling Center; on-line help from website below; free mobile app, free Khan Academy   |
| <b>Cost (fee waivers available)</b>     | \$39.50 for ACT (no writing)<br>\$56.50 for ACT Plus writing<br><u>Late</u> Registration: add \$25.00  | Regular Registration: \$54.50<br><u>Late</u> Registration: add \$28.00   |
| <b>For more information</b>             | ACT<br><a href="http://www.actstudent.org">www.actstudent.org</a><br>(319) 337-1270  | CollegeBoard<br><a href="http://www.collegeboard.com">www.collegeboard.com</a><br>(866) 630-9305   |



# UNIVERSITY PREPARATORY SCHOOL

PURSuing EXCELLENCE TOGETHER

## Information on Spring Assessments

### **Smarter Balanced Summative Assessments (SBAC) and the California Science Test**

Please see the enclosed inserts for more information on these state assessments. Testing dates are as follows:

#### **8th CAST/Science**

High School CAST/Science: All seniors are required by the State to take this assessment, 2018-2019. Testing dates are Tuesday, April 2nd through Thursday, April 4th.

#### **Smarter Balanced Summative Assessments**

The Smarter Balanced Summative Assessments are part of the state testing system called the California Assessment of Student Performance and Progress (CAASPP). Testing dates for selected grade levels are as follows:

#### 6th

Math: Tuesday, May 14th - Thursday, May 16th

English Language Arts: Tuesday, May 7th - Thursday, May 9th

#### 7th

Math: Tuesday, May 14th - Thursday, May 16th

English Language Arts: Tuesday, May 7th - Thursday, May 9th

#### 8th

Math: Tuesday, May 14th - Thursday, May 16th

English Language Arts: Tuesday, May 7th - Thursday, May 9th

#### \*11th

Math: Wednesday, April 24th - Tuesday, April 30th

English Language Arts: Tuesday, March 19th - Friday, March 22nd

\*Please refer to the enclosed CSU Early Assessment Program flyer for more information on the significance of these test results.

### **California Physical Fitness**

Please see the enclosed inserts for descriptions on these state assessments. Testing dates for grade 7 and 9 are as follows: Tuesday, April 9 through Friday, April 12.

### **Advanced Placement Exams**

#### **Day/Date**

Monday, May 6

Tuesday, May 7

Wednesday, May 8

Thursday, May 9

Friday, May 10

Monday, May 13

Tuesday, May 14

Wednesday, May 15

Thursday, May 16

Friday, May 17

#### **Morning (8:00AM)**

AP US Gov & Politics

AP Spanish Language & Culture

AP English Literature & Composition

AP Spanish Literature

AP United States History

AP Biology

AP Calculus AB

AP Calculus BC

AP English Language & Composition

AP World History

AP Microeconomics

#### **Afternoon (12:00PM)**

AP Environmental Science

AP Physics 1

AP French Language & Culture

AP Psychology

AP Computer Science Principles

AP Physics 2

No Testing

AP Human Geography

No Testing

AP Statistics

AP Latin



## A PARENT GUIDE TO UNDERSTANDING

# The Smarter Balanced Summative Assessments

The Smarter Balanced Summative Assessments are part of the state testing system called the California Assessment of Student Performance and Progress or CAASPP.

The CAASPP System is designed to give information to teachers, students, and their families about what students know and are able to do and whether they are on track to be ready for success in college or career when they graduate from high school.



## Smarter Balanced Summative Assessments

| WHO  | WHAT   | WHEN   |
|--|--|--|
| All students in grades 3–8, and grade 11.  | Tests students' knowledge and skills in English language arts/literacy (ELA) and mathematics.  | Each school selects its own testing window. Testing can begin as early as January and continue through the last day of school. You will receive additional information from your school about the specific dates and times of testing. |
| HOW  | WHY  |  |
| <p>The Smarter Balanced Summative Assessments are computer adaptive. The online tests give students many different types of questions that allow them to interact with the test questions. For some of the math questions, for example, your child might be asked to drag and drop things from one place on the screen to another or draw a graph to solve a problem.</p> <p>Computer-adaptive tests adjust the difficulty of the questions based on the answers that students give. As students answer questions correctly, they receive more challenging questions. Incorrect answers trigger easier questions. This helps keep the test short for many students and makes sure the scores are very accurate, especially for students who score very low or very high.</p> | <p>Test results are one piece of information about how your child is doing in school. Together with report cards and other information, test results tell us if your child is on track to succeed in higher grades and is ready for college and career.</p> <p>For students in grade eleven, these results are used by some colleges in California to decide how ready students are for college-level classes.</p> |  |

## A Parent Guide to Understanding the Smarter Balanced Summative Assessments (continued)

### Do students with disabilities take the Smarter Balanced Summative Assessments?

Yes. Students with disabilities take the Smarter Balanced Summative Assessments, unless they have an active individualized education program (IEP) that designates an alternate assessment. The California Alternate Assessments for ELA and mathematics are administered to students with the most significant cognitive disabilities.

### What resources are available for students?

All students have access to various accessibility resources they might need when taking the test, like a calculator on some math problems, a glossary when taking the reading part of the test, or a highlighter that they can use to highlight important parts of a long paragraph.

Students with disabilities have additional supports such as American Sign Language videos or braille. All of the accessibility resources help students gain fair access to the test and do not affect the students' scores in any way.

#### How can I help my child prepare for the test?

You are an important part of your child's education. Some things you can do to help your child are:

- Discuss the test with your child. Make sure they are not scared or anxious.
- Tell your child that you and their teacher have high expectations and that you are both there to help them every step of the way.
- Make sure your child gets a good night's sleep and a nutritious breakfast before testing.
- Review test results with your child and discuss with their teacher where they might need additional help.



Practice tests are available at <http://www.caaspp.org/practice-and-training/index.html>.

Visit <http://www.testscoreguide.org/ca> for information about your child's score and sample test items.

### Additional Information

More information about the tests can be found on the California Department of Education Summative Assessments Web page at <https://www.cde.ca.gov/ta/tg/sa/sbacsummative.asp>.

For more information about your child's scores, contact your child's teacher and/or the school office.



California Department of Education • July 2018



## A PARENT GUIDE TO UNDERSTANDING

# The English Language Proficiency Assessments for California (ELPAC)

The ELPAC is the test that is used to measure how well students in kindergarten through grade twelve understand English when it is not their primary language. The ELPAC is taking the place of the California English Language Development Test (CELDT). Information from the ELPAC helps your child's teacher provide support in the right areas.



**The ELPAC has two parts:**

### Initial ELPAC

#### WHAT

The Initial ELPAC is used to identify a student as either an English learner who needs support to learn English, or as proficient in English.

#### WHO

Students take the Initial ELPAC if they have a primary language other than English, they have not taken the CELDT or ELPAC before, and they have not been classified before as an English learner.

#### WHEN

Students are given the Initial ELPAC within 30 days of when they enroll at school.

#### WHY

Identifying students who need help learning English is important so students can get the support they need to do well in school while receiving instruction in all school subjects.

### Summative ELPAC

#### WHAT

The Summative ELPAC is used to measure the skills of English learners. The results will help tell the school or district if the student is ready to be reclassified as proficient in English.

#### WHO

The Summative ELPAC is given to students who are identified as English learners on the CELDT or the Initial ELPAC.

#### WHEN

Students who are English learners are given the Summative ELPAC every spring between February and May, until they are reclassified as proficient in English.

#### WHY

Students who are identified as English learners on the CELDT or Initial ELPAC will take the Summative ELPAC to measure their progress in learning English.

## A Parent Guide to Understanding the ELPAC (continued)

### The ELPAC tests four different areas:



### Do students with disabilities take the ELPAC?

Yes, the ELPAC has been designed so students, including those with special needs, can participate in the test and demonstrate what they know and can do. As a result, the test includes accessibility resources that address visual, auditory, and physical access barriers—allowing virtually all students to demonstrate what they know and can do.

#### How can I help my child prepare for the test?

You are an important part of your child's education. Some things you can do to help your child are:

- Read to your child, or have your child read to you, on a regular basis.
- Use pictures and ask your child to tell you what he or she sees in the picture or what is happening in the picture.
- Provide your child with opportunities to use language outside of school.
- Talk with your child's teacher about your child's listening, speaking, reading, and writing skills to help support your child's progress.



The ELPAC is aligned with the California English Language Development Standards. These standards can be found at <https://www.cde.ca.gov/sp/el/er/documents/eldstndspublication14.pdf>.

Practice Tests for the ELPAC are available at <https://www.elpac.org/resources/practicetests/>.

### Additional Information

More information about the ELPAC can be found on the California Department of Education ELPAC Web page at <http://www.cde.ca.gov/ta/tg/ep/> or on the Educational Testing Service ELPAC Web page at <http://www.elpac.org/>.

For more information about your child's scores, contact your child's teacher and/or the school office.



California Department of Education • July 2018



## A PARENT GUIDE TO UNDERSTANDING

# The California Science Test (CAST)

The California Science Test or CAST is part of the statewide assessment system called the California Assessment of Student Performance and Progress or CAASPP and will be operational in 2018–19.

The CAASPP System is designed to give information to teachers, students, and their families about what students know and are able to do. It also indicates whether they are on track to be ready for success in college or career when they graduate from high school.



### CAST

#### WHAT

California has adopted science standards called the California Next Generation Science Standards (CA NGSS). These standards tell us what students should know and be able to do in science. The CA NGSS is designed to help students understand how science works in the natural world. They also help students learn the knowledge and skills they need for college and careers.

The CAST is aligned with the CA NGSS. The CAST will also test the student's ability to think critically and solve problems.

This new assessment uses questions that bring together science content, practices, and concepts. It also covers more than one science domain during the test, such as life science, earth and space science, and physical science.

#### WHO

All students in grades 5 and 8, and once in high school.

#### WHEN

Each school selects its own testing window. Testing can begin as early as January and continue through the last day of school. You will receive additional information from your school about the specific dates and times of testing.

#### HOW

The CAST is a computer-based test that has many different types of questions that allow students to interact with the test content in exciting new ways. For example, your child might be asked to write a short response, collect data, and analyze data from an experiment or other resources. Testing should take approximately two hours to complete.

#### WHY

Measures what students know and can do, fostering science education at every grade level.

## A Parent Guide to Understanding the CAST (continued)

**Do students with disabilities take the CAST?**

Yes, unless the student's individualized education program designates an alternate assessment.

**What resources are available for students?**

All students have access to a variety of tools; for example, in grades 5, 8, and high school, students have access to a calculator, and in grade 8 and high school, students have access to reference sheets of constants and formulas and a periodic table.

Students with disabilities have additional supports such as American Sign Language videos or braille. All of the accessibility resources help students gain fair access to the test and do not affect the students' scores in any way.

**How can I help my child prepare for the test?**

You are an important part of your child's education. Some things you can do to help your child are:

- Discuss the test with your child. Make sure they are not scared or anxious.
- Tell your child that you and their teacher have high expectations and that you are both there to help them every step of the way.
- Make sure your child gets a good night's sleep and a nutritious breakfast before testing.



The CAST is aligned with the California Next Generation Science Standards (CA NGSS). The CA NGSS can be found at <https://www.cde.ca.gov/pd/ca/sc/ngssstandards.asp>.

Training Tests for the CAST are available at <http://www.caaspp.org/practice-and-training/index.html>.

**Additional Information**

More information about the CAST can be found on the California Department of Education CAST Web page at <https://www.cde.ca.gov/ta/tg/ca/caasppscience.asp> or on the CAASPP CAST Web page at <http://www.caaspp.org/administration/about/science/>.

For more information about your child's scores, contact your child's teacher and/or the school office.



California Department of Education • July 2018



## A PARENT GUIDE TO UNDERSTANDING

# The California Physical Fitness Test and FITNESSGRAM®

The Physical Fitness Test (PFT) is part of the state testing program. California has chosen the FITNESSGRAM® as the annual PFT for students in public schools.

The FITNESSGRAM® is a comprehensive health-related fitness test developed by The Cooper Institute.



## Physical Fitness Test and FITNESSGRAM®

### WHO

All students in grades five, seven, and nine are tested.

### WHEN

The PFT is administered between February 1 and May 31. You will receive additional information from your school about the specific dates and times of testing.

### WHAT

The FITNESSGRAM® has six fitness areas:

- Aerobic Capacity
- Body Composition
- Abdominal Strength and Endurance
- Trunk Extensor Strength and Flexibility
- Upper Body Strength and Endurance
- Flexibility

### HOW

The PFT can be given to students over multiple days. Students will participate in each of the six fitness areas and will get a score in the Healthy Fitness Zone (HFZ) or in the Needs Improvement area.

#### Do students with disabilities take the PFT?

Yes. Most of the fitness areas of the FITNESSGRAM® have two or three test options so all students, including those with special needs, have the chance to participate in the PFT. Students are to be given as much of the test as their condition will permit.

### WHY

FITNESSGRAM® results are one measure of information students and their families may use, along with other information, to monitor overall fitness.

Schools may also use these results for the purpose of evaluating their physical education program.

## What test options are available for the PFT?

### Aerobic Capacity

- One-Mile Run
- PACER
- Walk Test

### Body Composition

- Skinfold Measurements
- Bioelectric Impedance Analyzer
- Body Mass Index

### Abdominal Strength and Endurance

- Curl-Up

### Trunk Extensor Strength and Flexibility

- Trunk Lift

### Upper Body Strength and Endurance

- Push-Up
- Modified Pull-Up
- Flexed-Arm Hang

### Flexibility

- Back-Saver Sit and Reach
- Shoulder Stretch

### How can I help my child prepare for the test?

You are an important part of your child's education. Some things you can do to help your child are:

- Discuss the test with your child. Make sure your child is not scared or anxious.
- Tell your child that you and the teacher have high expectations and are there to help, every step of the way.
- Make sure your child engages in 60 minutes of activity every day.
- Make sure your child gets a good night's sleep and a nutritious breakfast before testing.
- Review test results and help your child plan fitness activities to meet fitness goals.



## Additional Information

More information about the PFT can be found on the California Department of Education PFT Web page at <https://www.cde.ca.gov/ta/tg/pf/>.

For more information about your child's scores, contact your child's teacher and/or the school office.



California Department of Education • May 2018



# NEWS NEED

Please note that the 2019-2020 School Calendar was revised to include Early Release Days on every Monday. With this calendar revision comes a revised Early Release Day dismissal time, from 1:10PM to 2:10PM. For your planning purposes, we are including the revised 2019-2020 school calendar and Early Release Day bell schedule in the newsletter. Revisions are also posted on the U-Prep App and school website.

## University Preparatory School: 2019-2020 Bell Schedule

### Regular School Day Schedule

#### 6th Grade

|                          |               |
|--------------------------|---------------|
| 0 Period                 | 7:00 - 7:45   |
| 1st Period               | 7:50 - 8:40   |
| 2nd Period               | 8:45 - 9:35   |
| 3rd Period               | 9:40 - 10:30  |
| Nutrition Break          | 10:30 - 10:40 |
| 4th Period               | 10:40 - 11:30 |
| Lunch                    | 11:30 - 12:00 |
| 5th Period               | 12:05 - 12:55 |
| 6th Period               | 1:00 - 1:50   |
| 7th Period               | 1:55 - 2:45   |
| A.S.A.P. T-TH            | 2:50 - 3:15   |
| T-TH Release Time 3:15   |               |
| Friday Release Time 2:45 |               |

#### 7th & 8th Grade

|                          |               |
|--------------------------|---------------|
| 0 Period                 | 7:00 - 7:45   |
| 1st Period               | 7:50 - 8:40   |
| 2nd Period               | 8:45 - 9:35   |
| 3rd Period               | 9:40 - 10:30  |
| Nutrition Break          | 10:30 - 10:40 |
| 4th Period               | 10:40 - 11:30 |
| 5th Period               | 11:35 - 12:25 |
| Lunch                    | 12:25 - 12:55 |
| 6th Period               | 1:00 - 1:50   |
| 7th Period               | 1:55 - 2:45   |
| A.S.A.P. T-TH            | 2:50 - 3:15   |
| T-TH Release Time 3:15   |               |
| Friday Release Time 2:45 |               |

#### High School

|                          |               |
|--------------------------|---------------|
| 0 Period                 | 7:00 - 7:45   |
| 1st Period               | 7:50 - 8:40   |
| 2nd Period               | 8:45 - 9:35   |
| 3rd Period               | 9:40 - 10:30  |
| Nutrition Break          | 10:30 - 10:40 |
| 4th Period               | 10:40 - 11:30 |
| 5th Period               | 11:35 - 12:25 |
| 6th Period               | 12:30 - 1:20  |
| Lunch                    | 1:20 - 1:50   |
| 7th Period               | 1:55 - 2:45   |
| A.S.A.P. T-TH            | 2:50 - 3:15   |
| T - TH Release Time 3:15 |               |
| Friday Release Time 2:45 |               |

### Early Release Day Schedule

#### 6th Grade

|                   |               |
|-------------------|---------------|
| 0 Period          | 7:00 - 7:45   |
| 1st Period        | 7:50 - 8:30   |
| 2nd Period        | 8:35 - 9:15   |
| 3rd Period        | 9:20 - 10:00  |
| Nutrition Break   | 10:00 - 10:10 |
| 4th Period        | 10:10 - 10:50 |
| Lunch             | 10:50 - 11:25 |
| 5th Period        | 11:30 - 12:10 |
| 6th Period        | 12:15 - 12:55 |
| 7th Period        | 1:00 - 1:40   |
| A.S.A.P. Mon      | 1:45 - 2:10   |
| Release Time 2:10 |               |

#### 7th & 8th Grade

|                   |               |
|-------------------|---------------|
| 0 Period          | 7:00 - 7:45   |
| 1st Period        | 7:50 - 8:30   |
| 2nd Period        | 8:35 - 9:15   |
| 3rd Period        | 9:20 - 10:00  |
| Nutrition Break   | 10:00 - 10:10 |
| 4th Period        | 10:10 - 10:50 |
| 5th Period        | 10:55 - 11:35 |
| Lunch             | 11:35 - 12:10 |
| 6th Period        | 12:15 - 12:55 |
| 7th Period        | 1:00 - 1:40   |
| A.S.A.P. Mon      | 1:45 - 2:10   |
| Release Time 2:10 |               |

#### High School

|                   |               |
|-------------------|---------------|
| 0 Period          | 7:00 - 7:45   |
| 1st Period        | 7:50 - 8:25   |
| 2nd Period        | 8:30 - 9:05   |
| 3rd Period        | 9:10 - 9:45   |
| Nutrition Break   | 10:00 - 10:10 |
| 4th Period        | 10:10 - 10:50 |
| 5th Period        | 10:55 - 11:35 |
| 6th Period        | 11:40 - 12:20 |
| Lunch             | 12:20 - 12:55 |
| 7th Period        | 1:00 - 1:40   |
| A.S.A.P. Mon      | 1:45-2:10     |
| Release Time 2:10 |               |

# 2019-2020 ACADEMIC CALENDAR

## University Preparatory School 2019-2020 School Calendar

**July 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 |    |    |    |

1st Quarter Ends: October 11 (43)  
 1st Semester Ends: December 19 (43)  
 3rd Quarter Ends: March 20 (48)  
 2nd Semester Ends: May 28 (41)

Shaded = Student Attendance Days (175)

**August 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 |

**September 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 |    |    |    |    |    |

**October 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 |    |    |

**November 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 |

**December 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 |    |    |    |    |

**January 2020**

| 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 |    |

**February 2020**

| 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 |

**March 2020**

| 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 |    |    |    |    |

**April 2020**

| 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 |    |    |

**May 2020**

| 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 2020**

| 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 CONFERENCE |

**HOLIDAYS/RECESSES**

|                                      |              |
|--------------------------------------|--------------|
| Labor Day                            | Sep 2        |
| Veteran's Day Holiday                | Nov 11       |
| (by law must be Nov 11 if a weekday) |              |
| Thanksgiving Break                   | Nov 25-29    |
| Winter Break                         | Dec 20-Jan 6 |
| Martin Luther King Day               | Jan 20       |
| Lincoln Day observed                 | Feb 17       |
| Washington Day observed              | Feb 18       |
| February Recess                      | Feb 17-21    |
| Spring Break                         | Apr 3-Apr 13 |
| Memorial Day                         | May 25       |
| Easter - April 12                    |              |

**CERTIFICATED DATES**

|   |           |             |        |
|---|-----------|-------------|--------|
| School Starts:  | August 13 | Graduation: | May 29 |
| School Ends:  | May 28    |             |        |
| Staff Work Days   | ○         | Aug 12      |        |
|   |           | May 29      |        |
|   |           | Jun 1       |        |
| Staff Development Days  | △         | Aug 9       |        |
|   |           | Jan 6       |        |
|   |           | April 3     |        |
| Snow Day Makeup:  | April 3   |             |        |
| (If snow day makeup is used, then Staff Development Day work day will be moved to June 2) |           |             |        |

Revision Board Adopted 1-9-19



## 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          | 26 | 27 | 28 | 29 | 30 | 31 |

| 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 |
| 14           | 15 | 16 | 17 | 18 | 19 | 20 |
| 21           | 22 | 23 | 24 | 25 | 26 | 27 |
| 28           | 29 | 30 | 31 |    |    |    |

| November 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 |    |

| December 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 |    |    |    |    |    |

| January 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 |    |    |

| February 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 |    |    |

| March 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         |    |    |    |    |    |    |

| April 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 |    |    |    |    |

| 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  
 February Recess ..... Feb 18-22  
 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)*