



UNIVERSITY
PREPARATORY SCHOOL

PURSuing EXCELLENCE
TOGETHER

PANTHER PRIDE



DATES TO REMEMBER

Oct. 12-Nov. 15	Art from the Ashes Show
Nov. 1	Fall Carnival
Nov. 4	Early Release Day/2:10 PM
Nov. 8	Music Dept. Mattress Fundraiser
Nov. 8-22	Canned Food Drive
Nov. 9	Senior Social Country Bowl Fundraiser
Nov. 11	Veteran's Day/No School Spelling Bee
Nov. 15-16	Guys & Dolls Fall Musical
Nov. 18	Early Release Day/2:10 PM
Nov. 18-Dec. 4	Senior Social Dutch Bros. Gift Card Stocking Stuffer Sale
Nov. 19	Information Night
Nov. 22-23	Guys & Dolls Fall Musical
Nov. 25-29	Thanksgiving Break

Dear U-Prep families,

This month's newsletter highlights celebrations in academics, visual and performing arts, and athletics. Additionally, we are highlighting opportunities for social and personal development through U-Prep club offerings. Clubs are an excellent venue for leadership and exploration of interests. U-Prep students create their own clubs annually. Many clubs engage in academic competitions (i.e. Science Bowl, Odyssey of the Mind, MATHCOUNTS, Latin Club). Other clubs offer service opportunities, such as Rotary International's service club for young people, Interact Club. Other opportunities to socialize and enjoy common interests include the Cooking Club, Bakers Club, Mountain Bike Club, Pre Med Club, Photography Club among others. Field trips are also featured in selected clubs; the SEPA Travel Club is organizing a June 2020 trip to Austria, Germany, and Switzerland; this trip is open to all U-Prep students. Clubs are updated annually and require ASB Student Government approval. More information on U-Prep Clubs can be found on the U-Prep website (under the heading *Campus Life*) and on page 20 of this month's newsletter.

Believe it or not, we are already in the planning stages for the 2020-2021 school year. This process is officially kicked off by hosting 2020-2021 Enrollment Information Night which is scheduled for Tuesday, November 19, 2019 at 6:00pm in the David Marr Auditorium. Applications for the 2020-2021 school year will be available on Monday, December 2, 2019. For students currently in attendance at U-Prep, the *Intent to Return Form* will be emailed home on December 2; this form will also

Superintendent's Message	p. 1-2
Students of the Quarter	p. 3
ASB News	P. 5-6
VAPA	p. 7-10
Counseling Center News	p. 11-13
Athletics	p. 14-17
U News	p. 18-20
Community News	p. 21-23
2019-2020 Academic Calendar	p. 24
2020-2021 Academic Calendar	p. 25

Mission & Vision

University Preparatory School is an educational community invested in developing confident, capable, and compassionate citizens; its mission to immerse all students "in rigorous academics and meaningful extra-curricular activities" is supported by a collaborative and close-knit community of staff, students and parents and is based upon educational research and professional experience. The faculty and staff work together to provide students with many opportunities to excel academically and develop their potential as educated leaders and citizens in the 21st century through a rich and varied extra-curricular program. This vision is supported by offering a seven- period day to students from grades 6 through 12 so that they may pursue academic interests, such as studying multiple world languages or continue their development in the arts, including dance, drama, art, and music. The objective of this mission is to enable all students to become self-motivated, competent, and lifelong learners.

Superintendent/Principal's Message Continued...



SCHOLASTIC BOOK FAIR SCHEDULE

Tuesday, December 3

Student Showcase Day

*All junior high students have
an opportunity to view
materials for purchase.*

Wednesday, December 4

6th Grade Opportunity to
Purchase

Thursday, December 5

7th Grade Opportunity to
Purchase

Friday, December 6

8th Grade Opportunity to
Purchase



be available on our website and school app. Parents sign and return the *Intent to Return Form* which assists staff in determining seat availability before conducting lottery admissions for the 2020-2021 school year. Return one form per currently enrolled student. This form guarantees currently enrolled students a seat in the 2020-2021 school year when returned no later than Friday, January 17, 2020. If we do not receive an *Intent to Return Form* by the Friday, January 17 deadline, it will be assumed that the student is not returning to U-Prep and his/her position in the school will be forfeited. For more information on the school admissions process, please visit the school website or call 243-2793.

This year's Fall Musical, *Guys and Dolls*, is coming together beautifully. The onstage and backstage company and the directors are excited about this year's production! A special thank you to the parents who are working tirelessly on set construction, costume design, and a myriad of other operational details to support the musical. All hands are on deck to make this year's musical one of the best! The show opens on Friday, November 15 at 7:00pm. Tickets are \$20/adult and \$10/children and seniors. Tickets may be purchased online at uprepmusical.org or through a link provided on the homepage of the school website (uprep.net). Purchase tickets before the shows are sold-out. Bring your family for an enjoyable night of entertainment!

As you may have noticed, our marquee has been under the weather. All attempts at getting it well have been met with the same resolve; it simply needs to be replaced. As such, U-Prep will have an updated and well-functioning marquee in the near future!

It is a pleasure to share that we will be hosting our 1st Annual Scholastic Book Fair for junior high students, December 3 through December 6, 2019. We are looking for parent helpers for this undertaking. Please contact your son/daughter's junior high English teacher or the school office to sign up to help with the Book Fair.

Best wishes for a wonderful holiday season!

Shelle Peterson

Superintendent/Principal





UNIVERSITY PREPARATORY SCHOOL

PURSUING EXCELLENCE TOGETHER

Student of the Quarter Awards In the Spotlight



Junior High Students of the Quarter
1st Quarter 2019-2020 School Year

Front Row, left to right: Alexis B., Kyle B., Jack A.,
Josiah V., Keegan B., Makenna F., Sania S.,
Guenivere B., Gareth H., Madelyn C.

Back Row, left to right: Matalin O., Landon V.,
Jace D., Morgan S., Aidan M., Landon F.,
Emerson L., Naomi H., Reece D., Taryn V., Emma G.



High School Students of the Quarter
1st Quarter 2019-2020 School Year

Front Row, left to right: Rebecca H., Adiah E.,
Dominic R., Mariposa D., Robbie M., Nadeem M.,
Yvonne L., Drew G.

Back Row, left to right: Adam B., Addison B.,
Gideon N., Natalie S., Justice S., Ashley R., Cooper
O., Maia C.

On October 23rd, the Student of the Quarter award recipients and their families joined us in the Board room to celebrate their accomplishments. Superintendent/Principal Shelle Peterson recognized each recipient by sharing their unique attributes. Students received an honorary certificate, and a special t-shirt. Refreshments were enjoyed after the ceremony. Congratulations to all of our First Quarter Student of the Quarter Award recipients and their families!



U-PREP ENROLLMENT INFORMATION NIGHT



Tuesday, November 19, 2019

6:00-7:30 PM

Get to Know U-Prep!

Information Night is an excellent opportunity to learn more about U-Prep's approach and what makes our school unique. Following an introduction from school administration, faculty members will meet with families to discuss academic programs for junior high and high school students. To wrap up the evening, faculty and U-Prep students will provide an interactive session on all school programs, including fine arts and athletics. Please contact the school office for more information.



UNIVERSITY PREPARATORY SCHOOL

2200 EUREKA WAY

REDDING, CA

(530) 245-2790

WWW.UPREP.NET

ASSOCIATED STUDENT BODY

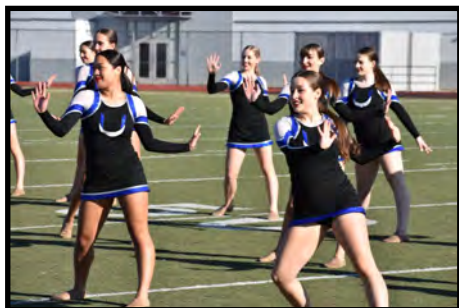


JASPAL GADDY: JUNIOR HIGH ASB ADVISOR
KENT SMITH: HIGH SCHOOL ASB ADVISOR

October was a wonderful, busy month in Student Government. Our amazing student leaders and commissioners put on a fantastic homecoming spirit week, replete with dress-up days, special music with the bell system, buffpuff volleyball and powderpuff football, an outdoor rally in the stadium, and a beautifully decorated homecoming dance in the Stuart gym, themed "Fire and Ice". October 17th found almost all of our ASB class dressed in pink at the post office long before dawn handing out breast cancer awareness bags for Think Pink day. October 23rd ushered in Unity Day in orange, and October 31st was Red Ribbon day to emphasize healthy life-style choices. Finally, the seniors, led by fearless Cooper O., put on a spooky yet spectacular "Haunted Halls" in the East Wing on October 26th.

Coming up in November, the Fall Carnival, on November 1st, 4:00-5:30 pm, will prove to be a fantastic opportunity for the entire school to come together, play games, and raise funds for all of our clubs on campus. We will be promoting the all-school canned food drive November 8-22. Also in November is the much needed Fall Break, before which our ASB class will enjoy a refreshing Thanksgiving potluck-style meal. Finally, on November 19th, we will be assisting the administration in hosting the annual Enrollment Information Night for potential new Panther families, from 6:00-7:30pm.

Spirit Week 2019



Week of Rivalries

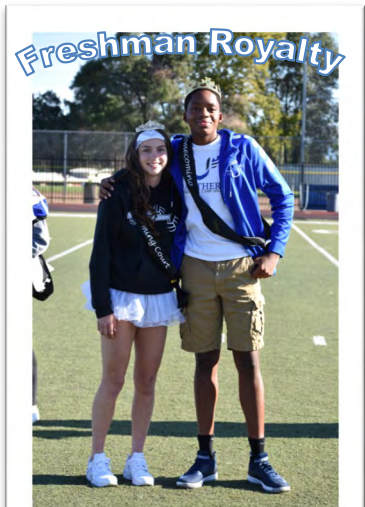


ASSOCIATED STUDENT BODY



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

Scenes from Spirit Week



The next junior high dance is Friday, December 6 in the Hoosier Gym. The theme is Ugly Sweater!! 6th grade is 5-6:30 and 7th/8th grades are 6:30-8pm. There will be a DJ, photo booth, snack bar, and fun with friends!



U-Prep's Good News Rescue Mission Canned Food Drive is November 8-22. Please bring all unexpired, non-perishable canned and boxed goods to history classes. Every item helps and we appreciate any and all donations!



Our annual Fall Carnival is set for Friday, November 1 from 4-5:30pm in the quad. Come on out for some fun, interactive games and yummy snack food. The cost is \$3 with ASB and \$5 without. Each person will get 5 tickets with admission. Additional tickets can be purchased 5 for a \$1.

VISUAL & PERFORMING ARTS

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



CHAMBER ORCHESTRA FIELD TRIP

In October, a select group of students from U-Prep's Chamber Orchestra attended Chico State's Music Ambassador program. They, along with other top high school music students in the region, had the opportunity to shadow Chico State music students through their music and ensemble classes.

Joseph & James J.

Nikolai Orloff

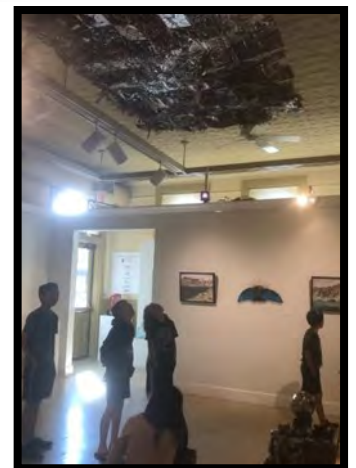
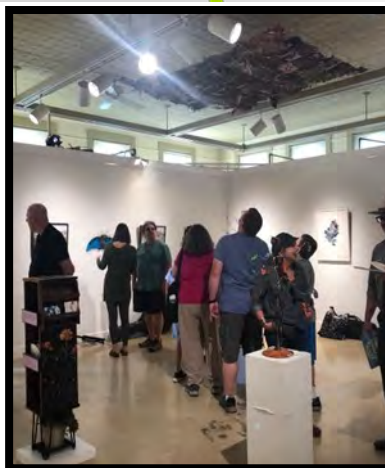
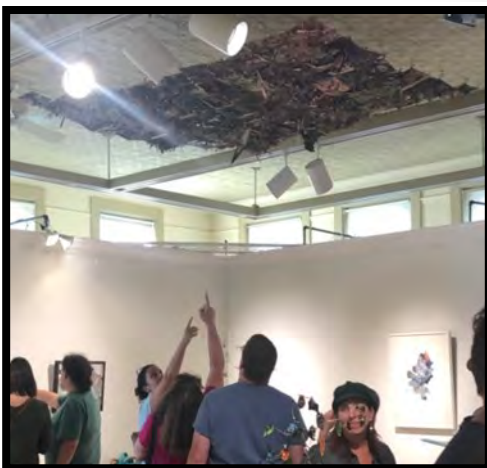
Olivia Crawford



Art from the Ashes: Seeds of Regrowth

October 12-November 15

The reception for the Art from the Ashes took place on Saturday, October 12th at three locations: The Shasta County Arts Council, Shasta Street Labs and Sherven Square. Proceeds for this show will go to the restoration of Whiskeytown National Recreation Area. Over 100 works are on display and the show will be up until November 15th. University Preparatory School student artists have a collaborative art display at the Shasta County Arts Council located at 1313 Market Street. Ms. Wilhelm also has a piece on display at the same location. Included photos are from the reception. Viewers are observing the collaborative piece created by the U-Prep artists.



VISUAL & PERFORMING ARTS

Brad Fowers-Department Chair ♦ Elizabeth Johnson-Strings & Percussion ♦ Romney Clements-Fall Musical
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ANNUAL FALL CLUB CARNIVAL - NOVEMBER 1, 2019

ASB and University Preparatory Clubs will be providing food, carnival games and arts to support a single collaborative fundraising activity on our campus. Students are encouraged to wear costumes (no masks please) at the event. Admission: \$3 with ASB cars and \$5 without. 5 free game tickets with entrance fee and purchase any additional tickets for \$1 for 5 tickets.

Time and Location: 4pm-5:30pm in the quad

PAINT NIGHT WITH BOB - NOVEMBER 8, 2019

High School Art Club will be hosting: *Paint Night with Bob* on Friday Nov 8th from 4:30-6:30 in room 132. \$15 will get you in the door to paint on a repurposed panel board and paint to follow along to one of Bob's videos. Easel, palettes, aprons and brushes will be provided. Can you say "happy little trees"? Refreshments will be served during this event. Open to any U-Prep student, no prior artistic ability is needed.

Sign up: Please bring \$15 to room 132 and write your name down on the form Ms. Wilhelm provides.



DANCE PROGRAM

The Dance Team has had a busy month. They spent a whole weekend working with guest choreographer Jill R. from LA, to set their large group jazz number as well as three senior solos. The girls are excited for competition season to start. Also, the dance team loved performing at the Homecoming Rally and Varsity Halftime. It was such a great experience to perform for the large crowds and share their school spirit.

The Dance Department has started choreography for the Just Dance Performance in March. The students look forward to sharing all the different dances they will learn over the next few months.



VISUAL & PERFORMING ARTS

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



ARTS ALIVE - NOVEMBER 13, 2019

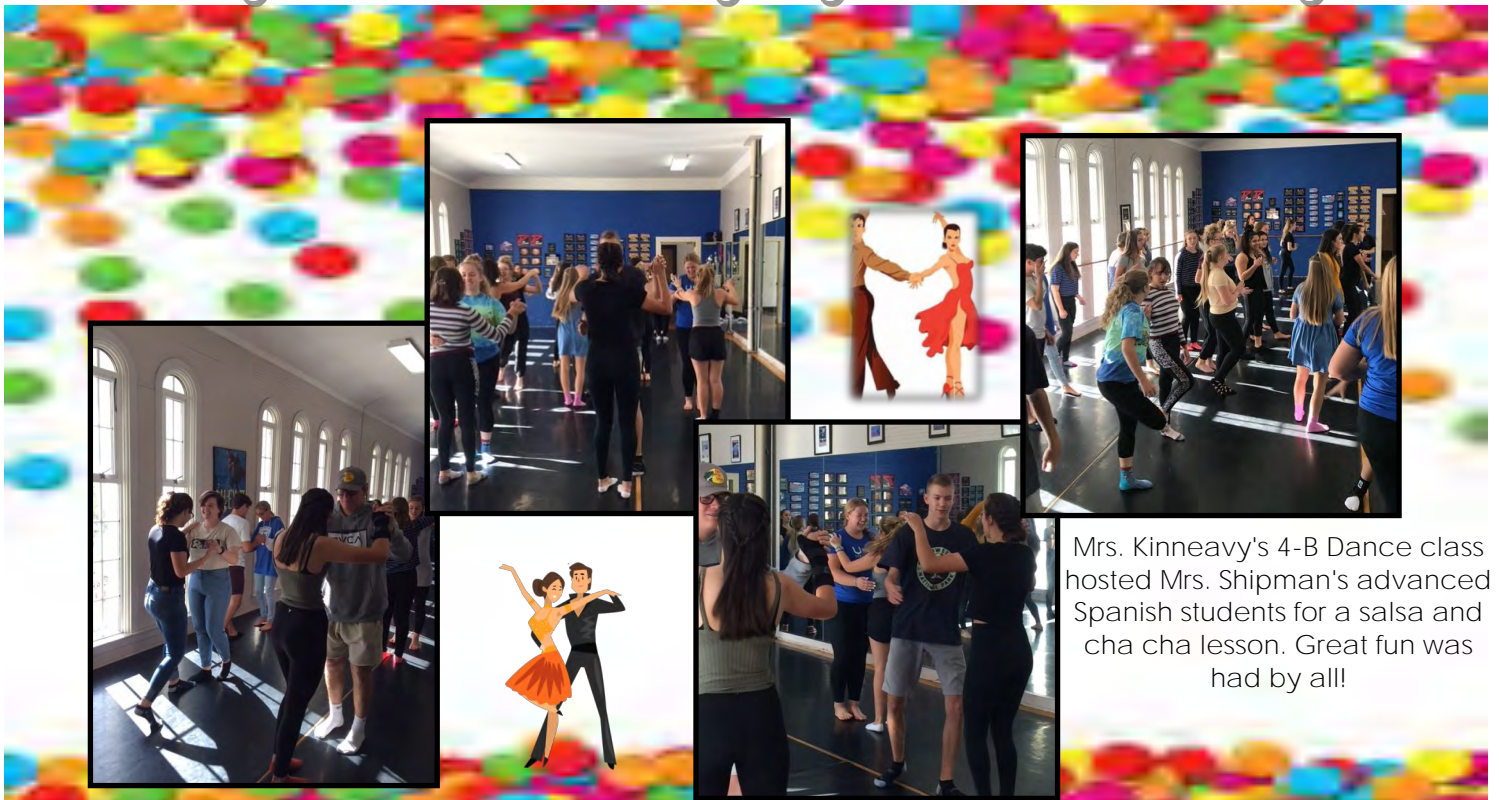
Shasta County Office of Education is presenting *Arts Alive* at the Shasta County Office of Education located at 1644 Magnolia Ave. This show is open to the public from 4-7PM. There will be hundreds of works displayed by Shasta County art teachers and their students. U-Prep artists will have several works of art on display and our Advanced Placement Senior Artists will be providing real-time art creation demonstrations for the public. Please support the arts and attend this wonderful event.

Location: 1644 Magnolia Ave

Date: November 13th

Time: 4pm-7pm with Appetizers

Performing Arts & World Languages Curricular Integration



Mrs. Kinneavy's 4-B Dance class hosted Mrs. Shipman's advanced Spanish students for a salsa and cha cha lesson. Great fun was had by all!

VISUAL & PERFORMING ARTS

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



Guys AND Dolls

U-Prep's Fall Musical, Guys and Dolls, a romantic comedy that explores the lengths a Guy in love will go to for a "Doll", opens at the Marr Auditorium on Friday, November 15th for 6 shows. This musical features unforgettable songs like "Sit Down You're Rockin' the Boat", "Adelaide's Lament", and "Luck Be a Lady". Join us as we take you on a journey to Times Square, the sewers of New York City, and a dance club in Havanna, Cuba.

The shows are Friday, November 15th and 22nd at 7:00pm, and Saturday, November 16th and 23rd at 2:00pm and 7:00pm. Tickets are \$20.00 for Adults, \$10.00 for Children/Seniors and are available online at uprepmusical.org or through a link on the uprep.net website.



1ST ANNUAL UNIVERSITY PREPARATORY SCHOOL THE MATTRESS FUNDRAISER

**SAVE
THE DATE!**



When: Saturday, November 9

Time: 10AM - 5PM

Where: @ University Preparatory School

Event Link: bit.ly/beds4u-prepmusic


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[.com/cfssacramento](https://twitter.com/cfssacramento)

hford@customfundraisingsolutions.com

Beautyrest



Adjustable Beds



Pillows

College & Career Corner + Counseling News

Mrs. Mason, Mr. Williams, & Mr. Maikranz

FALL COLLEGE TOUR

On October 3rd and 4th our junior students attended the Annual Fall College Tour. Approximately 35 students accompanied by staff chaperones visited CSU Chico, UC Davis, and CSU Sacramento. After experiencing the different college campuses there was a bit of time for relaxation and fun in the form of shopping and fine dining in Vacaville. Highlights of campus visits included meeting Chico State president Gayle Hutchinson during the tour, viewing historical buildings on each of the campuses, and having a personal admissions presentation. This trip was one that those in attendance won't soon forget. If your student is a junior and did not attend the fall college trip please be on the lookout for information on the Spring 2020 college trip.



8th Grade to CSU Chico

On October 4th, the entire 8th grade class had the opportunity to visit Chico State campus. After an exciting ride on three yellow school buses, we began the field trip by visiting the campus book store. Many of the kids immediately fit in on the campus wearing their new swag! We had some great tour guides show us around the entire campus. It was a beautiful day which made the campus that much more enticing. The teachers ran into former U-Prep students around almost every corner! Before heading to one of the cafeterias for their "college student" lunch, each student participated in a campus scavenger hunt. Overall, it was a very successful field trip.



Unity Day 2019

On Wednesday, October 23, in observance of Unity Day, U-Prep students and staff came together to send one unified message of support, hope, and unity to show that we are together against bullying and united for kindness, acceptance and inclusion.



U-Prep had over 200 10th and 11th grade students take the PSAT on Wednesday, October 16th. The College Board will email students an access code to view online score reports in December. For details on the score report please see the sample score report below.

PSAT/NMSQT™

Preliminary SAT/National Merit Scholarship Qualifying Test



Your Summary Score Report

Get Your Full Score Report Online

psat.org/myscore

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

YOUR PATH TOMORROW

Here's what else is waiting for you online:

- Course Recommendations**
 Congrats! Your scores show you're ready to succeed in AP® courses. Talk to your counselor about signing up.
 - Scholarship Opportunities**
 Learn more about the National Merit® Scholarship Program. Also, earn College Board Opportunity Scholarships just by planning for college.
 - Free Khan Academy SAT Prep**
 Create a personalized SAT study plan based on the questions you missed on the PSAT/NMSQT.
- SAT** Don't forget!
 Register to take the SAT ahead of college application deadlines in spring of junior year and fall of senior year.

NATIONAL MERIT SCHOLARSHIP CORPORATION

Your NMSC Selection Index
139

NMSC uses a Selection Index score based on PSAT/NMSQT scores, as an indication of students who merit its scholarship programs. The Selection Index score is equal to the sum of your Reading, Writing and Language, and Math Test scores.

Eligibility Information

You meet entry requirements for the 2021 National Merit Scholarship Program and your Selection Index score will be considered among 1.6 million program recipients.

If your Selection Index score is among the 50,000 highest scores nationally for National Merit Scholarship Program recipients, you will be notified next September when identifying Selection Index scores for most eligible.

Entry Requirements

Information you provided on your answer sheet:

High School Status: **YES**
 Will you provide high school and college information? **2021**
 (Optional to be sent in grades 9-11 & 4)

National Merit Scholarship Corporation

National Merit Scholarship Corporation (NMSC) conducts the National Merit® Scholarship Program, an academic competition for high-achieving students across the nation.

Eligible students who qualify for recognition in the 2021 competition NMSC will consider the 2019 PSAT/NMSQT® Selection Index score of 139. To receive this award, you must have completed your high school senior year with a grade point average of 3.0 or higher.

If any of your responses to NMSC's "Entry Requirements" questions are inaccurate or change, please change in plans that may affect your eligibility, write immediately to:

National Merit Scholarship Corporation
 Attn: Scholarship Administration
 1560 Sherman Avenue, Suite 200
 Evanston, IL 60201-4807

Include your name and home address (including zip code) and high school name, address, and six-digit code number.

Shia B. Student | Student ID: 12345678

YOUR SCORE TODAY

Your Total Score

960 | 320 to 1520

You are in the **51st** percentile



You scored equal to or higher than 51% of students

Your Evidence-Based Reading and Writing Score

430 | 140 to 570

You are in the **31st** percentile



Your score shows that you are ready to begin college-level reading and writing.

Your Math Score

530 | 140 to 570

You are in the **69th** percentile



Your score shows that you are ready to begin college-level math.

Your Test Scores*

Reading: **23** | 8 to 38

Writing and Language: **20** | 8 to 38

Math: **26.5** | 8 to 38

*Additional Evidence-Based Test Scores: Scores are reported as a decimal value (e.g., 26.5) for the Math Test. Scores are reported as a whole number (e.g., 20) for the Reading and Writing and Language Tests.

psat.org/myscore

Go online for your full report

Ima, this was your score when you took the test; it is not a measure of how far you can grow!

+130 pts!



Students with scores like yours increased their performance from the PSAT/NMSQT® to the SAT® by 130 points after 10 or more hours of personalized practice on Khan Academy®.

Your Question-Level Feedback

QUESTIONS OVERVIEW

Section	Question #	Correct	Incorrect	Difficulty
READING	1	A	B	Medium
	2	B	A	Medium
	3	C	D	Medium
	4	A	B	Medium
	5	B	A	Medium
	6	B	A	Medium
	7	A	B	Medium
	8	A	B	Medium
	9	A	B	Medium
	10	A	B	Medium
WRITING AND LANGUAGE	11	D	B	Medium
	12	B	A	Medium
	13	B	A	Medium
	14	A	B	Medium
	15	C	B	Medium
	16	B	A	Medium
	17	B	A	Medium
	18	B	A	Medium
	19	A	B	Medium
	20	C	B	Medium
MATH - CALCULATOR	21	A	B	Medium
	22	B	A	Medium
	23	C	B	Medium
	24	D	C	Medium
	25	C	B	Medium
	26	A	B	Medium
	27	B	A	Medium
	28	A	B	Medium
	29	D	C	Medium
	30	B	A	Medium
MATH - NO CALCULATOR	31	B	A	Medium
	32	B	A	Medium
	33	C	B	Medium
	34	A	B	Medium
	35	B	A	Medium
	36	B	A	Medium
	37	B	A	Medium
	38	C	B	Medium
	39	C	B	Medium
	40	D	C	Medium
MATH - CALCULATOR	41	B	A	Medium
	42	B	A	Medium
	43	A	B	Medium
	44	A	B	Medium
	45	A	B	Medium
	46	B	A	Medium
	47	C	B	Medium
	48	B	A	Medium
	49	B	A	Medium
	50	B	A	Medium

***Tip:** A great way to start improving is to practice the questions you missed first.

psat.org/myscore

Go online for your full report



• College Application •

Workshops

Cal State
UC
Common App

University Preparatory School

Fall 2019

LUNCH

Room 299

Workshop.....10/31

Workshop.....11/07

Workshop.....11/14

Workshop.....11/19

Workshop.....11/20

Workshop.....11/21

Need help filling out college applications?
Attend one of these Drop-in Workshops!



UPREP ATHLETICS

JH Soccer Results

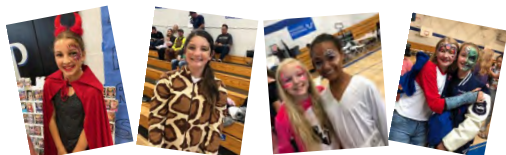
With a total of 24 student athletes in the junior high soccer program, royal soccer took 1st place in league going undefeated. White Soccer placed 4th in league!



JUNIOR HIGH VOLLEYBALL PROGRAM

Junior High Volleyball ended their season with Crepes and Costumes! As part of their end-of-a-successful-season celebration, the girls challenged each team's parents to a game. It is safe to say our student athletes get their talents from there parents! Our volleyball program appreciates our parent involvement!

We look forward to more successful seasons in the future.



PANTHER VOLLEYBALL ROCKS PINK IN OCTOBER



HIGH SCHOOL ATHLETICS DIRECTOR: STEVEN SCHUSTER

JUNIOR HIGH ATHLETICS DIRECTOR: ROBYN JOHNSON

ATHLETICS SECRETARY: NICOLE PRINGLE

ATHLETICS ADMINISTRATOR: ROCHELLE ANGLE

JUNIOR HIGH CROSS COUNTRY

- ◆ 6th grade girls earned 2nd in league
- ◆ 6th grade boys earned 1st in league
- ◆ 7th/8th grade girls earned 1st in league
- ◆ 7th/8th grade boys earned 1st in league

The league fields approximately 700 runners from 45 area schools. Nice work, Panther runners!



Congratulations to

NOAH G. & LYNDSEY S.



These two Panthers ran undefeated this year, bringing home nothing but **BLUE!**



UPREP ATHLETICS

HIGH SCHOOL VOLLEYBALL PROGRAM

7 Years in the Panther Volleyball Family!



Student-athletes, Alex W., Emily C., Kennedy K., Madi F. and Gigi E. started with the U-Prep Volleyball program in 6th grade! Now seniors, the ladies continue to set records and make Panther history! To view their story, select the following link

[Record Searchlight](#)

GIRLS GOLF

Girls Golf finished their season placing 4th overall, bringing home two league awards.

Chloe S. earned Honorable Mention and Ashley R. earned All League.





UPREP ATHLETICS



HIGH SCHOOL ATHLETICS DIRECTOR: STEVEN SCHUSTER

JUNIOR HIGH ATHLETICS DIRECTOR: ROBYN JOHNSON

ATHLETICS SECRETARY: NICOLE PRINGLE

ATHLETICS ADMINISTRATOR: ROCHELLE ANGLE



U-Prep Cheer is dedicated to leading the school in spirit! The team enjoys participating in spirit days and most importantly, rallying the football teams from the sidelines. The team traveled to Mount Shasta on October 25th to cheer at another winning game. Look to the team for more amazing performances at our home games on November 1st & the 8th. Go Panther Cheer!

High School Swim



U-PREP SWIMMERS REACH MILESTONE

For the first time in U-Prep history, girls *and* boys at the JV and varsity level have earned first place in league!

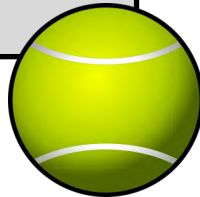
Congratulations to our Panther athletes! Kudos to Coach Michelle Johnson for developing an outstanding program for our student athletes.



UPREP ATHLETICS

Girls Tennis

The Lady Panthers held there own this season going 8-0 in League! Maggie, Vianna and Abby will all move on to semi-finals in singles. Abby and Maggie will compete in doubles! *Hot off the Press!* Maggie & Amber made it to the top 4 in singles.



FOOTBALL



The Football Program is having a great season at both levels. Frosh-Soph is undefeated in play! The future looks bright for this Panther team!

Varsity is 7-1 heading into the latter part of the season, setting their sights on playoffs!

Annual Freshman Class Trip to Patrick's Point

This year's freshman class was excited to make the trek to Patrick's Point on the Northern California coast to enjoy a couple days of hiking, exploring, and class camaraderie. Students, teachers, and chaperones enjoyed beautiful weather. Evenings were filled with students enjoying some free time, playing tag football, and chatting around the campfire. During the hikes, teachers stopped at the popular vista points so students could explore and take lots of group selfies with the spectacular, sparkling blue Pacific Ocean in the background. Students loved the rugged hike down to Agate Beach including kicking off their shoes and socks to put their toes in the sand. Tide pooling was an exciting activity with students finding sea anemones, starfish, hermit crabs, and the occasional seal relaxing on a rock. The field trip to Patrick's Point this year was a complete success!



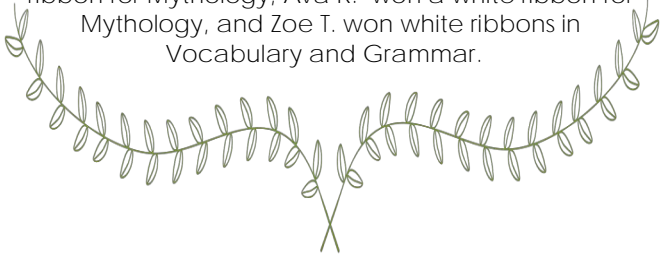
Sophomore Trip to Oregon

The sophomore class had a blast visiting Oregon, October 2-4. The students took in plays, *Macbeth* and *Alice in Wonderland*, toured Southern Oregon University, and hiked to beautiful Lower Table Rock that provides an overlook of the whole valley. Memories were made that will surely last a lifetime!



Latin Club ~ Ludi Octobres

On October 26, Latin Club attended Ludi Octobres at Menlo School in Atherton, CA. Students attended lectures by college professors, played Roman-themed games, made mosaics, and met other Latin students from across the state. In academic competitions Rebecca H. won a blue ribbon for Grammar, Nathan S. won a red ribbon for Grammar, Justin C. won a red ribbon for Mythology, Ava R. won a white ribbon for Mythology, and Zoe T. won white ribbons in Vocabulary and Grammar.



A SPECIAL GUEST ON CAMPUS

Noticing The Dead Connection book series was popular among 8th grade students, Mrs. Bright did a bit of research and found out that the author is based in Redding! Mrs. Bright emailed the author to let him know how popular his book is and he replied with an offer to come talk. On Wednesday, October 23, the 8th grade class had the privilege of listening to a presentation from local author, Charlie Price. Mr. Price went over his life history, how he gets his ideas and his writing process. He was engaging and left many students wanting to read more of his books. If you're interested in his books, The Dead Connection series is available on Barnes & Noble's website.

Local author, Charlie Price and 8th Grade student, Liam M.



TRAVEL ABROAD with SEPA



"Travelling is like food for thought to our brain. It changes your perception of life. It teaches you things that are beyond books. It teaches you how to live. People usually think it's a waste of money or it is something for the rich. But I say it's for everyone. Since ancient times people traveled far and wide to earn livelihoods and learn new things. It's not a recreational activity but a way of life."




One of the main advantages of traveling is getting educated in a pleasurable way. Supposedly, you visit a country, say, France. We all have read about its rich culture and history in our textbooks out of which at least half of it is forgotten. But when you go there and experience it truly, which you probably would have experienced vicariously through books, photographs and videos, then that knowledge gets imprinted in your minds forever." -Anusha Srivastava

SEPA is now accepting travelers for our summer 2021 tour. Join us as we travel to the Alps, Provence, Barcelona (Switzerland, France, Spain, and Italy). On our 13 day tour, we will experience the history from the Lion Monument in Lucerne, enjoy a scenic journey via the Italian Lake District and Cinque Terre, and visit a UNESCO World Heritage Site, through the French Riviera, Monaco, **Nice la Belle or "Nice the beautiful". We will visit Pont du Gard in Provence and Nimes Amphitheater, and travel through to Madrid and tour Puerta del Sol; Plaza Mayor.. and so much more. Come to our informational meeting on Wednesday, November 13th at 5:30 in Mrs. Isheim's room 135.**




U BELONG




U-PREP 2019-2020 CLUBS




FOR MORE COMPLETE CLUB INFORMATION, PLEASE VISIT UPREP.NET

		
Chess Club	Christian Club	Club No More
Members: Grades 6-12 Time: Wednesday, 2:15pm-3:30pm Location: Room 102 Advisor: Mr. Peck	Members: Grades 7-12 Time: Wednesday, 4th Lunch Location: Room 102 Advisor: Mrs. Seales	Members: Grades 6-12 Time: Monday, 4th Lunch Location: Room 104 Advisor: Mr. Krone






		
Anime Club	Art Club	Bakers Club
Members: Grades 6-12 Time: Wednesday, 3:15pm-4:30pm Location: Room 102 Advisor: Mr. Williams	Members: Grades 7-12 Time: Thursday, 4th Lunch Location: Room 102 Advisor: Mr. Williams	Members: Grades 7-12 Time: Thursday, 4th Lunch Location: Room 102 Advisor: Mrs. Crawford




		
Cooking Club	Dungeons & Dragons	Fashion Flip
Members: Grades 9-12 Time: Wednesday, 4th Lunch Location: Room 102 Advisor: Mr. Kulkarni	Members: Grades 7-12 Time: Wednesday, 4th Lunch Location: Room 104 Advisor: Mr. Peck	Members: Grades 7-12 Time: Thursday, 4th Lunch Location: Room 104 Advisor: Mrs. Gaddy




		
Fellowship of Christian Athletes	Gaming Club	HOPE Club
Members: Grades 9-12 Time: Thursday, 4th Lunch Location: Room 102 Advisor: Mr. Williams	Members: Grades 9-12 Time: Tuesday, 2:15pm-3:30pm Location: Room 102 Advisor: Mr. Peck	Members: Grades 9-12 Time: Wednesday, 4th Lunch Location: Room 102 Advisor: Mrs. Angi

		
Latin Club	LGBT Club	Magic the Gathering
Members: Grades 8-12 Time: Thursday, 2:15pm-3:30pm Location: Room 102 Advisor: Dr. Groves	Members: Grades 8-12 Time: Thursday, 4th Lunch Location: Room 104 Advisor: Mrs. Deiter	Members: Grades 8-12 Time: Thursday, 3:30pm-4:30pm Location: Room 104 Advisor: Mrs. Truesdell

		
Interact Club	Inventors Club	Journalism Club
Members: Grades 9-12 Time: Friday, 2:45pm-3:45pm Location: Room 102 Advisor: Mr. Cabral	Members: Grades 7-12 Time: Friday, 4th Lunch Location: Room 102 Advisor: Mrs. Truesdell	Members: Grades 9-12 Time: Monday, 4th Lunch Location: Room 102 Advisor: Mr. Mack

		
Math & Science Club	Mathcounts Club	Mountain Bike Club
Members: Grades 9-12 Time: Wednesday, 4th Lunch Location: Room 102 Advisor: Mr. Murphy	Members: Grades 8-12 Time: Wednesday, 7:15am-8:15am Location: Room 104 Advisor: Mrs. Oberlander	Members: Grades 8-12 Time: Friday, 8:15am-9:15am Location: Our Block Advisor: Mr. Dean

		
Odyssey of the Mind	Orchestra/Drum Corp.	Photoshop Club
Members: Grades 8-12 Time: Friday, 2:45pm-3:45pm Location: Room 104 Advisor: Mrs. Crawford	Members: Grades 9-12 Time: Thursday, 2nd Period Location: Band Room Advisor: Mrs. E. Johnson	Members: Grade 8 Time: Monday, 4th Lunch Location: Room 102 Advisor: Mr. Love

		
Photography Club	Pipe Band Club	Pre Med Club
Members: Grades 8-12 Time: Wednesday, 4th Lunch Location: Room 102 Advisor: Mrs. Bird	Members: Grades 9-12 Time: Friday, 4:30pm-5:30pm Location: Room 104 Advisor: Mrs. E. Johnson	Members: Grades 9-12 Time: Wednesday, 4th Lunch Location: Room 102 Advisor: Mrs. E. Johnson

		
SEPA - Travel	Skate Club	Uno Club
Members: Grades 9-12 Time: Thursday, 4:30pm-5:30pm Location: Room 104 Advisor: Mrs. Johnson	Members: Grades 9-12 Time: Thursday, 4th Lunch Location: Room 102 Advisor: Dr. Cheng	Members: Grades 9-12 Time: Thursday, 4th Lunch Location: Room 102 Advisor: Mr. Bird

		
World Languages Club	6th Grade Christian Club	8th Grade East Coast Trip
Members: Grades 9-12 Time: Friday, 4th Lunch Location: Room 204 Advisor: Mrs. Bourne	Members: 6th Grade Meeting Days: Wed, 4th Grade session Location: Room 104 Advisor: Mrs. Gaddy	Members: 8th Grade Meeting Days: 4th vs 5th class Location: Room 104 Advisor: Mrs. Bright

CHALLENGE SECTIONS

TIPS TO HELP YOUR CHILD THRIVE

PROTECT PLAYTIME, DOWNTIME, AND FAMILY TIME (PDF)

Avoid overscheduling. Children of all ages need restorative time to reflect and dream, and families need time to connect and build lasting bonds. Research shows PDF is critical for children's well-being.

EMPHASIZE LEARNING, NOT GRADES

Pressure to achieve only high grades can lead to cheating, physical and emotional challenges, and other risky behaviors.

CHOOSE YOUR WORDS CAREFULLY

If the first question you ask your child after school is "How'd you do on the test?" you are sending a message about your priorities. Instead, ask "How was your day?"

LET CHILDREN DO THEIR OWN WORK

Resist the urge to complete or correct homework. When you step in, it can actually undermine learning and confidence.

PRIORITIZE SLEEP

An extra hour of sleep is more valuable than an extra hour of studying. Sleep deprivation can be associated with depression and anxiety and can interfere with learning and engagement in school.

CREATE TECHNOLOGY-FREE SPACES

When media devices are moved out of the bedroom, children sleep better and are more efficient with homework. Unplug during mealtimes and other family activities.

CHALLENGE SUCCESS

Resist society's narrow definition of success and embrace your child's unique interests and strengths. Don't allow concerns about college admissions to dictate your child's choices in and out of school.

Attend to Achieve: **ABSENCES ADD UP**



REACH HIGHER
shasta EVERY STUDENT
EVERY DAY

 **Attend to Achieve**



Scrip is NOT just for Holidays!

However, since the holidays are almost here, look at how you can buy those holiday purchases AND earn cash for our school.

Do you shop at:

Bed Bath and Beyond.....8% rebate
 Bath and Body Works.....4% rebate
 Safeway.....12%rebate
 Barnes and Noble.....8% rebate
 Holiday Market.....10% rebate (super for a grocery store! Shop local!)
 Target.....2.5% rebate
 Amazon.....2.25% rebate

By your coffee at:

Dutch Bros.....20% rebate (you read that right..you buy a \$20 gift card we earn \$4.00!)
 Starbucks.....7% rebate

Eat your meals at:

Applebees.....8% rebate
 Outback.....8%rebate
 Red Robin.....8% rebate
 Burger King.....4% rebate

Just to name a few! There are over 700 more merchants to choose from!

Disney, hotels, gas stations, cruises, airlines...you name it and there is a good change you can Shop with Scrip to purchase it.

www.shopwithscrip.com

Check it out! It's so easy

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			

20

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

14

September 2019						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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22	23	24	25	26	27	28
29	30					

18

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		

23

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

15

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				

14

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
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16	17	18	19	20	21	22
23	24	25	26	27	28	29

15

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				

22

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		

15

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						

18

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				

22

FINAL EXAMS
MINIMUM DAY
ACADEMIC CONFERENCES

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 2020-2021 School Calendar

July 2020

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
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1st Quarter Ends: October 9 (43)
 1st Semester Ends: December 17 (43)
 3rd Quarter Ends: March 19 (47)
 2nd Semester Ends: May 27 (42)

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August 2020

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						1
2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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27	28	29	30			

October 2020

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April 2021

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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May 2021

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						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
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June 2021

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FINAL EXAMS
MINIMUM DAY
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(by law must be Nov 11 if a weekday)
 Thanksgiving Break Nov 23-27
 Winter Break Dec 18-Jan 4
 Martin Luther King Day Jan 18
 Lincoln Day observed Feb 15
 Washington Day observed Feb 16
 Spring Break Apr 2-Apr 12
 Memorial Day May 31

Thanksgiving - November 26
 Easter - April 4

CERTIFICATED DATES

School Starts: August 11 Graduation: May 28
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Staff Work Days Aug 10
 May 28
 Jun 1

Staff Development Days Aug 7
 Jan 5
 Apr 12

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