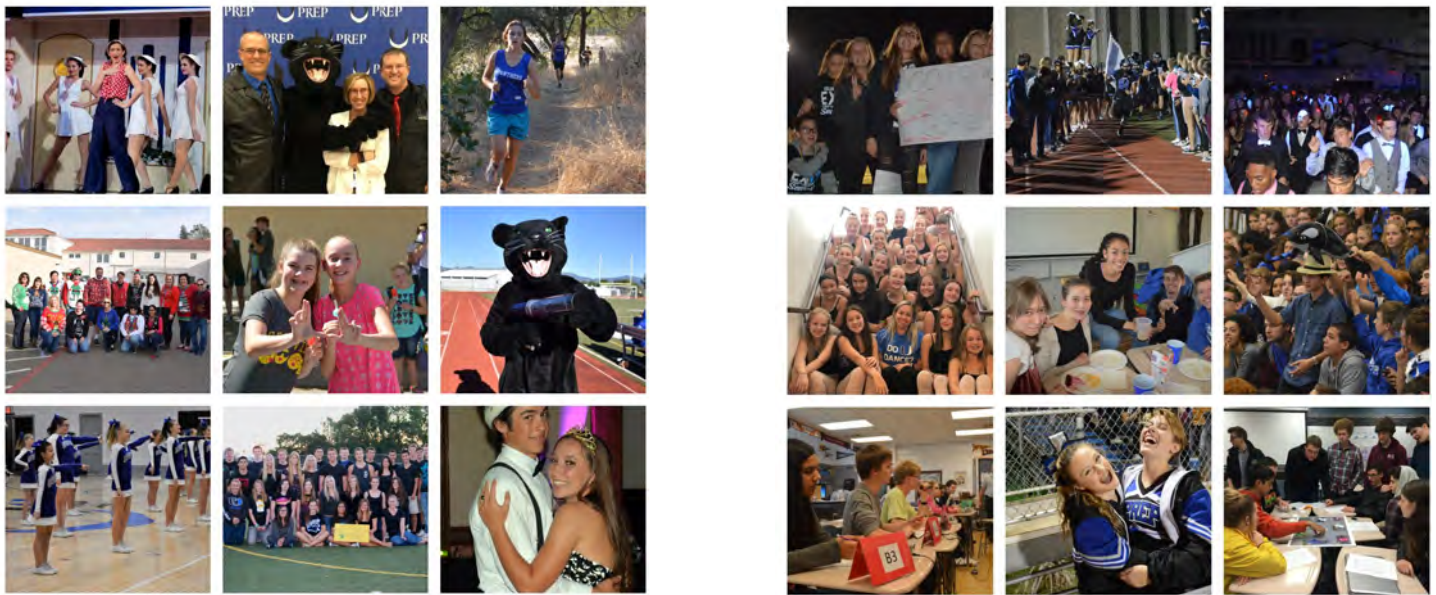




PANTHER PRIDE

Gratitude Retrospective

The tranquil days of fall and winter provide the opportunity for reflection and gratitude unique to the holiday season. Countless happy memories have been shared over the years. While we look towards the future at U-Prep, it is gratifying to take time to recall our past with pride!



DATES TO REMEMBER

Dec. 3	Picture Retake Day
Dec. 7	Early Release Day/1:35 PM
Dec. 8	JH Student of the Quarter
Dec. 9	HS Student of the Quarter
Dec. 11	Ugly Sweater Day
Dec. 15-17	Final Exams
Dec. 17	1st Semester Ends
Dec. 18-Jan.5	Winter Break
Jan. 6	Classes Resume
Jan. 11	Early Release Day/1:35 PM
Jan. 14	Academic Awards
Jan. 18	Martin Luther King Day/No School
Jan. 19-22	Winter Spirit Week
Jan. 20	Virtual Enrollment Information Night

**ASB NEWS**

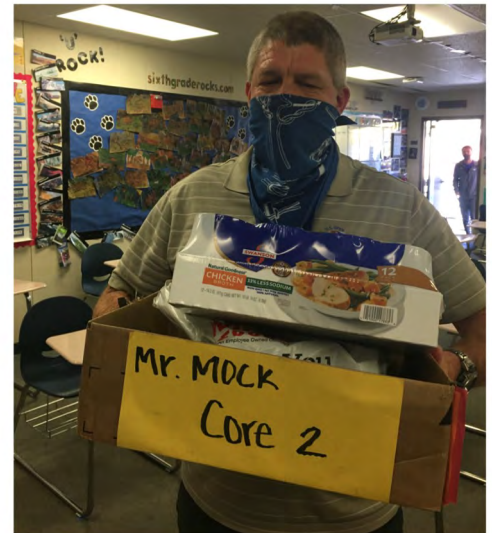
Thank you to everyone that contributed to our annual school food drive. Even though our drive was cut short due to distance learning, many families still dropped off their items and helped out. We appreciate your support and had over 600 items donated to the Good News Rescue Mission. Thank you Panther Families.

JH ASB finished up ASAP trivia at the beginning of November and will be presenting a brand new JH game called 'Find the Panther'. Details will follow after Thanksgiving Break in ASAP classes.

Mark your calendar! Friday, December 11 is our school-wide Ugly Sweater Day; sport your best/worst/ugliest/cutest/most stylish Christmas sweater!

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.





Student Learning Outcomes

The U-Prep Student will...

Demonstrate Leadership

Effective leaders demonstrate initiative and a strong work ethic.

Effective leaders communicate and listen in a collaborative environment.

Apply a Growth Mindset

Growth mindset learners demonstrate personal responsibility in the face of challenges.

Growth mindset learners embrace obstacles as an opportunity to learn and grow.

Engage in Critical Thinking

Critical thinkers demonstrate innovation in problem solving and effectively utilize a variety of resources.

Critical thinkers adapt to challenges with determination and integrity.

Contribute to Their Community

Positive contributors effectively collaborate, demonstrate empathy, and develop productive working relationships.

Positive contributors navigate social, personal, and digital communities in a responsible manner.



PURSuing EXCELLENCE TOGETHER

It is our pleasure to introduce U-Prep's refreshed Student Learning Outcomes (SLOs). As part of our continuous improvement process we periodically reflect upon our School Mission, Vision, and SLOs with stakeholders. Data obtained through surveys (student, staff, parent), through student achievement outcomes (state assessment, Advanced Placement exams, PSAT and SAT exams, academic grades), among other sources of data contributed to the reflection process and helped shape the revised Student Learning Outcomes. During Senior Exit Presentations, seniors conduct a culminating presentation that is anchored in the SLOs. This is one example of the many ways that our SLOs show up within our programs and operations.

Our school improvement systems overlay very well with the school accreditation self-study process ("WASC"), which was formally initiated at the beginning of the 2019-2020 school year. Five (5) Stakeholder focus groups worked diligently throughout the school year to reflect upon school progress, review data and evidence, and contribute to updated school goals. A huge THANK YOU goes out to the parents and junior high and high students that joined our entire staff and school board trustees in doing this school improvement work together. Much time was devoted to ensure a thorough and thoughtful experience. This year, we will host a virtual visit from a WASC Visiting Team composed of educators. This visit is scheduled to occur in February and we are looking forward to it! To access an overview of the WASC process, click [here](#)



BIG NEWS!

U-Prep is filled with pride at the announcement of senior student, Sophie McKinnon's acceptance to **Yale University!** Sophie plans to major in **The History of Science, Medicine, and Public Health**. She has been admitted to Yale with a full four-year scholarship through [QuestBridge](#). The U-Prep staff has enjoyed watching Sophie's U-Prep journey since 6th grade and looks forward to keeping up with her exciting experiences at Yale.

Go Sophie! Go Panthers!



8th Grade Perspective

U-Prep 8th grade students recently finished their first unit in US History. 8th grade students enjoyed learning about Colonial America. The unit provided a deep dive into the first Americans, early European colonists, and life within the colonies. Students began the unit by examining early American artifacts and ways of life, followed by a virtual field trip through the Cahokia Mounds Museum, finishing the unit with a colonial sales booth activity. Students created unique sales jingles and competed in convincing their classmates why their colony would be a better place to settle!



FINAL EXAM SCHEDULE ~ DECEMBER 2020



FINAL EXAM SCHEDULE: December 2020

Tuesday, Dec. 15, 2020	
7:40 - 8:25	Period 0 (45 min)
8:30 - 10:15	Period 1 (105 min)
10:15 - 10:25	Break (10 min)
10:30 - 12:15	Period 3 (105 min)
12:15 - 12:55	Lunch (40 min)
1:00 - 2:45	Period 7 (105 min)
2:45 All-School Dismissal	
Wednesday, Dec. 16, 2020	
8:30 - 10:15	Period 2 (105 min)
10:15 - 10:25	Break (10 min)
10:30 - 12:15	Period 5 (105 min)
12:15 - 12:45	Lunch (30 min)*
12:15 All-School Dismissal	
Thursday, Dec. 17, 2020	
8:30 - 10:15	Period 4 (105 min)
10:15 - 10:25	Break (10 min)
10:30 - 12:15	Period 6 (105 min)
12:15 - 12:45	Lunch (30 min)*
12:15 All-School Dismissal	

Monday, December 14th will be the last day of a regular class schedule for the first semester of the 2020-2021 school year. *On Tuesday, 12/15, through Thursday, 12/17, high school students will take final exams.* Junior High students will follow the same schedule *but will not be taking comprehensive final exams unless they are in high school classes.* The increased class time will be used for culminating activities.



College & Career Corner + Counseling News

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

PSAT/NMSQT™

CollegeBoard / NATIONAL MERIT
SCHOLARSHIP CORPORATION

PSAT Score Reports available December 7, 2020

How to Get Your Scores: When your PSAT/NMSQT scores are ready online, you'll get an email with instructions on [creating your College Board account](#), going to your [online score report](#), and using your access code to view your scores.

If you need a paper score report, ask an educator at your school.

From your account, you can also print your online score report by clicking the Download Your Score Report button.

<https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10/scores/getting-scores>

For details on the score report please see the [sample score report on the next page](#).

Senior Information!

Please plan ahead and order your graduation announcements, cap, gown, tassel and more with Ultimate Graduation Company. Link to order: ultimategrad.com

In case you missed it! Select the following [link](#) to access the Financial Aid Night Presentation conducted by Brad Williams at College Options.



CASH FOR COLLEGE WEBINAR

The California Student Aid Commission is excited to announce their first Statewide Cash for College Webinars! The webinars will provide information to help students and families complete the FAFSA/CADAA. The webinars are FREE and open to all students and families applying for financial aid. They will have volunteers answering questions throughout the session via chat box (general questions only) and one-on-one assistance on the Cash for College Hotline after the webinar.

Register for the webinar [here](#)





UNIVERSITY
PREPARATORY SCHOOL

SAT SCHOOL DAY

March 24, 2021

U-Prep will be offering juniors the chance to take the SAT w/Essay during their regular school day!

Register in the ASB office (cash or check)

Cost is \$68.00

\$15.00 for students who qualify for a fee waiver

Deadline to register: February 5, 2021

College & Career Corner + Counseling News

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

INCORPORATE MINDFUL PRACTICES INTO YOUR DAILY ROUTINE!

BELLY BREATHING:

PUT ONE HAND ON YOUR STOMACH AND ONE HAND ON YOUR CHEST. SLOWLY BREATHE IN FROM YOUR STOMACH (EXPAND LIKE A BALLOON) AND SLOWLY BREATHE OUT (DEFLATE).

LISTENING TO MUSIC:

FOCUS ON THE WHOLE SONG, OR LISTEN SPECIFICALLY TO THE VOICE OR AN INSTRUMENT.

MEDITATION:

SIT IN A RELAXED, COMFORTABLE POSITION. PICK SOMETHING TO FOCUS ON, LIKE YOUR BREATH. WHEN YOUR MIND WANDERS, BRING YOUR ATTENTION BACK TO YOUR BREATH.

COLORING:

COLOR SOMETHING. FOCUS ON THE COLORS AND DESIGNS.

ATTENDING

SHASTA COLLEGE NEXT YEAR?



7 Reasons to file a **Financial Aid** Application by **March 2nd!**



FILING BY MARCH 2ND
MAY QUALIFY YOU FOR:

FAFSA: www.fafsa.ed.gov
CA DREAM Act: dream.csac.ca.gov

FILING AFTER MARCH 2ND
MAY QUALIFY YOU FOR:

\$1,656 - \$6,000 (w/Dependents)
Annual Award

CAL GRANT

\$0 Competitive
No Guarantees!

\$4,000
Max. Annual Award

STUDENT SUCCESS COMPLETION GRANT

\$0 Competitive
No Guarantees!

\$4,000
Max. Annual Award

FEDERAL WORK STUDY

\$0 Competitive
No Guarantees!

\$1,200
Annual Award

SUPPLEMENTAL ED. OPPORTUNITY GRANT

No guarantees

\$6,345
Annual Award

PELL GRANT

\$6,345
Annual Award

\$1,104
Annual Award

CA. COLLEGE PROMISE GRANT

\$1,104
Annual Award

TOTAL \$18,305 -
\$22,649 (w/Dependents)

Possible total awarded depends on eligibility

\$7,449 TOTAL

**Award for Students Not Qualifying for
State and Federal Financial Aid Programs**

Shasta College Promise Grant (Tuition Waived)
\$1,104 Two Years Free Award | www.shastacollege.edu/shastapromise



Free^{x2}
IT'S UP TO YOU!

For specifics on Cal Grant go to

csac.ca.gov/cal-grant-faq



Shasta College

www.shastacollege.edu

Shasta College is an equal opportunity educator and employer.

Financial Aid
(530) 242-7650

University Preparatory School

DEADLINE: 02/10/2021

Dear Parent or Student,

Yearbook recognition ads are a great way for parents, families and friends to commemorate student achievements and important milestones. In addition, revenues from recognition ads help our school to create a better yearbook. To purchase your ad online, follow the instructions on the form below. Jostens is managing your school's yearbook ad sales so please do not contact or send materials to the school. Please take into account our school's ad content guidelines on the bottom of this form during the creation of your ad online. All ad orders must be placed online by 02/10/2021

ORDER YOUR YEARBOOK RECOGNITION AD TODAY!

ORDER BY 02/10/2021

COLOR AD

Full Page	\$350.00
1/2 Page	\$170.00
1/4 Page	\$90.00
1/8 Page	\$50.00



EASY PAYMENT PLAN AVAILABLE*

*Credit card installment plan available for orders of \$30 or more.

IT'S EASY! Create your ad online at
www.jostensadservice.com

1. Choose your ad size and layout.
2. Enter your text and upload your photos.

Important information about Yearbook Recognition Ads

- Our school reserves the right to edit ads per our guidelines.
- We retain the right to remove any explicit text, graphic photos or copyright-protected imagery or photos.
- For the ad to appear in the yearbook, your ad must be purchased by the order deadline.
- Color photographs uploaded for black-and-white ads will appear in black and white.
- We will make every effort to use your layout and text as indicated. A proof will not be provided and no changes can be made after purchase.

GUIDELINES SURROUNDING RECOGNITION AD CONTENT.

Our school reserves the right to edit ads per our guidelines. Please make sure all submitted materials are appropriate for school publication.

Frequently Asked Questions

How are the ad prices determined and what is the money used for?

Ad prices are determined by our school. The revenue from Recognition Ads helps support our yearbook and keep it affordable for everyone.

How is the ad deadline determined?

The ad deadline is set by our school based on the production schedule for the yearbook.

Can I create my student's ad on my mobile device?

Yes, yearbook ads can be created online from both desktop and mobile devices.

Can I send my materials to the school?

No, please do not send your materials to our school. Our school has selected Jostens to assist with our ad program. Please call our customer service number (800-358-0800) if you have questions or need assistance in creating your ad.

More questions? Call Jostens at (800) 358-0800.

www.jostensadservice.com





WHERE CAN I GET MY YEARLY FLU SHOT?

To avoid overwhelming our hospitals with flu and COVID patients, flu shots are recommended for anyone over six months of age.

Flu shots are easily accessible through:

1. Your Primary Care Provider
2. Local pharmacies, including:
 - a. Walgreens
 - b. Rite Aid
 - c. Costco
 - d. Safeway
 - e. CVS

Free flu shots are available to all Shasta County residents -- regardless of insurance status, at:

1. The HHSA drive-thru
 - a. Shasta District Fairgrounds, 10/07/20 from 9:30 a.m. - 2 p.m.
2. The Public Health clinic, by appointment

Check with your provider for age restrictions.

To make an appointment at the
Public Health clinic, call 225-5591.

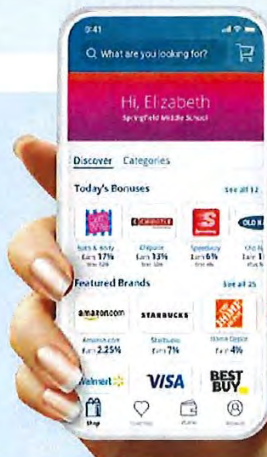
shastaflushots.com



Shasta County
**Health & Human
Services Agency**



Simply the Right Way to Fundraise



It's so Easy! Enrollment Code: 1DDALAAE11595
Questions? uprepscrip@suhsd.net

The new RaiseRight™ mobile app makes fundraising easier

Shop gift cards from more than 750 top brands—right from your phone. Whether you're at home or at the store. Get started with on-the-go fundraising that creates opportunities for the people that matter most to you.

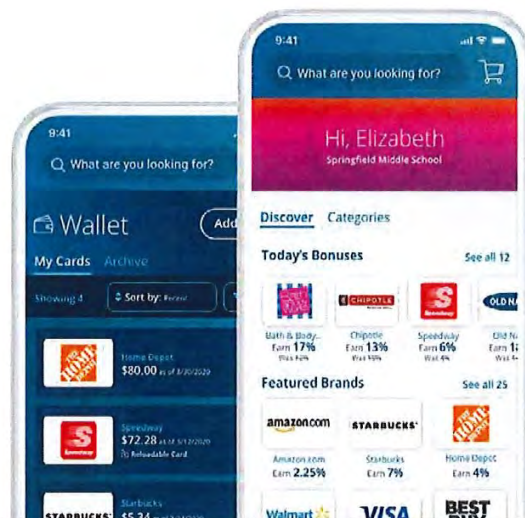
Narrow your search with categories that fit your everyday shopping needs

Discover new earning opportunities every day

Easily browse brands offering bonus earnings and know when they're about to expire

Add brands you love to your Favorites for faster shopping

Manage your gift cards in one place: your Wallet



Already have a ShopWithScrip account? Pick up right where you left off.

- Use the same sign-in information
- Your gift cards and payment information automatically transfer to the app



Get the app
www.RaiseRight.com



4 Make an impact at our organization. See all 750+ brands in our mobile app, [RaiseRight](#), or at ShopWithScrip.com/Shop

Their gifts make our wish list a reality



You buy a gift card

You get the full value.



The brand gives back

No extra money comes out of your pocket.



Our organization earns

Impacting what matters most to you.

Buy gift cards from 750+ brands to use for your holiday shopping. It's the easiest way to create possibilities for our organization and the people that matter most to you, all while crossing off your gift list. No extra money spent. No extra time wasted.

Featured brands

amazon

BEST
BUY

Apple Gift Card

T.J. maxx

PET SMART

★ macy's

NORDSTROM

Marshalls

BATH & BODY
WORKS

SONIC

Panera
BREAD

HomeGoods

SUBWAY



SMASHBURGER
EVERY BITE IS A BETTER BITE

SIERRA

OUTBACK
STEAKHOUSE

happy

BUFFALO
WILD WINGS

HOME
SENSE

Foot Locker

THE HOME DEPOT

— See all 750+ brands in our RaiseRight mobile app or at ShopWithScrip.com/Shop —



SHASTA COUNTY SEPTEMBER - DECEMBER 2020 **FREE SCHOOL MEALS**

School Districts are pleased to offer free meals for pick-up to all **children 18 years and under** at the following locations. This program is made available in conjunction with the California Department of Education and the United State Department of Agriculture (USDA).

CHILDREN MUST BE PRESENT TO PICK UP A MEAL.

Alta Mesa Elementary

2301 Saturn Skyway, Redding
9/1/20-12/18/20 • 10:00am-10:30am
Breakfast & Lunch (Mon-Fri)
Cindy (530) 224-4100

No Meals on 11/11, & 11/23-11/27
Drive-thru

Anderson High School

1471 Ferry Street, Redding
10/1/20-12/18/20 • 10:30am-11:00am
Breakfast, Lunch & Supper (Mon-Fri)
Susan (530) 378-0568

No Meals on 11/11, & 11/23-11/27
Drive-thru

Boulder Creek School

505 Springer Dr., Redding
9/1/20-12/18/20 • 9:45am-10:15am
Breakfast & Lunch (Mon-Fri)
Cindy (530) 224-4100

No Meals on 11/11, & 11/23-11/27
Drive-thru

Buckeye School of the Arts

3407 Hiatt Dr., Redding
10/1/20-12/18/20 • 10:00am-10:30am
Breakfast & Lunch (Mon-Fri)
Sean (530) 245-7917

No Meals on 11/11, & 11/23-11/27
Pick up in kitchen

Burney Elementary

37403 Toronto St., Burney
9/10/20-12/21/20 • 10:30am-11:00am
Breakfast & Lunch (Mon-Fri)
Patty (530) 355-4556

No Meals on 11/11, & 11/24-11/27
Pick up in kitchen

Burney High School

37571 Mt. View Rd., Burney
9/10/20-12/21/20 • 10:15am-10:45am
Breakfast & Lunch (Mon-Fri)
Patty (530) 355-4556

No Meals on 11/11, & 11/24-11/27
Pick up in kitchen

Castle Rock School

29373 Main St., Castella
9/15/20-12/18/20 • 8:00am-1:30pm
7 Breakfast & 7 Lunch (Tuesday)
Castle Rock Office (530) 235-0101

No Meals on 11/24
Pick up in kitchen

Columbia ESD

10142 Old Oregon Trail, Redding
10/1/20-12/17/20 • 10:30am-12:00pm
Breakfast & Lunch (Mon-Fri)
Morgan (530) 223-4070 x 307

No Meals on 11/11, & 11/23-11/27

Fall River Elementary

24977 Curve St., Fall River Mills
9/10/20-12/21/20 • 10:30am-11:00am
Breakfast & Lunch (Mon-Fri)
Patty (530) 355-4556

No Meals on 11/11, & 11/24-11/27
Pick up in kitchen

Fall River High School

44215 Walnut St., McArthur
9/10/20-12/21/20 • 10:30am-11:00am
Breakfast & Lunch (Mon-Fri)
Patty (530) 355-4556

No Meals on 11/11, & 11/24-11/27
Pick up in kitchen

Grand Oaks School

5309 Grand Ave., Shasta Lake
10/1/20-12/18/20 • Breakfast 8:00am-8:30am
Lunch 11:00am-11:30am (Mon-Fri)
Sean (530) 245-7917

No Meals on 11/11, & 11/23-11/27
Pick up in kitchen

Lassen View

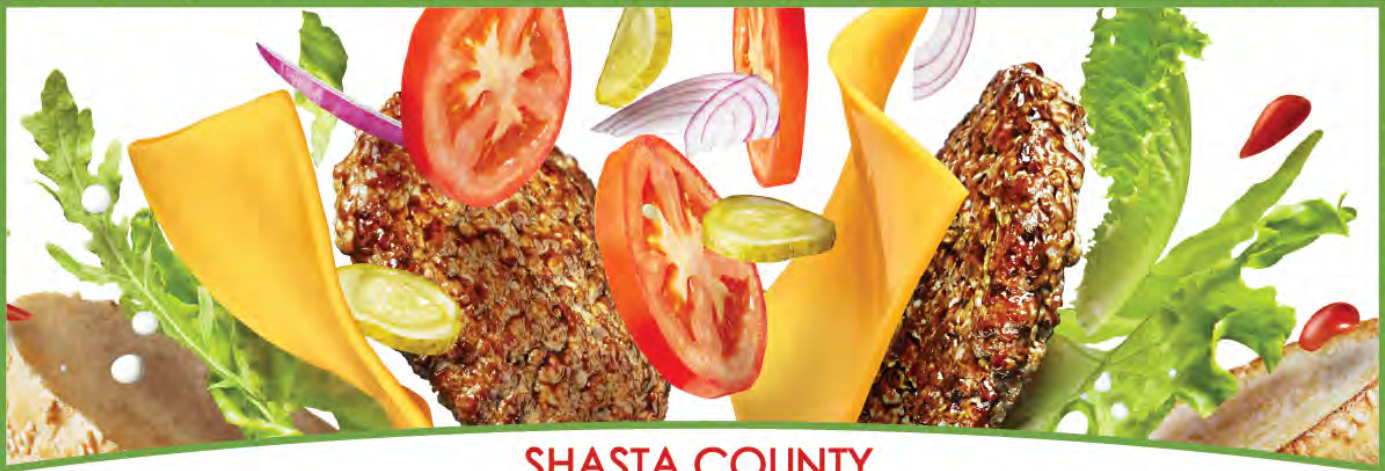
705 Loma Vista, Redding
9/1/20-12/18/20 • 10:00am-10:30am
5 Breakfast & 5 Lunch (Wednesday)
Cindy (530) 224-4100

No Meals on 11/11, & 11/23-11/27
Drive-thru

***Meals are subject to change. Please call number listed if you have questions.**

This institution is an equal opportunity provider.

Updated 10/12/20



SHASTA COUNTY SEPTEMBER - DECEMBER 2020 **FREE SCHOOL MEALS**

School Districts are pleased to offer free meals for pick-up to all **children 18 years and under** at the following locations. This program is made available in conjunction with the California Department of Education and the United State Department of Agriculture (USDA).

CHILDREN MUST BE PRESENT TO PICK UP A MEAL.

Mistletoe School

1225 Mistletoe Ln., Redding
9/1/20-12/18/20 • 10:00am-10:30am
Breakfast & Lunch (Mon-Fri)
Cindy (530) 224-4100
No Meals on 11/11, & 11/23-11/27
Drive-thru

Montgomery Creek School

30365 Hwy 299 East, Montgomery Creek
10/5/20-12/17/20 • 12:00pm-1:00pm
Breakfast, & Lunch (Mon-Fri)
Fallon (530) 337-6214
No Meals on 11/11, & 11/23-11/27
Pick up in kitchen

Mt. View High School

20375 Tamarack Ave., Burney
9/10/20-12/21/20 • 10:30am-11:00am
Breakfast & Lunch (Mon-Fri)
Patty (530) 355-4556
No Meals on 11/11, & 11/24-11/27
Pick up in kitchen

Mt. View Middle School

675 Shasta View Dr., Redding
10/1/20-12/17/20 • 11:00am-12:30pm
Breakfast & Lunch (Mon-Fri)
Morgan (530) 223-4070 x 307
No Meals on 11/11, & 11/23-11/27

Pacheco School

7430 Pacheco School Rd., Redding
9/1/20-12/18/20 • 10:00am-10:30am
Breakfast & Lunch (Mon-Fri)
Cindy (530) 224-4100
No Meals on 11/11, & 11/23-11/27
Drive-thru

Parsons Junior High

750 Hartnell Ave., Redding
9/1/20-12/18/20 • 9:00am-9:30am
Breakfast & Lunch (Mon-Fri)
Cindy (530) 224-4100
No Meals on 11/11, & 11/23-11/27
Drive-thru

Prairie Elementary

20981 Dersch Rd., Anderson
9/1/20-12/18/20 • 10:00am-10:30am
Breakfast & Lunch (Mon-Fri)
Cindy (530) 224-4100
No Meals on 11/11, & 11/23-11/27
Drive-thru

Rother

795 Hartnell Ave., Redding
9/1/20-12/18/20 • 10:00am-10:30am
Breakfast & Lunch (Mon-Fri)
Cindy (530) 224-4100
No Meals on 11/11, & 11/23-11/27
Drive-thru

Shasta Lake School

4620 Vallecito St., Shasta Lake
10/1/20-12/18/20 • 11:45am-12:15pm
Breakfast & Lunch (Mon-Fri)
Sean (530) 245-7917
No Meals on 11/11, & 11/23-11/27
Pick up in kitchen

Shasta Meadows

2825 Yana Ave., Redding
9/1/20-12/18/20 • 10:00am-10:30am
Breakfast & Lunch (Mon-Fri)
Cindy (530) 224-4100
No Meals on 11/11, & 11/23-11/27
Drive-thru

Sequoia School

1805 Sequoia St., Redding
10/1/20-12/18/20 • 11:00am-12:00pm
5 Breakfast, 5 Lunch & 5 Supper (Wednesday)
Tawny (530) 225-0011
No Meals on 11/11, & 11/25
Drive-thru

***Meals are subject to change. Please call number listed if you have questions.**

This institution is an equal opportunity provider.

Updated 10/12/20



SHASTA COUNTY
SEPTEMBER - DECEMBER 2020
FREE BUS STOP MEALS
FOR 18 YEARS AND UNDER

Note: Drop off times are estimated and not exact.

All bus stop meals are on Tuesdays, 7 Breakfast & 7 Lunch • 9/15/20-12/18/20

No Meals on 11/24

Mt. Shasta City/Dunsmuir Area

Castle Rock Office (530) 235-0101

Mt. Shasta City/Dunsmuir Area	Mt Shasta Shopping Center, Mount Shasta.....	7:17am (facing MS Cinema)
Mt. Shasta City/Dunsmuir Area	Isgrigg Street, Dunsmuir.....	7:30am
Mt. Shasta City/Dunsmuir Area	Dunsmuir Recreation Office, Dunsmuir	7:33am
Mt. Shasta City/Dunsmuir Area	Dunsmuir Inn/Spring St., Dunsmuir	7:36am
Mt. Shasta City/Dunsmuir Area	Children's Park/ Spruce St., Dunsmuir	7:38am
Mt. Shasta City/Dunsmuir Area	Fountain/Sengthong's, Dunsmuir.....	7:39am
Mt. Shasta City/Dunsmuir Area	Oak Street, Dunsmuir.....	7:40am
Mt. Shasta City/Dunsmuir Area	S. Second St @ Mican St, Dunsmuir	7:43am
Mt. Shasta City/Dunsmuir Area	S. First St. @ Marion St, Dunsmuir	7:45am
Mt. Shasta City/Dunsmuir Area	Wood Street, Dunsmuir.....	7:47am
Mt. Shasta City/Dunsmuir Area	Elizabeth Street, Dunsmuir.....	7:49am
Mt. Shasta City/Dunsmuir Area	South Crag View Dr, Dunsmuir	7:52am
Mt. Shasta City/Dunsmuir Area	Financial/Rooney, Dunsmuir	7:54am
Mt. Shasta City/Dunsmuir Area	Rustic Trailer Park, Crag View Dr., Dunsmuir	7:55am
Mt. Shasta City/Dunsmuir Area	Soda Creek, Dunsmuir.....	8:00am

***Meals are subject to change. Please call number listed if you have questions.**

This institution is an equal opportunity provider.



SHASTA COUNTY
SEPTEMBER - DECEMBER 2020
FREE BUS STOP MEALS
FOR 18 YEARS AND UNDER

Note: Drop off times are estimated and not exact.

All bus stop meals are on Tuesdays, 7 Breakfast & 7 Lunch • 9/15/20-12/18/20

No Meals on 11/24

Lakehead/Castella Area

Castle Rock Office (530) 235-0101

Lakehead/Castella Area	Antlers Rd., Lakehead	7:25am
Lakehead/Castella Area	Lake Shore Villa Market, Lakehead	7:30am
Lakehead/Castella Area	Dog Creek Rd., Lakehead.....	7:38am
Lakehead/Castella Area	Gibson Rd., Lakehead	7:48am
Lakehead/Castella Area	Sims Rd., Castella.....	7:55am
Lakehead/Castella Area	Sweetbriar Ave., Castella	8:00am

***Meals are subject to change. Please call number listed if you have questions.**

This institution is an equal opportunity provider.

Updated 10/12/20

GOOD PHYSICAL, MENTAL AND EMOTIONAL HEALTH ALL CONTRIBUTE TO BETTER **SCHOOL ATTENDANCE AND ACHIEVEMENT**



Physical Health: Taking Care of Your Body

Teens should exercise regularly at least 60 minutes per day.

Healthy eating is important for growth and development.

Maintain a healthy weight to avoid developing chronic illnesses.

Get enough sleep-- 9 hours per night is ideal.

Keep up with vaccines such as a yearly flu shot, and ask your doctor about others.



Mental Health: Taking Care of Your Mind

Learn ways to manage stress; this will help you stay calm and able to function in stressful situations.

Study and do your best in school; there is a strong link between health and academic success.

Try to maintain a good relationship with your parents; they want the best for you. Try to see where they are coming from when they set rules.

Develop a good balance between school, work, and social life.

Don't take on too much. Limit your activities to the most important ones and give those 100%. Overextending yourself can lead to stress, frustration or exhaustion.



Emotional Health: Taking Care of Your Feelings

Know the signs of mental illness:

- *anxiety
- *depression
- *excessive tiredness
- *loss of self-esteem
- *loss of interest in things you used to like
- *loss of appetite
- *weight gain or loss
- *out-of-character personality changes

Pay attention to your moods and feelings; if you're worried, ask for help.



"EVERY STUDENT, EVERY OPTION"

University Preparatory School 2020-2021 School Calendar

July 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	

21

September 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			

17

January 2021						
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						

October 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

February 2021						
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						

19

May 2021						
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 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

March 2021						
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

June 2021						
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			

August 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					

15

13

December 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					

15

April 2021						
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						
Special Bell Schedules are subject to change due to COVID-19 circumstances						

HOLIDAYS/RECESSES

Labor Day	Sep 7
Veteran's Day Holiday	Nov 11
<i>(by law must be Nov 11 if a weekday)</i>	
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
February Recess	Feb 15-19
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
School Ends: May 27	
Staff Work Days	Aug 10
	May 28
	Jun 1
Staff Development Days	Aug 7
	Jan 5
	Apr 12
Snow Day Makeup:	June 1
<i>(If snow day makeup is used, then June 1 work day will be moved to June 2)</i>	

Board Adopted 9-4-19

**JUST
ADDED!**

University Preparatory School 2021-22 School Calendar

1st Quarter Ends: October 8 (42)
 1st Semester Ends: December 22 (46)
 3rd Quarter Ends: March 18 (44)
 2nd Semester Ends: May 26 (43)

Shaded = Student Attendance Days (175)

July 2021

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

August 2021

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 2021

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 2021

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 2021

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 2021

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 2022

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 2022

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 2022

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 2022

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 2022

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 2022

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 6
 Veteran's Day Holiday Nov 11
 (by law must be Nov 11 if a weekday)
 Thanksgiving Break Nov 22-26
 Winter Break Dec 23-Jan 7
 Martin Luther King Day Jan 17
 Lincoln Day observed Feb 21
 Washington Day observed Feb 22
 Mid-Winter Break Feb 21 - 25
 Spring Break Apr 11 - 18
 Memorial Day May 30

CERTIFICATED DATES

School Starts: August 11
 School Ends: May 26

Staff Work Days ○ Aug 10
 May 27
 Jun 1

Staff Development Days △ Aug 9
 Jan 7
 Apr 18

Snow Day Makeup: May 31